

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/>.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.hifoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9/1/22 Oatmeal UBR Cookie Donuts w/ Ch Stick Cereal w/ Ch Stick Juice, Fruit, & Milk	9/2/22 Breakfast Burrito Cereal w/ Ch Stick Mini Pancakes Juice, Fruit, & Milk
9/5/22 NO SCHOOL	9/6/22 Ham & Egg Biscuit Cereal w/ Ch Stick Bagel w/ Cr Cheese Juice, Fruit, & Milk	9/7/22 French Toast Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	9/8/22 Oatmeal UBR Cookie Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit, & Milk	9/9/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles Juice, Fruit, & Milk
9/12/22 Breakfast Pizza Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	9/13/22 Bacon & Egg Biscuit Bagel w/ Cr Cheese Cereal w/ Ch Stick Juice, Fruit, & Milk	9/14/22 French Toast Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	9/15/22 Oatmeal UBR Cookie Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit, & Milk	9/16/22 Breakfast Burrito Cereal w/ Ch Stick Mini Pancakes Juice, Fruit, & Milk
9/19/22 Breakfast Pizza Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	9/20/22 Ham & Egg Biscuit Cereal w/ Ch. Stick Bagel w/ Cr Cheese Juice, Fruit, & Milk	9/21/22 French toast Muffin w/ Ch Stick Cereal w/ Ch Stick Juice, Fruit, Milk	9/22/22 Oatmeal UBR Cookie Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit, & Milk	9/23/22 NO SCHOOL
9/26/22 Breakfast Pizza Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	9/27/22 Bacon & Egg Biscuit Cereal w/ Ch Stick Bagel w/ Cr Cheese Juice, Fruit, & Milk	9/28/22 French Toast Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	9/29/22 Oatmeal UBR Cookie Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit, & Milk	9/30/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles Juice, Fruit, & Milk

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chili Frito Pie Italian Sub w/ Chips Fruit & Veggies Milk	2 Chicken & Waffle Stackers Grilled Ham & Cheese w/ Chips Fruit & Veggies Milk
5 NO SCHOOL	6 Omelet w/ Cinnamon Roll French Bread Pizza Fruit & Veggies Milk	7 BBQ Chicken Sub w/ Chips Mozzarella Stuffed Breadsticks Fruit & Veggies Milk	8 Baked Penne Pasta w/ Breadstick Combo Sub w/ Chips Fruit & Veggies Milk	9 Chicken in Gravy w/ Mash. Potatoes Cheeseburger w/ Fries Fruit & Veggies Milk
12 Chicken Nuggets, Roll & Tots Cheese Pizza Fruit & Veggies Milk	13 Rotini Chicken Pasta Bowl w/ Breadstick Sloppy Joe w/ Chips Fruit & Veggies Milk	14 Soft Chicken Taco's Hot Dog w/ Chips Fruit & Veggies Milk	15 Crispy Chicken Sand. w/ Fries Chili Frito pie Fruit & Veggies Milk	16 Chicken Nuggets w/ Roll & Tots Corn Dog w/ Tots Fruit & Veggies Milk
19 Chicken Alfredo w/ Breadstick Turkey & Cheese sandwich w/ Chips Fruit & veggies Milk	20 Beef Walking Taco's Grilled Cheese Fruit & Veggies Milk	21 Popcorn Chicken Bowl w/ Roll Ham & Cheese Sandwich w/ Chips Fruit & Veggies Milk	22 Nacho's Mozz. Stuffed Breadstick Fruit & Veggies Milk	23 NO SCHOOL
26 Pepperoni Pizza Meatball Sub w/ Chips Fruit & Veggies Milk	27 Chicken Quesadilla Omelet & French Toast Fruit & Veggies Milk	28 Nacho's Crispy Chicken Sandwich Fruit & Veggies Milk	29 Corn Dog w/ Fries Orange Chicken w/ Rice Fruit & Veggies Milk	30 Baked Penne Pasta w/ Breadstick Sloppy Joe & Tots Fruit & Veggies Milk