



Monday	Tuesday	Wednesday	Thursday	Friday	FYI
<p><b>All meals are served with a variety of low fat &amp; fat free milk.</b></p>	<p><b>Menu is subject to change due to availability of foods and special events.</b></p>	<p><b>***IMPORTANT***</b> Prior Year Free/Reduced Meals Benefits <b>expire September 30<sup>th</sup></b></p> <p>Each school year a new application must be submitted.</p>	<p>-1- Hashbrowns, Fresh Fruit Turkey Sausage Patties</p> <p>-----</p> <p>Spaghetti Casserole Steamed Spinach Fresh Fruit Salad Soft Wheat Roll</p> <p><b>Vegetarian:</b> Vegetarian Casserole</p>	<p>-2- French Toast Sticks, Fruit Scrambled Egg Patties</p> <p>-----</p> <p>Sausage Pizza Steamed Corn Cobettes Fresh Romaine Salad Fresh Fruit</p> <p><b>Vegetarian:</b> Cheese Pizza</p>	<p><b>Student Meal Prices</b></p> <p><b>Breakfast</b> Full \$1.50 Reduced \$0.30</p> <p><b>Lunch</b> Full \$2.10 Reduced \$0.40</p>
<p>-5- <b>No School</b> <b>LABOR DAY</b></p>	<p>-6- Wheat Belgium Waffles Turkey Sausage Patties, Fresh Fruit</p> <p>-----</p> <p>Great Northern Beans Steamed Rice Fresh Spinach Salad Chilled Diced Peaches Cornbread</p> <p><b>Vegetarian:</b> Vegetarian Beans</p>	<p>-7- Breakfast Burrito w/ Salsa Fresh Fruit</p> <p>-----International Cuisine-----</p> <p>Chicken Enchiladas Spanish Rice Mexicali Corn Tropical Fruit Mix</p> <p><b>Vegetarian:</b> Vegetarian Enchilada</p>	<p>-8- Pancake Bites Fresh Fruit</p> <p>-----</p> <p>Macaroni &amp; Cheese Casserole Steamed Mustard Greens Fresh Fruit Salad Soft Wheat Roll</p> <p><b>Vegetarian:</b> Macaroni &amp; Cheese</p>	<p>-9- Cheese Omelet Wheat Toast, Fresh Fruit</p> <p>-----</p> <p>Toasted Ham &amp; Cheese Sandwich Fresh Broccoli/Carrots Ranch Dip Fresh Fruit</p> <p><b>Vegetarian:</b> Toasted Cheese Sandwich</p>	<p><b>Join the</b></p> <p><b>ISL Café</b></p> <p><b>Breakfast</b></p> <p><b>7:30 am - 7:55 am</b></p>
<p>-12- Croissant, Sausage, Fruit</p> <p>-----</p> <p>Chicken Tetrazzini Steamed Carrot Slices Chilled Pear Halves Soft Wheat Roll</p> <p><b>Vegetarian</b> Vegetarian Tetrazzini</p>	<p>-13- Grits, Turkey Sausage Patties Fresh Fruit</p> <p>-----</p> <p>Sloppy Joe Fresh Garden Salad Fresh Fruit Low Fat pudding</p> <p><b>Vegetarian:</b> Garden Burger</p>	<p>-14- Pancakes Sausage, Fresh Fruit</p> <p>-----</p> <p>Red Beans Steamed Rice Chilled Diced Peaches Fresh Garden Salad Warm Corn Bread</p> <p><b>Vegetarian:</b> Vegetarian Red Beans</p>	<p>-15- Assorted Cereal, Fruit Cinnamon Raisin Toast</p> <p>-----Tray-less Thursday-----</p> <p>Grilled Chicken Mini Sub Lettuce/Tomato/Pickles Fresh Fruit</p> <p><b>Vegetarian:</b> Vegetable Mini Sub</p>	<p>-16- Warm Biscuits Sausage, Fresh Fruit</p> <p>-----</p> <p>Baked Fish Nuggets Mashed Potatoes Fresh Romaine Salad Fresh Fruit Salad Soft Wheat Roll</p> <p><b>Vegetarian</b> Vegetable Rice</p>	<p></p> <p><b>Tray-less Thursday</b></p> <p>The 3<sup>rd</sup> Thursday of each Month the ISL Café will serve lunch on an eco-friendly tray.</p> <p>ISL Café going green one tray at a time.</p>
<p>-19- Assorted Muffins Scrambled Eggs, Fresh Fruit</p> <p>-----</p> <p>Navy Beans Steamed Brown Rice Fresh Spinach Salad Baked Apples, Cornbread</p> <p><b>Vegetarian:</b> Vegetarian Red Beans</p>	<p>-20- French Toast Sticks Turkey Sausage Patties, Fresh fruit</p> <p>-----</p> <p>Lasagna with Ground Beef Steamed Spinach Chilled Fresh Fruit Soft Wheat Roll</p> <p><b>Vegetarian:</b> Vegetarian Lasagna</p>	<p>-21- Assorted Cereal, Fresh Fruit, Cinnamon Raisin Toast</p> <p>-----</p> <p><b>½ Day of School</b></p> <p></p> <p><b>Bag Lunch</b></p>	<p>-22- Hashbrown, Wheat Toast Turkey sausage Patties, Fruit</p> <p>-----</p> <p>Lemon Pepper Chicken Broccoli &amp; Cheese Rice Fresh fruit Salad Soft Wheat Roll</p> <p><b>Vegetarian:</b> Broccoli &amp; Cheese Rice</p>	<p>-23- Grits Turkey Bacon, Fresh Fruit <b>-Try it, Before you deny it -</b> Tuna Salad Assorted Crackers Fresh Garden Salad Fresh Fruit</p> <p><b>Vegetarian:</b> Vegetarian Mini Sub</p>	<p><b>Try It, Before You Deny it Friday</b></p> <p>Each 4<sup>th</sup> Friday, the ISL Café will appeal to our students palates by introducing new food items.</p>
<p>-26- Wheat Belgium Waffles Scrambled Eggs, fresh fruit</p> <p>-----</p> <p>Angel Hair Pasta Alfredo Grilled Chicken Strips Steamed Spinach Fresh Fruit Salad</p> <p><b>Vegetarian:</b> Angel Hair Pasta Alfredo</p>	<p>-27- Assorted Cereal Toast, Fresh Fruit</p> <p>-----</p> <p>Red Beans Steamed Rice Fresh Garden Salad Chilled Diced Peaches, Cornbread</p> <p><b>Vegetarian:</b> Vegetarian Red Beans</p>	<p>-28- Warm Biscuits Turkey Sausage Patties, fruit</p> <p>-----</p> <p>Home-Style Turkey Stew Steamed Green Peas Chilled Fresh Fruit Salad Soft Wheat Roll</p> <p><b>Vegetarian:</b> Vegetable Rice</p>	<p>-29- Cheese Omelet, Fresh Fruit Cinnamon Raisin Toast</p> <p>-----</p> <p>Barbecue Pork Riblet Mashed Potatoes Steamed Mixed Vegetables Chilled Fruit Cup</p> <p><b>Vegetarian:</b> Vegetarian Supreme Potatoes</p>	<p>-30- Wheat Belgium Waffles Sausage Links, Fruit</p> <p>-----</p> <p>Chicken Salad Pita Pocket Fresh Garden Salad Fresh Fruit Frozen 100% Juice Bar</p> <p><b>Vegetarian:</b> Hummus &amp; Veggie Pocket</p>	<p><b>Vegetarian Meals</b></p> <p>A specific number of vegetarian meals are prepared daily for students with a vegetarian diet plan.</p>