

Dear Parent/Guardian,

PCS School Nutrition would like to support you in making informed decisions regarding your child's pork-free diet. The following information is provided so that you and your child can make selections that will meet their dietary preference.

- Review the daily menu options with your student and advise him/her to select pork free options. Menus can be found at www.pitt.k12.nc.us/schoolnutrition. Elementary students will receive a hard copy of the menu in their student folder once each month for the upcoming month. Due to COVID-19, we will offer only one entrée per day. To accommodate for this necessary operational change, the planned menu does not contain items that contain pork. However, please note that the menu is subject to change, and an item may be substituted due to availability. If this occurs and a pork option is selected, the cafeteria manager can prepare a pork free option as availability allows.
- **Pork Entrees that may be used as substitutes** include the following:
 - Barbecue or Barbecue Sandwich
 - Hot Dog
 - Pulled Pork
 - Pepperoni Pizza (rectangle)
 - Stuffed Crust Pepperoni Pizza
 - Ham and Cheese Sandwich
 - Ham and Cheese Wrap
 - Ham and Cheese Chef Salad

NOTE: Items including mini corn dog, individual sausage patty, individually wrapped sausage biscuit, sliced ham, individual round pepperoni pizza, individual "meat eaters" pizza, Big Daddy's pepperoni pizza, and Sausage breakfast pizza DO NOT contain pork. Either chicken, beef or turkey are utilized in these products.

- Also be advised that **pork ingredients may be found in other foods that contain gelatin**. The following information has been provided by manufacturers to determine the source of the gelatin found in these foods.
 - Pop Tarts – per Kellogg's the gelatin in frosted pop-tarts is derived from beef
 - Yogurts – the gelatin found in Danimals yogurt cups is kosher gelatin and is derived from beef/fish
 - Lucky Charms cereal – does contain gelatin that contains pork
 - Rice Krispy Treats – does contain gelatin that contains pork

Your student may choose to select or not select any of these items based on their dietary preferences. Please discuss these choices with your child so they can make the decision to consume or not to consume these items at meal time. If you have questions or any concerns regarding pork free options, please reach out to the PCS School Nutrition Central office team.

Sincerely,

Katie Exum, MS, SNS
School Nutrition Supervisor/Menu Planner
252-830-5041
exumk@pitt.k12.nc.us

Christine Polk, RD, LDN, SNS
School Nutrition Supervisor/Dietitian
252-830-4288
polkc@pitt.k12.nc.us

Disclaimer: Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens or other food products/proteins is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens or other food products/proteins.

USDA is an equal opportunity provider and employer.

Revised 8/6/2020