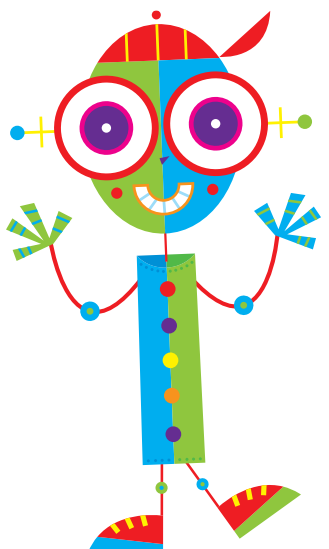
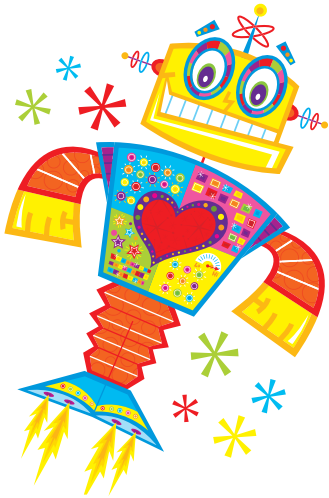
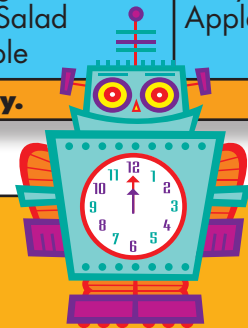


# 2016-2017 ELEMENTARY MENU



Week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 22-26 Sept 19-23 Oct 17-21 Nov 14-18 Jan 3-6 Jan 30 - Feb 3 Feb 27 - Mar 3 Apr 3-7 May 1-5 May 30 - Jun 1	ENTREE CHOICES Hamburger Chef Salad Fish Hoagie	Chicken Sandwich Macaroni & Cheese Chili Pie	Chicken Chunks & Roll Yogurt and Muffin Turkey & Dressing with Roll	Crispy Tacos Tomato Soup & Stuffed Breadstick Baja Burrito	Cheese Pizza Chicken Caesar Salad Ravioli & Breadstick
	SIDE CHOICES Home-style Fries Vegetarian Beans Peaches	Whole Kernel Corn Baby Carrots Applesauce Cup	Pumpkin Casserole Broccoli Florets Treasure Salad	Black Beans Green Salad Orange Wedges	Caramelized Butternut Squash Celery Sticks Apple Wedges
Aug 29 - Sept 2 Sept 26 - 30 Oct 24 - 28 Nov 28 - Dec 2 Jan 9 - 13 Feb 6 - 10 Mar 6 - 10 Apr 10 - 14 May 8 - 12	ENTREE CHOICES Hamburger Chef Salad Pretzel Dog	Chicken Sandwich Macaroni & Cheese Steak Fingers	Chicken Chunks & Roll Yogurt and Muffin Orange Chicken with Rice	Crispy Tacos Tomato Soup & Stuffed Breadstick French Toast & Sausage	Cheese Pizza Chicken Caesar Salad Fish Taco
	SIDE CHOICES Sweet Potato Waffle Fries Celery Sticks Pineapple	Mashed Potatoes Pinto Beans Orange Wedges	Steamed Broccoli Baby Carrots Mango-Strawberry Fruit Cup	Roasted Potatoes Wango Mango Juice Melon Salad	Romaine Salad Salsa Cup Apple Wedges
Sept 6 - 9 Oct 3 - 7 Oct 31 - Nov 4 Dec 5 - 9 Jan 17 - 20 Feb 13 - 17 Mar 20 - 24 Apr 17 - 21 May 15 - 19	ENTREE CHOICES Hamburger Chef Salad Fish Strips & Pretzel	Chicken Sandwich Macaroni & Cheese Italian Calzone	Chicken Chunks & Roll Yogurt and Muffin Eggroll & Rice	Crispy Tacos Tomato Soup & Stuffed Breadstick Hot Ham & Cheese	Cheese Pizza Chicken Caesar Salad BBQ on Bun
	SIDE CHOICES Home-style Fries Fresh Veggies Orange Wedges	Whole Kernel Corn Broccoli Florets Apple Wedges	Sweet Potato Wedges Popeye Salad Pears	Steamed Carrots Jicama Sticks Fancy Fruit Art	Ranchero Beans Plantain Slices Tropical Fruit Salad
Sept 12 - 16 Oct 11-14 Nov 7 - 11 Dec 12-16 Jan 23 -27 Feb 20 - 24 Mar 27 - 31 April 24 - 28 May 22 - 26	ENTREE CHOICES Hamburger Chef Salad Taco Pizza	Chicken Sandwich Macaroni & Cheese Spaghetti & Meatballs	Chicken Chunks & Roll Yogurt and Muffin Chicken Fried Steak & Roll	Crispy Tacos Tomato Soup & Stuffed Breadstick Turkey & Cheese Sandwich	Cheese Pizza Chicken Caesar Salad Sweet & Sour Chicken over Rice
	SIDE CHOICES Refried Beans Salsa Cup Pears	Green Peas Fresh Veggies Orange Wedges	Mashed Potatoes Broccoli Florets Sour Apple Fruit Slush	Sweet Potato Wedges Tossed Salad Pineapple	Steamed Broccoli Baby Carrots Apple Wedges

