

Dear Parent/Guardian,

PCS School Nutrition would like to support you in making informed decisions regarding your child's vegetarian 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 <https://www.pitt.k12.nc.us/domain/2264>. Elementary students will receive a hard copy of the menu in their student folder once each month for the upcoming month. On most days, a vegetarian entrée will be offered.
- **Vegetarian Entrees that appear on the menu** include the following:
 - Hummus & Cheese Dip bento box
 - Yogurt Bento Box
 - Cheese Stix with Marinara Sauce
 - Macaroni and Cheese
 - Cheese Pizza
 - Grilled Cheese
 - Black Bean Burger with Cheese

NOTE: All of our raw & steamed vegetable side dishes are prepared without meat or meat-derived ingredients. Additionally, PCS School Nutrition also uses vegetarian bean products.

- Also be advised that **meat-derived 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 Dannon yogurt cups and is kosher gelatin and is derived from beef/fish**
 - Marshmallow Matey cereal – **does contain gelatin that contains pork**
 - Rice Krispy Treats – **does contain gelatin that contains pork**
 - **Lucky Charms Cereal – 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 vegetarian options, please reach out to the Pitt County Schools School Nutrition Central Office Team.

Sincerely,

Katie Exum, MS, SNS
School Nutrition Supervisor
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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.

This institution is an equal opportunity provider and employer.

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