

























- Pay for school meals anytime, anywhere from your computer or smartphone.
- Schedule recurring payments
- Check meal account balances
- View purchases

February 2018

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>February Meal prices (Total Cost)</p> <p>Full Price</p> <p>Breakfast Lunch</p> <p>\$21.00 \$38.50</p> <p>*Reduced Price</p> <p>\$4.20 \$5.60</p>		 <p>Available Daily with all meals:</p> <p>Lowfat and Fat Free unflavored milk</p> <p>Fat Free unflavored milk</p>	<p>1 BREAKFAST</p> <p>Waffles, Sausage, Fruit, Juice</p> <p>LUNCH</p> <p>Spunky Spuds Thursday</p> <p>Chili Con Carne Supreme Mashed Potatoes Fresh Fruit Salad Whole Grain Crackers</p> <p> Vegetarian Chili</p>	<p>2 BREAKFAST</p> <p>Buttered Grits, Sausage, Fruit, Juice</p> <p>LUNCH</p> <p>Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit Pudding Cup</p> <p> Cheese Pizza</p>	
<p>5 BREAKFAST</p> <p>Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH</p> <p>Red Beans w/ Ham & Sausage Steamed Brown Rice Fresh Spinach and Cranberry Salad Apple Crisp, Corn Bread</p> <p> Red Beans</p>	<p>6 BREAKFAST</p> <p>Oatmeal, Buttered Toast, Fruit, Juice</p> <p>LUNCH – Taco Tuesday</p> <p>Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa</p> <p> Vegetarian Taco</p>	<p>7 BREAKFAST</p> <p>Cinnamon Raisin Bagel, Eggs, Fruit, Juice</p> <p>LUNCH</p> <p>Chicken Cacciatore, WG Spaghetti Caesar Salad, Whole Corn Chilled Pear Slices, Garlic Bread</p> <p> Macaroni & Cheese</p>	<p>8 BREAKFAST</p> <p>Pancakes, Sausage, Fruit, Juice</p> <p>1/2 Day Noon Dismissal</p> 	<p>9 Staff/Faculty</p>  <p>School Closed</p>	 <p>Tray-less Tuesday</p>
12	<p>Mardi Gras (School Closed)</p> 				16
<p>19 BREAKFAST</p> <p>Apple Cinnamon Muffin, Fruit, Juice</p> <p>LUNCH</p> <p>Pastalaya w/ Chicken Steamed Green Beans Spinach & Cherry tomato Salad Chilled Mixed Fruit, WG Roll</p> <p> Vegetable Pastalaya</p>	<p>20 BREAKFAST</p> <p>Cheese Omelet, Buttered Toast, Fruit, Juice</p> <p>LUNCH</p> <p>Hamburger on Bun Lettuce/tomato/Pickles Tater Tots, Fresh Fruit Teddy Grahams</p> <p> Garden Burger</p>	<p>21 BREAKFAST</p> <p>Fruit & Yogurt Parfait, Juice</p> <p>LUNCH</p> <p>Red Beans w/ Sausage & Ham Steamed Brown rice Cucumber & tomato Salad Chilled Sliced Peaches, Cornbread</p> <p> Red Beans</p>	<p>22 BREAKFAST</p> <p>Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH</p> <p>Spaghetti & Meat sauce Steamed Broccoli Chilled Pear Slices Garlic Bread</p> <p> Spaghetti & Marinara Sauce</p>	<p>23 BREAKFAST</p> <p>Cheesy Grits, Sausage, Toast, Fruit, Juice</p> <p>LUNCH</p> <p>Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit</p> <p> Cheese Pizza</p>	 <p>USDA is an equal opportunity provider and employer</p>
<p>26 BREAKFAST</p> <p>French Toast, Eggs, Fruit, Juice</p> <p>LUNCH</p> <p>Navy Beans Steamed Brown Rice Beet Salad Chilled Mixed Fruit WG Roll</p> <p> Navy Beans</p>	<p>27 BREAKFAST</p> <p>Oatmeal, Cinnamon Raisin Toast, Fruit, Juice</p> <p>LUNCH</p> <p>Tuna Salad, Assorted Yogurt Fresh Veggie Medley w/ Ranch Dip Fresh Fruit, WG Crackers</p> <p> Black Bean Quesadillas</p>	<p>28 BREAKFAST</p> <p>Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH</p>  <p>Carbonada Seca Chilean Tomato Salad Papaya con Crema, Roll</p> <p> Veggie Carbonada Seca</p>	<p>3/1 Cinnamon Raisin Bagel, Eggs, Fruit, Juice</p> <p>LUNCH</p> <p>Beef Macaroni & Cheese Steamed Spinach Chilled Applesauce WG Roll</p> <p> Macaroni & Cheese w/ Marinara Sauce</p>	<p>3/2 Pancakes, Sausage, Fruit, Juice</p> <p>LUNCH</p> <p>Chicken Fajitas Mexicali Corn Garden Salad Fresh Fruit</p> <p> Vegetable Fajitas</p>	<p>International Meals</p> 

