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Free & Reduced Price Meals Program
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International School of Louisiana

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
 Lowfat and Fat Free unflavored milk Fat Free flavored milk	4 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice LUNCH Breaded Chicken Sandwich Baked Crinkle Fries Shredded Lettuce/Pickle Cup Fresh Orange Wedges  Garden Burger	5 BREAKFAST Sausage Biscuit, Fruit, Juice LUNCH Macaroni & Cheese Sliced Ham Steamed Spinach, Garden Salad Chilled Sliced Pears WG Roll  Macaroni & Cheese	6 BREAKFAST Cinnamon Bagel, Yogurt, Fruit/Juice LUNCH – Taco Thursday Taco Salad Refried Beans Shredded lettuce Fresh Fruit, Salsa  Refried Bean Taco Salad	7 BREAKFAST Oatmeal, Sunbutter Toast, Fruit, Juice LUNCH –Eco-Friendly Friday Hot dog on Bun Sweet Potato Fries Mixed Salad Greens Chilled Grapes  Grilled Cheese Sandwich	<div style="border: 2px solid orange; padding: 10px;"> <p>September (Monthly Totals)</p> <p>Full Price</p> <p>Breakfast \$27.00</p> <p>Lunch \$49.50</p> <p>Reduced Price</p> <p>Breakfast \$5.40</p> <p>Lunch \$7.20</p> <p>Extra items sold</p> <p>Milk and water \$0.50</p> </div>
10 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice LUNCH Chicken & Sausage Jambalaya Fresh Garden Salad, Whole Corn Baked Cinnamon Apples Soft WG Roll  Vegetable Jambalaya	11 BREAKFAST Sausage English Muffin, Fruit, Juice LUNCH - Trayless Tuesday  All American Sub Lettuce/Tomatoes/Pickles Fresh Orange Smiles Baked Assorted Chips  Grilled Cheese Sandwich	12 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice LUNCH Homemade Great Northern Beans With Ham & Sausage, Brown Rice Fresh Spinach Salad w/ tomatoes Chilled  Great Northern Beans	13 BREAKFAST Fruit & Yogurt Parfait, Graham Crackers, Fruit, Juice LUNCH Spaghetti & Meatsauce Steamed Mixed Vegetables Chilled Sliced Peaches Garlic Bread  Spaghetti & Marinara Sauce	14 BREAKFAST Pancakes, Sausage, Fruit/Juice LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit  Cheese Pizza	
17 BREAKFAST Pancake & Sausage on Stick, Fruit, Juice LUNCH  Beef Tips over Noodles Sweet Potatoes, Mixed Veggies Mixed Fruit, WG Roll  Vegetable Noodle Casserole	18 BREAKFAST Fruit & Yogurt Parfait, Cinnamon Raisin Toast, Juice LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce Fresh Fruit, Salsa  Refried Bean Taco Salad	19 BREAKFAST Hashbrown, Sausage, Toast, Fruit, Juice LUNCH Tuna Salad Assorted Yogurt, Baby Carrots and Celery Sticks Fresh Fruit, WG Crackers Chocolate Chip Cookie  Hearty Garden Salad	20 BREAKFAST Assorted Cereal, Fruit, Juice, Milk LUNCH Rotisserie Chicken Vegetable Rice Steamed Greens Chilled Pineapple Tidbits  Vegetable Rice	21  <p style="text-align: center;">School Closed</p>	 <p style="text-align: center;">Tray-less Tuesday</p> <p style="text-align: center;">Eco-Friendly Friday</p>
24 BREAKFAST Cinnamon Raisin Bagel, Yogurt, Fruit/Juice LUNCH Homemade Red Beans w/Ham & Sausage Steamed Brown Rice Fresh Garden Salad, Cornbread  Homemade Red Beans	25 BREAKFAST Waffles, Sausage, Fruit/Juice LUNCH Chicken Nuggets Macaroni & Cheese Steamed Green Beans Chilled grapes, WG Roll  Macaroni & Cheese	26 BREAKFAST Sausage Biscuit, Fruit, Juice LUNCH – World School Milk Day Hamburger on Bun French Fries Lettuce/Tomato/Pickle Cup Orange Wedges, Teddy Grahams  Garden Burger	27 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice, Milk LUNCH Spaghetti & Meatsauce Steamed Spinach Chilled Applesauce, Soft WG Roll  Spaghetti & Marinara Sauce	28 BREAKFAST Buttered Grits, Sausage, Toast, Fruit, Juice LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit  Cheese Pizza	 <p style="text-align: center;">The whole world loves MILK!</p>

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SCHOOL
BUCKS**

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- 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 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 2018 – 2019 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 lactaid.***

All ISL Campuses

Offer vs. Serve

ALL ISL Campuses participate in Offer vs. Serve for breakfast and lunch. Students are encouraged to take all items offered, but with Offer vs. Serve, students must take a minimum of 3 items which must include ½ cup of fruit or vegetable.

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



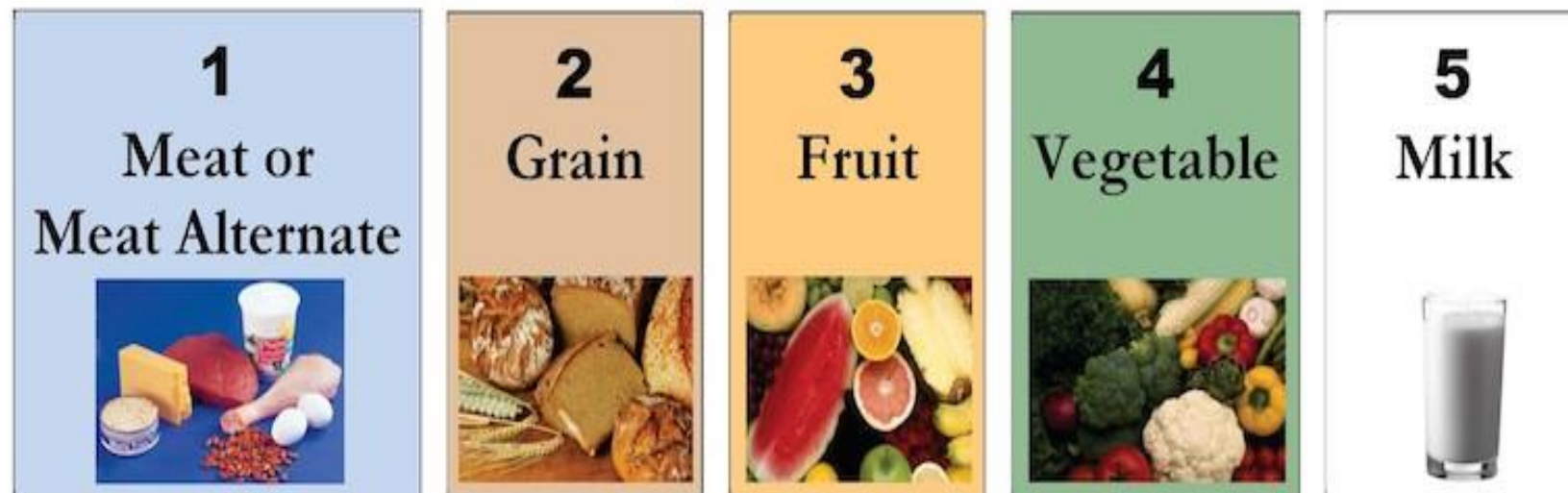
MILK



Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

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!**