

**Food Around the World in 30 Days**



# MARCH MADNESS

2017

**Camp St. - Uptown**  
**Food Around the World**

**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										
 <b>National School Breakfast Week</b> March 6 – March 10	Featuring Menu items from our very own ISL Staff/faculty 	1  <b>Mardi Gras Break - School Closed</b>	2	3	 Menu is subject to change due to special events or availability of food items.										
<b>6 BREAKFAST</b> Toaster Pastry , Fruit, Juice  <b>LUNCH</b> Chicken Sandwich Shredded lettuce/Tomato/Pickles Fresh Fruit Teddy Grahams ♻ Garden Burger	<b>7 BREAKFAST</b> Blueberry Muffin, Fruit, Juice  <b>LUNCH</b> Ham & Cheese Mini Sub Fresh Broccoli & Carrots Fresh Fruit ♻ Grilled Cheese Sandwich Ms. Heloise Dorange French Sampler: La quiche Lorraine	<b>8 BREAKFAST</b> Sausage Biscuit, Fruit, juice  <b>LUNCH</b> Pepperoni Pizza Rolls Fresh Caesar Salad Fresh Fruit Pudding Cup ♻ Three Cheese Wraps	<b>9 BREAKFAST</b> Mini Pancakes, Fruit, Juice  <b>LUNCH</b>  <b>LUNCH – Ms. Lan Wei *</b> Chinese Fried Rice w/ Chicken Strawberry-Mandarin Red Leaf Salad, Fortune Cookies ♻ Chinese Fried Rice w/ Veggies	<b>10 BREAKFAST</b> Cereal, Graham Crackers, Fruit, Juice  <b>LUNCH – Breakfast For Lunch</b> Sausage Biscuit Yogurt Fresh Celery & Carrots Fresh Fruit ♻ Egg Biscuit	 <b>Thursday</b> March 9th										
<b>13 BREAKFAST</b> Cereal, Graham Crackers, Fruit, Juice  <b>LUNCH</b> Roast Beef Sandwich Lettuce/Tomato/Pickle Cup Fresh Fruit Baked Chips ♻ Black Bean Quesadillas	<b>14 BREAKFAST</b> Yogurt, Graham Crackers, Juice  <b>LUNCH – Back Yard Barbecue</b> All American Hot Dog Fresh Garden Salad Fresh Fruit Gelatin Cup ♻ Garden Burger	<b>15 BREAKFAST</b> Breakfast Bar, Fruit, Juice  <b>LUNCH</b> Turkey & Cheese Mini Sub Shredded Lettuce/Tomato/Pickle Fresh Fruit Goldfish Cheese Crackers ♻ Grilled Cheese Sandwich	<b>16 BREAKFAST</b> Apple Cinnamon Muffin, Juice, Fruit  <b>LUNCH</b> Macaroni & Cheese w/Ham Caesar Salad, Fruit Cup Garlic Bread ♻ Pasta Alfredo	<b>17 BREAKFAST</b> Cereal, Graham Crackers, Fruit, Juice  <b>LUNCH – Ms.Gaelle Ravet*</b> Pêche au thon (Tuna Peaches) Yogurt Baby Carrots & Broccoli Fresh Fruit ♻ Hummus & Veggie Wrap	 USDA is an equal opportunity provider and employer.										
<b>20 BREAKFAST</b> Cinnamon Raisin Bagel, Fruit, Juice  <b>LUNCH</b> Cold Cut Combo Lettuce/Tomato/Pickle Cup Fresh Fruit Baked chips ♻ Cheese Quesadillas	<b>21 BREAKFAST</b> Mini Pancakes, Fruit, Juice  <b>LUNCH – Backyard Barbecue</b> Ham burger on WG Bun Baked Beans Shredded lettuce/tomato/pickle Fresh Fruit ♻ Garden Burger	<b>22 BREAKFAST</b> Cereal, Graham Crackers, Fruit, Juice  <b>½ School Day</b> 	<b>23 BREAKFAST</b> Breakfast Bar, Fruit, Juice  <b>LUNCH – Cajun Cookin’</b> Chicken & Sausage Jambalaya Three Bean Salad Chilled Applesauce, WG Roll ♻ Vegetable Jambalaya	<b>24 BREAKFAST</b> Toaster Pastry, Fruit, Juice  <b>LUNCH</b> Pepperoni Pizza Rolls Fresh Caesar Salad Fresh Fruit Gelatin Cup ♻ Three Cheese Wraps	<b>March Meal Prices</b> <table border="0"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td></td> <td>Full Price</td> </tr> <tr> <td>\$30.00</td> <td>\$55.00</td> </tr> <tr> <td></td> <td>Reduced Price</td> </tr> <tr> <td>\$6.00</td> <td>\$8.00</td> </tr> </table>	Breakfast	Lunch		Full Price	\$30.00	\$55.00		Reduced Price	\$6.00	\$8.00
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<b>27 BREAKFAST</b> Blueberry Muffin, Fruit, Juice,  <b>LUNCH</b> Corn Dog Fresh Garden Salad Fresh Fruit Gelatin Cup ♻ Garden Burger	<b>28 BREAKFAST</b> Cereal, Graham Crackers, Fruit, Juice  <b>LUNCH – Taco Tuesday</b> Taco Salad Shredded Lettuce/Cheese Cup Fresh Fruit, Salsa ♻ Taco Salad w/ Refried Beans	<b>29 BREAKFAST</b> Toaster Pastry , Fruit, Juice  <b>LUNCH</b> Chicken Caesar Wrap Fresh Broccoli & Carrots Fresh Fruit, Teddy Grahams Ranch Dressing ♻ Hummus & Veggie Wrap	<b>30 BREAKFAST</b> Sliced Ham Biscuit, Fruit, Juice  <b>LUNCH- A Little Taste of Italy</b> Spaghetti & Meatballs Fresh Caesar Salad Garlic Bread, Fruit Cup ♻ Spaghetti & Marinara Sauce Mr. Santiago Martin Salmorejo (From Cordoba)	<b>31 BREAKFAST</b> Cereal, Graham Crackers, Fruit, Juice  <b>LUNCH</b> Chicken Sandwich Shredded lettuce/Tomato/Pickles Fresh Fruit Teddy Grahams ♻ Garden Burger.	<b>Milk Available Daily</b> with all meals  Low-Fat and Fat Free Unflavored Fat Free Flavored										



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 

- 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



GRAINS



MILK



Fruits and Vegetables






## MUST TAKE ½ CUP FRUIT OR VEGETABLE

*USDA is an equal opportunity provider and employer.*



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!**