

2016-2017 AHS Menu



Week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 22	Chicken Nuggets/WW Roll	Steak Fingers/Gravy/WW Tx Toast	Mini Corn Dogs	Chicken Fries/WW Tx Toast	Stuffed Baked Potato/WW Breadstick
Sept 12	Hot Ham & Cheese Croissant	Baked Chicken/WW Bun	BBQ Pulled Pork/WW Bun	Baked Chicken/WW Bun	Cheeseburger
Oct 3	Stuffed Crust Pizza +Sub Sandwich	Calzone • Sub Sandwich	Cheese Sticks • Sub Sandwich	Deep Dish Pizza + Sub Sandwich	Pizza Wedge +Sub Sandwich
Oct 24	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Quesadilla	Burrito/Nacho Bar +Crispito	Burrito/Nacho Bar • Quesadilla	Burrito/Nacho Bar • Crispito
Nov 14	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals
Dec 12	Glazed Carrots	Steamed Corn	Cole Slaw/Baked Tater Tots	Mashed Potatoes	Cheesy Broccoli
Jan 9	Caesar Side Salad/Black Eyed Peas	Roasted Herb Veggies/Side Salad	Baked Beans/Side Salad	Green Beans/Spinach Side Salad	Tomato Soup/Side Salad
Jan 30	Veggies (w/Dip)	Veggies (w/Dip)	Veggies (w/Dip)	Veggies w/Dip	Veggies (w/Dip)
Feb 20	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice
Mar 20	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk
Apr 10					
May 1					
May 22					
Aug 29	Chicken Rice Bowl	Hot Dog w/Cheese/WW Bun	Rotini/Meatsauce/WW Breadstick	Popcorn Chicken/WW Tx Toast	Crispy Fish/Mac & Cheese
Sept 19	Egg Rolls	Baked Chicken/WW Bun	BBQ Pulled Pork/WW Bun	Baked Chicken/WW Bun	Cheeseburger
Oct 10	Stuffed Crust Pizza +Sub Sandwich	Calzone • Sub Sandwich	Cheese Sticks • Sub Sandwich	Deep Dish Pizza + Sub Sandwich	Pizza Wedge +Sub Sandwich
Oct 31	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Quesadilla	Burrito/Nacho Bar +Crispito	Burrito/Nacho Bar • Quesadilla	Burrito/Nacho Bar • Crispito
Nov 28	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals
Dec 19	Sugar Snap Peas/Steamed Corn	Glazed Carrots/Powerhouse Chili	Green Beans/Baked Tater Tots	Mashed Potatoes	Steamed Peas/Steamed Corn
Jan 16	Spinach Side Salad	Side Salad	Side Salad	Cheesy Broccoli/Caesar Side Salad	Side Salad
Feb 6	Veggies (w/Dip)	Veggies (w/Dip)	Veggies (w/Dip)	Veggies w/Dip	Veggies (w/Dip)
Feb 27	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice
Mar 27	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk
Apr 17					
May 8					
May 29					
Sept 5	Chicken Fries/WW Breadstick	Egg Rolls	Roasted Chicken Leg/WW Roll	Steak Fingers/Gravy/WW Tx Toast	Jack Cheese Enchiladas
Sept 26	Hot Ham & Cheese Croissant	Baked Chicken/WW Bun	BBQ Pulled Pork/WW Bun	Baked Chicken/WW Bun	Cheeseburger
Oct 17	Stuffed Crust Pizza +Sub Sandwich	Calzone • Sub Sandwich	Cheese Sticks • Sub Sandwich	Deep Dish Pizza + Sub Sandwich	Pizza Wedge +Sub Sandwich
Nov 7	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Quesadilla	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Quesadilla	Burrito/Nacho Bar • Crispito
Dec 5	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals	Variety of Wrap/Salad Meals
Jan 5	Roasted Herb Veggies/Cole Slaw	Baked Beans	Baked Tater Tots	Mashed Potatoes	Ranch Style Beans/Steamed Corn
Jan 23	Caesar Side Salad	Cheesy Spinach/Side Salad	Roasted Herb Broccoli/Side Salad	Green Beans/Spinach Side Salad	Side Salad
Feb 13	Veggies (w/Dip)	Veggies (w/Dip)	Veggies (w/Dip)	Veggies (w/Dip)	Veggies (w/Dip)
Mar 6	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice
Apr 3	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk
Apr 24					
May 15					

Vegetarian Options Available (please notify cafeteria 1 day in advance)

Ala Carte & Snack Items that comply with Nutrition Policies also available. Prices vary.

