

**Food Around the World in 30 Days**



# MARCH MADNESS

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><b>National School Breakfast Week</b> March 6 – March 10</p>	<p><b>Featuring</b> Menu items from our very own ISL Staff/faculty</p> 	 <p><b>Mardi Gras Break - School Closed</b></p>			 <p>Menu is subject to change due to special events or availability of food items.</p>												
<p><b>6 BREAKFAST</b> Toaster Pastry , Fruit, Juice</p> <p><b>LUNCH – Back Yard Barbecue</b> All American Hot Dog Baked Beans <b>Salad Bar – Color Your Plate</b> Fresh Fruit Garden Burger</p>	<p><b>7 BREAKFAST</b> Blueberry Muffin, Fruit, Juice</p> <p><b>LUNCH</b> Ham &amp; Cheese Mini Sub Fresh Broccoli &amp; Carrots Fresh Fruit Grilled Cheese Sandwich <b>Ms. Heloise Dorange</b> <b>French Sampler: La quiche Lorraine</b></p>	<p><b>8 BREAKFAST</b> Sausage Biscuit, Fruit, juice</p> <p><b>LUNCH – Ms. Lan Wei *</b> <b>Chinese Fried Rice w/ Chicken</b> Steamed Oriental Vegetables Strawberry-Mandarin Red Leaf Salad Chilled Fruit, Fortune Cookies Chinese Fried Rice w/ Vegetables</p>	<p><b>9 BREAKFAST</b> Mini Pancakes, Fruit, Juice</p> <p><b>LUNCH</b> Greek Honey Lemon Chicken Roasted Potatoes, Greek Salad Chilled Sliced Pears Hummus Sampler, Pita Bread Stuffed Hummus Pita Pocket</p>	<p><b>10 BREAKFAST</b> Yogurt, Graham Crackers, Fruit, Juice</p> <p><b>LUNCH</b> Pepperoni Pizza Whole Kernel Corn <b>Salad Bar –Color Your Plate</b> Fresh Fruit, Pudding Cup Cheese Pizza</p>	 <p><b>Thursday</b> <b>March 9th</b></p>												
<p><b>13 BREAKFAST</b> Breakfast Bar, Fruit, Juice</p> <p><b>LUNCH – Taste of N’awlins</b> Red Beans w/ Sausage &amp; Ham Steamed Rice, Cornbread <b>Salad Bar – Color Your Plate</b> Chilled Sliced Pears Red Beans</p>	<p><b>14 BREAKFAST</b> Yogurt, Graham Crackers, Juice</p> <p><b>LUNCH – Taco Tuesday</b> Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p><b>15 BREAKFAST</b> Breakfast Bar, Fruit, Juice</p> <p><b>LUNCH – Cajun Cookin’</b> Chicken &amp; Sausage Gumbo Potato Salad <b>Salad Bar – Color Your Plate</b> Apple Cobbler, WG Crackers Hearty Vegetable Soup</p>	<p><b>16 BREAKFAST</b> Apple Cinnamon Muffin, Juice, Fruit</p> <p><b>LUNCH</b> Pasta Alfredo Roasted Chicken Strips Steamed Carrots, Apple Sauce Garlic Bread Pasta Alfredo</p>	<p><b>17 BREAKFAST</b> Mini Waffles, fruit, Juice</p> <p><b>LUNCH – Ms. Gaelle Ravet*</b> <b>Pêche au thon (Tuna Peaches)</b> Assorted Yogurt Baby Carrots &amp; Broccoli Fresh Fruit Grilled Cheese Sandwich</p>	 <p><b>USDA is an equal opportunity provider and employer.</b></p>												
<p><b>20 BREAKFAST</b> English Muffin, Sausage , Fruit, Juice</p> <p><b>LUNCH</b> Loaded Baked Potato (Chicken) <b>Salad Bar –Color Your Plate</b> Fresh Fruit WG Crackers Veggie Loaded Baked Potato</p>	<p><b>21 BREAKFAST</b> Mini Pancakes, Fruit, Juice</p> <p><b>LUNCH – Backyard Barbecue</b> Ham burger on WG Bun Baked Beans Shredded lettuce/tomato/pickle Fresh Fruit Garden Burger</p>	<p><b>22 BREAKFAST</b> Cinnamon Raisin Bagel, Fruit, Juice</p> <p><b>½ School Day</b></p> 	<p><b>23 BREAKFAST</b> Breakfast Bar, Fruit, Juice</p> <p><b>LUNCH – Mr. Juan Palafox*</b> <b>Posole Rojo (Mexican Stew)</b> <b>Salad Bar – Color Your Plate</b> Fruit cup, WG Roll Vegetable Posole Rojo</p>	<p><b>24 BREAKFAST</b> Toaster Pastry, Fruit, Juice</p> <p><b>LUNCH</b> Sausage Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup Cheese Pizza</p>	<p><b>March Meal Prices</b></p> <table border="0"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Full Price</b></td> </tr> <tr> <td>\$30.00</td> <td>\$55.00</td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Reduced Price</b></td> </tr> <tr> <td>\$6.00</td> <td>\$8.00</td> </tr> </table>	Breakfast	Lunch			<b>Full Price</b>		\$30.00	\$55.00	<b>Reduced Price</b>		\$6.00	\$8.00
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<p><b>27 BREAKFAST</b> Blueberry Muffin, Fruit, Juice,</p> <p><b>LUNCH – Cajun Cookin’</b> Chicken &amp; Sausage Jambalaya Corn Maque Choux Coleslaw Chilled Applesauce, WG Roll Vegetable Jambalaya</p>	<p><b>28 BREAKFAST</b> Sausage English Muffin, Fruit, Juice</p> <p><b>LUNCH – Taco Tuesday</b> Taco Salad Refried Beans <b>Salad Bar – Color Your Plate</b> Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p><b>29 BREAKFAST</b> Toaster Pastry , Fruit, Juice</p> <p><b>LUNCH – Jamaican Cuisine</b> Jerk Chicken Coconut Rice &amp; Beans <b>Salad Bar –Color Your Plate</b> Chilled Peaches, WG Roll Coconut Rice &amp; beans</p>	<p><b>30 BREAKFAST</b> Sliced Ham Biscuit, Fruit, Juice</p> <p><b>LUNCH- A Little Taste of Italy</b> Italian Meatballs &amp; Spaghetti Fresh Caesar Salad Garlic Bread, Baked Apples Spaghetti &amp; Marinara Sauce <b>Mr. Santiago Martin</b> <b>Salmorejo (From Cordoba)</b></p>	<p><b>31 BREAKFAST</b> Yogurt, Graham Crackers, Fruit, Juice</p> <p><b>LUNCH</b> Barbecue Pulled Pork on Bun Steamed Corn Cole Slaw Chilled Mixed Fruit Garden Burger</p>	<p><b>Milk Available Daily</b> with all meals</p>  <p>Low-Fat and Fat Free Unflavored Fat Free Flavored</p>												