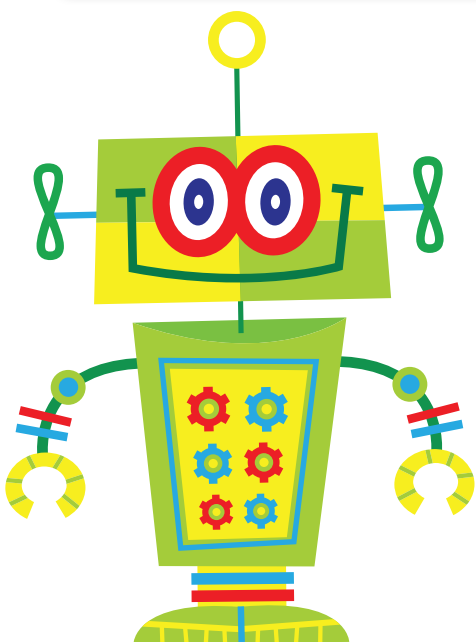
Beverage choice of a variety of milk is available daily.



## BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE CHOICES	Cinnamon Roll Assorted Cold Cereal	Sausage on Bun Yogurt & Granola	Bacon Scramble Pizza Assorted Cold Cereal	Chicken on Bun Yogurt & Granola	Pancake & Sausage Assorted Cold Cereal
SIDE CHOICES	Raisins Apple/Orange Juice	Orange Wedges Apple/Orange Juice	Fruit Smoothie Apple/Orange Juice	Apple Wedges Apple/Orange Juice	Sliced Strawberries Apple/Orange Juice

Beverage choice of a variety of milk is available daily.



## 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!



# 2016-2017 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 payment 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 [myschoolbucks.com](http://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 participated 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.schoollunchapp.com](http://www.cfbisd.schoollunchapp.com). Paper applications will be available at the Student Nutrition Office located at 1505 Randolph St. Carrollton, TX 75006 and from each cafeteria manager at the school sites. Paper applications must be submitted in original form with an original signature. FAXES CANNOT BE PROCESSED.

Free and reduced application statuses will be sent to the email address provided on your online applications. Statuses can also be viewed online within 10 days after applying. View your status at [www.schoollunchstatus.com](http://www.schoollunchstatus.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 3, 2016, or until a new application is received and processed. Students without a new meal application after October 3, 2016 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 signer 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](http://www.cfbisdnutrition.com)

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.

## Charging Policy

- Students will be allowed to charge up to the value of \$13.75
- A la carte and snack items will not be charged. Cash or a pre-paid account must be used for these items.
- Charges will be taken out of any future payments.
- Once the credit limit is reached by students no additional charging can occur, the POS system will not allow a cashier to complete the transaction.
- It is our goal that no children go without a meal; therefore, Student Nutrition will provide a complimentary vegetable plate consisting of three fruit/vegetable servings and milk in the event the charging limit has been reached. The fruit and vegetable serving will be at the discretion of Student Nutrition.

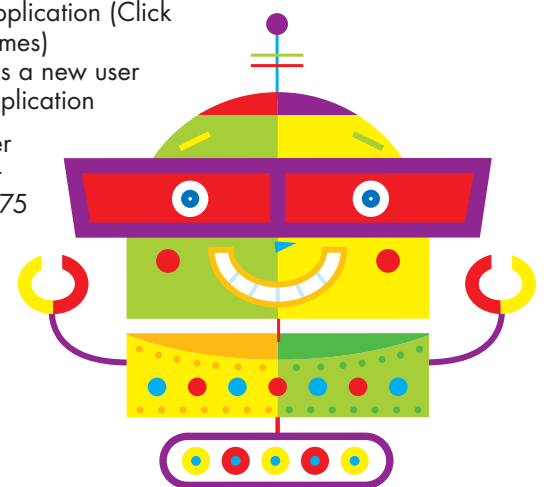
## Employment

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.....	\$1.75
Reduced Student.....	\$ .30
Adult Visitor.....	\$2.25
Breakfast Entree.....	\$1.00
Fruit/Juice.....	\$ .75
Milk.....	\$ .50
Breakfast is considered an entree, fruit, juice and milk.	

### Lunch

Paid Student.....	\$2.75
Reduced Student.....	\$ .40
Adult/ Visitor.....	\$3.50
Lunch Entree.....	\$2.00
Fruit/Vegetable.....	\$ .75
Milk.....	\$ .50
Lunch is considered an entree, two vegetables, fruit and milk.	

### A La Carte

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

## 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 three 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/>



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.

