



CARROLL I.S.D. CHILD NUTRITION DEPT.
"Providing Quality Nutritious Selections"

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

AUGUST 2009

DAWSON & CARROLL MIDDLE SCHOOLS

Healthy A La Cart Deli Selections

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A La Cart Deli Selections	PASTA BAR	FRESH SALAD BAR	FRESH SALAD BAR	BAKED POTATO BAR	NACHOS
	FRESH BAKED 6" SUB	FRESH BAKED 6" SUB	FRESH BAKED 6" SUB	FRESH BAKED 6" SUB	FRESH BAKED 6" SUB
	OVEN-BAKED PIZZA	OVEN-BAKED PIZZA	OVEN-BAKED PIZZA	OVEN-BAKED PIZZA	OVEN-BAKED PIZZA
	FRESH FRUIT BOWLS	FRESH FRUIT BOWLS	FRESH FRUIT BOWLS	FRESH FRUIT BOWLS	FRESH FRUIT BOWLS

DAILY SERVING LINE (All items made fresh daily)

STUDENTS: \$2.75 (SERVED WITH CHOICE OF MILK)

ADULTS \$3.00 (SERVED WITH TEA)

CHOICE OF

Chef Salad & Bona"Petite" Sub Combo Meal	Chef Salad & Bona"Petite" Sub Combo Meal	Chef Salad & Bona"Petite" Sub Combo Meal	Chef Salad & Bona"Petite" Sub Combo Meal	Chef Salad & Bona"Petite" Sub Combo Meal
- OR -	- OR -	- OR -	- OR -	- OR -

AUG. 25-29	DELI CHEESEBURGER LETTUCE-TOMATO-PICKLE POTATO TOTS FRESH FRUIT	BAKED CHEESE STICKS MARINARA SAUCE SWEET GREEN PEAS CHILLED DICED PEARS	STEAK FINGERS MASHED POTATOES & GRAVY GREEN BEANS FRESH BAKED ROLL CHILLED PEACH SLICES	BEEFY BEAN BURRITO STEAMED CORN ORANGE SLICES	OVEN BAKED PIZZA FRESH SIDE SALAD APPLE
AUG. 31	"State Fair" CORN DOG BAKED FRENCH FRIES CHILLED PEACH SLICES				

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

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 "LunchMoneyNow" link. 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 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.

MANAGERS HAVE AUTHORIZATION TO SUBSTITUTE ITEMS WHEN NECESSARY



<http://squaremeals.org>

Our serving line meals all meet the USDA Nutritional Daily Requirements