



www.myschoolapps.com

Free & Reduced Price Meals Program

APPLY ONLINE TODAY!

NOVEMBER



2018

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
<p>ECO-FRIENDLY ISL Café TRAY-LESS DAYS & ISL Café is now STRAW – LESS!</p>	<p>SALAD BAR</p>		<p>1 Breakfast: Fruit & Yogurt Parfait, Cinnamon Raisin Toast, Juice</p> <p>LUNCH Macaroni & Cheese w/ Beef Caesar salad, Green Peas Chilled Sliced Peaches Garlic Bread ✔ Macaroni & Cheese</p>	<p>2 Breakfast: Ham & Cheese English Muffin, Fruit, Juice</p> <p>LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit ✔ Cheese Pizza</p>	<div style="border: 2px solid brown; padding: 10px;"> <p>NOVEMBER (Monthly Totals)</p> <p>Full Price Breakfast \$24.00 Lunch \$44.00</p> <p>Reduced Price Breakfast \$4.80 Lunch \$6.40</p> <p>Extra items sold Milk and water \$0.50</p> </div>
<p>5 Breakfast: Cinnamon Raisin Bagel, Fruit, Juice</p> <p>LUNCH - Soup & Salad Supreme Potato Soup Chef Side Salad Baked Cinnamon Apples WG Crackers ✔ Potato Soup</p>	<p>NO SCHOOL</p>	<p>7 Breakfast: Cinnamon Toast, Fruit & Yogurt Parfait, juice</p> <p>LUNCH Teriyaki Chicken Stir Fried Rice Steamed Broccoli Orange Wedges, WG Roll ✔ Vegetable Stir Fried Rice</p>	<p>8 Breakfast: Waffles, Sausage, Fruit, Juice</p> <p>LUNCH-Taco Thursday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream ✔ Taco Salad w/ Refried Beans</p>	<p>9 Breakfast: Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Hamburger on Bun Baked Potato Tots Shredded Lettuce/tomato/Pickle Fresh Fruit ✔ Garden Burger</p>	
<p>12 Breakfast: French Toast, Eggs, Fruit, Juice</p> <p>LUNCH Chicken & Sausage Gumbo Steamed Brown Rice Potato Salad, Fresh Garden Salad Chilled Sliced Peaches WG Crackers ✔ Vegetable Soup</p>	<p>13 Breakfast: Biscuit, Sausage, Fruit, Juice</p> <p>LUNCH Great Northern Beans w/ Ham & Sausage Steamed Brown Rice Fresh Spinach Salad w/ Tomato Chilled Mixed Fruit, Cornbread ✔ Great Northern Beans</p>	<p>14 Breakfast: Oatmeal, WG Toast, Fruit, Juice</p> <p>LUNCH – Trav-Less Wednesday Turkey & Cheese Melt Baby Carrots & Celery Sticks Fresh Fruit Ranch Dressing Bug Bites – Graham Snacks ✔ Grilled Cheese Sandwich</p>	<p>15 Breakfast: Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Turkey Roast W/ Gravy Cornbread Dressing Green Beans, WG Roll Sweet Potatoes, Cranberry Sauce Strawberries w/ whipped topping ✔ Vegetable Rice Casserole</p>	<p>16 Breakfast: Hashbrown, Sausage, Toast, Fruit, Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit ✔ Cheese Pizza</p>	
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	
<p>26 Breakfast: Blueberry Muffin, Sliced peaches, Apple Juice</p> <p>LUNCH Salisbury Steak Mashed Potatoes Steamed Broccoli Spears Chilled Applesauce, WG Roll ✔ Garden Patty</p>	<p>27 Breakfast: English Muffin, Turkey sausage Patty, Orange, Apple Juice</p> <p>LUNCH – Tray-Less Tuesday Ham & Cheese Sandwich Sliced Tomato/Lettuce/Pickles Baked Tater Tots Fresh Fruit, Sunchips ✔ Grilled Cheese Sandwich</p>	<p>28 Breakfast: Assorted Cereal, Graham Crackers Banana, Orange Juice</p> <p>LUNCH Red Beans w/ Ham & Sausage Steamed Brown Rice Fresh Garden Salad Chilled Mixed Fruit, WG Roll ✔ Red Beans</p>	<p>29 Breakfast: Wheat Toast, Sunbutter Cups, Yogurt, Orange, Apple Juice</p> <p>LUNCH Spaghetti & Meatsauce Fresh Caesar Salad Steamed Green Beans Sliced Peaches, WG Roll ✔ Spaghetti & Marinara Sauce</p>	<p>30 Breakfast: Oatmeal, Wheat Toast, Sliced Peaches, Apple Juice</p> <p>LUNCH Sausage Pizza Whole Kernel Corn Fresh Garden Salad Fresh Fruit ✔ Cheese Pizza</p>	<p>Straw-LESS Days are here!</p>

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 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

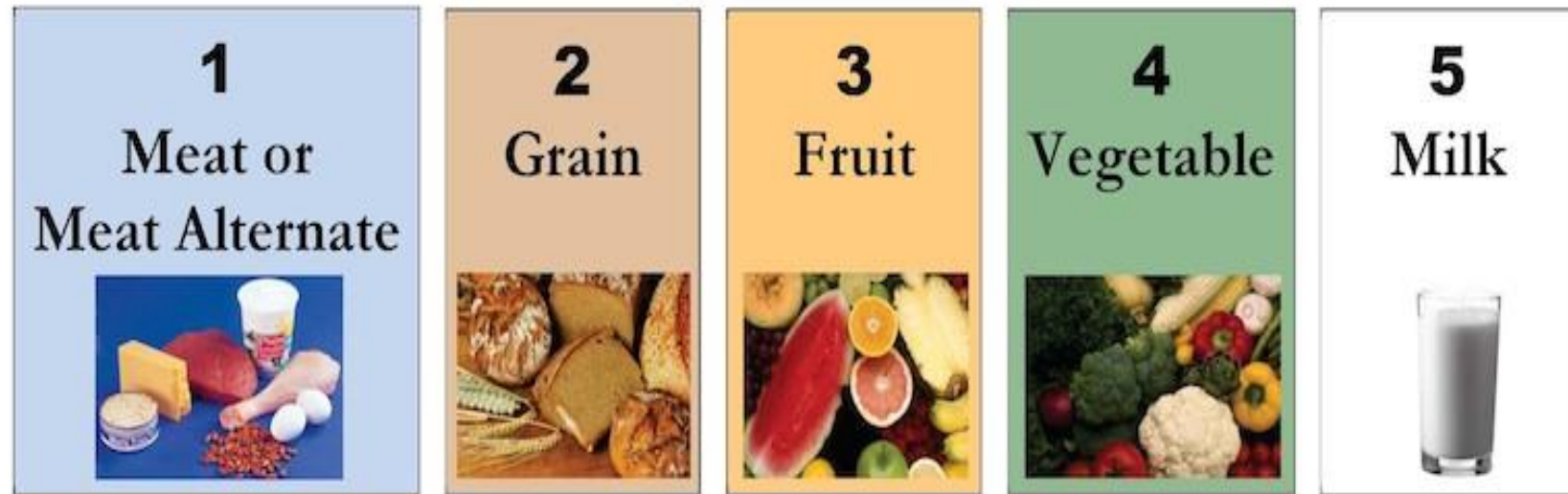


Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

Offer versus Serve

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!**