FOOD ALLERGIES



Federal and State regulations require a completed and current diet prescription form for any type of change or substitution to a 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 2017 – 2018 School Year form.

The form is located in the front office of each school campus and online at www.isl-edu.org/Menu.

**** 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.



Free & Reduced Price Meals Program

APPLY ONLINE TODAY!

Apply at anytime during the school year

International Meals - CHILE

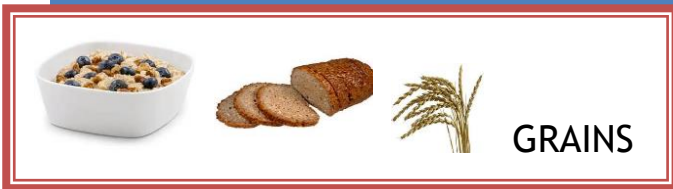


Chilean Carbonada Seca



OFFER VS. SERVE (BREAKFAST)

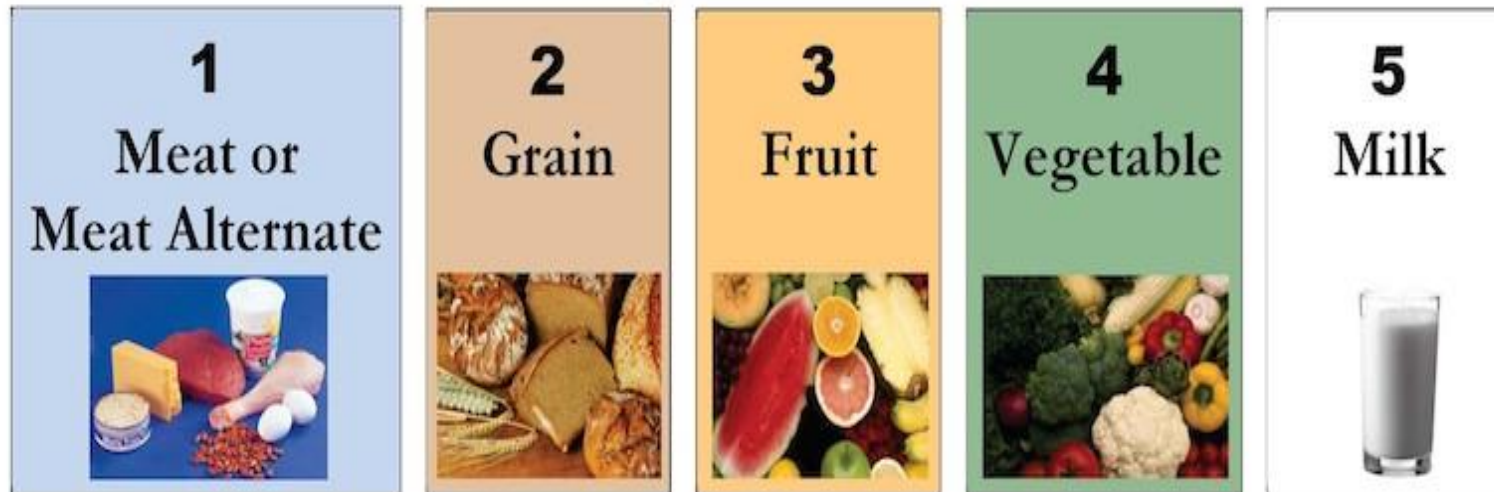
CHOOSE AT LEAST 3 ITEMS



MUST TAKE ½ CUP FRUIT OR VEGETABLE

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The **5 Meal Components** for School Lunch



You choose **at least 3** including

- $\frac{1}{2}$ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**