



www.myschoolapps.com

Free & Reduced Price Meals Program

APPLY ONLINE TODAY!



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>1 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Chicken & Gravy Steamed Brown Rice Glazed Carrots, Garden Salad Tropical Fruit, WG Roll 🌱 Vegetable Rice Casserole</p>	<p>2 BREAKFAST Blueberry Muffin, Fresh Fruit, Juice, Milk</p> <p>LUNCH-Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream 🌱 Taco Salad w/ Refried Beans</p>	<p>3 BREAKFAST French Toast Sticks, Eggs, Fruit/Juice</p> <p>LUNCH Chicken Sandwich Lettuce/Tomatoes/Pickles Potato Tots Fresh Ripe Bananas 🌱 Grilled Cheese Sandwich</p>	<p>4 BREAKFAST Fruit & Yogurt Parfait, Cinnamon Raisin Toast, Juice</p> <p>LUNCH Macaroni & Cheese w/ Diced Ham Steamed Broccoli Florets Fresh Garden Salad Chilled Sliced Pears, WG Roll 🌱 Macaroni & Cheese</p>	<p>5 BREAKFAST Cheesy Grits, Sausage, fruit, Juice</p> <p>LUNCH -Eco-Friendly Friday Hot dog on Bun Tater Tots Fresh Garden Salad Fresh Fruit 🌱 Garden Burger</p>	<p>October (Monthly Totals)</p> <p>Full Price Breakfast \$27.00 Lunch \$49.50</p> <p>Reduced Price Breakfast \$5.40 Lunch \$7.20</p> <p>Extra items sold Milk and water \$0.50</p>
<p>8</p> 	<p>9</p> 	<p>10</p> 	<p>11</p>	<p>12</p> 	
<p>15 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice</p> <p>LUNCH Chicken & Sausage Pastalaya Cucumber/Tomato Salad Steamed Green Beans w/ Potatoes Chilled Mixed Fruit Soft WG Roll 🌱 Vegetable Pastalaya</p>	<p>16 BREAKFAST Sausage English Muffin, Fruit, Juice</p> <p>LUNCH Red Beans w/Ham & Sausage Steamed Brown Rice Fresh Garden Salad Chilled Sliced Pears Cornbread 🌱 Red Beans & Brown Rice</p>	<p>17 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Travless Wednesday Ham & Cheese Melt Baby Carrots & Celery Sticks Fresh Fruit Ranch Dressing/Sunbutter cups 🌱 Grilled Cheese Sandwich</p>	<p>18 BREAKFAST Cinnamon Raisin Bagel, Yogurt, Fruit/Juice</p> <p>LUNCH Barbecue Chicken Seasoned Yellow Rice Steamed Mustard Greens Chilled Mandarin Oranges 🌱 Yellow Rice w/ veggies</p>	<p>19 BREAKFAST Hashbrown Patty, Sausage, Toast, Fruit, Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit 🌱 Cheese Pizza</p>	<p>Natioanl School Lunch Week October 15-19</p> 
<p>22 BREAKFAST Sausage Biscuit, Fruit, Juice</p> <p>LUNCH Chicken Nuggets Au Gratin Potatoes Steamed Green Beans Chilled Mixed Fruit, WG Roll 🌱 Au Gratin Potatoes</p>	<p>23 BREAKFAST Waffles, Sausage, Fruit/Juice</p> <p>LUNCH - Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream 🌱 Taco Salad w/ Refried Beans</p>	<p>24 BREAKFAST Cheese Omelet, Toast, Fruit, Juice</p> <p>LUNCH Barbecue Pulled Pork on Bun Confetti Cole Slaw Sweet Potato Fries Fresh Fruit 🌱 Garden Burger on Bun</p>	<p>25 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Chicken & Sausage Gumbo Steamed Brown Rice Potato Salad, Fresh Garden Salad Tropical Fruit, WG Crackers 🌱 Hearty Vegetable Soup</p>	<p>26 BREAKFAST Oatmeal, Cinnamon Raisin Toast, Fruit, Juice</p> <p>LUNCH -Eco-Friendly Friday Hamburger on Bun Tater Tots Lettuce, tomato, Pickle trays Fresh Fruit 🌱 Garden Burger on Bun</p>	
<p>29 BREAKFAST Pancake & Sausage on Stick, Fruit, Juice, Milk</p> <p>LUNCH Great Northern Beans with Sausage and Ham Steamed Brown Rice Spinach & Tomato Salad Chilled Mixed Fruit, WG Roll 🌱 Great Northern Beans</p>	<p>30 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice</p> <p>LUNCH Salisbury Steak w/gravy Mashed Potatoes Steamed Broccoli Chilled Applesauce WG Roll 🌱 Garden Patty w/ Gravy</p>	<p>31 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH - 1/2 SCHOOL DAY</p> 	<p>11/1 BREAKFAST Fruit & Yogurt Parfait, Cinnamon Raisin Toast, Juice</p> <p>LUNCH Macaroni & Cheese w/ Beef Caesar Salad, Green Peas Chilled Sliced Peaches Garlic Bread 🌱 Mac & Cheese w/ Marinara</p>	<p>11/2 BREAKFAST Ham & Cheese English Muffin</p> <p>LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit 🌱 Cheese Pizza</p>	<p>Coming Soon Straw-LESS Days</p> 

