

# Foothill Horizons Menu

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
<b>Monday</b>		
	Spaghetti w/ Marinara Beef Sauce Green Beans Salad Fresh Fruit 1% Milk	Chicken Tacos Corn Tortillas Pico de Gallo Salad 1% Milk
<b>Tuesday</b>		
Pancakes Turkey Sausage Fruit Cheerios Maple Syrup 1% Milk	Sliced Turkey & Swiss Cheese Sandwiches on Wheat Bread Mayonnaise & Mustard Fresh Fruit Raisins Vegetable Soup 1% Milk	Pepperoni Pizza Fruit Salad Carrots Salad 1% Milk
<b>Wednesday</b>		
Scrambled Eggs Hash Browns Corn Chex Orange Juice 1% Milk	SunButter & Jelly Sandwiches on Wheat Bread Fresh Fruit Raisins String Cheese Broccoli Soup 1% Milk	Fish Sticks Tater Tots Broccoli Salad 1% Milk
<b>Thursday</b>		
French Toast Sticks Turkey Sausage Maple Syrup Raisin Bran Mixed Fruit 1% Milk	Turkey Hot Dogs on Wheat Buns Potato Soup Ketchup & Mustard Fresh Fruit Raisins 1% Milk	Baked Chicken Rice Pilaf Peas Salad 1% Milk
<b>Friday</b>		
Homemade Cinnamon Rolls Fresh Fruit Go-Gurt Rice Krispies 1% Milk	Chicken Corn Dogs Fresh Fruit Potato Chips Carrot Sticks Broccoli Spears Ranch Ketchup & Mustard 1% Milk	

*Menu is subject to change. **Meals contain soy, gluten & dairy.***

*If you have any Special Dietary needs, ensure that those are listed on the Student Health Form, such as vegetarian, food allergies, no beef, lactose intolerant.*

*Kitchen does not serve peanuts or peanut products.*

*Foothill Horizons kitchen can accommodate most dietary needs, but not all. Please see Policy for Special Diets*



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## POLICY FOR STUDENTS WITH SPECIAL DIETS

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1. Individuals with identified food allergies, medical needs, or vegetarians will be accommodated to the best of our ability. **Dietary needs must be noted** on the Foothill Horizons Health Form.
2. We do not offer an alternate menu for “picky” eaters.
  - a. All students will be expected to choose at least one food item at each meal
  - b. All children must eat within 24 hours or will be sent home
  - c. Children who are not eating for consecutive meals may be offered easy to prepare items (cereal, toast, crackers) in the health office
3. Parents of Children with contact sensitivities, trace sensitivities or multiple food allergies must call the Food Service Supervisor prior to attending.
4. On occasion, parents will be asked to provide **supplemental** food or snacks.
  - a. Place food items in a cooler or reusable bag. Label with name & school.
  - b. Make arrangements to have this food delivered to the Foothill Horizons kitchen. All unused food will be returned to the student’s teacher on the last day.
  - c. No nut or fish products. No junk food (fast food, chips, candy, sugary beverages)
  - d. Students may be asked to eat supplemental food items in the health office.
5. On rare occasions, an individual’s food issues may be so severe that the Foothill Horizons kitchen does not have the ability to accommodate with food we stock. In these instances, the individual may attend Foothill Horizons **if the parent provides all food needed.**
  - a. Place all food items in a cooler or reusable bag. Label with name & school.
  - b. Each meal must be individually packaged and labeled as follows:
    - Name
    - Day of the Week
    - Breakfast, Lunch, or Dinner
  - c. Meals must either be served cold or warmed in the microwave.
  - d. If served warm, parents must pre-pack food in a microwaveable container with a lid.
  - e. Make arrangements to have this food delivered to the Foothill Horizons kitchen immediately upon arrival. All unused food will be returned on Friday.
  - f. No nut or fish products. No junk food (fast food, chips, candy, sugary beverages)
  - g. Students may be asked to eat supplemental food items in the health office.