

# 2017-2018

# Elementary Menu

Week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 28- Sept 1 Sept 25 - 29 Oct 23 - 27 Nov. 27 - Dec 1 Jan. 9-12 Feb. 5 - 9 Mar. 5 - 9 Apr. 9-13 May 7 - 11 Jun. 4 - 7	ENTREE CHOICES Cheese Pizza Ham & Cheese Sandwich Grilled Cheese Sandwich	Hamburger Hummus, Cheese Stick & Chips Ravioli & Garlic Knot	Chicken Chunks & Roll Sunbutter & Jelly Sandwich Chicken Drumstick & Dressing with Roll	Crispy Tacos Turkey Panini Sandwich Cheese Nachos	Chicken Sandwich Yogurt & Muffin Fish Strips & Pretzel
Sept. 5-8 Oct. 2 - 6 Oct. 30 - Nov. 3 Dec. 4 - 8 Jan 16 - 19 Feb. 12 - 16 Mar. 19 - 23 Apr. 16 - 20 May 14 - 18	SIDE CHOICES Whole Kernel Corn Cucumber Slices Orange Wedges	Steamed Broccoli Baby Carrots Pears	Caramelized Butternut Squash Romaine Salad Mango Strawberry Fruit Cup	Refried Beans Salsa Cup Tropical Fruit Salad	Seasoned Curly Fries Celery Sticks Apple Wedges
Sept. 11 - 15 Oct. 10 - 13 Nov. 6 - 10 Dec 11 - 15 Jan. 22 - 26 Feb. 19 - 23 Mar. 26 - 30 Apr. 23 - 27 May 21 - 25	ENTREE CHOICES Cheese Pizza Ham & Cheese Sandwich Orange Chicken over Rice Chili Pie	Hamburger Hummus, Cheese Stick & Chips Beef Empanadas Chicken Parmesan & Spaghetti	Chicken Chunks & Roll Sunbutter & Jelly Sandwich Steak Fingers & Roll BBQ on Bun	Crispy Tacos Turkey Panini Sandwich Spaghetti & Meatballs Asian Meatballs over Rice	Chicken Sandwich Yogurt & Muffin Fish on Bun Chicken & Waffle
Sept. 18 - 22 Oct. 16 - 20 Nov. 13 - 17 Dec. 18 - 22 Jan. 29 - Feb. 2 Feb. 26 - Mar. 2 Apr. 2 - 6 Apr. 30 - May 4 May 29 - Jun 1	SIDE CHOICES Steamed Broccoli Tomato Wedges Pineapple	Ranchero Beans Baby Carrots Strawberries & Bananas	Mashed Potatoes Broccoli Florets Sour Apple Fruit Slush	Whole Kernel Corn Green Salad Apple Wedges	Sweet Potato Fries Fresh Veggies Orange Wedges
Sept. 11 - 15 Oct. 10 - 13 Nov. 6 - 10 Dec 11 - 15 Jan. 22 - 26 Feb. 19 - 23 Mar. 26 - 30 Apr. 23 - 27 May 21 - 25	ENTREE CHOICES Cheese Pizza Ham & Cheese Sandwich Chili Pie	Hamburger Hummus, Cheese Stick & Chips Chicken Parmesan & Spaghetti	Chicken Chunks & Roll Sunbutter & Jelly Sandwich BBQ on Bun	Crispy Tacos Turkey Panini Sandwich Asian Meatballs over Rice	Chicken Sandwich Yogurt & Muffin Chicken & Waffle
Sept. 18 - 22 Oct. 16 - 20 Nov. 13 - 17 Dec. 18 - 22 Jan. 29 - Feb. 2 Feb. 26 - Mar. 2 Apr. 2 - 6 Apr. 30 - May 4 May 29 - Jun 1	SIDE CHOICES Whole Kernel Corn Celery Sticks Peaches	Steamed Carrots Romaine Salad Apple Wedges	Vegetarian Beans Baby Carrots Applesauce	Steamed Broccoli Cucumber Slices Orange Wedges	Roasted Potatoes Tomato Wedges Melon Salad
Sept. 18 - 22 Oct. 16 - 20 Nov. 13 - 17 Dec. 18 - 22 Jan. 29 - Feb. 2 Feb. 26 - Mar. 2 Apr. 2 - 6 Apr. 30 - May 4 May 29 - Jun 1	ENTREE CHOICES Cheese Pizza Ham & Cheese Sandwich Macaroni & Cheese	Hamburger Hummus, Cheese Stick & Chips Pepperoni Calzone	Chicken Chunks & Roll Sunbutter & Jelly Sandwich Hot Ham & Cheese on Pretzel Bun	Crispy Tacos Turkey Panini Sandwich Chicken Strips & Roll	Chicken Sandwich Yogurt & Muffin Taco Pizza
Sept. 18 - 22 Oct. 16 - 20 Nov. 13 - 17 Dec. 18 - 22 Jan. 29 - Feb. 2 Feb. 26 - Mar. 2 Apr. 2 - 6 Apr. 30 - May 4 May 29 - Jun 1	SIDE CHOICES Green Peas Fresh Veggies Apple Wedges	Steamed Broccoli Marinara Cup Treasure Salad	Seasoned Curly Fries Broccoli Florets Sour Apple Fruit Slush	Pinto Beans Celery Sticks Orange Wedges	Steamed Carrots Green Salad Pineapple

Entrée choice of Chef Salad and beverage choice of a variety of milk is available daily.

## Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE CHOICES	Bacon Scramble Pizza Yogurt & Granola	Sausage Bites with Gravy Assorted Cereal	Sausage on Stick Cinnamon Roll	Waffle & Sausage Assorted Cereal	Chicken on Bun Yogurt & Granola
SIDE CHOICES	Apple Wedges Apple/Orange Juice	Orange Wedges Apple/Orange Juice	Pineapple Apple/Orange Juice	Peaches Apple/Orange Juice	Sliced Strawberries Apple/Orange Juice

Beverage choice of a variety of milk is available daily.



# Eat, Read, Succeed!

### Join us in two healthy habits:

**Eating well and reading often.** Each month the cafeteria will be promoting a children's book. On specific days, lucky students who eat in the cafeteria will win the book featured that month.

### Featured Books Are:

September 14, 2017	<i>Bear Ate Your Sandwich</i>
October 12, 2017	<i>Dragons Love Tacos</i>
November 9, 2017	<i>Lunch by Fleming</i>
December 11, 2017	<i>Pete's Pizza</i>
January 19, 2018	<i>One Fish, Two Fish, Red Fish, Blue Fish</i>
February 22, 2018	<i>Cloudy with a Chance of Meatballs</i>
March 26, 2018	<i>Little Hen Makes a Pizza</i>
April 26, 2018	<i>Food Parade</i>
May 21, 2018	<i>Secret Pizza Party</i>

# 2017-2018 Elementary Menu



The Carrollton-Farmers Branch ISD Student Nutrition Department provides wholesome, nutritious meals for every student within the district.

Our goal is to create an atmosphere of service and care for every student. We want to partner with parents and teachers to make sure that Student Nutrition is an integral component of the educational process. In addition, we want to provide students with the best nutritional value for their money, and allow the student to make sound nutritional choices.

## Meal Payments

All campuses are equipped with computerized point-of-sale stations where students enter their ID number in order to access their account. Meal payments can be made using cash, check or through our online pre-payment system, My School Bucks. Parents are encouraged to prepay for their child's meals to speed up the checkout process and to have more control over their students' spending habits.

Through the prepayment system you can:

- Set low balance limits and email reminders
  - Schedule recurring payments to your student's account
  - Set automatic deposits when the account reaches your pre-determined balance
  - Review the last 90 days of student purchase history
- Prepay online at [www.myschoolbucks.com](http://www.myschoolbucks.com)



## Free & Reduced Meal Applications

Students can get free or reduced-price meals if a household's gross income is within the limits described in the U.S. Department of Agriculture's Federal Income Eligibility Guidelines. Students are eligible for free meals if:

- The household is receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), or

the Food Distribution Program on Indian Reservations (FDPIR);

- The student is a foster child under the legal responsibility of a foster care agency or court;
- The student meets the definition of Homeless, Migrant, or Fugitive;
- The student participates in Head Start, Early Head Start, and Even Start.

Apply for Free & Reduced Meal Benefits online! Online applications can be accessed and completed by visiting [www.cfbisd.school lunchapp.com](http://www.cfbisd.school lunchapp.com). Paper applications will be available at the Student Nutrition Office located at 1505 Randolph St., Carrollton, TX 75006, in each school office and cafeteria. Paper applications must be submitted to the address above, 972-968-6392 or to your child's school.

Free and reduced application statuses will be sent to the email address provided on your applications. Statuses can also be viewed online within 10 days after applying. View your status at [www.school lunchstatus.com](http://www.school lunchstatus.com).



Students eligible for free or reduced price meals at the end of last school year are eligible to participate in the meal program with their prior eligibility until October 10, 2017, or until a new application is received and processed. Students without a new meal application after October 10, 2017 will pay full meal prices after this date.

School officials may ask you to send or fax written evidence to verify any or all information to the Nutrition Department. Any deliberate misrepresentation of information may subject the signee to prosecution under applicable State and Federal laws.

