



# CARROLL I.S.D. CHILD NUTRITION DEPT.

"Providing Quality Nutritious Selections"



## SEPTEMBER 2009

### CARROLL HIGH SCHOOL & SR.HIGH SCHOOL

#### Healthy A La Cart Deli Selections

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
A La Cart Deli Selections	SOUP or SALAD BAR FRESH BAKED SUB OVEN BAKED PIZZA FRESH FRUIT BOWLS CHICK FIL A SANDWICHES	SOUP or SALAD BAR FRESH BAKED SUB OVEN BAKED PIZZA FRESH FRUIT BOWLS CLUX DELUX CHICKEN SANDWICH	SOUP or SALAD BAR FRESH BAKED SUB OVEN BAKED PIZZA FRESH FRUIT BOWLS CHICK FIL A SANDWICHES	SOUP or SALAD BAR FRESH BAKED SUB OVEN BAKED PIZZA FRESH FRUIT BOWLS CLUX DELUX CHICKEN SANDWICH
<b>Daily Serving Line Menu: \$3.00 (includes choice of 12 or 16 oz. ice tea or fountain)</b>				
SEPT. 1-4	(SEE Aug. 31)	HOME-MADE SPAGHETTI MEAT SAUCE TOSSED SALAD BREAD STICK MIXED FRUIT	CHICKEN FRIED STEAK MASHED POTATOES WITH GRAVY GLAZED CARROTS FRESH BAKED ROLL	LASAGNA TOSSED SALAD GREEN BEANS BREADSTICKS
SEPT. 7-11	HOLIDAY	BEEF TACOS PINTO BEANS SPANISH RICE PEACHES	STEAK FINGERS MASHED POTATOES WITH GRAVY GOLDEN CORN FRESH BAKED ROLL	HOME-MADE SPAGHETTI MEAT SAUCE TOSSED SALAD GARLIC TOAST MIXED FRUIT
SEPT. 14-18	BACON CHEESEBURGER BURGER SALAD FRENCH FRIES RICE KRISPY TREAT	BURRITO W/CHILI & CHEESE REFRIED BEANS SPANISH RICE CINNAMON APPLES	CHICKEN FINGERS MASHED POTATOES WITH GRAVY MIXED VEGETABLES DINNER ROLL	BEEF RAVIOLI TOSSED SALAD GREEN BEANS GARLIC BREAD
SEPT. 21-25	CHEESE BURGER BURGER SALAD CURLY FRIES CHOCOLATE CAKE W/FROSTING	CHEESE ENCHILADAS PICO DE GALLO SPANISH RICE PINEAPPLE TIDBITS	STEAK FINGERS MASHED POTATOES WITH GRAVY GLAZED CARROTS & ROLL	SPAGHETTI & MEAT BALLS TOSSED SALAD GARLIC TOAST MIXED FRUIT
SEPT. 28-30	BBQ ON A BUN BAKED TATER TOTS CELERY W/DIP APPLE	TACOS SIDE SALAD BEANS & RICE ORANGE SMILES	CHICKEN FRIED STEAK MASHED POTATOES w/gravy GLAZED CARROTS FRESH BAKED ROLLS	<b>MANAGERS HAVE AUTHORIZA WHEN NE</b>

#### CARROLL I.S.D. working together as a team- "DEVELOPING HEALTHY MINDS AND HEALTHY B

Our menus are designed with consideration of the recommended daily allowances and healthy food nutritional suggestions established by the U.S. Dept. of Agriculture

**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. Checks should be made payable to Carroll ISD

**PARENTS/STUDENTS: PLEASE SIGN UP FOR FREE LOW-BALANCE-EMAIL ALERTS** to insure students have lunch money daily. Sign up on Lunch Money Now link on w

In accordance with Federal law and US Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race,

sex, 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.

**Carroll ISD has a NO CHARGING  
policy in the cafeterias.  
Students CAN NOT use  
siblings lunch accounts**

<b>FRIDAY</b>
<i>SOUP or SALAD BAR</i>
<i>FRESH BAKED SUB</i>
<i>OVEN BAKED PIZZA</i>
<i>FRESH FRUIT BOWLS</i>
<i>CLUX DELUX CHICKEN SANDWICH</i>

*drink)*

<b>SHRIMP POPPERS</b> HUSH PUPPIES COLESLAW FRESH BAKED COOKIE
<b>MINI CORNDOGS</b> MACARONI & CHEESE FRUIT FRESH BAKED BROWNIE
<b>HAM &amp; CHEESE CROISSANT</b> FRENCH FRIES CARROT STICKS W/DIP COOKIE
<b>BBQ BEEF SANDWICH</b> SEASONED CORN BAKED BEANS BROWNIE

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CESSARY**

**ODIES"**

*MoneyNow" link.*

*ebsite.*

