

Food Around the World in 30 Days



MARCH MADNESS

2017

Mid-City /Olivier-Westbank

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 – Back Yard Barbecue All American Hot Dog Baked Beans Salad Bar – Color Your Plate Fresh Fruit Garden Burger</p>	<p>7 BREAKFAST Blueberry Muffin, Fruit, Juice</p> <p>LUNCH Ham & Cheese Mini Sub Fresh Broccoli & Carrots Fresh Fruit Grilled Cheese Sandwich Ms. Heloise Dorange French Sampler: La quiche Lorraine</p>	<p>8 BREAKFAST Ham Biscuit, Fruit, juice</p> <p>LUNCH – Ms. Lan Wei * Chinese Fried Rice w/ Chicken Steamed Oriental Vegetables Strawberry-Mandarin Red Leaf Salad Chilled Fruit, Fortune Cookies Chinese Fried Rice w/ Vegetables</p>	<p>9 BREAKFAST Pancakes, Sausage, Fruit, Juice</p> <p>LUNCH Greek Honey Lemon Chicken Roasted Potatoes, Greek Salad Chilled Sliced Pears Hummus Sampler, Pita Bread Potatoes Broccoli & cheese</p>	<p>10 BREAKFAST Peaches Parfait, Graham Crackers, Juice</p> <p>LUNCH Pepperoni Pizza Whole Kernel Corn Salad Bar –Color Your Plate Fresh Fruit, Pudding Cup Cheese Pizza</p>	 <p>Thursday March 9th</p>										
<p>13 BREAKFAST Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH – Taste of N’awlins Red Beans w/ Sausage & Ham Steamed Rice, Cornbread Salad Bar – Color Your Plate Chilled Sliced Pears Red Beans</p>	<p>14 BREAKFAST French Toast Sticks, Sausage, Fruit, Juice</p> <p>LUNCH – Back Yard Barbecue All American Hot Dog Fresh Garden Salad Fresh Fruit Gelatin Cup Garden Burger</p>	<p>15 BREAKFAST Cereal, Graham Crackers, Fruit, juice</p> <p>LUNCH – Cajun Cookin’ Chicken & Sausage Gumbo Potato Salad Salad Bar – Color Your Plate Baked Apples, WG Crackers Hearty Vegetable Soup</p>	<p>16 BREAKFAST Hashbrown, Sausage, Toast, Fruit, Juice</p> <p>LUNCH – Backvard Barbecue Ham burger on WG Bun Baked Beans Shredded lettuce/tomato/pickle Fresh Fruit Garden Burger</p>	<p>17 BREAKFAST Waffles, Egg Patty, fruit, Juice</p> <p>LUNCH – Ms.Gaelle Ravet* Pêche au thon (Tuna Peaches) Assorted Yogurt Baby Carrots & Broccoli Fresh Fruit, WG Crackers Grilled Cheese Sandwich</p>	 <p>USDA is an equal opportunity provider and employer.</p>										
<p>20 BREAKFAST Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH – Mr. Juan Palafox* Posole Rojo (Mexican Stew) Salad Bar – Color Your Plate Mexicali Corn, Fruit cup, Roll Vegetable Posole Rojo</p>	<p>21 BREAKFAST Biscuit, Sausage, Fruit, Juice</p> <p>LUNCH Chicken Caesar Wrap Fresh Broccoli & Carrots Fresh Fruit, Teddy Grahams Ranch Dressing Hummus & Veggie Wrap</p>	<p>22 BREAKFAST Peaches Parfait, Graham Crackers, Juice</p> <p>½ School Day</p> 	<p>23 BREAKFAST Breakfast Bar, Fruit, Juice</p> <p>LUNCH Loaded Baked Potato (Chicken) Salad Bar –Color Your Plate Fresh Fruit WG Crackers Veggie Loaded Baked Potato</p>	<p>24 BREAKFAST Waffle Sticks, Sausage, fruit, Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup Cheese Pizza</p>	<p>March Meal Prices</p> <table border="0"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td>Full Price</td> <td>Full Price</td> </tr> <tr> <td>\$30.00</td> <td>\$55.00</td> </tr> <tr> <td>Reduced Price</td> <td>Reduced Price</td> </tr> <tr> <td>\$6.00</td> <td>\$8.00</td> </tr> </table>	Breakfast	Lunch	Full Price	Full Price	\$30.00	\$55.00	Reduced Price	Reduced Price	\$6.00	\$8.00
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<p>27 BREAKFAST Blueberry Muffin, Fruit, Juice,</p> <p>LUNCH – Cajun Cookin’ Chicken & Sausage Jambalaya Corn Maque Choux Coleslaw Chilled Applesauce, WG Roll Vegetable Jambalaya</p>	<p>28 BREAKFAST Sausage English Muffin, Fruit, Juice</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Salad Bar – Color Your Plate Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p>29 BREAKFAST Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH – Jamaican Cuisine Jerk Chicken Coconut Rice & Beans Salad Bar –Color Your Plate Chilled Peaches, WG Roll Coconut Rice & beans</p>	<p>30 BREAKFAST Sliced Ham Biscuit, Fruit, Juice</p> <p>LUNCH- A Little Taste of Italy Italian Meatballs & Spaghetti Fresh Caesar Salad Garlic Bread, Baked Apples Spaghetti & Marinara Sauce Mr. Santiago Martin Salmorejo(FromCordoba)</p>	<p>31 Pancakes, Sausage, Fruit Juice</p> <p>LUNCH Barbecue Pulled Pork on Bun Steamed Corn Cole Slaw Chilled Mixed Fruit Garden Burger</p>	<p>Milk Available Daily 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 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 

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



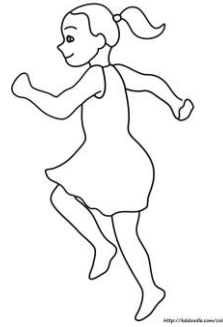
MILK



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!**