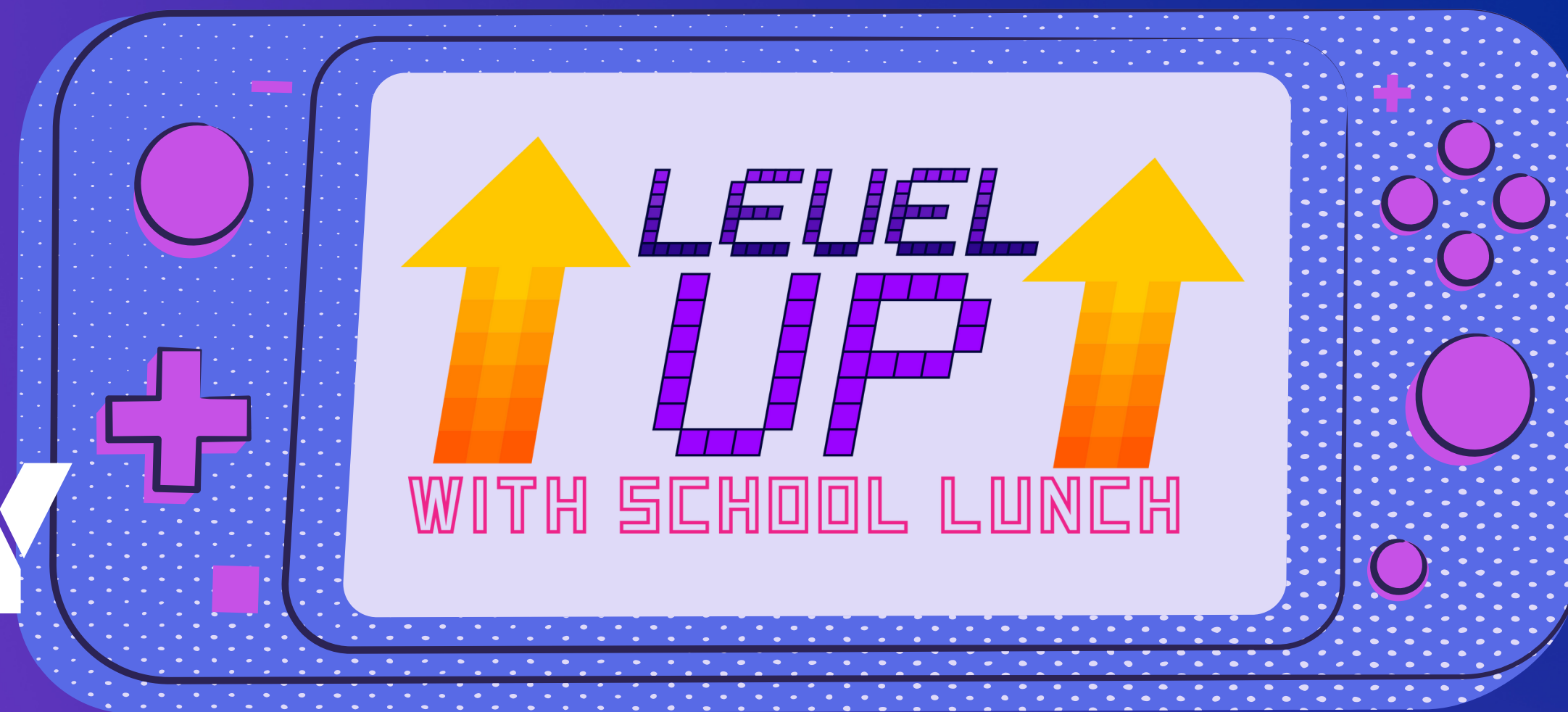




WELCOME!

MENU ADVISORY MEETING



GARLAND STUDENT NUTRITION SERVICES



CHECK US OUT!



