

Menu Choices

The Carroll County School Nutrition Program is dedicated to serving quality nutritious meals to its students and staff. All meals are in line with the new Healthy School Meals produced by our government this year. Your student will enjoy more fresh fruit, vegetables and whole grain food options.

All elementary students are required to pick up a milk unless they have a life threatening allergy to it. A letter from the student's doctor is required stating the allergy. Elementary students can choose between two entrees, two vegetable and 2 fruit choices each day. All servings sizes of fruit and vegetables have increased from 1/4 cup to 1/2 cup for elementary students. The sack lunch menu choices vary between the student favorite of peanut butter/jelly sandwich or a turkey/ham/cheese sandwich. Middle school students may select from a hot-cooked meal, fruit/yogurt plate, peanut butter/jelly sandwich bag lunch or pizza offered three times a week. In high school students have six entrees: Mama's Kitchen (home cooked foods), Grilleworks (sandwiches), Pizzeria, peanut butter/jelly sandwich bag lunch, fruit/yogurt plate or a salad plate. Since introducing these new options, lunch participation has increased.

Breakfast is offered daily at all county schools. Popular items such as biscuits, bagels, donuts, cereal, eggs and grits, and pancakes are some of the featured items. Breakfast is the most important meal of the day because it re-fuels the brain for learning. Research shows that students do better academically with a good, nutritious breakfast. School breakfast fills this need for busy parents by providing healthy foods students will eat.