



# Egg allergies

**Thank you for notifying us that your child has an egg allergy.**

**Please be sure to tell us about your child's reaction to eggs, so our staff know how to help and respond in an emergency.**

## About School Meals

Students grab breakfast from our carts as they are on their way to the classroom, and enjoy those foods at their desk. It's important for parents to review the menu with their child. Our staff can help students select from foods offered for each morning. Students use a PIN number at lunch and staff will monitor students trays to make sure they don't take a food item that may cause a reaction.

## What happens next?

Eggs are found in many foods. Having an egg allergy means it's important to watch what you're eating and read food labels carefully. If you tell us your child has an egg allergy, we'll follow these precautions:

- The school nurse, teacher, and cafeteria staff will be notified of the egg allergy.
- Your student will be able to ask for help when selecting breakfast each morning.
- Your student's account and PIN number will be used to notify our staff to check the tray at lunch.
- Our staff will help your child avoid ALL foods that contain eggs, which includes foods that contain eggs or egg ingredients (such as egg solids, egg whites, egg yolk, dried egg, egg product, etc).
- If there is any suspicion your child experiences a reaction to a food allergy, we will seek help immediately.

## What if my child needs other accommodations?

We understand reactions can range from mild to severe. Most people who are allergic to eggs react to the proteins in egg whites, and some can tolerate the proteins in the yolks. In addition, many people with egg allergies are able to eat foods containing extensively heated egg, such as breads, pancakes or muffins.

Please let us know what foods your doctor has asked your child to av

Interactive menu can be found at <https://spps.nutrislice.com/menu>

Allergens can be filtered in the upper right corner of the screen

Food items containing egg are noted by an

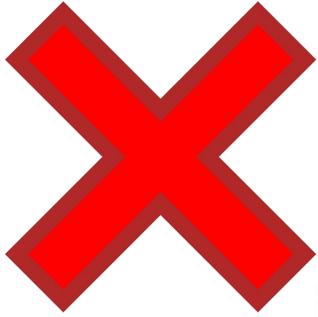


Egg icon

Additional allergy info can be found on the SPPS Nutrition Services website at <https://www.spps.org/Domain/11228>

For more information, contact Cole Welhaven at 651-523-6328.

# Avoiding All Egg and Egg Products means your child will not be served:



Eggs



Muffins



Breakfast Croissant



Pancakes

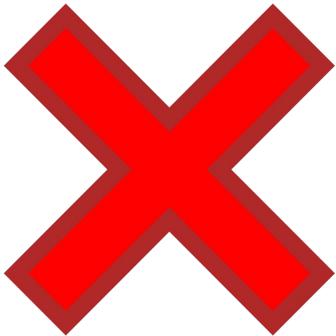


Mayonnaise

Any food item that has an  icon on the interactive menu

Egg

## Including extensively heated eggs means your child will be not be offered:



## Including extensively heated eggs means your child will be offered

