

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.

Please review the daily menu options with your student and advise him/her to select the vegetarian options. Menus can be found at <https://www.pitt.k12.nc.us/Page/86>. Elementary students will receive a hard copy of the menu in their student folders once each month for the upcoming month. Several days a week, a vegetarian entrée is offered.

Vegetarian Lunch Entrees that appear on the menu include the following:

- Cheese Stix with Marinara Sauce
- Cheese Ravioli
- Macaroni and Cheese
- Cheese Pizza/Stuffed Crust Cheese Pizza
- Grilled Cheese
- Veggie Burger with Cheese

On a rotating basis, we also offer the following items at Lunch:

- Egg & Cheese Cobb Salad
- Yogurt Bento Box
- Egg & Cheese Bento Box

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.

Please 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, the gelatin in frosted pop-tarts is derived from beef:
- 4oz Yogurt Cups – The gelatin found in Dannon yogurt cups and is kosher gelatin and is derived from beef/fish
- Yogurt Parfaits with Fruit – The bulk yogurt used in our Parfaits is from Yoplait and does not contain gelatin
- Rice Krispy Treats (all flavors) – Does contain gelatin that contains pork
- Lucky Charms Cereal – Does contain gelatin that contains pork
- Marshmallow (topping on sweet potato soufflé) - 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. In addition, we continue to have issues with the supply chain and food substitutions are made to the menu frequently. If you have questions or any concerns regarding vegetarian options, please reach out to the Pitt County School Nutrition Central Office Team.

Sincerely,

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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.

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