



Free & Reduced Price Meals Program
APPLY ONLINE TODAY!



**International School of Louisiana
 August 2017**

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.	



Available Daily with all meals:

- Lowfat and Fat Free unflavored milk

Fat Free unflavored milk

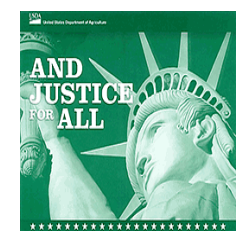
Want More Information?

Contact the Food Services Office at
 (504) 229-4388 or mboudreaux@isl-edu.org

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
14 BREAKFAST Assorted Cereal, Juice, Fruit LUNCH Chicken & Sausage Gumbo Steamed Brown Rice Fresh Spring Salad Baked Cinnamon Apples WG Crackers Vegetable Rice Casserole	15 BREAKFAST French Toast Sticks, Eggs, Fruit, Juice LUNCH Red Beans – Cubed Ham Steamed Brown Rice Fresh Garden Salad Sliced Peaches Red Beans & Brown Rice	16 BREAKFAST Sausage Biscuit, Fruit, Juice LUNCH WG Breaded Chicken Nuggets Macaroni & Cheese Steamed Green Beans Chilled Mixed Fruit Macaroni & Cheese	17 BREAKFAST Pancakes, Sausage, Fruit, Juice LUNCH Salisbury Steak Mashed Potatoes Steamed Carrots Fresh Fruit Warm Whole Grain Roll Loaded Veggie Baked Potato	18 BREAKFAST Grits, Sliced Ham, Fruit, Juice LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit Pudding Cup Cheese Pizza	
21 BREAKFAST Waffles, Sausage, Fruit, Juice LUNCH Chicken Stir Fry Steamed Brown Rice Garden Salad, Chilled Mixed Fruit Warm Whole Grain Roll Vegetable Stir Fry	22 BREAKFAST Yogurt, Graham Crackers, Fruit, Juice, LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce Fresh Fruit, Salsa Vegetable Taco Salad	23 BREAKFAST Blueberry Muffin, Fruit, Juice LUNCH Chicken & Ham Loaded Baked Potato Chopped Broccoli Pineapple Chunks WG Crackers Loaded Veggie Potato	24 BREAKFAST Ham English Muffin, Fruit, Juice LUNCH Spaghetti & Meatsauce Fresh Caesar Salad Sliced Peaches, Bread Stick Spaghetti & Marinara Sauce	25 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice LUNCH Hot dog on WG Bun (Turkey) Baked Beans Fresh Grapes Teddy Grahams Vegetable Quesadilla	
28 BREAKFAST Cereal, Fruit, Juice, Milk LUNCH Chicken & Sausage Jambalaya Steamed Green Beans Baked Cinnamon Apples Warm Whole Grain Roll Vegetarian Jambalaya	29 BREAKFAST French Toast Sticks, Eggs, Fruit, Juice LUNCH Grilled Cheese Sandwich Baby Carrots/Celery Sticks Fresh Orange & Apple Slices Sunbutter Cups Grilled Cheese Sandwich	30 BREAKFAST Sausage Biscuit, Fruit, Juice LUNCH Lemon Pepper Chicken Potatoes Au Gratin Steamed Greens Chilled Sliced Peaches Warm Whole Grain Roll Potatoes Au Gratin	31 BREAKFAST Pancakes, Sausage, Fruit, Juice LUNCH Navy Beans – Cubed Ham Steamed Brown Rice Beet Salad Chilled Applesauce Navy Beans & Brown Rice	1 BREAKFAST Oatmeal, Toast, Fruit, Juice LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit Gelatin Cup Cheese Pizza	

MY SCHOOL BUCKS 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



USDA is an equal opportunity provider and employer.

August Meals (Monthly Totals)

Breakfast	Lunch
	Full Price
\$16.50	\$30.25
	Reduced Price
\$3.30	\$4.40

FOOD ALLERGIES



Federal and State regulations require a completed and current diet prescription form for any type of change or substitution to a 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 2017 – 2018 School Year form.

The form is located in the front office of each school campus and online at www.isl-edu.org/Menu.

**** 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 Soy Milk.

All ISL Campuses

Offer vs. Serve

ALL ISL Campuses participate in Offer vs. Serve for breakfast and lunch. Students are encouraged to take all items offered, but with Offer vs. Serve, students must take a minimum of 3 items which must include $\frac{1}{2}$ cup of fruit or vegetable.

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



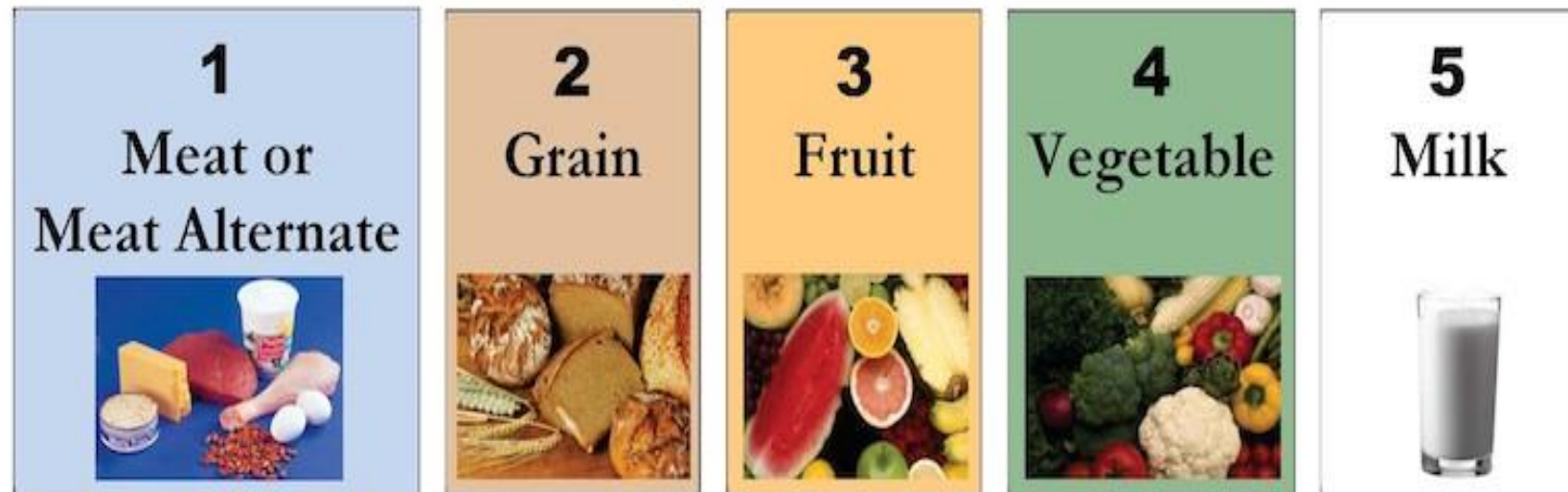
MILK



Fruits and Vegetables

MUST TAKE $\frac{1}{2}$ CUP FRUIT OR VEGETABLE

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!**