

Food Around the World in 30 Days



MARCH MADNESS

2017

Camp St. - Uptown

Food Around the World

Daily Meal Prices








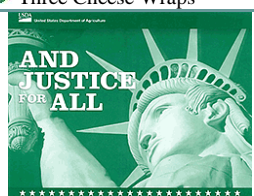

BREAKFAST LUNCH

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



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



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



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



Mireia Fayos Fons (Bunche-JP, Spanish 4th Grade Teacher) Spanish Tortilla



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



Santiago Martin(Bunche -JP, Spanish 4th 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

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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!**