

PEAS

1 The sugar snap pea is actually a hybrid of green and snow peas. It was developed in 1979 to make an edible-pod variety with sweeter, full-sized peas.

2 Edible-pod peas were specifically bred so that the pods' fibers go in one direction, allowing them to be chewed.

3 Today, only 5% of all peas grown are sold fresh; over half are canned and most are frozen.



PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.



Make Handwashing Fun for Kids!

Sing

- Children love to sing, so encourage your child to sing their favorite song for the duration of their hand washing. If you're stumped for a song check out these creative song ideas:
- Sung to the tune of Frere Jacques: "Top and bottom, top and bottom, in between, in between, rub your hands together, rub your hands together, they're all clean, squeaky clean!"
- Sung twice to the tune of Row Your Boat: "Wash wash wash your hands, wash them nice and clean, scrub the fronts and scrub the backs and scrub the in between."

Get Crafty

Mix water and glitter in a spray bottle. Give your child's hands a spray and have them wash until all the glitter is removed from their hands. This is great for little kids who are all about glitter!

Make It Fun

Tell your child that they are special Germ Fighters and give them the task of protecting themselves and others from germ invasion! Adventurous kids will love this brave task!

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

<https://www.fda.gov/food/food-ingredients-packaging>

➤ 2. Food Allergy Research & Education

<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.

FREE MEALS

FREE MEALS
for all students, **ALL YEAR.**

Make sure to check out the weekly menu for your favorites and new, exciting meal choices.

ALIMENTOS GRATUITOS
para todos los estudiantes,
TODO EL AÑO.

Asegúrate de consultar el menú semanal para elegir tus alimentos favoritos y las nuevas e interesantes opciones.