

Dear Parent/Guardian,

Your request for a pork free diet has been received. 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/childnutrition. 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 non-pork entrée will be offered. However, if two pork entrees do appear on the menu, the cafeteria manager will prepare another pork free option that day.
- **Pork Entrees that appear on the menu** include the following:
 - Barbeque or Barbeque Sandwich
 - Hot Dog
 - Pulled Pork
 - Pork Rib Sandwich
 - Pork Chop Sandwich
 - Pepperoni Pizza
 - Bacon Cheeseburger
 - Bacon Grilled Cheese

NOTE: mini corn dog, individual sausage patty, individually wrapped sausage biscuit, sliced ham, stuffed crust pepperoni pizza, deep dish pepperoni pizza, Big Daddy's pepperoni pizza, Sausage breakfast pizza, and Sausage breakfast bagel 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
 - Marshmallow Matey 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 pork free options, please reach out to the Pitt County Schools Child Nutrition Supervisor, Katie Exum at 252-830-5041 or email exumk@pitt.k12.nc.us.

Disclaimer: Please be aware that Child 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.

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