STUDENT MUST INCLUDE A FRUIT OR VEGGIE WHEN CHOOSING A STANDARD SCHOOL LUNCH OR BREAKFAST

Ideal Meal \$3.95: Assorted Toasted/Grilled Wraps & Subs//Gourmet Salads//Premium Ingredients//See Chalkboard for daily choices!

New This Year!

Meal Prices

Student: Breakfast - \$1.50 Lunch - \$3.00 Ideal Meal - \$3.95
 Reduced: Breakfast - .30¢ Lunch - .40¢ Ideal Meal - .40¢
 Adult/Visitor: Breakfast - \$2.00 Lunch - \$3.60 Ideal Meal - \$4.60

Prepayments taken at anytime in the Cafeteria!

Online Payments - Go to AISD Website, Cafeteria Services

Standardized School Lunch: Choose 3 to 5 Different Components/Same Price

1 Component must be a Fruit or Veggie

Components: Meat/Protein (1) • Grain (1) • Veggie (1) • Fruit (1) • Milk (1)

Fruit or Veggie components must be 1 or 2 different servings

(Variety of Milk flavors & fat content offered daily)

Baked Fries/Tots offered occasionally

*Menus and Nutrient Analysis of menus

can be found on our website at

www.aledoisd.org and Nutri Café mobile app

*Menus subject to change

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake/Sausage Stick • Frittata	Ham & Cheese Croissant • Frittata	Pancake/Sausage Stick • Frittata	Ham & Cheese Croissant • Frittata	Pancake/Sausage Stick • Frittata
Breakfast Pizza • Chicken on a Roll	Breakfast Pizza • Pancake/Sausage Stick	Breakfast Pizza • Chicken on a Roll	Breakfast Pizza • Pancake/Sausage Stick	Breakfast Pizza • Chicken on a Roll
Sausage Biscuit • Cinnamon Roll	Chicken on a Roll • Cinnamon Roll	Sausage Biscuit • Cinnamon Roll	Chicken on a Roll • Cinnamon Roll	Sausage Biscuit • Cinnamon Roll
Asst Cereal w/Choc Oatmeal Bar	Asst Cereal w/Choc Oatmeal Bar	Asst Cereal w/Choc Oatmeal Bar	Asst Cereal w/Choc Oatmeal Bar	Asst Cereal w/Choc Oatmeal Bar
<u>Choice of One:</u>	<u>Choice of One:</u>	<u>Choice of One:</u>	<u>Choice of One:</u>	<u>Choice of One:</u>
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk

Standardized School Breakfast: Choose 3 to 4 Components:

1 Component must be a fruit or juice - Fruit components must be 1 or 2 different servings

Components: Meat/Protein (1) and Grain (1) or Grain (2) • Fruit or Juice (1) • Milk (1)

(Variety of Milk flavors & fat content offered daily)

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NutriCafé

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ALEDO ISD CHILD NUTRITION DEPARTMENT 2016/17 CAFETERIA SERVICES

FREE/REDUCED MEAL APPLICATIONS ONLINE!!

quick, easy, confidential!

www.aledoisd.org

go to Cafeteria Services or Department link*

*Children need well-balanced, nutritious meals to maintain health and be successful in school. Aledo ISD Cafeterias serve a healthy breakfast and lunch every school day. Meals and snacks are analyzed for nutrition content, age appropriate calories and contain no more than 30% average fat. School meals also provide a variety of fresh fruits and vegetables, limited fats/sodium and contain many sources of whole grains and calcium. Our staff is proud to serve and educate your students about healthy food choices. More information about our program and further nutritional education resources are available at www.aledoisd.org, link to Cafeteria Services or Departments.**

