



Child Nutrition 2017-2018

Week 1

Menu for the week of

Aug. 21 Sept. 4 Sept. 18
 Oct. 2 Oct. 16 Oct. 30
 Nov. 13 Dec. 4 Jan. 1
 Jan. 15 Jan. 29 Feb. 12
 Feb. 26 March 19 April 2
 April 16 April 30

Week 2

Menu for the week of

Aug. 28 Sept. 11 Sept. 25
 Oct. 9 Oct. 23 Nov. 6
 Nov. 27 Dec. 11 Jan. 8
 Jan. 22 Feb. 5 Feb. 19
 March 5 March 26 April 9
 April 23 May 7

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|------------------------|--------|
| Student breakfast..... | \$1.90 |
| Reduced breakfast..... | \$0.30 |
| Staff/Adult..... | \$2.45 |
| Breakfast Entrée..... | \$1.20 |
| Student lunch..... | \$2.75 |
| Reduced lunch..... | \$0.40 |
| Staff/Adult lunch..... | \$3.75 |
| Lunch Entrée..... | \$1.95 |
| Vegetables..... | \$0.70 |
| Fruit | \$0.70 |
| Grains..... | \$0.55 |
| Milk..... | \$0.65 |

High School Menus

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|---|--|---|
| Breakfast | Rolled Breakfast Tacos OR Mini Pancakes Applesauce Fruit Juice | Scrambled Eggs & Cinnamon Crumble OR Cinnamon Roll Orange Wedges Fruit Juice | Breakfast Pizza OR Cereal & Toast Apple Wedges Fruit Juice | Pancake & Sausage on a Stick OR Yogurt & Granola Bar Grapes Fruit Juice | Breakfast Pizza OR Mini Donuts Bananas Fruit Juice |
| Entrée | Fiesta Nachos Chicken Chili Crisпитos | Hamburgers Cheeseburgers Spicy Chicken Breast Sandwich | Wild Mike's Pizza Chicken Parmesan | Orange Chicken & Rice Bowl Cheese Bites / Marinara | Chicken Tenders & Breadstick Cheese & Chicken Quesadillas |
| Sides | Mexican Rice Refried Beans Roasted Veggies Orange Wedges Fruit Juice | Baked Beans Lettuce & Tomato Salad Tater Tots Apple Wedges Fruit Salad | Whole Kernel Corn Seasoned Green Cabbage Grapes Fruit Juice | Oatmeal Muffin Squares Steamed Broccoli Baby Carrots Seasonal Fresh Fruit Fruit Salad | Macaroni & Cheese Sweet Potato Fries Baked Italian Squash Bananas Fruit Juice |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Breakfast | Breakfast Sandwich OR Cinnamon Roll Pineapple Fruit Juice | Breakfast Pizza OR Yogurt & Nutri Grain Grapes Fruit Juice | Waffles & Sausage OR Scrambled Eggs & Toast Apple Slices Fruit Juice | Breakfast Pizza OR Mini Donuts Orange Wedges Fruit Juice | Omelet & Biscuit OR Blueberry Muffin Peaches Fruit Juice |
| Entrée | Spicy Chicken Breast Sandwich Chicken Tender Wrap | Spaghetti & Meat Balls & Breadstick Slice of Alpha Pizza | Chili Cheese Fries & Roll Pulled Pork Sandwich | Popcorn Chicken & Biscuit Mini Corndogs | Chicken Nuggets & Roll Chicken Fried Steak Sandwich |
| Sides | Applesauce Oat Bread Spinach Salad Whole Kernel Corn Grapes Fruit Juice | Seasoned Green Beans Mashed Sweet Potatoes Apple Wedges Fruit Salad | Baked Beans Turnip Greens Tossed Salad Orange Wedges Fruit Juice | Macaroni & Cheese Romaine Salad Broccoli Florets & Grape Tomatoes Peaches Fresh Fruit Cup | Mashed Potatoes Carrot Coins Seasonal Fresh Fruit Fruit Juice |

Menus meet dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Customers may select from the five components to build a breakfast and lunch. Components are fruit, grain, meat, milk and vegetables. A minimum of three different components must be taken to get the breakfast or lunch price or to receive meal benefits. One serving of fruit or vegetable must be taken to get the breakfast or lunch price or to receive meal benefits. Menus will be manager's choice starting Monday May 14th.

A beverage choice of Low Fat Milk is available at Breakfast and Lunch

On-Line Applications: SCHOOLLUNCHAPP.com
Check Status of Application: Schoollunchstatus.com

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, religious creed, disability, age, political beliefs, 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](http://www.usda.gov/complaint_form) (AD-3027) found online at: http://www.usda.gov/complaint_form_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: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov.

(1) This institution is an equal opportunity provider.



Richardson ISD Child Nutrition

Child Nutrition 2017-2018

The Child Nutrition department is made up of a team of food and nutrition professionals that are dedicated to students' health, well being and their ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practices.

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the USDA Dietary Guidelines. We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

Meal Payments

Students should have money in their account or pay cash for meals or any menu items. All of our serving lines have computerized point of sale registers where students put in their PIN number to access their lunch account. Meal payments can be made by cash, check or through the on line payment system. The cashier will inform the student when money should be deposited into the account. Notices will also be given to the classroom teacher to send home with the students in the elementary schools. We ask that parents monitor their student's lunch account balances and sending lunch money when needed. Payments and monitoring can be done at www.PayPAMS.com.

Free and Reduced Meal Applications

Richardson ISD provides free and reduced-price cafeteria meals for students from families who qualify based on federal government guidelines. The meals served each school day are offered through the National School Breakfast Program/National School Lunch Program.

You can apply for free or reduced school meals online! The process is quick, easy and FREE, and in a few short steps you'll be done!

Visit www.schoollunchapp.com to apply on line.

If a student was on the meal program at the end of the last school year, the benefit will carry over for the first 30 Days of school. A new application must be submitted to continue benefits for each school year.

Paper applications for meal benefits may be picked up at the school office or from the Child Nutrition Office. Applications are distributed to every student at the beginning of each school year. They are accepted throughout the school year. Paper applications can take up to 10 days to process from the time they reach the CN office.

To avoid delays, complete ONE application per family. Print clearly and complete all required information. List everyone in the household and an adult signature is required. Multiple or incomplete applications will delay processing.

You can check on the status of your application for free or reduced school meals online. This is also a FREE service. Visit www.schoollunchstatus.com and then select your state (Texas) and then your District (Richardson). Enter the confirmation number from the on line application OR the student's name and ID number. Click "Submit" to view your application status. It's that easy!

You can also print your own letter for proof of meal benefits from this site.

Special Dietary Needs

Parents who want to get more information on the foods served in the cafeteria can find ingredient labels and nutrition panels for all foods served at www.RichardsonISDchildnutrition.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. You will be asked to mark a menu and give it to the cafeteria manager indicating which items you wish your student to receive at each meal. Please contact your school nurse to inquire about diet alterations.

Employment

Applicants interested in Child Nutrition Department positions should go to Human Resources in the RISD district administration building at 400 S. Greenville Avenue to fill out an application.

To LEARN MORE, connect with us on:
<http://www.RichardsonISDchildnutrition.com>

