

## 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/>.



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

liftoffsplyground.com

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome Back to School!	Strawberry Mini Bagels Breakfast Cereal w/ Toast Chilled Apple Juice	Breakfast On A Stick Breakfast Cereal w/ Toast Chilled Pears	WG Breakfast Pizza Cinni Minis Fresh Orange Smiles	Sausage and Cheese On A English Muffin Breakfast Bar w/ String Cheese
Waffles w/ Sausage Yogurt & Fruit Fresh Oranges	Breakfast Cereal w/ Toast Ultimate Breakfast Chocolate Chip Cookie	Mini Maple Burst Pancakes w/ Sausage Mini Bagels	Italian Egg Frittata Trix Yogurt w/ Graham Crackers Chilled Peaches	Breakfast Burrito Breakfast Cereal Bar w/ String Cheese Chilled Orange Juice
Turkey Ham & Cheese on WG Biscuit Yogurt w/ Graham Crackers	Cheesy Scrambled Eggs w/ Toast Breakfast Cereal w/ Toast	Pancake Mini Bites w/ Sausage Ultimate Breakfast Cookie Oatmeal	Egg & Cheese Breakfast Sandwich on English Muffin Breakfast Cereal Bar w/ String Cheese	WG Breakfast Pizza Cinni Minis Chilled Orange Juice
WG Waffles w/ Sausage Breakfast Cereal w/ Toast	Egg Cheese & Sausage Burrito Trix Yogurt w/ Graham Crackers			

### 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.



Nutrition Information is available upon request.