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Free & Reduced Price Meals Program

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2019

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>No School - Winter Break</p> 						
						
<p>7 <b>BREAKFAST</b> Blueberry Muffin, Fruit, Juice</p> <p><b>LUNCH</b> Chicken &amp; Noodles Stir Fry Steamed Broccoli Mandarin Oranges WG Roll ✔ Vegetables &amp; Noodles Stir Fry</p>	<p>8 <b>BREAKFAST</b> French Toast, Eggs, Fruit, Juice</p> <p><b>LUNCH - Taco Tuesday</b> Taco Salad (Salad Bar)  Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream ✔ Taco Salad w/ Refried Beans</p>	<p>9 <b>BREAKFAST</b> Sausage Biscuit, Fruit Cup, Juice, Milk</p> <p><b>LUNCH - Trayless Wednesday</b> Turkey &amp; Cheese Mini Sub Shredded lettuce/tomato/pickle cup Fresh Strawberries Chocolate Chip Cookie ✔ Veggie Patty Mini Sub</p>	<p>10 <b>BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p><b>LUNCH</b> Barbecue Chicken Macaroni &amp; Cheese Steamed Broccoli, Spring Salad Tropical Fruit, WG Roll ✔ Macaroni &amp; Cheese</p>	<p>11 <b>BREAKFAST</b> Oatmeal, Cinnamon Raisin Toast, Fruit, Juice</p> <p><b>LUNCH -Eco-Friendly Friday</b> Hamburger on Bun Crinkle Cut Fries Lettuce, tomato, Pickle trays Fresh Fruit ✔ Garden Burger on Bun</p>	<p><b>January (Monthly Totals)</b></p> <p><b>Full Price</b> Breakfast \$25.50 Lunch \$46.75</p> <p><b>Reduced Price</b> Breakfast \$5.10 Lunch \$6.80</p> <p><b>Extra items sold</b> Milk and water \$0.50</p>	
<p>14 <b>BREAKFAST</b> Apple Cinnamon Muffin, Fruit, Juice</p> <p><b>LUNCH</b> Great Northern Beans w/Ham &amp; Sausage, Brown Rice Cucumber &amp; Tomato Salad Baked Cinnamon Apples Warm Cornbread ✔ Red Beans (Meatless)</p>	<p>15 <b>BREAKFAST</b> Hashbrown Patty, Sliced Ham, Toast, Fruit, Juice</p> <p><b>LUNCH</b> Spaghetti Casserole Steamed Green Beans, Garden Salad Sliced Peaches Garlic Bread ✔ Cheesy pasta w/ Marinara</p>	<p>16 <b>BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p><b>LUNCH</b> <b>Trayless Wednesday</b> Ham &amp; Cheese Melt Baby Carrots &amp; Celery Sticks Fresh Fruit Ranch Dressing, Teddy Grahams ✔ Grilled Cheese Sandwich</p>	<p>17 <b>BREAKFAST</b> Mini Waffles, Sausage, Fruit, Juice</p> <p><b>LUNCH</b> Turkey Roast w/ Gravy Brown Rice Sweet Potatoes Fresh Fruit salad WG Roll ✔ Vegetable Rice Casserole</p>	<p>18 <b>BREAKFAST</b> Buttered Grits, Sausage, Toast, Fruit, Juice</p> <p><b>LUNCH</b> Pepperoni Pizza Steamed Whole Kernel Corn Fresh Salad Greens w/ tomatoes Fresh Fruit Pudding Cup ✔ Cheese Pizza</p>		
<p>21 <b>NO SCHOOL</b></p> <p style="text-align: center;"></p>	<p>22 <b>BREAKFAST</b> Pancake &amp; Sausage on Stick, Fruit, Juice</p> <p><b>LUNCH - Taco Tuesday</b> Taco Salad (Salad Bar)  Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream ✔ Taco Salad w/ Refried Beans</p>	<p>23 <b>BREAKFAST</b> Cheese Omelet, Toast, Fruit, Juice</p> <p><b>LUNCH - Trayless Wednesday</b> Chicken Sandwich Crinkle Cut Fries Lettuce/tomato/pickle Cup Fresh Fruit ✔ Garden Burger</p>	<p>24 <b>BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p><b>LUNCH</b> Macaroni &amp; Cheese, Sliced Ham Steamed Spinach, Garden Salad Fresh Fruit Salad WG Roll ✔ Macaroni &amp; Cheese</p>	<p>25 <b>BREAKFAST</b> Blueberry Muffin, Fruit, Juice</p> <p><b>LUNCH -Eco-Friendly Friday</b> Hamburger on Bun Steamed Spinach, Garden Salad Lettuce/Tomato/pickles Fresh Fruit ✔ Garden Burger</p>		
<p>28 <b>BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p><b>LUNCH</b> Red Beans with Sausage and Ham, Brown Rice Spinach &amp; Tomato Salad Chilled Mixed Fruit, Cornbread ✔ Great Northern Beans</p>	<p>29 <b>BREAKFAST</b> Apple Cinnamon Muffin, Fruit, Juice</p> <p><b>LUNCH</b> Chicken &amp; Sausage Jambalaya Steamed Broccoli/Cauliflower Baked Cinnamon Apples WG Roll ✔ Jambalaya (Meatless)</p>	<p>30 <b>BREAKFAST</b> Hashbrown Patty, Toast, Sausage, Fruit, Juice</p> <p><b>LUNCH - Trayless Wednesday</b> Deli Sandwich  Sandwich Veggies Fresh Fruit, Goldfish Crackers ✔ Garden Burger</p>	<p>31 <b>BREAKFAST</b> Cinnamon raisin Bagel, Fruit, Juice</p> <p><b>LUNCH</b> Rotisserie Chicken Pesto Pasta Glazed Carrots Fresh Melon Cubes, WG Roll ✔ Alfredo Rotini Pasta</p>	<p>2/1 <b>BREAKFAST</b> French Toast, Sausage, Fruit, Juice</p> <p><b>LUNCH</b> Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit, Pudding Cup ✔ Cheese Pizza</p>		<p><b>Straw-LESS Days Are Here!</b></p> 

