



Nestrand Breakfast

SEP 2021

MONDAY



TUESDAY



WEDNESDAY

1

Cocoa Puffs Cereal
Giant Goldfish Cracker
Apple Juice
Fruit Cup
Milk

THURSDAY

2

Pop Tarts
Raisin
Fruit Cup
Milk

FRIDAY

3

Chocolate Muffin
Grape Juice
Fruit Cup
Milk

A VARIETY OF FRESH & CHILLED FRUITS, 100% FRUIT JUICES, AND/OR DRIED FRUIT OFFERED DAILY

6

NO School

7

Ultimate Breakfast Bar
Craisin
Fruit Cup
Milk

8

Ultra Bread Slice
Juice
Fruit Cup
Milk

9

Banana Muffin
Apple Juice
Fruit Cup
Milk

10

Trix Cereal
Pretzel Goldfish Cracker
Applesauce Cup
Fruit Cup
Milk

LOWFAT AND FAT FREE MILK OFFERED DAILY

13

Golden Grahams Cereal
Animal Cracker
Grape Juice
Fruit Cup
Milk

14

Banana Bread Ultra Slice
Raisins
Fruit Cup
Milk

15

Cinnamon Mini Bagels
Juice
Fruit Cup
Milk

16

Cocoa Puffs Cereal
Cheddar Goldfish Cracker
Orange Juice
Fruit Cup
Milk

17

Blueberry Muffin
Applesauce Cup
Fruit Cup
Milk

20

Chocolate Muffin
Apple Juice
Fruit Cup
Milk

21

Cinn Tst Crunch Cereal
Giant Grahm Fish Cracker
Craisin
Fruit Cup
Milk

22

Ultimate Breakfast Round
Juice
Fruit Cup
Milk

23

Trix Cereal
Assorted Cracker
Grape Juice
Fruit Cup
Milk

24

Blueberry Muffin
Applesauce Cup
Juice
Milk

27

Strawberry Pop-Tart
Apple Juice
Fruit Cup
Milk

28

Ultimate Breakfast Round
Raisins
Fruit Cup
Milk

29

Cinnamon Bread Slice
Juice
Fruit Cup
Milk

30

Banana Muffin
Orange Juice
Fruit Cup
Milk

This institution is an equal opportunity provider.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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1
<p>Crispy Chicken Patty Sloppy Joe on a Bun Turkey Sandwich Chicken Caesar Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

2
<p>Popcorn Chicken Corn Dog American Sandwich Chef Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

3
<p>Cheese Pizza Italian Meatball Sub Yo to Go Turkey Sandwich Assorted Veggies Assorted Fruits Assorted Milk</p>

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6
No School

7
<p>Cheeseburger Giant Soft Taco Italian Sandwich Chef Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

8
<p>Chicken Nuggets Beef Hot Dog on a Bun Turkey Ham Sandwich Chicken Caesar Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

9
<p>Cheese Pizza Crispy Chicken Patty on a Bun Yogurt & Fruit Parfait Turkey Ham Sandwich Assorted Veggies Assorted Fruits Assorted Milk</p>

10
<p>Chicken and Waffle Stacker Sloppy Joe on a Bun Crispy Chicken Wrap Chef Salad Assorted Veggies Assorted Fruit Assorted Milk</p>

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13
<p>Cheeseburger Lasagna Rollup Turkey Sandwich Crispy Chicken Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

14
<p>Pancakes & Turkey Sausage Crispy Chicken Patty on a Bun Yo-To-Go Pizza Bento Box Assorted Veggies Assorted Fruit Assorted Milk</p>

15
<p>Cheese Nachos BBQ Chicken Sandwich Turkey Ham Sandwich Crispy Chicken Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

16
<p>Chicken Nuggets Chicken Corndog American Sandwich Pizza Bento Box Assorted Veggies Assorted Fruits Assorted Milk</p>

17
<p>Cheese Pizza Beefy Macaroni Buffalo Chicken Wrap Chef Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

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20
<p>Chicken Nuggets Cheese Ravioli Turkey Ham Sandwich Caesar Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

21
<p>Mozzarella Stuffed Breadsticks Chicken Drumstick Yo-To-Go Turkey Ham Sandwich Assorted Veggies Assorted Fruits Assorted Milk</p>

22
<p>Cheese Pizza Beef Hot Dog Turkey Sandwich Chef Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

23
<p>Crispy Chicken Patty on a Bun Omelette Sandwich Bento Box Garden Green Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

24
<p>Cheese Pizza Classic Mac & Cheese Turkey Sandwich Chef Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

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27
<p>Crispy Chicken Patty on a Bun Italian Meatball Sandwich Yogurt & Fruit Parfait Pinwheel Box Assorted Veggies Assorted Fruits Fresh Apples Assorted Milk</p>

28
<p>French Toast Sticks & Turkey Sausage Giant Soft Taco Italian Deli Sandwich Chef Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

29
<p>Cheeseburger Beef Hot Dog Turkey Ham Sandwich Fiesta Salad Assorted Veggies Assorted Fruits Assorted Milk</p>

30
<p>Nacho Mozzarella Stuffed Breadsticks Crispy Chicken Wrap Sandwich Bento Box Assorted Veggies Assorted Fruits Assorted Milk</p>

<p>Menu subject to change based on supplies on hand</p>

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.

liffsofplayground.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 BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.

2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 calories, 11g fat,
263mg sodium, 3g fiber



Nutrition Information is available upon request.