

Gaston Elementary

SEP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

NO SCHOOL



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



First Day 1st-12th
Breakfast:
Yogurt w/ Graham Crackers (v)
Lunch:
Glazed Chicken Drumstick w/ WG
Rolls
Turkey Soft Taco
Sunbutter & Jelly Sandwich (v)

Served with Assorted Fruits &

Vegetables

Breakfast:
Ultimate Breakfast Round (v)
Lunch:
Chicken Potato Bowl w/ WG Rolls
Hot Dog
Ham & Cheese Sandwich
Served With Assorted Fruits &

Breakfast:
Blueberry Bagel w/ Cream Cheese (v)
Lunch:
Crispy Chicken Burger
Chicken Caesar Salad w/ WG Rolls
Turkey & Cheese Sandwich
Served with Assorted Fruits &
Vegetables

Breakfast:
Mini Cinnis (v)
Lunch:
Scratch Cheese (v) or Pepperoni
Pizza
Chicken & Waffles
Crispy Chicken Wrap
Served with Assorted Fruits &
Vegetables

Daily Breakfast Entrée: Variety of Whole Grain Cereals w/ Mozzarella String Cheese

Vegetables

11

Breakfast: Mini Maple Waffles(v)

Lunch: Cheesy Lasagna Roll Up w/ WG Roll

Teriyaki Chicken over Brown Rice Turkey & Cheese Sandwich Served with Assorted Fruits & Vegetables 12

5

Breakfast:

Apple Frudel (v)
Lunch:
Crispy Chicken Burger
Brunch for Lunch: Pancakes w/
Sausage
Chef Salad w/ WG Rolls

Chef Salad w/ WG Rolls Served with Assorted Fruits & Vegetables 13

6

Breakfast:
Pancake & Sausage on a Stick
Lunch:

BBQ Chicken Sandwich
Bean & Cheese Nachos (v)
Italian Sub Sandwich
Served with Assorted Fruits &
Vegetables

14

7

Breakfast: Mini Blueberry Waffles (v) Lunch:

Crispy Chicken Nuggets w/ WG Roll Homestyle Baked Penne Pasta (v) American Sandwich Served With Assorted Fruits & Vegetables 15

Breakfast:

Banana Muffin Square (v) Lunch: Cheese (v) or Pepperoni Pizza Fish Po'boy Sub Poppin' Chicken Salad w/ WG Roll Served with Assorted Fruits &

Vegetables

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

18

Breakfast:

Ultimate Breakfast Round (v)
Lunch:
Pork Rib-b-Que Sandwich
Cheesy Breadsticks w/ Marinara
Ham & Cheese Sandwich
Served with Assorted Fruits &
Vegetables

19

Breakfast: Pancake Bites (v) Lunch:

Choice of Burger: Cheeseburger, Hamburger, or Veggie Burger (v) Cheese Raviolis w/ WG Roll (v) Deli Stackables Served with Assorted Fruits &

Vegetables

20

Breakfast:
Egg & Cheese Muffin (v)
Lunch:
Corn Dog

Orange Chicken over Brown Rice Sunbutter & Jelly Sandwich (v) Served with Assorted Fruits & Vegetables 21

28

Breakfast: Blueberry Patch & Granola Parfait (v) Lunch:

Crispy Chicken Burger Creamy Mac & Cheese Fresh Garden Salad w/ WG Rolls (v) Served with Assorted Fruits & Vegetables 22

Breakfast: Whole Wheat Bagel w/ Cream

Cheese (v) Lunch:

Cheese (v) or Pepperoni Pizza Grilled Cheese Sandwich (v) Crispy Chicken Wrap

Crispy Chicken Wrap Served with Assorted Fruits & Vegetables

Vegetarian items marked with (v)

25

Breakfast:

French Toast Bites (v)
Lunch:
Crispy Chicken Nuggets w/ WG Roll
Saucy Meatball Sub
Chef Salad w/ WG Rolls

Served with Assorted Fruits &

Vegetables

26

Breakfast:

Ultimate Breakfast Round (v)

Lunch:
Brunch for Lunch: French Toast Sticks
w/ Sausage

Italian Sub Sandwich Strawberry Fields Parfait (v) Served with Assorted Fruits & Vegetables

27

Breakfast:

Yogurt w/ Graham Crackers (v)
Lunch:
Hot Dog
Sweet & Sour Chicken Rice Bowl
Sunbutter & Jelly Sandwich (v)

Served with Assorted Fruits &

Vegetables

Lunch:
Cheesy Breadsticks w/ Marinara (v)
Southwest-Style Nachos
Crispy Chicken Wrap
Served with Assorted Fruits &
Vegetables

Breakfast:

Apple Frudel (v)

29

Breakfast:

Freshly Baked Cinnamon Roll w/ Vanilla Icing (v) Lunch:

Cheese (v) or Pepperoni Pizza Homemade Beefy Sloppy Joe American Sandwich Served with Assorted Fruits & Vegetables

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. There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals.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 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/



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

www.liftoffsplayground.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 9111

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)
- 1/4 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.
- 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: All Students: \$2.75

LUNCH:

PAID: K-6th- \$3.50 7th-12th \$3.75

Nutrition Information is available upon request.