

2017-2018 Middle School 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 Spicy Chicken Sandwich Cheese Pizza Ham & Cheese Sandwich Grilled Cheese Sandwich	Hamburger Pepperoni Pizza Hummus, Cheese Stick & Chips Ravioli & Garlic Knot	Chicken Chunks & Roll Taco Pizza Sunbutter & Jelly Sandwich Chicken Drumstick & Dressing with Roll	Crispy Tacos Cheese Pizza Turkey Panini Sandwich Cheese Nachos	Chicken Sandwich Pepperoni Pizza Yogurt, Cheese Stick & Muffin Fish Strips & Pretzel
	SIDE CHOICES Whole Kernel Corn Cucumber Slices Orange Wedges	Steamed Broccoli Baby Carrots Pears	Carmelized Butternut Squash Romaine Salad Mango Strawberry Fruit Cup	Refried Beans Salsa Cup Tropical Fruit Salad	Seasoned Curly Fries Celery Sticks Apple Wedges
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	ENTREE CHOICES Spicy Chicken Sandwich Cheese Pizza Ham & Cheese Sandwich Orange Chicken over Rice	Hamburger Pepperoni Pizza Hummus, Cheese Stick & Chips Beef Empanadas	Chicken Chunks & Roll Taco Pizza Sunbutter & Jelly Sandwich Chicken Fried Steak & Roll	Crispy Tacos Cheese Pizza Turkey Panini Sandwich Spaghetti & Meatballs	Chicken Sandwich Pepperoni Pizza Yogurt, Cheese Stick & Muffin Fish on Bun
	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 Spicy Chicken Sandwich Cheese Pizza Ham & Cheese Sandwich Chili Pie	Hamburger Pepperoni Pizza Hummus, Cheese Stick & Chips Chicken Parmesan & Spaghetti	Chicken Chunks & Roll Taco Pizza Sunbutter & Jelly Sandwich BBQ on Bun	Crispy Tacos Cheese Pizza Turkey Panini Sandwich Asian Meatballs over Rice	Chicken Sandwich Pepperoni Pizza Yogurt, Cheese Stick & Muffin Chicken & Waffle
	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 Spicy Chicken Sandwich Cheese Pizza Ham & Cheese Sandwich Macaroni & Cheese w/ Garlic Knot	Hamburger Pepperoni Pizza Hummus, Cheese Stick & Chips Pepperoni Calzone	Chicken Chunks & Roll Taco Pizza Sunbutter & Jelly Sandwich Hot Ham & Cheese on Pretzel Bun	Crispy Tacos Cheese Pizza Turkey Panini Sandwich Chicken Strips & Roll	Chicken Sandwich Pepperoni Pizza Yogurt, Cheese Stick & Muffin Cheese Enchiladas
	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

DAILY ENTREES	SIDES
Assorted Cereal & Cheese Stick Yogurt & Granola Mini Bagels Cherry Frudel Mini Cinnis Cinnamon Roll & Sausage Bacon Scramble Pizza Chicken on Bun Sausage on Bun Waffle & Sausage	Apples Oranges Raisins Apple Juice 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 to find your school's current menu offerings!



Option #2: Free Mobile Phone Application

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

2017-2018 Middle School 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



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.schoolunchapp.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.schoolunchstatus.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

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.

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

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

<https://twitter.com/CFBSNS>

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

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



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

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, 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.

This institution is an equal opportunity provider.

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. 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. 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.schoolunchapp.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

- 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