



www.myschoolapps.com

Free & Reduced Price Meals Program

APPLY ONLINE TODAY!

DECEMBER

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>3 BREAKFAST Sausage Biscuit, Fruit Cup, Juice, Milk</p> <p>LUNCH Chicken Nuggets Mashed Potatoes Steamed Green Beans Sliced Pears, WG Roll</p> <p>🍃 Cheesy Mashed Potatoes</p>	<p>4 BREAKFAST Assorted Cereal, Graham Crackers, Fresh Fruit, Juice</p> <p>LUNCH-Taco Tuesday  Taco Salad (Salad Bar) Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream</p> <p>🍃 Taco Salad w/ Refried Beans</p>	<p>5 BREAKFAST French Toast Sticks, Eggs, Fruit, Juice</p> <p>LUNCH Chipotle Chicken Quesadilla Spanish Rice Lettuce/Diced Tomato cups Mexicali Corn, Tropical Fruit</p> <p>🍃 Grilled Veggie Quesadilla</p>	<p>6 BREAKFAST Fruit & Yogurt Parfait, Cinnamon Raisin Toast, Juice</p> <p>LUNCH Italian Rotini Casserole Steamed Broccoli Spears, Caesar Salad Sliced Peaches, Garlic Bread</p> <p>🍃 Cheesy Rotini pasta w/ Marinara</p>	<p>7 BREAKFAST Buttered Grits, Sausage, Graham Crackers, fruit, Juice</p> <p>LUNCH -Eco-Friendly Friday Hamburger on Bun Tater Tots Lettuce/Tomato/Pickle trays Fresh Fruit</p> <p>🍃 Garden Burger</p>	<div style="border: 2px solid red; padding: 10px;"> <p>DECEMBER 2018 (Monthly Totals)</p> <p>Full Price Breakfast \$22.50 Lunch \$41.25</p> <p>Reduced Price Breakfast \$4.50 Lunch \$6.00</p> <p>Extra items sold Milk and water \$0.50</p> </div>			
<p>10 Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Chicken Stew, Brown Rice Steamed Brown Rice Sweet Potatoes, Garden Salad Chilled Peaches, WG Roll</p> <p>🍃 Vegetable Rice Casserole</p>	<p>11 Cheese Omelet, Toast, Fruit, Juice</p> <p>LUNCH Sloppy Joe on WG Bun Creamy Cole Slaw Baked Beans Fresh Fruit</p> <p>🍃 Garden Burger</p>	<p>12 Waffles, Sausage, Fruit, Juice, Milk</p> <p>LUNCH  All American Sandwich (Ham/Turkey) Variety Sandwich Veggies Fresh Fruit, Sunchips</p> <p>🍃 Grilled Cheese Sandwich</p>	<p>13 Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Roasted Chicken Rotini Pasta Alfredo Seasoned Green Beans Baby Spinach & Cranberry Salad WG Roll, Sliced Pears</p> <p>🍃 Rotini Pasta Alfredo</p>	<p>14 Oatmeal, Toast, Fruit Cup, Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit</p> <p>🍃 Cheese Pizza</p>		 <p>Lowfat and Fat Free unflavored milk</p> <p>Fat Free flavored milk</p>		
<p>17 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH New Orleans Creole Gumbo Steamed Brown Rice Grilled Cheese Sandwich Fresh Garden Salad Peaches w/whipped topping</p> <p>🍃 Vegetable Soup</p>	<p>18 BREAKFAST Sausage English Muffin, Fruit, Juice</p> <p>LUNCH-Taco Tuesday  Taco Salad (Salad Bar) Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream</p> <p>🍃 Taco Salad w/ Refried Beans</p>	<p>19 BREAKFAST Cheese Omelet, Toast, Fruit, Juice</p> <p>LUNCH Tuna Salad Assorted Yogurt Fresh Garden Salad Fresh Fruit, WG Crackers</p> <p>🍃 Veggie Wrap</p>	<p>20 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice</p> <p>LUNCH Sliced Ham, Macaroni & Cheese Sweet Potatoes Green Peas Chilled Sliced Peaches, WG Roll</p> <p>🍃 Macaroni & Cheese</p>	<p>21 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>1/2 School Day -- Noon Dismissal</p> <p> Lunch Bags</p>			<p>Straw-LESS Days ARE HERE!</p> 	
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>				 <p>STAFF PROFESSIONAL DEVELOPMENT</p>
<p>31</p> <div style="border: 1px solid black; padding: 20px; display: inline-block;"> <p>WINTER BREAK</p> <p>DEC 24 - JAN 4</p> </div>				<p>1/4</p>  <p><i>This institution is an equal opportunity provider.</i></p>				
<p>Enjoy Winter Break!</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



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

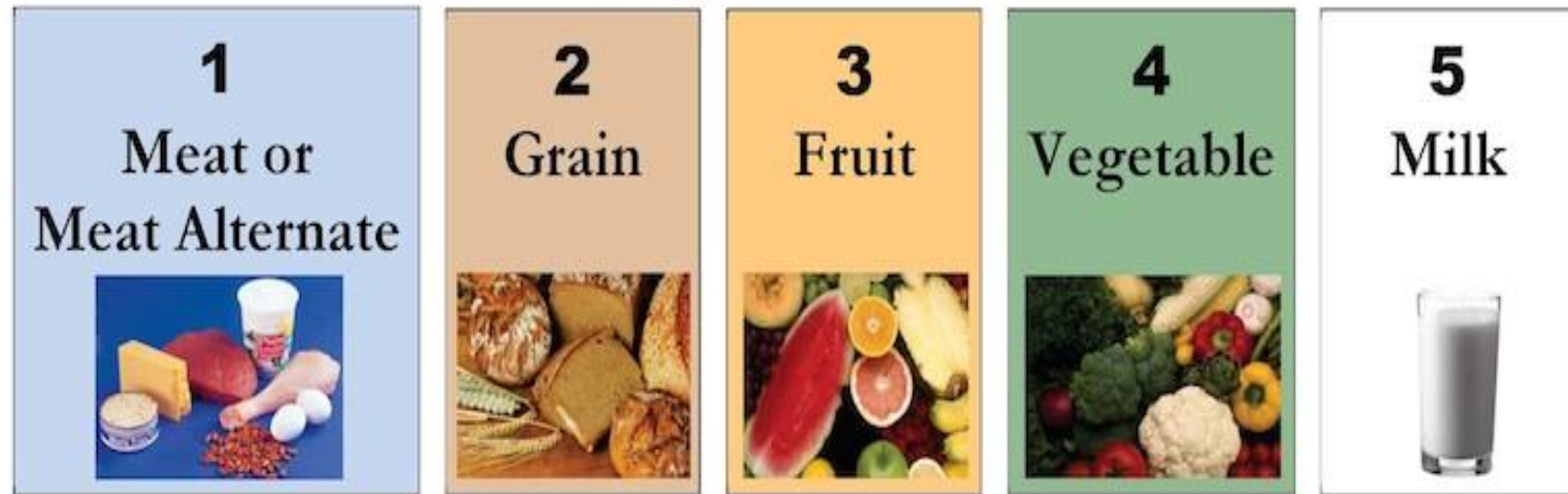


Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

Offer versus Serve

The **5 Meal Components** for School Lunch



You choose **at least 3** including

- 1/2 cup of fruit or vegetable
- at least two other full components

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