



Free & Reduced Price Meals Program
APPLY ONLINE TODAY!

FEBRUARY
2017

Bunche – 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>February Meal Prices</p> <p>Breakfast Lunch Full Price \$25.50 \$46.75 Reduced Price \$5.10 \$6.80</p>	<p>Featuring: Salad Bar Color Your Plate</p> 	<p>1 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice, Milk</p> <p>LUNCH Cheeseburger on WG Bun Baked Tater Tots Salad Bar – Color Your Plate Chilled Mandarin Oranges Garden Burger</p>	<p>2 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Roasted Chicken Macaroni & Cheese Sweet Potatoes, Mixed Veggies Mixed Fruit, WG Roll Macaroni & Cheese</p>	<p>3 BREAKFAST Mini French Toast, Fruit, Juice, Milk</p> <p>LUNCH Chicken Quesadillas Salad Bar – Color Your Plate Chilled Sliced Pears Pudding Cups Black Bean Wrap</p>	<p>Month of February Featuring</p> <p>SALAD BAR</p> 
<p>6 BREAKFAST Yogurt, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Red Beans w/ Diced Ham Steamed Brown Rice Salad Bar – Color your Plate Corn Bread, Chilled Pear Halves Red Beans</p>	<p>7 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk</p> <p>LUNCH Sloppy Joe Whole Kernel Corn Coleslaw Chilled Sliced Peaches Garden Burger</p>	<p>8 BREAKFAST Cereal Bar, Fruit, Juice, Milk</p> <p>LUNCH Chicken & Gravy, Brown Rice Steamed Green Beans Salad Bar –Color Your Plate Baked Cinnamon Apples WG Crackers Vegetable Rice Casserole</p>	<p>9 BREAKFAST Mini Pancakes, Fruit, Juice, Milk</p> <p>LUNCH Macaroni & Cheese Casserole Steamed Carrots Caesar Salad Chilled Sliced Pears, WG Roll Macaroni & Cheese</p>	<p>10 BREAKFAST Sausage Biscuit , Fruit, Juice, Milk</p> <p>LUNCH Pepperoni Pizza Whole Kernel Corn Salad Bar –Color Your Plate Fresh Fruit, Pudding Cup Cheese Pizza</p>	
<p>13 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Milk</p> <p>LUNCH Chicken Noodle Soup Grilled Cheese Sandwich Salad Bar –Color Your Plate Apple Crisp Vegetable Soup</p>	<p>14 BREAKFAST Yogurt, Graham Crackers, Juice, Milk</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Salad Bar – Color Your Plate Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p>15 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Melt Baby Carrots & Celery Chilled Pears Teddy Grahams Grilled Cheese Sandwich</p>	<p>16 BREAKFAST Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p>LUNCH Lemon Pepper Chicken Macaroni & Cheese Green Beans, Side Salad Chilled Applesauce, WG Roll Macaroni & Cheese</p>	<p>17 BREAKFAST English Muffin, Sausage, Fruit, Juice, Milk</p> <p>LUNCH Cold Cut Combo Mini Sub Salad Bar – Color Your Plate Fresh Fruit Baked Chips Hearty Veggie Sub</p>	<p>What's on your plate?</p> 
<p>20 BREAKFAST Breakfast Bar , Fruit, Juice, Milk</p> <p>LUNCH Cheeseburger on WG Bun Baked Tater Tots Salad Bar – Color Your Plate Fresh Fruit Garden Burger</p>	<p>21 BREAKFAST Mini Pancakes, Fruit, Juice, Milk</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Salad Bar – Color Your Plate Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p>22 BREAKFAST Yogurt, Graham Crackers, Juice, Milk</p> <p>LUNCH Cajun Chicken Pasta Jambalaya Steamed Carrots Coleslaw, WG Roll Chilled Pineapple Tidbits Vegetable Pasta Jambalaya</p>	<p>23 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>½ school day Noon Dismissal</p> 	<p>24 Students – No School</p> 	<p>AND JUSTICE FOR ALL</p> <p>USDA is an equal opportunity provider and employer</p>
<p>27</p> <p>Mardi Gras Break (School Closed) February 27 - March 3</p> 		<p>Milk Available Daily with all meals</p>  <p>Low-Fat and Fat Free Unflavored Fat Free Flavored</p>			



Breakfast in the Classroom: Frequently Asked Questions

1. Why did International School of Louisiana Bunche-Jefferson Parish campus decide to implement Breakfast in the Classroom?

We adopted a pilot of the Breakfast in the classroom program to explore avenues on ensuring that all students have access to breakfast daily. This program has increased student participation by more than 30%. Currently, more students are eating school breakfast when compared to the 2014-15 school year conventional breakfast in the cafeteria model.

2. Is there a cost associated with breakfast in the classroom?

- For families that have applied and have been approved for free meals, there is no cost.
- For households that have applied and have been approved for reduced meals, the cost for breakfast is \$0.30 daily.
- For households that are considered full pay status the cost for breakfast is \$1.50 daily.

3. How long does breakfast in the classroom take and will it take away from instructional time?

Breakfast in the classroom takes about 10-15 minutes to serve, eat and clean up. During this time, teachers can take attendance, collect homework or review the day's lesson. In some cases, Breakfast in the Classroom can lead to a gain in instructional time because students are already settled down and ready to begin.

4. Is Breakfast in the Classroom for all students?

Breakfast in the classroom is offered to all students, but it's the students' choice whether or not to take breakfast.

5. Are students allowed to only take juice or milk?

- Yes. If a student only receives juice/milk the cost is \$0.50 regardless of the meal benefits status.
- To obtain the free/reduced price, students with an approved application on file must take a minimum of 3 of the items offered including a fruit or juice.

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

FOOD ALLERGIES

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 Soy Milk.

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



MILK



Fruits and Vegetables






MUST TAKE ½ CUP FRUIT OR VEGETABLE

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Offer versus Serve

The **5 Meal Components** for School Lunch

<p>1 Meat or Meat Alternate</p> 	<p>2 Grain</p> 	<p>3 Fruit</p> 	<p>4 Vegetable</p> 	<p>5 Milk</p> 
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You choose **at least 3** including

- ½ cup of fruit or vegetable
- at least two other full components

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