









- Pay for school meals anytime, anywhere from your computer or smartphone.
- Schedule recurring payments
- Check meal account balances
- View purchases



Daily Meal Prices	
BREAKFAST	LUNCH
\$1.50	\$2.75
<b>Reduced Price</b>	
\$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
<b>December Meal prices (Total Cost)</b> <b>Full Price</b> <b>Breakfast</b> <b>Lunch</b> <b>\$24.00</b> <b>\$44.00</b> <b>*Reduced Price</b> <b>\$4.80</b> <b>\$6.40</b>		 Available Daily with all meals:  Lowfat and Fat Free unflavored milk  Fat Free unflavored milk	 Better Health = Better Learners #schoolwellness	<b>1 BREAKFAST</b> Hash brown, Sausage, Toast, Fruit, Juice  <b>LUNCH</b> Hamburger on Bun Tater tots Lettuce/tomato/Pickle s Fresh Fruit, Graham Snack Garden Burger	 <b>International Meals</b>  January 2018
<b>4 BREAKFAST</b> Assorted Cereal, Graham Crackers, Raisins, Juice  <b>LUNCH</b> Chicken & Gravy, Steamed Rice Steamed Broccoli Fresh Garden Salad Chilled Applesauce, WG Roll Vegetable Rice Casserole	<b>5 BREAKFAST</b> English Muffin, Sliced Ham, Fruit, Juice  <b>LUNCH – Trayless Tuesday</b> Grilled Cheese Sandwich Fresh Veggie Medley w/ Ranch Dip Fresh Fruit, Gelatin Cup Grilled Cheese Sandwich	<b>6 BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit, Juice  <b>LUNCH</b> Roasted Turkey Macaroni & Cheese Steamed Green Beans Chilled Mixed Fruit, WG Roll Macaroni & Cheese	<b>7 BREAKFAST</b> Blueberry Muffin, Fruit cup, Juice  <b>LUNCH</b> Spaghetti & Meat sauce Whole Corn, Caesar Salad, Chilled Sliced Peaches WG Roll Spaghetti & Marinara Sauce	<b>8 BREAKFAST</b> Sausage Biscuit, Fruit, Juice  <b>LUNCH</b> Chicken Nuggets Mashed Potatoes, Baked Beans Fresh Fruit, WG Roll Baked Potato w/ Broccoli & Cheese	 Eat fruits & veggies at meals & for snacks
<b>11 BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit, Juice  <b>LUNCH</b> Red Beans w/ Ham Steamed Brown Rice Fresh Spinach and Cranberry Salad Apple Crisp Corn bread Red Beans	<b>12 BREAKFAST</b> Waffle Sticks, Sausage, Fruit, Juice  <b>LUNCH</b> Mini Corn dogs Tater Tots, Baked Beans Fresh Fruit Teddy Graham Snacks Cheese Quesadilla	<b>13 BREAKFAST</b> Ham English Muffin, Fruit, Juice  <b>LUNCH</b> Chicken & Sausage Gumbo Steamed Rice Garden Salad Baked Cinnamon Apples, WG Crackers Southwest Corn Soup	<b>14 BREAKFAST</b> Pancakes, Sausage Fruit, Juice  <b>LUNCH</b> Beef Macaroni Steamed Green Beans Caesar salad Chilled Applesauce, WG Roll Mac & Cheese w/ Marinara Sauce	<b>15 BREAKFAST</b> Oatmeal, WG Toast, Raisins, Juice  <b>LUNCH</b> Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit Lemon Squares Cheese Pizza	 Fuel up with foods from each food group
<b>18 BREAKFAST</b> Apple Cinnamon Muffin, Fruit, Juice  <b>LUNCH</b> Pastalaya w/ Chicken Steamed Green Beans Spinach Salad w/ cherry tomatoes Chilled Mixed Fruit, WG Roll Vegetable Pastalaya	<b>19 BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit, Juice  <b>LUNCH</b> Hot dog on Bun Baked Beans, Garden Salad Strawberries w/ Topping Vegetable Quesadilla	<b>20 BREAKFAST</b> Peach Parfait, Cinnamon Raisin Toast, Juice  <b>LUNCH</b> Ham & Cheese Po-Boy Lettuce/tomatoes/pickles Chilled Pear Slices, Baked Chips Grilled Cheese Sandwich	<b>21 BREAKFAST</b> Ham Biscuit, Fruit, Juice  <b>LUNCH</b> Hamburger on Bun Lettuce/tomato/Pickles Tater Tots, Fresh Fruit Chocolate Chip Cookie Garden Burger	<b>22 BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit Cup, Juice <b>½ Day Noon Dismissal</b>   <b>Lunch Bags</b>	 USDA is an equal opportunity provider and employer



