

FOOD ALLERGEN FREQUENTLY ASKED QUESTIONS**How do I know what menu items contain allergens that could be harmful to my child?**

Food Services has created extensive lists of the top 8 food allergens for all breakfast, lunch, and snack menu items. These lists are posted on the BVSD Food Services home page at <http://www.bvsd.org/food/Pages/default.aspx>. You can also opt to join our Allergen Alert email group. This email group is used periodically to alert parents and caregivers of children with food allergies of any menu or product information changes. Email deb.trevor@bvsd.org to be added to the Alert group.

How can my child try new menu items but still avoid food items that will affect their dairy intolerance?

Many entrees on the hot lunch menu do contain dairy products such as cheese. However, the cheese in the following items is added on the lunch line by the kitchen staff, so your child can ask to have these items without cheese:

Chicken or bean tacos, beef or bean nachos, chicken fajita, pasta marinara, pasta with meat sauce

If it is necessary, our staff has been adequately trained in cross contamination and will change gloves and utensils to accommodate your child's food allergy.

Are there any afterschool snack options for my child that do not contain any tree nut or peanut products?

None of the afterschool snack items contain peanuts. The Clif bar (labeled by manufacturer with the disclaimer that it may contain several allergens), has been discontinued from the afterschool snack program. It was replaced with the Zac Attack Bar, which does not contain any peanuts/tree nuts and is produced in a plant without these allergens. The Cherry Apple Bars are processed in a facility that also processes tree and peanuts, and the Shredded Spoonfuls are processed in a facility that also processes tree nuts. Reasonable substitutions will be made at the site level if the staff is made aware of the allergy issue.

What are the best gluten free lunch choices for my child?

This area is at the top of our consciousness and we continue to work on providing more gluten free choices for our customers. We have several Mexican food choices that are

naturally gluten free, including nachos, tacos, and fajitas without the flour tortilla. We plan to add a corn tortilla cheese quesadilla to the menu soon on quesadilla day. Other GF options include a hamburger or hot dog without the roll and a side of brown rice, chicken or tofu teriyaki stirfry with brown rice, roast chicken, and roast turkey without gravy.

Are there any plans to have more gluten free and dairy free menu options available?

We are continually working to expand our gluten free and dairy free menu options. The reality is that we have approximately \$1.15 to spend on food cost for each lunch (which per USDA regulations must include a serving each of a protein, a grain, a vegetable, a fruit, and fluid milk), so we are financially limited in the number and type of gluten free products that can be offered.

There are several options on the menu that can be converted to be dairy free and gluten free such as nachos, tacos, and fajitas. Also, this year there are two new gluten- and dairy-free menu options; the chicken or tofu teriyaki stirfry, and the hot turkey which can be served without the mashed potatoes and gravy to eliminate dairy from the meal.