School Meals and Prices

School Meals include a choice of 3-5 food items: protein, whole grain, fruit, vegetable and milk. **Students choosing a School Meal will be required to choose a fruit or vegetable as one of their tray items at Breakfast and Lunch.** Menus are available on the AISD web page* and Nutri Café mobile app. A complete breakfast is \$1.50 and a complete lunch is: Elem \$2.50/Inter \$2.60/AMS \$2.75/DNG \$3.00 AHS \$3.00 to \$3.95 (Ideal Meal).

Free/Reduced Meal Program

Free or reduced price meals (breakfast .30¢/lunch .40¢) are available based on financial need through the National School Lunch/Breakfast Program. Applications can be submitted online at www.aledoisd.org* or paper applications can be obtained from the school office or Child Nutrition Department. Parents can also check eligibility status online, at www.aledoisd.org*, after your application for meal benefits has been submitted and processed with Aledo ISD. Application information is strictly confidential and is not available to students or teachers.

Special Dietary Needs

If your child has a food allergy or special dietary needs, please contact the School Nurse for a copy of *Guidelines for Students with Special Needs*. Special dietary needs that comply with the *Guidelines* will be communicated to the Cafeteria (by the School Nurse) and noted in our system to alert staff so that we may help monitor your student's needs. Aledo ISD has elected not to sell peanuts or peanut-based products in our cafeterias. However, it is possible that some products sold in school cafeterias may be manufactured in facilities that produce peanut products. Students are free to bring peanut products from home for their own consumption.

Account Restrictions

PK-6 ONLY: Please notify the Child Nutrition Office in writing (with phone #) if you would like to limit your child's purchases so we can program limits into their account via pop-up message (limit 20 characters). Pop up messages (except medical notes) are purged yearly. The Child Nutrition staff will do their best to monitor your student's choices.

Charging Policy

If a student has no lunch and no money and comes through the serving line, the cafeteria will provide them with a nutritious School Meal.

However, if the student's account reaches the charge limit of -\$15.00, the student can be provided with a Snack Meal only (students should see Cafeteria Manager). Students with a negative cafeteria balance will not be allowed to purchase snacks or extras until their balance is current. Negative balances will be communicated to parents via Parent Link. Low and negative balances are communicated to students when possible but students/parents are responsible for monitoring cafeteria account balances (see payment options). Cafeteria account balances must be paid in full by year end.

Payment Options

We encourage all parents/students to prepay money into their account to help lunch lines move faster and to avoid lost/forgotten lunch money. When sending cash or check, please include the student ID number. *In an effort to serve you better, AISD has included a parent online credit card payment system through MySchoolBucks, online or mobile app. You can make credit card payments to your student's cafeteria account online for a small convenience fee. The system will also allow parents to view student cafeteria account balances and purchases at no charge as well as set up free, automatic, low balance email notifications.*

Remember to allow at least 3 days for your online payment to post to your student's account (and up to 10 days if e-check is used). For further details, please go to the AISD web page.*

Nutrition Policies

US Department of Agriculture and TX Department of Agriculture administers policies to promote a healthy environment at all schools. Please refer to www.squaremeals.org or call the AISD Child Nutrition Dept. for further info. Policy highlights:

- On an annual basis, campus Principals will designate specific dates for up to 4 campus-wide parties.
- During meal times, Parents/Guardians/Staff may provide any foods/beverages for their own child but may not provide restricted foods or beverages to other students. Students cannot have food delivered from off-campus vendors.
- Food fundraisers and snacks for testing days are subject to policy compliance at all levels and must be approved by campus Principal.
- Food may only be provided if it is connected to an instructionally supported lesson or other activity with the approval of the campus Principal.

Thank you for allowing us to serve you and your students!

Go to our website to join our page to make comments, etc.

Aledo ISD Child Nutrition Department

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Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Services at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.