



# CARROLL I.S.D.

## FEBRUARY 2012

### DAWSON & CARROLL MIDDLE SCHOOLS

#### Healthy A La Cart Deli Selections

Please check your child's lunch account on the CISD website  
 See the Lunch Money Account link  
**Get FREE low-balance email alerts**  
**Students must use their own lunch accounts.**

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

#### DAILY SERVING LINE (All items made fresh daily)

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

**ADULTS \$3.00 (SERVED WITH TEA)**

**CHOICE OF**

#1 Chef Salad or #2 Combo Meal	#1 Chef Salad or #2 Combo Meal	#1 Chef Salad or #2 Combo Meal	#1 Chef Salad or #2 Combo Meal	#1 Chef Salad or #2 Combo Meal
<b>- OR -</b>	<b>- OR -</b>	<b>- OR -</b>	<b>- OR -</b>	<b>- OR -</b>

#3 Hot Plate				
FEB. 1-3			Steak Fingers Mashed Potatoes & Gravy Sweet Peas Yeast Roll Sliced Peaches	Ravioli Tossed Salad w/ranch French Breadstick Orange Smiles
FEB. 6-10	Cheese Burger Burger Salad Tater Tot Apple	Tacos Side Salad Pinto Beans Spanish Rice Diced Peas	Mac & Cheese Tossed Salad w/ranch French Breadstick Orange Smiles	Steak Fingers Mashed Potatoes w/gravy Hot baked roll Green Beans Sliced Peaches
FEB. 13-17	Grilled Cheese Sandwich Chicken Noodle Soup Tossed Salad w/ranch Apple	Taco Pie Mexi-Corn Chili Beans Orange Smiles	Steak Fingers Mashed Potatoes & Gravy Winter Mix Veggies Yeast Roll Sliced Peaches	Loaded Baked Potato Tossed Salad w/ranch Breadstick Pineapple
FEB. 20-24	Hot Dog Tater Tot Veggie Sticks w/ranch Apple	Breakfast Sausage Bagel Yogurt Celery w/cream cheese Orange Smiles	Spaghetti w/meat sauce Italian Mixed Vegetables Breadstick Sliced Peaches	Steak Fingers Mashed Potatoes w/gravy Green Beans Yeast Roll Confetti Grapes
FEB. 27-29	Sloppy Joes Harvest Chips Celery & carrots w/ranch dressing Granny Smith Apple	Burrito Tossed Salad w/ranch Corn on the Cob Pineapple	Steak Fingers Mashed Potatoes & Gravy Broccoli Yeast Roll Sliced Peaches	Cheese Sticks Tossed Salad w/ranch Marinara Sauce Fresh Mixed Fruit

**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**

Providing Quality Nutritious Selections



<http://squaremeals.org>

Our serving line meals all meet the USDA Nutritional Daily Requirements