

Students are NOT allowed to charge meals or use other students lunch accounts.
Please check your child's lunch account on CISD website "Lunch Money Now" link.

CARROLL I.S.D. SEPTEMBER 2009

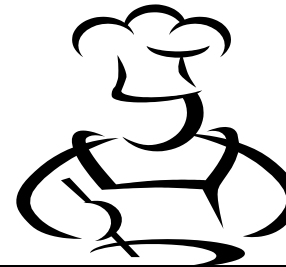
<http://squaremeals.org>



**WE SUPPORT USDA
 5-A-DAY PYRAMID**



CAFÉ MENU



Selected A La Cart Gluten-free healthy choices available.

ELEMENTARY & INTERMEDIATE

THREE CHOICES OF COLD MILK ARE INCLUDED
 (1%, 2%, OR SKIM MILK) Soy milk sold separately

Menu Choice #1

Menu Choice #2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bona "Petite" Meal	Bona "Petite" Meal	Bona "Petite" Meal	Bona "Petite" Meal	Bona "Petite" Meal
-or-	-or-	-or-	-or-	-or-
Yogurt Combo Meal	Deli-Bag Meal	Brunch Lunch Meal	Deli-Bag Meal	Yogurt Combo Meal


Deli-Bag Lunch Includes: *Deli-style Sandwich, Baked Chips, Veggie, Fruit, & Milk Choice*

Bona "Petite" Sandwich/Salad Lunch: *Mini Deli-style Sandwich, Lettuce, Tomato, Baby Carrot, Cheese, Salad Dressing, Fruit, Milk Choice*

Yogurt Combo Lunch: *Yogurt, Small Pretzel, String Cheese, Carrots w/dip, Fruit, & Milk Choice*

Brunch Lunch Meal Includes: *Kellogg's (healthy choice) Cereal, Apple Nutrigrain Bar, Yogurt & Fresh Fruit, Milk choice*

Menu Choice #3

Aug. 31- Sept. 4	"State Fair" Corn Dog Oven-Baked potato wedges Chilled Peaches	Chicken Biscuit w/cheese Carrot Sticks w/dip Granny Smith Apple	Chicken "Drummies" Fluffy Mashed Potatoes w/gravy Corn Hot Dinner Roll & Rosy Pears	Taco Salad Bowl (includes: beef, lettuce, tomatoes, & cheese) Cantalope Wedges	Cheese Filled Pizza Sticks w/marinara sauce Peas Plum
SEPT. 7-11	HOLIDAY	Bar B Q Sandwich Celery Sticks Ranch Dip Chilled Peaches	Spaghetti & Homemade Meat Sauce Italian Blend Vegetables Pineapple Chunks Bread Stick	Egg Roll Chicken Stir Fry Pineapple Oranges Fortune Cookie	Papa John's Pizza Fresh Broccoli Florets w/dipping sauce Banana
SEPT. 14-18	Chicken Biscuit w/cheese Oven-Baked Fries Ice-cold Watermelon	Loaded Baked Potato English Peas & Carrots Diced Pears Breadstick	Campbell's Tomato Soup Grilled Cheese Sandwich Grapes Otis Spunkmeyer Oatmeal Cookie	Chicken Quesadilla Festive Mexicali Corn Fresh & Sweet Strawberries	Cheese Filled Pizza Sticks w/marinara sauce Tossed Salad Rosey Applesauce
SEPT. 21-25	Burger on Wheat bun Lettuce, tomato, & pickles Cool Ranch Doritos (reduced fat) 100 % Fruit Juice Bar	Corn Dog Babies Carrot Coins Fruited Red Jiggly Jello	Spaghetti & Homemade meat sauce Italian Blend Vegetables Seasonal Fresh Fruit Bread Stick	Chicken Nuggets Mashed Potatoes & gravy Chilled Peaches Hot Crescent Roll	French Bread Pizza Steamed Seasoned Corn Tangerine
SEPT. 28-30	Sloppy Joe Potato Smiles Orange Slices  Birthday Ice Cream Cups	Little Smokies Mac & Cheese English Peas Ice-Cold Watermelon	Home-made "Veggie" Chili Grilled Cheese Sandwich Oatmeal Cookie (reduced fat) ORGANIC Apple	Parents: Please sign up for the free email low-balance alerts at Lunch Money Now link on CISD website.	

In accordance with Federal law and US Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave., SW Washington, DC 20250-9410 or call 800-795-3272 (voice) or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.

New PARENTS & STAFF FRIENDLY REMINDER:

EACH CAMPUS OFFICE HAS COPY OF TEXAS DEPT. OF AGRICULTURE NUTRITIONAL POLICY

Please keep in mind that Foods Of Minimal Nutritional Value (FMNV) are not allowed in the food service area.

Pre-Approved birthday parties are to be held outside the food service area during lunch, or after lunch have been served.

Schools may not allow meals to be provided to students in competition with meals served by the school food service dept. (PK-8 grades).

Tex. Dept. of Agriculture does not allow parents to feed lunch to children, other than their own. Violations can cause fines to the campus and loss of revenue to the school district.

Café Managers have authority to substitute items if necessary

PAYMENT SYSTEM: You may purchase meals and snacks for your child by sending money daily or by prepaying for meals in the cafeteria or on the website through "Lunch Money Now".

Please put your child's name on all checks brought to school. Checks should be made payable to Carroll ISD

Elementary Plate Lunches: \$2.15
 (includes Milk)

Intermediate Plate Lunches: \$2.40
 (includes Milk)

Adult Plate Lunch: \$3.00
 ((includes milk or tea)

Visiting Sibling Lunch: \$2.35
 (includes milk)