



CARROLL I.S.D. CHILD NUTRITION DEPT.

"Providing Quality Nutritious Selections"

SEPTEMBER 2009

DAWSON & CARROLL MIDDLE SCHOOLS

Healthy A La Cart Deli Selections

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
A La Cart Deli Selections	PASTA BAR	FRESH SALAD BAR	FRESH SALAD BAR	BAKED POTATO BAR
	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
	FRESH FRUIT BOWLS CHICK FIL A SANDWICH	FRESH FRUIT BOWLS	FRESH FRUIT BOWLS CHICK FIL A SANDWICH	FRESH FRUIT BOWLS

DAILY SERVING LINE (All items made fresh daily)

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

ADULTS \$3.00 (SERVED WITH CHOICE OF MILK)

CHOICE OFFER

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

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

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

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

Sept. 1-4		Taco's	Chicken Fingers	Spaghetti
		Side Salad	Potatoes & Gravy	Home-Made Meat Sauce
	(see Aug. menu)	Refied Beans	Green Beans	Garden Fresh Tossed Salad
		Spanish Rice	Fresh Baked Yeast Roll	Fresh Baked Breadstick
		Mixed Fruit	Sliced Peaches	Mixed Fruit
SEPT. 7-11	HOLIDAY	Jose Ole Burrito	Steak Fingers	
		Tossed Salad	Potatoes & Gravy	Ravioli
		Mexi Corn	Sweet Peas	Fresh Broccoli
		Sliced Watermelon	Roll	Breadstick
			Peaches	Pears
Sept. 14-18	Cheese Burger		Chicken Fingers	Cheese sticks
	Burger Salad	Frito Pie	Mashed Potatoes/gravy	Fresh Tossed Salad
	Baked Potatoe Wedges	Garden Fresh Tossed Salad	Green Beans	Marinara Sauce
	Carrots w/dip	Mexi Corn	Fresh Baked Roll	Pears
	Apple	Orange Wedges	Fresh Fruit Medley	
SEPT. 21-25			Steak Fingers	Spaghetti
	Mini Corn Dogs	Chicken Fajitas	Mashed Potatoes/gravy	Home-Made Meat Sauce
	Corn on the Cob	Pinto Beans	Mixed Vegetables	Steamed Broccoli
	Apple	Spanish Rice	Fresh Baked Roll	Fresh Baked Breadstick
	Cookie	Peaches	Fresh Fruit Medley	Pineapple chunks
SEPT. 28-30	Bar B Q on a bun	Tacos	Vegeterian Chili	
	Baked Tater Tots	Side Salad	Grilled Cheese Sandwich	
	Celery w/dipping sauce	Beans & Rice	Confetti Grapes	
		Orange Smiles	Fresh Baked Oatmeal Cookie	
	Apple			

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,



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



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

FRIDAY
<i>NACHOS</i>
<i>FRESH BAKED 6" SUB</i>
<i>OVEN-BAKED PIZZA</i>
<i>FRESH FRUIT BOWLS</i>

(SERVED WITH TEA)
Chef Salad & Bona"Petite" Sub Combo Meal

- OR -

Oven-Baked
French Bread Pizza
Fresh Broccoli & Dip
Pineapple chunks
Fresh Baked Brownie
Oven-Baked
French Bread Pizza
Tossed Salad w/carrots
Mixed Fruit
Fresh Baked Cookie
Oven-Baked
French Bread Pizza
Celery w/dip
Sweet Corn
Pineapple Chunks
Oven-Baked
French Bread Pizza
Tossed Salad w/carrots
Fresh Baked Cake
Orange Wedges

3.

Our serving line meals all meet the
USDA Nutritional Daily Requirements