

# 2017-2018 Middle School Menu



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

Meal Prices		
Student:	Breakfast - \$1.50	Lunch - \$2.90
Reduced:	Breakfast - .30¢	Lunch - .40¢
Adult/Visitor:	Breakfast - \$2.00	Lunch - \$3.75

**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
<b>1 Component must be a Fruit or Veggie</b>
Components: 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>Crispy 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

\*11/17 Breakfast for Lunch • \*3/9 Breakfast for Lunch

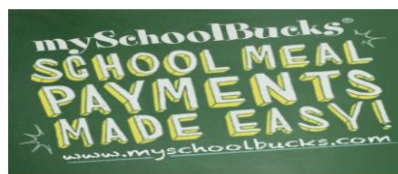
☉ Early Release Menus: 12/20 & 6/1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage/Cheese Biscuit	Breakfast Pizza	Pancake/Sausage Stick	Honey Butter Chicken Biscuit	Ham & Cheese Croissant
French Toast Sticks	Ham & Cheese Croissant	Yogurt/Granola	Mini Pancakes	French Toast Sticks
Chocolate Donuts	Cinnamon Roll	Chocolate Donuts	Cinnamon Roll	Chocolate Donuts
Cereal & Choc Oatmeal Bar	Cereal & Choc Oatmeal Bar	Cereal & Choc Oatmeal Bar	Cereal & Choc Oatmeal Bar	Cereal & 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 Different Components/Same Price**

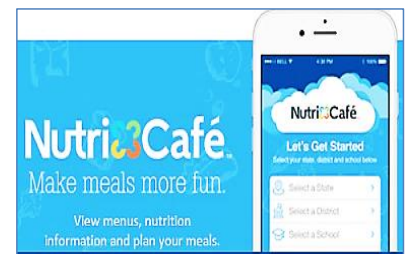
**1 Component must be a Fruit or Juice**

**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](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 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](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. 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](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.

Aledo ISD Child Nutrition Department

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