



Free & Reduced Price Meals Program

APPLY ONLINE TODAY!



ISL Jefferson Parish

Daily Meal Prices

BREAKFAST	LUNCH
\$1.50	\$2.75
Reduced Price	
\$0.30	\$0.40

*only those students who have qualified for Federal Free/Reduced Meals Program are eligible for reduced price meals.

Monday	Tuesday	Wednesday	Thursday	Friday	FYI								
<p>15 BREAKFAST Mini Pancakes, Juice, Fruit, Milk</p> <p>LUNCH Hamburger on Bun Shredded Lettuce/Tomato/Pickle Baked Potato Tots Fresh Fruit</p> <p> Garden Burger</p>	<p>16 BREAKFAST Granola Bar, Fruit, Juice, Milk</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa</p> <p> Vegetarian Taco Salad</p>	<p>17 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice, Milk</p> <p>LUNCH Chicken Nuggets Macaroni & Cheese, Green Beans Chilled Tropical Fruit Mix Whole Grain Roll</p> <p> Macaroni & Cheese</p>	<p>18 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Spaghetti Casserole Steamed Green Peas Fresh Romaine Lettuce Salad Chilled Sliced Peaches Whole Grain Roll</p> <p> Spaghetti w/ Marinara Sauce</p>	<p>19 BREAKFAST French Toast, Fruit, Juice, Milk</p> <p>LUNCH Grilled Cheese Sandwich Fresh Garden Salad Celery/Carrot Sticks Fresh Fruit</p> <p> Grilled Cheese Sandwich</p>	<p> Available Daily with all meals:</p> <ul style="list-style-type: none"> Lowfat and Fat Free unflavored milk Fat Free unflavored milk 								
<p>22 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk</p> <p>LUNCH Chicken Alfredo Pasta Caesar Salad Steamed Green Beans, Fruit Cup Soft Wheat Roll</p> <p> Rotini Pasta Alfredo</p>	<p>23 BREAKFAST Yogurt, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Hot Dog on Bun Baked Beans Fresh Garden Salad Fresh fruit</p> <p> Black Bean Quesadillas</p>	<p>24 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Oven Roasted Chicken Broccoli & Cheese Rice Sweet Potatoes Chilled Fruit Mix</p> <p> Yellow Rice/Black Beans</p>	<p>25 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Mini Sub Lettuce/Tomato/Pickle Cup Fresh Fruit Assorted Baked Chips</p> <p> Garden Mini Sub</p>	<p>26 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Milk</p> <p>LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup</p> <p> Cheese Pizza</p>	<p>ISL JP Food Service Staff</p> <p></p> <p>Tara George Sharon Irving Nydia Solis</p>								
<p>29 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Chicken & Gravy Steamed Brown Rice Sliced Carrots, Tossed Green Salad Chilled Fresh Fruit Cup</p> <p> Vegetable Rice Casserole</p>	<p>30 BREAKFAST Mini Pancakes, Fruit, Juice, Milk</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa</p> <p> Vegetarian Taco Salad</p>	<p>31 BREAKFAST Granola Bar, Fruit, Juice, Milk</p> <p>LUNCH Red Beans, Diced Ham Steamed Brown Rice Fresh Spinach Salad WG Roll</p> <p> Vegetarian Red Beans</p>	<p></p> <p>USDA is an equal opportunity provider and employer.</p>	<p style="text-align: center;">August Meal Prices</p> <table border="1"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td>\$19.50</td> <td>\$35.75</td> </tr> <tr> <td colspan="2" style="text-align: center;">Reduced Price</td> </tr> <tr> <td>\$5.20</td> <td>\$3.90</td> </tr> </table>		Breakfast	Lunch	\$19.50	\$35.75	Reduced Price		\$5.20	\$3.90
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www.Myschoolbucks.com

- Pay for school meals anytime, anywhere from your computer or smartphone.
- Schedule recurring payments
- Check meal account balances
- View purchases
- Set up low balance email reminders

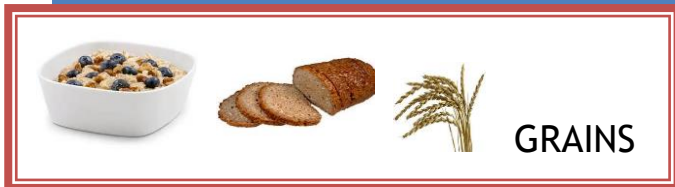


Federal and State regulations require a completed and current diet prescription form for any type of change or substitution to the student's diet. The special diet prescription form will need to be completed by your child's physician or medical authority. We **will not** process a special diet request for your child until we receive the 2016 - 2017 form.

**** NOTE**** If a student cannot have fluid milk as a result of a medical diagnosis, the Physician must prescribe the milk substitute on the Diet Prescription Form. The following milk substitutions are available: 4 oz juice, bottled water, and Sov Milk.

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



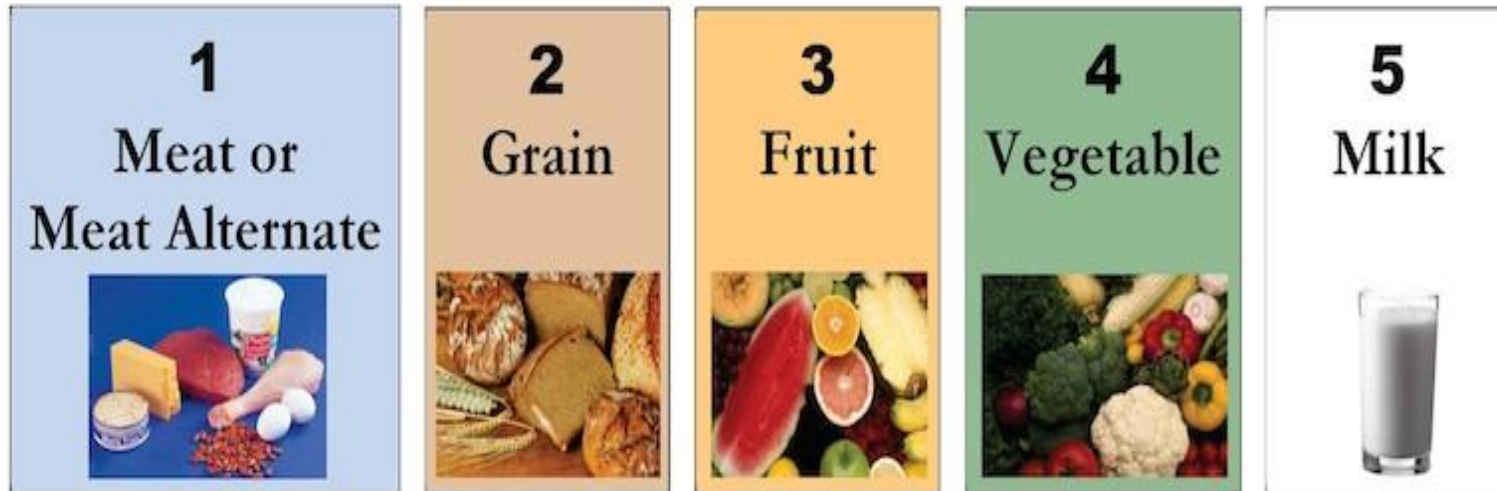
MUST TAKE ½ CUP FRUIT OR VEGETABLE

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Offer versus Serve

The **5 Meal Components** for School Lunch



You choose **at least 3** including

- $\frac{1}{2}$ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**