## Food Around the World




### *Featuring*


MS. Lan Wei (Mid-City, Mandarin Chinese) - Chinese Fried Rice 

Heloise Dorange (Bunche-JP, French 4<sup>th</sup> Grade Teacher) - La quiche Lorraine 

Gaelle Ravet (Camp St.-Uptown, French 5<sup>th</sup> Grade Teacher) - Pêche au thon (Tuna peaches) 

Mireia Fayos Fons (Bunche-JP, Spanish 4<sup>th</sup> Grade Teacher) Spanish Tortilla 

Juan Palafox (Camp St - Uptown, Spanish 3<sup>rd</sup> Grade Teacher) - Posole Rojo 

Santiago Martin(Bunche -JP, Spanish 4<sup>th</sup> Grade Teacher) - Salmorejo 



## **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](http://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



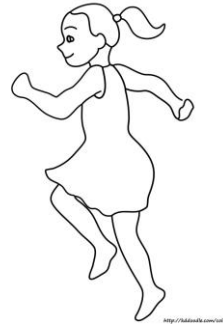
MILK



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><b>1</b> Meat or Meat Alternate</p> 	<p><b>2</b> Grain</p> 	<p><b>3</b> Fruit</p> 	<p><b>4</b> Vegetable</p> 	<p><b>5</b> 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!**