

Students are NOT allowed to use other students lunch accounts.



# FEBRUARY 2012 CAFÉ MENU



**PARENTS:** Please check your child's lunch account on [southlakecarroll.edu](http://southlakecarroll.edu) website and go to "Lunch Money Now" link  
Get **FREE** low-balance email alerts



**THREE CHOICES OF COLD MILK ARE INCLUDED**  
(1% white, Flavored Non-Fat, Lactose free)  
Soy milk sold separately

## Elementary & Intermediate

(Menus are also posted on CISD website)

Choice #1  
Choice #2


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Salad Meal -or- Yogurt Combo Meal	Chef Salad Meal -or- Deli-Bag Meal	Chef Salad Meal -or- Deli-Bag Meal	Chef Salad Meal -or- Deli-Bag Meal	Deli Bag Meal -or- Yogurt Combo Meal

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

Chef Salad Lunch: Lettuce, Tomatoes, Baby Carrots, Cheese, Cucumbers, Diced Chicken, Low-Fat Salad Dressing, Fruit, Crackers & Milk Choice

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

Menu  
Choice  
#3

Feb. 1-3			Spaghetti w/homemade meat sauce Tossed Salad (Fat free Ranch Dressing) Breadstick & Pears	Burrito Steamed Corn Strawberry Cup Sugar Cookie (reduced fat)	Pizza Tossed Salad (Fat free Ranch dressing) Banana
Feb. 6-10	"Yummy" Catfish Planks Potato Smiles Orange wedges Pickle Spear	State Fair Corn Dogs Fresh Green Beans Red Grapes	BBQ on a Bun Pinto Beans Peaches	Tomato Soup & Goldfish Crackers Grilled Cheese Sandwich Fresh Broccoli Florets Casserole (with Fat Free Ranch Dressing) Fresh Strawberries	Cheese Stix w/Marinara Sauce Tossed Salad (Fat free Ranch dressing) Apple
Feb. 13-17	Loaded Baked Potato Peas & Carrots Chilled Pears	Ravioli Tossed Salad (FatFree Ranch) Cold Ruby Red Strawberries  Valentine Ice Cream Cup	Spaghetti w/homemade meat sauce Tossed Salad & Bread Stick (Fat free Ranch Dressing) Fresh Chilled Pineapple	Chicken & Cheese Quesadilla Cheese Sauce & Steamed Carrots Granny Smith Apple Chocolate Chip Cookie (Red. Fat)	Pizza Sticks w/Marinara Sauce Tossed Salad (FatFree Ranch) Banana
Feb. 20-24	Cheeseburger Burger Salad Veggie Sticks Orange Smiles	Beef & Cheese Taco Pinto Beans Plum	Chicken Nuggets Mashed Potatoes w/gravy Green Beans & Roll Fruit Cocktail	Egg Roll Chicken Stir Fry w/Rice Mandarin Oranges Fortune Cookie	Pizza Tossed Salad (Fat Free Ranch dressing) Fresh Fruit Medley
Feb. 27-29	Mac & Cheese English Peas Apple  Happy Birthday Ice Cream Cup	Hot Dog on Wheat Bun Baked Beans Applesauce	Roasted Chicken w/Stuffing Winter Mix Vegetables Hot Roll Peaches		

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**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 has 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.**

**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 Lunch: \$2.50  
(includes Milk)

Intermediate Lunches: \$2.50  
(includes Milk)

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

Visiting Sibling Lunch: \$2.75  
(includes milk)

When student lunch accounts start getting low on funds, a GREEN wristband will be placed on the child's wrist to remind parents (in addition to Lunch Money Now email alert).

When the student is out of funds and the student's account is going into the negative, a YELLOW band will be placed on the student's wrist to advise parents.

When the student reaches the \$5.00 negative (limit) the Child Nutrition Dept. will provide a small cheese sandwich & carton of milk to assure the student gets something to eat.

For any reason, you do NOT want your child to receive a wristband, please call or email the Child Nutrition Dept. or your student's teacher.

Please go on-line to Lunch Money Now and register your email address to receive Low Balance Notices for your students. There is NO CHARGE for this service!

**Parents:** Please provide physician documented food allergies to the Child Nutrition Dept. or school nurse.

**Managers** have authority to substitute when necessary.