Welcome to **GARLAND ISD!**

We use SchoolCafé to:

- Make Payments
- Set up Auto Pay
- Set Purchase Restrictions
- Get Low Balance Alerts
- Submit Meal Applications
- View Letters
- View Purchases
- View Menus

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WWW.GARLANDISD.NET/SCHOOL-OPERATIONS/SCHOOL-MEALS



Updated CEP Campuses

SY 2023-2024 CAMPUSES WHO QUALIFY FOR COMMUNITY ELIGIBILITY PROVISION

Cisneros PK
Parsons PK

Abbett ES
Back ES
Beaver ES
Bradfield ES
Bullock ES
Caldwell ES
Carver ES
Centerville ES
Club Hill ES
Cooper ES
Couch ES
Daughtery ES
Davis ES
Dorsey ES
Ethridge ES
Freeman ES

Golden Meadows ES

Handley ES
Heather Glen ES
Hickman ES
Liberty Grove ES

Lister ES
Montclair ES
Northlake ES
Park Crest ES
Pearson ES
Roach ES
Rowlett ES
Shorehaven ES
Shugart ES
Southgate ES
Spring Creek ES
Steadham ES
Stephens ES
Toler ES
Vial ES
Walnut Glen ES

Weaver ES
Williams ES

AEC
Brandenburg MS
Bussey MS
Coyle MS
Jackson MS
Lyles MS
O'Banion MS
Sam Houston MS
Schrade MS
Sellers MS
Webb MS

Garland HS
Lakeview HS
Naaman Forest HS
North Garland HS
Rowlett HS
South Garland HS



- ALL STUDENTS ATTENDING CEP SCHOOLS RECEIVE FREE BREAKFAST AND LUNCH
- NO APPLICATION NEEDED

This institution is an equal opportunity provider.

FREE MEALS!



Menus available at:
schoolcafé

Did you know that our school offers **BREAKFAST** and **LUNCH** every school day **AT NO CHARGE!**

facebook
@GISDNUTRITION

Instagram
@GISD_NUTRITION

twitter
@GISDNUTRITION

Garland ISD
SNS
STUDENT NUTRITION
SERVICES

This institution is an equal opportunity provider.

UPCOMING PROMOTIONS



Harvest of the Month
Parmesan Crusted Zucchini Sticks

facebook @GISDNUTRITION Instagram @GISD_NUTRITION twitter @GISDNUTRITION Thursday, September 28th

HOM
Sept. 28th

Fair Day
Sept. 29th



LEVEL UP
with school lunch

OCTOBER 2-6
NATIONAL SCHOOL LUNCH WEEK

facebook @GISDNUTRITION Instagram @GISD_NUTRITION twitter @GISDNUTRITION

NSLW
Oct. 2-6



Fair Food Friday
September 29, 2023
Crispy Drumstick & Funnel Cake

Classic Corndog

Twister Fries

GARLAND ISD
SNS
STUDENT NUTRITION SERVICES

Farm Fresh Challenge



HIGHLIGHTING LOCAL TEXAS
MENU ITEMS ALL MONTH LONG



Did you know?

**check
it
out**

Our black eyed peas are made with onions grown right here in Texas.

Onions are high in calcium and vitamin C.

Onions have been part of the human diet for over 7,000 years.

NEW

MENU ITEMS FOR FALL



SMART SNACKS

What makes a Smart snack?

1st ingredient **MUST** be a:

- **Fruit**
- **Vegetable**
- **Dairy food**
- **Protein food**



OR

- **Food must be a grain product that has whole grains as the first ingredient**

OR

- **Be a combination food that has at least 1/4 cup of fruit or vegetable**

Nutrients	Smart Snacks	Smart Entrees
Calories	200 Calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less



SMART POP-TART

REGULAR POP-TART

3 g of fiber!

180 Calories

185 Calories

Only 0.5 g of fiber

1 g of
saturated fat

1.5 g of
saturated fat

2.5 g of total fat

4.5 g of total
fat

Menu

HARVEST OF THE MONTH: ZUCCHINI FRIES
PICKLE PIZZA WITH GARLIC DILL CREAM SAUCE
HOT HONEY BBQ PULLED PORK PIZZA
CHICKEN BACON RANCH PIZZA
LEVELED UP BACON MAC-N-CHEESE BURGER
LEVELED UP FULLY LOADED MASHED POTATOES



NEXT MAC MEETING

Monday, November 6, 2023

Marvin Padgett Building

5pm – 6pm



**DO YOU HAVE ANY
QUESTIONS**

