Emily Kaley

Elementary Breakfast and Lunch Menu for April 20-24 2015

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| **Breakfast** | 20  WG Pancake Sausage Wrap  OR  Cinnamon Crunchmania  100% Apple Juice  Fresh Fruit  Low-Fat Milk Selections | 21  WG Sausage Biscuit  OR  Assorted Cereal w/ Giant Goldfish Graham  100% Fruit Punch  Raisins  Low-fat Milk Selections | 22  Cheesy Grits  OR  Breakfast Pizza  100% Orange Juice  Fresh Fruit  Low-fat Milk Selections | 23  WG Chicken Biscuit  OR  French Toast Crunchmania  100% Apple Juice  Chilled Applesauce  Low-fat Milk Selections | 24  Oatmeal w/ Toppings  OR  WG Strawberry Pop-Tart  100% Fruit Punch  Raisins  Sliced Apples  Low-fat Milk Selections |
| **Breakfast Modified**  **Egg Free** | 20  Cinnamon Crunchmania  100% Apple Juice  Fresh Fruit  Low-Fat Milk Selections | 21  WG Sausage Biscuit  OR  Assorted Cereal w/ Giant Goldfish Graham  100% Fruit Punch  Raisins  Low-fat Milk Selections | 22  Cheesy Grits  100% Orange Juice  Fresh Fruit  Low-fat Milk Selections | 23  WG Chicken Biscuit  OR  French Toast Crunchmania  100% Apple Juice  Chilled Applesauce  Low-fat Milk Selections | 24  Oatmeal w/ Toppings  OR  WG Strawberry Pop-Tart  100% Fruit Punch  Raisins  Sliced Apples  Low-fat Milk Selections |

Egg Allergy Free

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| **Lunch** | 20  Baked Pepperoni Pizza  Chicken Pie  Cheesy Chef Salad w/ Crackers  Seasoned Green Beans  Fresh Sweet Potato  Chilled Peaches  Fresh Fruit | 21  Shepherds Pie w/ WW Breadstick  Pig in the Blanket  Yogurt & Fruit Platter  Tater Tots  Mixed Veggies  Turnip Greens  Orange Wedges  Baked Apples | 22  Bean & Cheese Quesadilla w/ Pineapple Salsa  Cheese Sticks w/ Marinara  Yogurt & Fruit Platter  Pinto Beans  Sweet Yellow Corn  Chilled Mixed Fruit  Fresh Fruit | 23  General Tso’s Chicken w/ Asian Rice  Cheeseburger on WW Bun  Cheesy Chef Salad w/ Crackers  Glazed Carrots  Seasoned Broccoli  Black Beans  Chilled Pineapple  Fresh Fruit | 24  Baked Ziti w/ Breadstick  Chicken Nuggets w/ WW Roll  Cheesy Chef Salad w/ Crackers  Garden Salad w/ Dressing (Caesar)  Oven Potato Wedges  Applesauce  Fresh Fruit |
| **Lunch Modified**  **Egg Free** | 20  Baked Pepperoni Pizza  Cheesy Chef Salad w/ Crackers  Seasoned Green Beans  Fresh Sweet Potato  Chilled Peaches  Fresh Fruit | 21  Shepherds Pie w/ WW Breadstick  Pig in the Blanket  Yogurt & Fruit Platter  Tater Tots  Mixed Veggies  Turnip Greens  Orange Wedges  Baked Apples | 22  Bean & Cheese Quesadilla w/ Pineapple Salsa  Yogurt & Fruit Platter  Pinto Beans  Sweet Yellow Corn  Chilled Mixed Fruit  Fresh Fruit | 23  General Tso’s Chicken w/ Asian Rice  Cheeseburger on WW Bun  Cheesy Chef Salad w/ Crackers  Glazed Carrots  Seasoned Broccoli  Black Beans  Chilled Pineapple  Fresh Fruit | 24  Chicken Nuggets w/ WW Roll  Cheesy Chef Salad w/ Crackers  Garden Salad w/ Dressing  Oven Potato Wedges  Applesauce  Fresh Fruit |

After reading through the Chartwells and USDA allergy materials I decided to utilize the Chartwells Food Allergy and Medical Conditions Program presentation to conduct an allergy training for the kitchen associates at Diggs Latham elementary. The following was covered: an overview of the training and why I was there, background of allergies or special dietary needs, background on the specific condition and symptoms, foods to avoid/foods affected by condition, top 8 most common allergies, safe food handling practices in the kitchen to prevent cross-contamination, how to read the ingredient labels/recipes/menus, and how to handle new requests or accommodations by the kitchen staff. I had some of the staff share their personal allergy related stories and answered the questions that they had regarding the presentation. I went over the one-week egg free modified menu I completed and answered more questions that the kitchen staff had. We then went into the pantry and I pointed out where on the food label they could find the allergy information. We did this as a group for a few different food labels and I concluded the training by summarizing the information that I covered and reminded them to practice these skill everyday in the kitchen. The associates seemed engaged, asked many questions and were able to locate the allergy information on the food label by the end of the training. Overall this was a successful allergy training and I feel with more allergy trainings completed for the kitchen associates, the less we’ll see allergy outbreaks.

