

# 2016-2017 Middle School Menu



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

Meal Prices		
Student:	Breakfast - \$1.50	Lunch - \$2.75
Reduced:	Breakfast - .30¢	Lunch - .40¢
Adult/Visitor:	Breakfast - \$2.00	Lunch - \$3.60

**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
<b>1 Component must be a Fruit or Veggie</b>
Components: Meat/Protein (1) • Grain (1) • Veggie (1) • Fruit (1) • Milk (1)
<b>Vegetable component must be 1 or 2 different servings</b>
(Variety of Milk flavors & fat content offered daily)
<b>Baked Fries/Tots offered occasionally</b>

\*Menus and Nutrient Analysis of menus can be found on our website at [www.aledoisd.org](http://www.aledoisd.org) and Nutri Café mobile app

\*Menus subject to change

## Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Pancakes Sausage Biscuit Assorted Dry Cereal & Choc Oatmeal Bar	Breakfast Pizza Ham & Cheese Croissant Assorted Dry Cereal & Choc Oatmeal Bar	Pancake/Sausage Stick Cinnamon Roll Assorted Dry Cereal & Choc Oatmeal Bar	Chicken on a Roll Mini Pancakes Assorted Dry Cereal & Choc Oatmeal Bar	Ham & Cheese Croissant Cinnamon Roll Assorted Dry Cereal & Choc Oatmeal Bar
<u>Choice of One:</u> Fruit Juice Fresh Fruit	<u>Choice of One:</u> Fruit Juice Fresh Fruit	<u>Choice of One:</u> Fruit Juice Fresh Fruit	<u>Choice of One:</u> Fruit Juice Fresh Fruit	<u>Choice of One:</u> Fruit Juice 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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## **ALEDO ISD CHILD NUTRITION DEPARTMENT** **2016/17 CAFETERIA SERVICES**

FREE/REDUCED MEAL APPLICATIONS ONLINE!!

quick, easy, confidential!

[www.aledoisd.org](http://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](http://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](http://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](http://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](http://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.

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