

LUNCH

July 15-19

Summer at Latin

MONDAY

Baked Pasta w/Chicken Sausage (G)
Baked Pasta w/Roasted Veggies (G)
Mozzarella Cheese (D)
Sautéed Green Beans
Fruit Salad

TUESDAY

Cheese Pizza (D,G)
Roasted Veggie & Cheese Pizza (D,G)
Roasted Broccoli
Mixed Green Salad w/Vinaigrette
Cookie (D,E,G,S)

WEDNESDAY

BBQ Pulled Chicken Sandwich (Bun: G)
BBQ Tofu Sandwich (S, Bun: G)
Vinegar Coleslaw
Roasted Yukon Potatoes
Roasted Pineapple w/Whipped Cream (D)

THURSDAY

Turkey Taco Salad
Tofu Taco Salad (S)
Roasted Cauliflower
Mexican Rice
Roasted Pineapple w/Whipped Cream (D)

FRIDAY

Hot Dogs (Bun: G)
Veggie Hot Dogs (S, Bun: G)
Carrot & Celery Sticks
HandCut Potato Chips
Watermelon Wedges

Allergy vs. Intolerance

Did you know? Hives, a runny nose, and an upset stomach can all appear as symptoms of both a food allergy or food intolerance. Determining the severity is extremely important for the safety of the food allergic or intolerant child as well as the caretaker. Most food allergies are developed early in life, many are outgrown and some present with minor symptom.

Food allergies. A food allergy rallies the body's disease-fighting (immune) system to action, creating unpleasant, sometimes serious, symptoms in response to a food component, usually a protein. Symptoms can occur within minutes and can be mild (swollen eyes and runny nose) to severe (anaphylactic reaction). Some severe reactions can be potentially fatal. The immune system starts to work even though the person isn't sick. That's why symptoms appear. If the immune system isn't the cause of a food reaction, it isn't an allergy.

Top 8 Food Allergens

Eggs, Milk, Peanuts, Tree nuts (such as walnuts), Soy, Wheat, Shellfish (such as shrimp, crab and lobster), Fish

Food intolerances. Different food intolerances have different causes. For various reasons, people may not be able to digest a component of certain foods, perhaps because a digestive enzyme such as lactase is deficient. Naturally occurring substances such as theobromine in coffee and tea or serotonin in bananas and tomatoes may cause reactions, but they aren't life-threatening. Since food intolerances may prompt some similar symptoms (nausea, diarrhea, abdominal cramps), they're often mislabeled as food allergies.

Food sensitivities. Celiac disease is an example. As an autoimmune disorder, celiac disease is a gluten-related condition, whereby the intestinal villi, which absorb important nutrients, are damaged or destroyed. Oral allergy syndrome is another example.

How to safely identify the food-related reaction as a food allergy or intolerance?

Work with an allergist to determine if a food-related reaction is life-threatening, mild (symptom driven) or a food intolerance. This can be done through a food allergy testing panel.



HANDCUT FOODS

Contact us at latin@handcutfoods.com
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Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Allergy-friendly alternatives are available every day.