<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>*Hamburger/Cheeseburger</td>
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<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>*Burrito</td>
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<td>4</td>
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<td>7</td>
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<tr>
<td>Veggie</td>
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<td>8</td>
<td>9</td>
<td>10</td>
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<tr>
<td>Fruit</td>
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<td>11</td>
<td>12</td>
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<tr>
<td>Milk</td>
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<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>*Chicken Nuggets/Chips</td>
<td>*Chicken Alfredo/Roll</td>
<td>*S&amp;S Chicken Bowl Hot Dog/Chips</td>
<td>*Soft Pretzel w/Cheese</td>
<td>*Chicken Nugget/Potato Bowl</td>
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<td>Veggie</td>
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This institution is an equal opportunity provider.
### 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. 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:


2. Food Allergy Research & Education (FARE) Information available at: https://www.foodallergy.org/

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### BREAKFAST MENU

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| *Waffle  
*Cereal & Toast  
Fruit  
Milk | *Breakfast Pizza  
*Cereal & Toast  
Fruit  
Milk | *Egg & Ham  
Bowl/Toast  
*Cereal & Toast  
Fruit  
Milk | *Oatmeal Bar  
*Cereal & Toast  
Fruit  
Milk | *Cinnamon Roll  
*Cereal & Toast  
Fruit  
Milk |
| *Yogurt  
*Cereal & Toast  
Fruit  
Milk | *Waffles  
*Cereal & Toast  
Fruit  
Milk | *Ham, Cheese  
& Egg Biscuit  
*Cereal & Toast  
Fruit  
Milk | *Waffles  
*Cereal & Toast  
Fruit  
Milk |        |

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### 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 cucumber (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 of 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.

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### Meal Prices for August

**9 days**

**Month Totals**

- Full Pay Breakfast $11.70 Reduced Pay Breakfast $2.70
- Full Pay Lunch $17.10 Reduced Pay Lunch $3.60

Nutrition Information is available upon request.