**MY  
SCHOOL  
BUCKS**

[www.Myschoolbucks.com](http://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](http://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

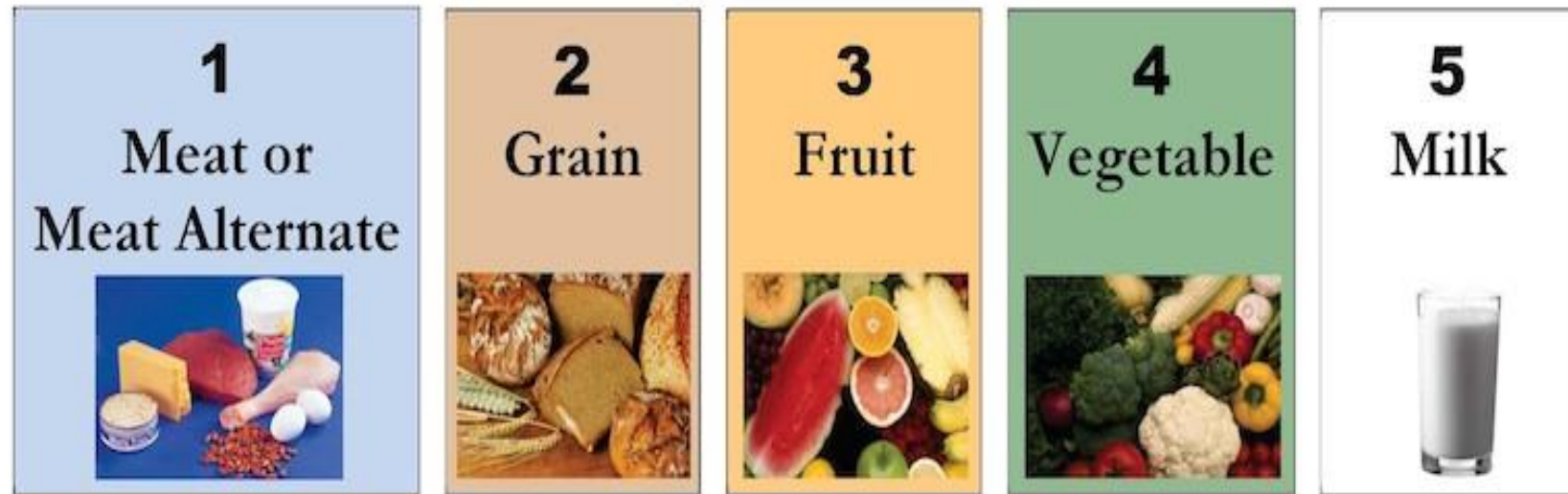


Fruits and Vegetables

## 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!**