



ISL CAFÉ

August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>All meals are served with a variety of low fat milk.</p>	<p>**IMPORTANT**</p> <p>2011-12 Free/Reduced Meals Application</p> <p>Only 1 Application per Household needed</p>	<p>COMING SOON</p> <p>Extra Sale Items (sold during each lunch period)</p> <p>September 2011</p>	<p>Eating Breakfast supports academic achievement</p> 	<p>Student Meal Prices Breakfast</p> <p>Full \$1.50 Reduced \$0.30</p> <p>Lunch</p> <p>Full \$2.10 Reduced \$0.40</p>
					<p>INTERNATIONAL Cuisine</p> <p>1st Wednesday of each month</p> <p>Beginning September 2010</p>
-15-	-16-	<p>-17-</p> <p>Assorted Cereal Graham Crackers Fresh Fruit</p> <p>-----</p> <p>Oven Roasted Chicken Seasoned Yellow Rice Steamed Mustard Greens Fresh Fruit Salad, Soft wheat roll</p> <p> Vegetarian: Yellow Rice w/Black Beans</p>	<p>-18-</p> <p>Wheat Belgium Waffle Sticks Turkey Sausage Patties Fresh Fruit</p> <p>-----</p> <p>Turkey Hot dog on bun Baked Beans Fresh Fruit Italian Ice Cup</p> <p> Vegetarian: Cheese Quesadilla</p>	<p>-19-</p> <p>Warm Biscuits Turkey Sausage Patties Fresh Fruit</p> <p>-----</p> <p>Supreme Taco Salad (Lettuce/tomatoes) Refried Beans Fresh Fruit</p> <p> Vegetarian: Vegetarian Taco Salad</p>	<p>**IMPORTANT**</p> <p><u>Returning Students</u> A new application must be submitted each year. The Parent/Guardian is responsible for all charges incurred before the application is processed. Applications must be received by September 15, 2011.</p>
<p>-22-</p> <p>Assorted Muffins Scrambled Eggs Fresh Fruit</p> <p>-----</p> <p>Macaroni & Cheese Baked Chicken Nuggets Steamed Green Beans Chilled Apple Sauce</p> <p> Vegetarian: Vegetarian Red Beans</p>	<p>-23-</p> <p>French Toast Sticks Turkey Sausage Patties Fresh Fruit</p> <p>-----</p> <p>Savory Salisbury Steak Mashed Potatoes Steamed Mixed Vegetables Soft Wheat Roll, Low Fat Pudding</p> <p> Vegetarian: Potatoes Au Gratin</p>	<p>-24-</p> <p>Assorted Cereal Cinnamon Raisin Toast Fresh Fruit</p> <p>-----</p> <p>Navy Beans Steamed Rice Fresh Baby Spinach Salad Corn Bread, Diced Peaches</p> <p> Vegetarian: Potatoes Au Gratin</p>	<p>-25-</p> <p>Hash brown, Wheat Toast Turkey sausage Patties Fresh Fruit</p> <p>-----</p> <p>Chicken & Sausage Jambalaya Three Bean Salad Baked Cinnamon Apples Soft Wheat Roll</p> <p> Vegetarian: Vegetarian Jambalaya</p>	<p>-26-</p> <p>Pancakes Turkey Sausage Patties Fresh Fruit</p> <p>-----</p> <p>Grilled Cheese Sandwich Fresh Carrots & Celery Fresh Fruit Italian Ice Cup</p> <p> Vegetarian: Vegetarian Fajita</p>	<p>Lunch Schedule</p> <p>10:45-11:15 1st grade</p> <p>11:00-11:30 2nd grade</p> <p>11:40-12:10 Kindergarten</p> <p>12:15-12:45 5th – 8th grade</p> <p>12:50-1:20 3rd – 4th grade</p>
<p>-29-</p> <p>Wheat Belgium Waffle Sticks Scrambled Eggs Fresh Fruit</p> <p>-----</p> <p>Home Style Red Beans Steamed Brown Rice Fresh Spinach Salad Diced Peaches, Cornbread</p> <p> Vegetarian: Garden Rice</p>	<p>-30-</p> <p>Grits Turkey Bacon Fresh Fruit</p> <p>-----</p> <p>Ham & Cheese Melt Celery Sticks & Baby Carrots Low Fat Ranch Dip Fresh Fruit</p> <p> Vegetarian: Cheese Melt</p>	<p>9/1/11</p> <p>Pancake Bites Fresh Fruit</p> <p>-----</p> <p>Wheat Spaghetti & Meatsauce Steamed Green Peas Chilled Apple Sauce Soft Wheat Roll</p> <p> Vegetarian: Spaghetti Casserole</p>	<p>Lactose Free Milk available with a special diet request form signed by a licensed Physician on file.</p> 	<p>Menu is subject to change due to availability of food items and special events.</p>	 <p>Vegetarian Meals</p> <p>A specific number of vegetarian meals are prepared daily for students with a</p>