

2017-2018 McAnally Menu



Week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 28 Sept 18 Oct 9 Oct 30 Nov 27 Dec 18 Jan 1 Jan 22 Feb 12 Mar 5 Apr 2 Apr 23 May 14	Orange Chicken Rice Bowl Fresh Steamed Sugar Snap Peas Crispy Side Salad Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ❖ Turkey & Cheese Sandwich	Rotini w/MeatSauce/Breadstick Roasted Herb Veggies Crunchy Veggies (w/Dip) Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Baked Potato Meal ❖ Caesar Salad Meal	Cheesy Chicken Crispito Refried Beans Steamed Corn Crunchy Veggies (w/Dip) Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ❖ Ham & Cheese Sandwich	Steak Fingers/WW Tx Toast Creamy Mashed Potatoes w/gravy CinnToast Crunch Carrots Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Chef Salad Meal ❖ Ham, Turkey & Cheese Wrap	Hamburger/Cheeseburger Crisp Baked Fries Lettuce/Dill Pickle Cup Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ★ Protein/Grain Bento Box
Sept 4 Sept 25 Oct 16 Nov 6 Dec 4 Jan 8 Jan 29 Feb 19 Mar 19 Apr 9 Apr 30 May 21	Crispy Fish/Mac & Cheese Steamed Peas & Carrots Creamy Cole Slaw Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ❖ Turkey & Cheese Sandwich	Walking Tacos Ranch Style Beans Crispy Side Salad Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Baked Potato Meal ❖ Caesar Salad Meal	Goopy WG Cheese Sticks Crunchy Veggies (w/Dip) Crispy Side Salad Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ❖ Ham & Cheese Sandwich	Crispy Chicken Nuggets/WW Tx Toast Creamy Mashed Potatoes Easy Cheesy Broccoli Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Chef Salad Meal ❖ Ham, Turkey & Cheese Wrap	Chicken Sandwich/WW Bun Crisp Baked Tater Tots Powerhouse Chili Lettuce/Dill Pickle Cup Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ★ Protein/Grain Bento Box
Sept 11 Oct 2 Oct 23 Nov 13 Dec 11 Jan 15 Feb 5 Feb 26 Mar 26 Apr 16 May 7 May 28	Nachos Supreme Black Beans Crispy Side Salad Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ❖ Turkey & Cheese Sandwich	Grilled Cheese Sandwich Creamy Tomato Soup Crunchy Veggies (w/Dip) Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Baked Potato Meal ❖ Caesar Salad Meal	Deep Dish Pizza Crunchy Veggies (w/Dip) Crispy Side Salad Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ❖ Ham & Cheese Sandwich	Crispy Chicken Fries/WW Roll Creamy Mashed Potatoes Steamed Green Beans Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Chef Salad Meal ❖ Ham, Turkey & Cheese Wrap	Mini Corn Dogs Crisp Baked Tater Tots Crunchy Veggies (w/Dip) Assorted Fresh Fruit Chilled Fruit Cup/100% Juice Ice Cold Milk ★ Café Combo Meal ★ Protein/Grain Bento Box

❖ ❖ Additional Meal Choices (choose your veggie, fruit and milk) ❖ ❖
 ★ Café Combo: Yogurt, Cheese & Crackers ★ Baked Potato Meal ★ Salad Meal ★ Protein/Grain Bento Box ❖ Sack Lunch - Sandwich/Wrap with WG Chips
Vegetarian Options Available (please notify cafeteria 1 day in advance)

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 - \$3.75

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)
Vegetable component must be 1 or 2 different servings (Variety of Milk flavors & fat content offered daily)
★❖Add'! Meal Choices/Sack lunches - see description above❖★

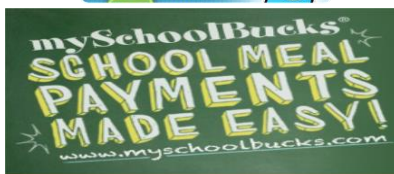
Menus and Nutrient Analysis of menus can be found on our website at www.aledoisd.org and Nutri Café mobile app
 Menu subject to change

Breakfast Menu

Special Event Menus: ★ 11/9 Thanksgiving Meal
 ★ 11/17 Breakfast for Lunch ~ ★ 3/9 Breakfast for Lunch
 ☉ Early Release Menus: 12/20 & 6/1

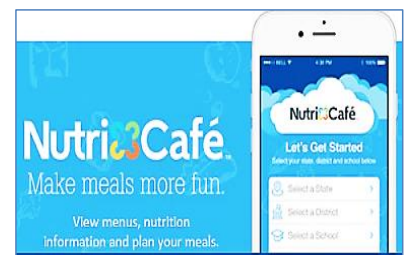
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage/Cheese Biscuit Cinnamon Roll Assorted Dry Cereal & Choc Oatmeal Bar	Breakfast Pizza Yogurt/Granola Assorted Dry Cereal & Muffin	Pancake/Sausage Stick Cinnamon Roll Assorted Dry Cereal & Choc Oatmeal Bar	Honey Butter Chicken Biscuit Pancakes/Syrup Assorted Dry Cereal & 1 Biscuit/Jelly	French Toast Sticks Yogurt/Granola Assorted Dry Cereal & Muffin
<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 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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