

MEAL OPTIONS / DAILY OFFERINGS

Don't forget BREAKFAST

Mornings are rushed and we know your student doesn't always have time to eat breakfast at home. We've got it covered with hot, fresh and delicious breakfast options that will jumpstart your student's day. Beginning the day with Protein can enhance your child's brain power, attention, and energy. Does your student need a grab-and-go option? We have bagels, yogurt parfaits, cereal bars and fruit.

Remember: if your student receives free lunch, breakfast is free, too!

Lunch is the fuel that powers your student's achievement.

When your student has good nutrition, they will perform better in school, and feel happier and be healthier. The school lunch program at Carthage ISD includes a range of offerings to ensure that your student has access to the nutritious meals they need to lead healthy and productive lives.

Lunch Offerings:

- A variety of healthy options including wholesome grains, local fresh fruits and vegetables, and lean meats
- A variety of low-fat and fat-free milk with every meal.
- An option of 100% fruit juice at each meal.
- More than 51% of foods served contain wholesome grains including breads, buns, rice, pasta and pizza crust

What is included in my school lunch?

Students must take enough meal components to meet the requirements for a plate lunch to receive the set lunch price. Fresh vegetables and fruits are always offered.

Extra items may be purchased ala carte.



School Gardens

Sodexo recognizes that nutrition plays a critical role in children's growth, development and ability to learn. We are committed to supporting student well-being and academic achievement by helping children establish an understanding of how food nourishes the body, as well as teaching children sustainable environmental practices. Sodexo hopes to implement school gardens at two elementary sites in the upcoming school year.

Sodexo Foundation

We are proud to support programs such as Feeding our Future and The Back Pack Program that help to ensure every child in the United States, especially those most at-risk. We also offer STOPhunger scholarships annually through the Sodexo Foundation. For more information go to

www.sodexofoundation.org

Better Tomorrow Plan

Sodexo's Better Tomorrow Plan is our comprehensive roadmap for sustainability. It helps us focus our efforts around the world with 14 commitments to the areas where we can make the greatest difference: protecting the environment, actively promoting nutrition, health and wellness and committing to local communities. We actively recycle in our school kitchens

Contact Information

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EDUCATION - SCHOOLS

sodexo
QUALITY OF LIFE SERVICES

Nutrition Solutions





WELCOME BACK STUDENTS AND PARENTS!

(mandatory, customizable)

As we begin a new academic year at Carthage ISD, we stand ready to provide students with a healthy and delicious food program.

The following guide will help you to understand how the dining experience works at Carthage. Keep it handy to use as a quick reference guide throughout the year.

We encourage you to contact us with questions, comments and suggestions about your students' dining experience. Your feedback is always welcome, as it can help us to serve you and your student better.

We wish you the very best for your students' academic year and we are excited to help your student achieve both in the classroom and in life with our outstanding school nutrition program.

Lloyd Williams
Director,
Child
Nutrition

Our mission is to be a leader in supporting student engagement and improving Quality of Life for the entire school community. By focusing on Quality of Life Services, we reinforce the overall experience of a student's educational journey, which helps to ensure their success. For more information please visit www.sodexoUSA.com.

OUR FOOD AND NUTRITION PROGRAMS

Scratch Cooking

Sodexo is implementing great efforts at increasing the practice of scratch cooking to provide superior flavors and nutrition. The goal of delivering fresh tastes with the least amount of additives & processing is a core value we are committed to with each and every meal served.



Kid's Way Café (Elementary School)

Kid's Way Café makes nutrition fun for elementary students. Kid's Way Café meal promotions and fun events tie healthy food choices and colorful décor elements back to classroom activities. Fresh fruit and vegetables beautifully presented at Garden Bars will lead students toward making smarter, healthier choices on their own.

Students will also have the option to choose a wide variety of entrée choices daily including deli sandwiches, wraps and/or salads.

Future Chefs Program

This annual contest has students competing with their peers for the best recipes. It is usually geared towards intermediate or middle school students.

Meal Prices

Breakfast PK thru 6	\$1.25
Breakfast 7 thru 12	\$1.75
Reduced eligible	\$.30

PK-3 Lunch	\$2.00
4 to 8 Lunch	\$2.25
9 to 12 Lunch	\$2.50
Reduced eligible	\$.40

Special Events and Promotions



Fruits & Vegetables from A to Z!!!

Welcome to A to Z Salad Bar, an exciting program designed primarily for elementary aged students. It's a participatory program that allows students to see, touch, smell, and taste a variety of fruits and vegetables that they may not otherwise be exposed to. Research says kids need to try new foods 7 to 15 times before they acquire a taste for them. Farm to school activities introduce children to new food options, setting them up for a lifelong ride of healthy eating.

Farm To School

October is National Farm to School Month, a time to celebrate the connections between schools and local food; and Carthage ISD is maintaining its relationship! Sourcing local produce strengthens our regions farmers & economy, and guarantees a higher nutrient density due to quicker transport & easier access to fruits & vegetables. Farm to School opens the door to educational opportunities in visiting farms and learning more about where our food comes from, which empowers students & parents to make informed food choices.

Special Dietary Needs

At Carthage ISD we take our student's special dietary needs very seriously. Please contact the director at our food services office to discuss your student's special needs.

