


			<b>WASH YOUR HANDS</b> 	<b>1</b> <b>Breakfast:</b> Apple Frudel (v) <b>Lunch:</b> Scratch Cheese (v) or Pepperoni Pizza Ham & Cheese Sandwich Chicken Tenders w/Fries Side: Roasted Broccoli & Carrots
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Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

	<b>5</b> <b>Breakfast:</b> Yogurt w/ Graham Crackers (v) <b>Lunch:</b> Grilled Chicken Burger Turkey Soft Taco Chef Salad w/ WG Rolls Sunbutter & Jelly Sandwich (v) Featured Side: Roasted Mixed Veggies	<b>6</b> <b>Breakfast:</b> Pancakes with Sausage <b>Lunch:</b> Mini Corn Dogs Hot Dog BerryParfait (v) Featured Side: Baked Beans (v)	<b>7</b> <b>Breakfast:</b> Blueberry Bagel w/ Cream Cheese (v) <b>Lunch:</b> Crispy Chicken Burger Spaghetti w/ Meaty Marinara Turkey & Cheese Sandwich Featured Side: Roasted Broccoli & Carrots	<b>8</b> <b>Breakfast:</b> Mini Cinnis (v) <b>Lunch:</b> Cheese (v) or Pepperoni Pizza Grilled Cheese Sandwich (v) Crispy Chicken Wrap Featured Side: Tater Tots
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Daily Breakfast Entrée: Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese

<b>11</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> Cheesy Lasagna Roll Up w/ WG Roll (v) Teriyaki Chicken over Rice Turkey & Cheese Sandwich Featured Side: Roasted Broccoli & Carrots	<b>12</b> <b>Breakfast:</b> Apple Frudel (v) <b>Lunch:</b> Crispy Chicken Burger Brunch for Lunch: Pancakes w/ Sausage Chef Salad w/ WG Rolls Featured Side: Baked Cinnamon Apples	<b>13</b> <b>Breakfast:</b> Mini Maple Waffles (v) <b>Lunch:</b> BBQ Chicken Sandwich Bean & Cheese Nachos (v) Italian Sub Sandwich Side Veggie: Sweet Potato Fries	<b>14</b> <b>Breakfast:</b> Egg & Cheese English Muffin Sandwich <b>Lunch:</b> Crispy Chicken Nuggets w/ WG Roll Homestyle Baked Penne Pasta (v) American Sandwich Side Veggie: Seasoned Green Beans	<b>15</b> <b>Breakfast:</b> French Toast <b>Lunch:</b> Cheese (v) or Pepperoni Pizza Poppin' Chicken Salad w/ WG Roll Sunbutter & Jelly Sandwich (v) Featured Side: Roasted Mixed Veggies
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Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

<b>18</b> <b>Breakfast:</b> Sausage Breakfast Pizza <b>Lunch:</b> Pork Rib-b-Que Sandwich Cheesy Breadsticks w/ Marinara Fruit Ham & Cheese Sandwich Featured Side: Fries	<b>19</b> <b>Breakfast:</b> Pancake (v) <b>Lunch:</b> Choice of Burger: Cheeseburger, Hamburger, or Veggie Burger (v) Cheese Raviolis w/ WG Roll (v) Featured Side: Baked Beans	<b>20</b> <b>Breakfast:</b> Sausage Biscuit Sandwich <b>Lunch:</b> Mini Corn Dog Orange Chicken over Rice Sunbutter & Jelly Sandwich (v) Featured Side: Roasted Broccoli & Carrots	<b>21</b> <b>Breakfast:</b> Blueberry Patch & Granola Parfait (v) <b>Lunch:</b> Crispy Chicken Burger Creamy Mac & Cheese Fresh Garden Salad w/ WG Rolls (v) Featured Side: Aztec Corn w/ Black Beans & Peppers	<b>22</b> <b>Breakfast:</b> Whole Wheat Bagel w/ Cream Cheese (v) <b>Lunch:</b> Cheese (v) or Pepperoni Pizza Grilled Cheese Sandwich (v) Crispy Chicken Wrap Side Veggie: Sweet Potato Fries
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Vegetarian items marked with (v)

<b>25</b> <b>Breakfast:</b> Waffles (v) or French Toast Bites (v) <b>Lunch:</b> Crispy Chicken Nuggets w/ WG Roll Saucy Meatball Sub Chef Salad w/ WG Rolls Featured Side: Tater Tots	<b>26</b> <b>Breakfast:</b> Cheesy Omelet <b>Lunch:</b> Brunch for Lunch: French Toast Sticks w/ Sausage Turkey Soft Taco Strawberry Fields Parfait (v) Featured Side: Hashbrowns	<b>27</b> <b>Breakfast:</b> Potato, Egg, & Ham Breakfast Bowl w/ Wheat Toast <b>Lunch:</b> Hot Dog Sweet & Sour Chicken Rice Bowl Sunbutter & Jelly Sandwich (v) Chef Salad w/ WG Rolls Featured Side: Roasted Broccoli & Carrots	<b>28</b> <b>Breakfast:</b> Apple Frudel (v) <b>Lunch:</b> Cheesy Breadsticks w/ Marinara (v) Southwest-Style Nachos Crispy Chicken Wrap Featured Side: Aztec Corn w/ Black Beans & Peppers	<b>29</b> <b>Breakfast:</b> Freshly Baked Cinnamon Roll w/ Vanilla Icing (v) or Mini Cinnis (v) <b>Lunch:</b> Cheese (v) or Pepperoni Pizza Homemade Beefy Sloppy Joe American Sandwich Featured Side: Carrots
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## The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.<sup>1</sup> 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.<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: 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/>.

## 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

### BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

## MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:

Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A  
1/2 CUP OF FRUIT OR VEGGIE!



## SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

### BREAKFAST:

**PAID:** \$X.XX MS: \$X.XX HS: \$X.XX

### LUNCH:

**PAID:** \$X.XX MS: \$X.XX HS: \$X.XX