## Special Dietary Needs

Parents who want to help guide their child's choices in the cafeteria can find nutrients for all meals at: [www.cfbisdnutrition.com/Parent-info-Forms#7](http://www.cfbisdnutrition.com/Parent-info-Forms#7)

If a child has a disability, as determined by a doctor, and the disability prevents the child from eating the regular school meal, the school will make substitutions prescribed by the doctor at no extra charge. Please note, however, that the school is not required to make a substitution for a food allergy, unless it meets the

definition of a "Disability". Please contact your school nurse to inquire about diet alterations.

## Student Meal Charging Policy:

In the event that a student loses their money or runs out of money on their account, C-FB ISD will allow students to charge reimbursable breakfast and lunch meals up to \$15.00 as a grace period. The district is extending this credit with the full intent that all charges will be paid by the household. Full or partial payments may be made in the cafeteria, or through [www.MySchoolBucks.com](http://www.MySchoolBucks.com). No ala carte items may be charged to an account once a student has a negative balance.

To ensure that households are aware of the student's negative balance, emails and weekly phone call reminders will be sent to parents of students with a negative balance. In addition, physical letters will be sent home weekly in elementary take-home folders. Parents may also set up custom, low balance email reminders through the online prepayment system.

It is our goal that no student will go without a lunch. Therefore, once an elementary or middle school student reaches the charge limit, the school office will provide an emergency sack lunch for the student. If a household feels they may qualify to receive free/reduced meals, an application may be submitted at [www.cfbisd.school lunchapp.com](http://www.cfbisd.school lunchapp.com) or at your child's school office or cafeteria. For more information please contact (972) 968-6390.

## Employment

Applicants interested in Student Nutrition Department positions should complete an application for auxiliary personnel online. You will need an email address to register:

Go to: [www.cfbisd.edu](http://www.cfbisd.edu)

- Employment
- Online Application (Click multiple times)
- Register as a new user
- Fill out application

Need further assistance – 972-968-6175

## Price List

### Breakfast

Paid Student.....	\$2.00
Reduced Student.....	\$ .30
Adult/Visitor.....	\$2.50
Breakfast Entree.....	\$1.50
Fruit/Juice.....	\$ .75
Milk.....	\$ .50

Breakfast is considered an entree, fruit, juice and milk.

### Lunch

Paid Student.....	\$3.00
Reduced Student.....	\$ .40
Adult/Visitor.....	\$3.75
Lunch Entree.....	\$2.50
Fruit/Vegetable.....	\$ .75
Milk.....	\$ .50

Lunch is considered an entree, two vegetables, fruit and milk.

### A La Carte

Mini Treat .....	\$0.25
Chips .....	\$0.75
Crackers .....	\$0.50
Cookies .....	\$0.50
Bars, Cereal & Oatmeal .....	\$0.75
Ice Cream, small bars.....	\$0.75
Ice Cream, large.....	\$1.50
Beverages	
Juice Boxes, small.....	\$0.75
Bottled Water.....	\$0.50
Fruit Juices 8 oz .....	\$1.50

## Student Meal Nutrition

The C-FB ISD Schools offer a choice of healthy meals each day. All meals served meet nutritional standards established by the U.S.D.A.

### Elementary A La Carte

In order to promote the healthiest diet possible, we have established strict guidelines for any item sold a la carte in an elementary cafeteria. Items must meet all of the following criteria:

- Less than 35% of their calories from fat and less than 10% calories from saturated fat.
- Trans fat must be less than 0.5 gm per serving.
- Sugar must be at or below 35% of the product by weight.
- Sodium should be at or below 200 mg per serving.

At breakfast students may choose an entree from the breakfast offerings. With their entree they may choose fruit, juice and milk.

At lunch students have the choice of one of the four entrees, three side dishes and milk.

To **LEARN MORE**, connect with us on:



<http://www.cfbisdnutrition.com/>



<https://www.facebook.com/pages/Carrollton-Farmers-Branch-ISD-Student-Nutrition-Department/>



<https://twitter.com/CFBSNS>



<http://pinterest.com/cfbsns/>

## NutriCafé™

Make meals more fun.

Nutri-Café is our new online cafeteria menu that gives students and parents TWO NEW WAYS to check out C-FB menus and to help teach children how to build a well-balanced, healthy meal with the daily menu offerings! Help your students make healthy meal choices by using this interactive tool to get students excited about nutrition!



**Option #1:**  
**Online, Interactive Menus**

Visit [cfbisdnutrition/Menus.com](http://cfbisdnutrition/Menus.com) to find your school's current menu offerings!



**Option #2:**  
**Free Mobile Phone Application**

Download **NutriCafé** to find your school's current menu offerings!



Student Nutrition Department  
1505 Randolph St., Carrollton, TX 75006  
[www.cfbisdnutrition.com](http://www.cfbisdnutrition.com)  
Ph 972-968-6384 • Fax 972-968-6392  
Monday - Friday from 7:30 a.m. - 4:30 p.m.

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