



CIS School Menu and Notes

Sept. 24 – Oct. 5, 2012



24 Cereal & toast Grilled chicken wrap* Shredded lettuce & cheese+ California blend veggies Apple slices	25 Mini French toast, string cheese Chicken fries Corn on cob Cheesy potatoes Dinner roll* Grapes	26 Muffin, string cheese Rotini* w/ meat sauce Garlic cheesy breadstick Romaine salad w/ cherry tomatoes Ranch dressing+ Diced peaches Orange sherbet>	27 Yogurt, elfin grahams Hot pocket Baby carrots Ranch dressing+ Banana Graham crackers*	28 Donut, string cheese, fruit Domino's pizza Lettuce salad Ranch dressing+ Strawberries
1 Cereal & toast Grilled chicken patty on bun* Cole slaw Pickle spear Sun chips Orange smiles K	2 Mini waffles, string cheese Italian dunkers* Meat sauce Romaine lettuce salad w/tomatoes Ranch dressing+ Apple slices	3 Cinnamon roll, string cheese Corn dog*## Vegetarian beans Fresh broccoli Cheese dip Pineapple tidbits	4 Cereal bar, fruit BBQ chicken chips Whipped potatoes Green beans Dinner roll* Raisins	5 Donut, String cheese, fruit Domino's pizza Lettuce salad Ranch dressing+ Fruit

Menu Key:

All meals served with choice of milk (1% or fat free – white or chocolate milk).

Breakfast served with choice of milk or juice (assorted 100% juices). Cereal and toast offered every morning as an alternate. Menus are subject to change due to availability of food. This institution is an equal opportunity provider.

- * = whole grain product
- + = reduced, low fat or fat free
- # = turkey product
- > = fruit substitute
- ^ = sweet potato product
- K = ketchup
- M = mustard (available upon request)

Menus are posted on the school's website link of www.cartervilleions.com. They will also be printed in The Courier newspaper.

Student Breakfast: .90 Weekly Breakfast: \$4.50
 Student Lunch: \$1.50 Weekly Lunch: \$7.50
 Breakfast and lunch every day: \$12.00

NEW FOOD SERVICE LIMITS:

- PLEASE SEND LUNCH MONEY IN ADVANCE OF MEAL PURCHASES.
- There is a \$25.00 "grace" charge limit on all food service accounts. Please send your child's lunch money in advance of meal purchases to ensure your account does not fall into a negative balance. Money can also be sent or dropped off at the school office. Please make sure the student's name is on the memo section of the check so the correct account will be credited.
- IF THE ACCOUNT IS NOT PAID ONCE IT REACHES \$25 YOU WILL BE REQUIRED TO SEND A SACK LUNCH WITH YOUR CHILD OR FILL OUT THE APPLICATION FOR FREE/REDUCED LUNCHES. All applications are confidential. Any information submitted for the free and reduced application is strictly controlled by law. The teachers and other students do not know who is free and reduced.
- For more information or questions, please contact Tinna Stanley in the office, 985-8742 or Jeannie Ellis, FSD at 985-2940