National School Lunch Week

October 15-19, 2018

school lunch
lots 2
love



EXPLORE OUR PHENOMENAL WORLD.
EXPLORA NUESTRO MUNDO FENOMENAL.
EXPLORE NOTRE MONDE PHENOMENAL.
探索我们的非凡世界

- 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



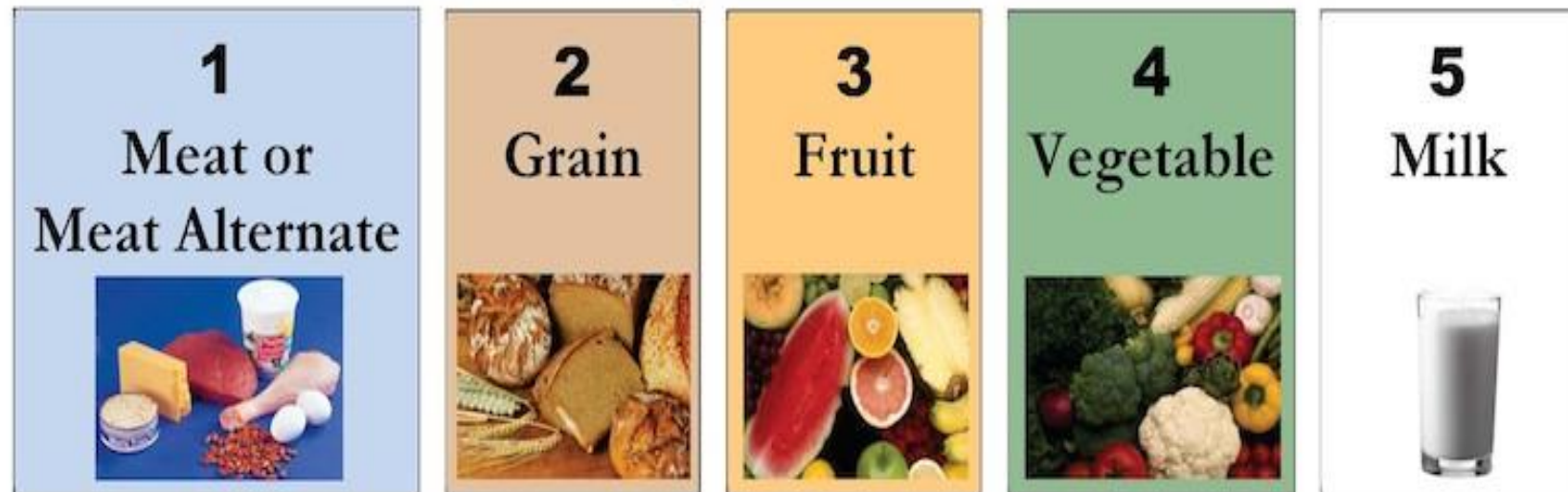
MILK



Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

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!**