



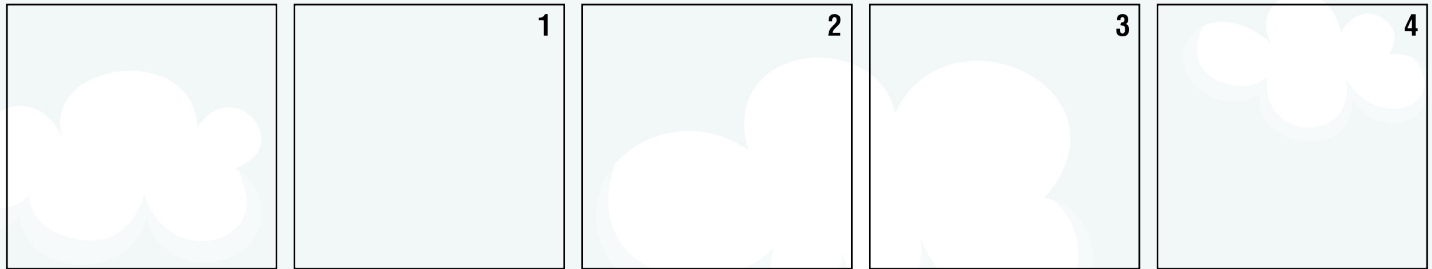
MONDAY

TUESDAY

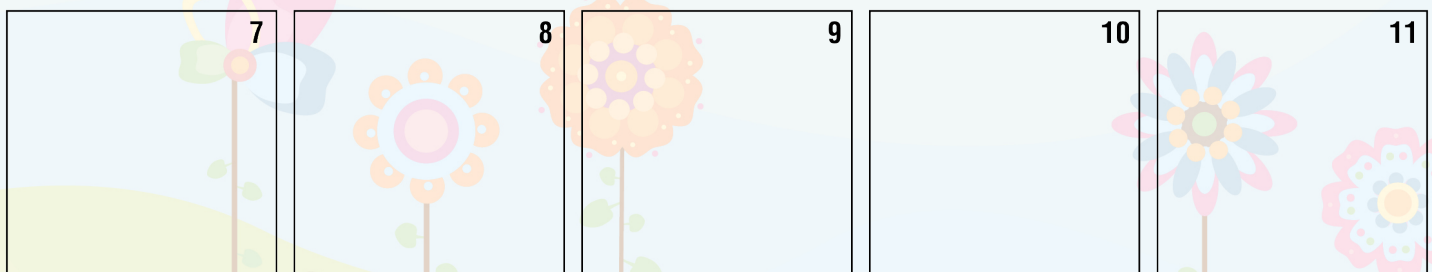
WEDNESDAY

THURSDAY

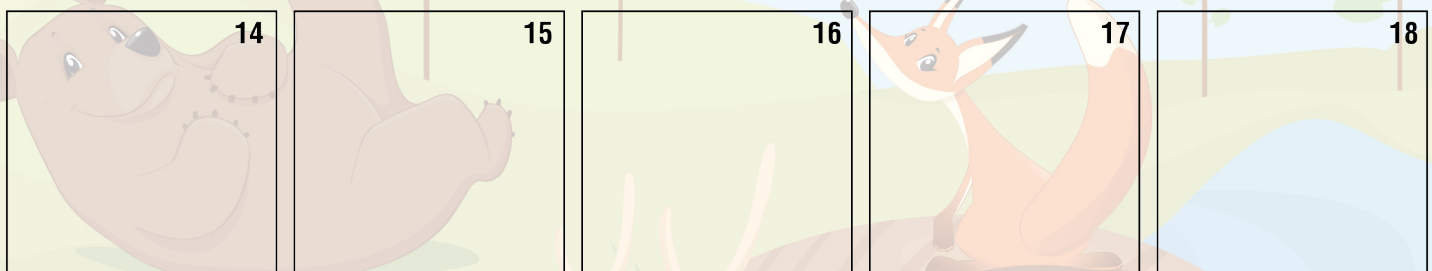
FRIDAY



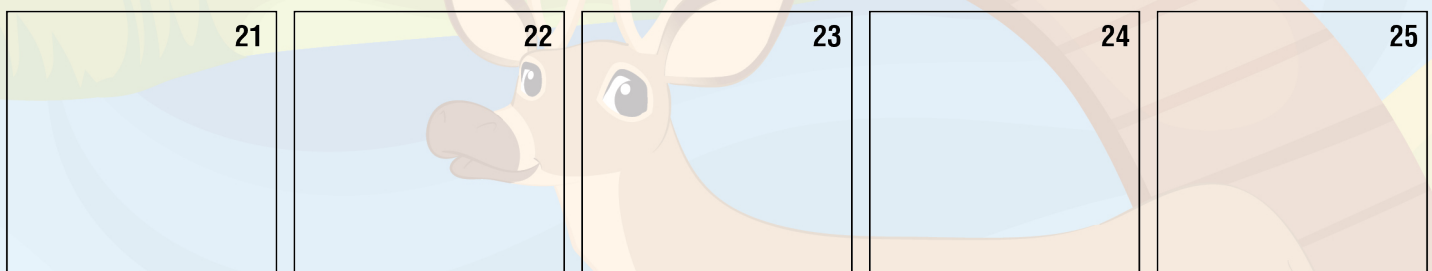
Join us to celebrate National School Lunch Week: October 9th - October 13



Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.



Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese, or Maple Brown Sugar Oatmeal



Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.



Vegetarian items marked with (v)

## The Big 9

Approximately 90% of food allergy reactions occur from one of nine common foods in the U.S. known as "The Big 9." These foods include: milk, eggs, peanuts, sesame, tree nuts, fish, crustacean shellfish, wheat and soy. More than 160 foods have been identified to cause food allergies in sensitive individuals. There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals.<sup>1</sup> 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 Information available at:  
<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

2. Food Allergy Research & Education (FARE)  
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.

[liftoffplayground.com](http://liftoffplayground.com)

## Be a PAL to Friends with Food Allergies: It Can Help Protect A Life (PAL)

Did you know that 1 in 13 kids in the United States have a food allergy? Since food allergies affect so many kids, it is good to learn how you can Be a PAL® to a friend with food allergies! Here's how:

**Know that food allergies are very serious.** If someone with a food allergy eats something they are allergic to, they can get very ill. If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy.

**Don't share your food with friends who have food allergies.** For kids with food allergies, sharing food can be very dangerous. Don't offer kids with food allergies anything from your lunch or snack because it may have something in it that could make them very sick or hurt them.

**Wash hands after eating.** Washing your hands with soap and water after you eat can help clean off any food that is on your hands.

**Help all of your friends and classmates have fun together!** There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!

**If a friend with food allergies feels sick, get help right away!** If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911!

The **Be a PAL: Protect A Life™ From Food Allergies** education program can help children learn how to be a good friend to kids with food allergies. To learn more, visit: <https://www.foodallergy.org/education-awareness/be-a-pal>.

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.

### SCHOOL MEAL PRICES:

#### BREAKFAST:

**PAID:** Elem \$1.55 MS: \$1.55 HS: \$1.55

#### LUNCH:

**PAID:** Elem \$3.05 MS: \$3.40 HS: \$3.65

Adult Breakfast \$2.65

Adult Lunch \$4.70

Nutrition Information is available upon request.

