

2017-2018 AHS Menu



Week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 28	Chicken Nuggets/WW Roll	Steak Fingers/Gravy/WW Tx Toast	Mini Corn Dogs	Chicken Fries/WW Tx Toast	Stuffed Baked Potato/WW Breadstick
Sept 18	Hot Ham & Cheese Croissant	Baked Chicken/WW Bun	BBQ Pulled Pork/WW Bun	Baked Chicken/WW Bun	Grilled Cheese Sandwich
Oct 9	Stuffed Crust Pizza • Sub Sandwich	Calzone • Sub Sandwich	Cheese Sticks • Sub Sandwich	Deep Dish Pizza • Sub Sandwich	Pizza Wedge • Sub Sandwich
Oct 30	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Tamale	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Quesadilla	Burrito/Nacho Bar • Crispito
Nov 27	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box
Dec 18	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad
Jan 1	CinnToast Crunch Carrots	Steamed Corn	Cole Slaw	Mashed Potatoes	Cheesy Broccoli
Jan 22	Black Eyed Peas	Roasted Herb Veggies	Baked Tater Tots	Green Beans	Tomato Soup
Mar 5*	Caesar Side Salad/Veggies (w/Dip)	Side Salad/Veggies (w/Dip)	Baked Beans	Spinach Side Salad/Veggies (w/Dip)	Side Salad/Veggies (w/Dip)
Apr 2	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Side Salad/Veggies (w/Dip)	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice
Apr 23	Ice Cold Milk	Ice Cold Milk	Asst Fruit/Fruit Cup/100% Juice	Ice Cold Milk	Ice Cold Milk
May 14			Ice Cold Milk		
Sept 4	Chicken Rice Bowl	Hot Dog w/Cheese/WW Bun	Crispy Fish/Mac & Cheese	Popcorn Chicken/WW Tx Toast	Rotini/Meatsauce/WW Breadstick
Sept 25	Egg Rolls	Baked Chicken/WW Bun	BBQ Pulled Pork/WW Bun	Baked Chicken/WW Bun	Cheeseburger
Oct 16	Stuffed Crust Pizza • Sub Sandwich	Calzone • Sub Sandwich	Cheese Sticks • Sub Sandwich	Deep Dish Pizza • Sub Sandwich	Pizza Wedge • Sub Sandwich
Nov 6*	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Tamale	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Crispito
Dec 4	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box
Jan 8	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad
Jan 29	Sugar Snap Peas	CinnToast Crunch Carrots	Steamed Peas	Mashed Potatoes	Green Beans
Feb 19	Steamed Corn	Powerhouse Chili	Baked Tater Tots	Cheesy Broccoli	Steamed Corn
Mar 19	Spinach Side Salad/Veggies (w/Dip)	Side Salad/Veggies (w/Dip)	Side Salad/Veggies (w/Dip)	Caesar Side Salad/Veggies (w/Dip)	Side Salad/Veggies (w/Dip)
Apr 9	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 30	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk
May 21					
Sept 11	Chicken Fries/WW Breadstick	Egg Rolls	Roasted Chicken Leg/WW Roll	Steak Fingers/Gravy/WW Tx Toast	Jack Cheese Enchiladas
Oct 2	Hot Ham & Cheese Croissant	Baked Chicken/WW Bun	BBQ Pulled Pork/WW Bun	Baked Chicken/WW Bun	Cheeseburger
Oct 23	Stuffed Crust Pizza • Sub Sandwich	Calzone • Sub Sandwich	Cheese Sticks • Sub Sandwich	Deep Dish Pizza • Sub Sandwich	Pizza Wedge • Sub Sandwich
Nov 13*	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Tamale	Burrito/Nacho Bar • Crispito	Burrito/Nacho Bar • Quesadilla	Burrito/Nacho Bar • Crispito
Dec 11	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box	Wraps/Salad Meals/Bento Box
Jan 15	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad	Ideal Meal: Gourmet Wrap/Sub/Salad
Feb 5	Roasted Herb Veggies/Cole Slaw	Baked Beans/Cheesy Spinach	Baked Tater Tots	Mashed Potatoes/Green Beans	Ranch Style Beans/Steamed Corn
Feb 26	Caesar Side Salad/Veggies (w/Dip)	Side Salad/Veggies (w/Dip)	Roasted Herb Broccoli	Side Salad/Veggies (w/Dip)	Side Salad/Veggies (w/Dip)
Mar 26	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice	Side Salad/Veggies (w/Dip)	Asst Fruit/Fruit Cup/100% Juice	Asst Fruit/Fruit Cup/100% Juice
Apr 16	Ice Cold Milk	Ice Cold Milk	Asst Fruit/Fruit Cup/100% Juice	Ice Cold Milk	Ice Cold Milk
May 7			Ice Cold Milk		
May 28					

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: Assorted Toasted/Grilled Wraps & Subs//Gourmet Salads//Premium Ingredients//See Chalkboard for daily choices!