Tray-less Tuesday



**Winter Break (School Closed)**

**December 25 – January 5**





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](http://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.



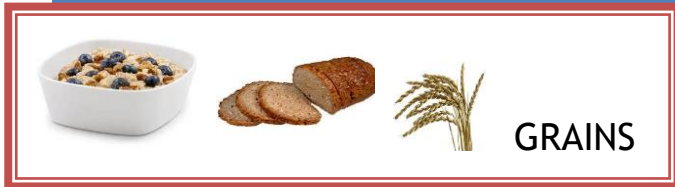
Free & Reduced Price Meals Program

**APPLY ONLINE TODAY!**

**Apply at anytime during the school year**

# OFFER VS. SERVE (BREAKFAST)

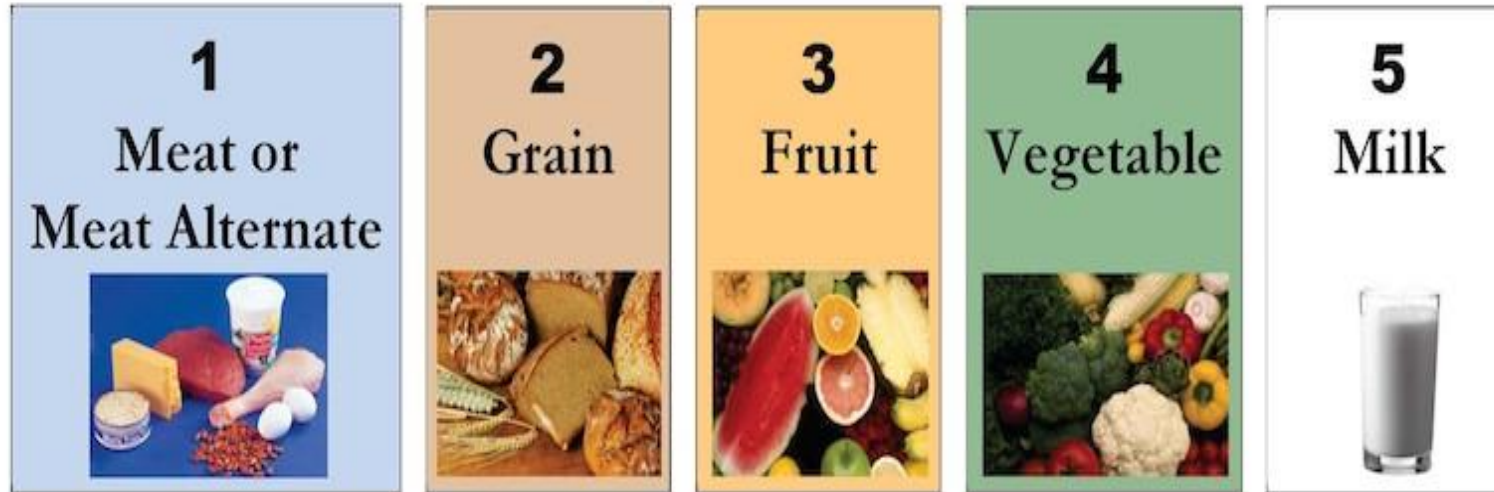
CHOOSE AT LEAST 3 ITEMS



**MUST TAKE ½ CUP FRUIT OR VEGETABLE**

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# 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!**