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Welcome back! Let's make this school year great!

<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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Local ingredients used when seasonally available

16	17	18	19	20
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Variety of fat free and low fat milk are offered daily

<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Homestyle Cheese Pizza (V) ~~~~~ Mixed Vegetables Diced Peaches	Giant Beef Taco ~~~~~ Refried Beans Diced Pears	Hot Dog ~~~~~ Tator Tots Applesauce	Cheeseburger ~~~~~ Aztec Corn Mixed Fruit	Chicken Nuggets & Twisted Breadstick ~~~~~ Whipped Potatoes Cinnamon Swirled Apples

(V) Denotes a vegetarian friendly item

<b>30</b>	<b>31</b>			
Bean & Cheese Burrito (V) ~~~~~ Aztec Corn Diced Peaches	Cheese Quesadilla (V) ~~~~~ Mixed Vegetables Diced Pears			

All meals are FREE this year!!!

This institution is an equal opportunity provider.

## The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ Called "The Big 8," these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions.¹ Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies. For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to both your school nurse and

school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals. For more information on food allergies, consider reviewing the resources below:

### 1. U.S. Food & Drug Administration Website.

Food Allergies: What you need to know. Available at <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.htm>.

### 2. Food Allergy Research & Education.

Information available at <https://www.foodallergy.org/>.

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2	August 3	August 4	August 5	August 6
August 9	August 10	August 11	August 12	August 13
August 16	August 17	August 18	August 19	August 20
August 23 Mini Bagels Cinnamon Toast Crunch Cereal Juice	August 24 Pancakes Yogurt Mixed Fruit	August 25 Biscuit & Sausage Gravy Cinnamon Chex Cereal Fresh Banana	August 26 Cheerios Cereal Yogurt Diced Pears	August 27 Breakfast Pizza Cinnamon Toast Crunch Cereal Orange Smiles
August 30 Sausage Biscuit Cinnamon Toast Crunch Cereal Applesauce	August 31 Mini Bagels Yogurt Diced Peaches			

## Fresh Pick Recipe

### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



## What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