Meal Prices

Student: Breakfast - \$1.50 Lunch - \$3.15 Ideal Meal - \$4.15
 Reduced: Breakfast - .30¢ Lunch - .40¢ Ideal Meal - .40¢
 Adult/Visitor: Breakfast - \$2.00 Lunch - \$3.75 Ideal Meal - \$4.75

**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: 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

Special Event Menus: * 11/9 Thanksgiving Meal

* 11/17 Breakfast for Lunch ~ * 3/9 Breakfast for Lunch

☺ Early Release Menus: 12/20 & 6/1

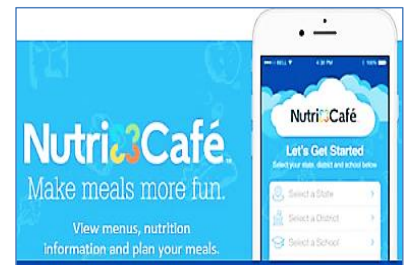
Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake/Sausage Stick • Frittata Wrap Breakfast Pizza • HB Chicken Biscuit Sausage/Cheese Biscuit • Choc Donut Cereal/Oatmeal Bar • Yogurt/Granola	Ham/Cheese Croissant • Frittata Wrap Breakfast Pizza • Pancake/Sausage Stick HB Chicken Biscuit • Cinnamon Roll	Pancake/Sausage Stick • Frittata Wrap Breakfast Pizza • HB Chicken Biscuit Sausage/Chs Biscuit • Choc Donut Cereal/Oatmeal Bar • Yogurt/Granola	Ham/Cheese Croissant • Frittata Wrap Breakfast Pizza • Pancake/Sausage Stick HB Chicken Biscuit • Cinnamon Roll	French Toast Sticks • Frittata Wrap Breakfast Pizza • HB Chicken Biscuit Sausage/Chs Biscuit • Choc Donut Cereal/Oatmeal Bar • Yogurt/Granola
<u>Choice of One:</u> Fruit Juice Fresh Fruit Ice Cold Milk	<u>Choice of One:</u> Fruit Juice Fresh Fruit Ice Cold Milk	<u>Choice of One:</u> Fruit Juice Fresh Fruit Ice Cold Milk	<u>Choice of One:</u> Fruit Juice Fresh Fruit Ice Cold Milk	<u>Choice of One:</u> Fruit Juice Fresh Fruit Ice Cold Milk
Standardized School Breakfast: Choose 3 to 4 Different Components/Same Price				
1 Component must be a Fruit or Juice				
Components: 1 Protein + 1 Grain or 2 Grains • 1-2 Fruit/Juice (full component must be 2 different items) • 1 Milk (Variety of flavors/fat content offered daily)				



Go to Aledo ISD...
for Monthly Nutrition Themes
(& more!)

- Special promotions/contests
- Nutrition fun facts & links
- Special menu items/free samples
- Gift w/tray and ice cream days



ALEDO ISD CHILD NUTRITION DEPARTMENT 2017/18 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 for the same price: 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 webpage* and Nutri Café mobile app. A complete breakfast is \$1.50 and a complete lunch is: Elem \$2.65/Inter \$2.75 AMS \$2.90/DNG \$3.15/AHS \$3.15 to \$4.15 (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. You must submit a new application each year, students without a new application on file after the grace period will pay full price. Application information is strictly confidential and is not available to students or teachers.

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 an emergency Snack Meal** (students should see Cafeteria Manager). Students with a negative cafe 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 email and/or letter to household address on file. Low and negative balances are communicated to students when possible but students/parents are responsible for monitoring cafeteria account balances (see payment options). If your family is experiencing a financial setback, please contact us so we can help. We can also assist you in applying for free/reduced price meal benefits. 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 name and 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 webpage.*

- Graduating/Withdrawn Students - call Cafeteria Services office at 817-441-5142 to get a refund or transfer funds to a sibling.
- Money left on accounts will roll over with student next year.
- Transferring funds between siblings' accounts may be done any time by calling the Cafeteria Services office at 817-441-5142.

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 Dietary 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. Withdrawn/re-enrolled students need to see the Nurse to have special dietary needs reinstated in cafeteria system. Aledo ISD has elected not to sell peanuts or peanut-based products in our school 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.

Parent Preference - 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.

Nutrition Policies

US Department of Agriculture and TX Department of Agriculture administers policies to promote a healthy school environment. Please go 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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