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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>4 BREAKFAST Sausage Biscuit, Fruit Cup, Juice, Milk</p> <p>LUNCH Travless Monday Hamburger on Bun Crinkle Cut Fries Lettuce/Tomato/Pickle Cup Fresh Satsumas Garden Burger</p>	<p>5 BREAKFAST Assorted Cereal, Graham Crackers, Fresh Fruit, Juice</p> <p>LUNCH-Taco Tuesday Taco Salad (Salad Bar) Refried Beans Shredded lettuce/Cheese Cup Bananas, Salsa, Sour Cream Taco Salad w/ Refried Beans</p>	<p>6 BREAKFAST French Toast Sticks, Eggs, Fruit, Juice</p> <p>LUNCH – Soup & Salad Supreme Potato Soup Side Chef Salad Garlic Breadsticks Fresh Strawberries Potato Soup</p>	<p>7 BREAKFAST Warm Blueberry Muffin, Fruit, Juice</p> <p>LUNCH Beef Macaroni & Cheese Steamed Green Beans Caesar Salad Sliced Peaches, Garlic Bread Mac & Cheese w/ Marinara Sauce</p>	<p>8 BREAKFAST Buttered Grits, Sausage, Graham Crackers, Fruit, Juice</p> <p>LUNCH Hot dog on Bun Baked Beans Garden Salad Fresh Apples Garden Burger</p>	<p>February 2019 (Monthly Totals)</p> <p>Full Price Breakfast \$30.00 Lunch \$55.00</p> <p>Reduced Price Breakfast \$6.00 Lunch \$8.00</p> <p>Extra items sold Milk and water \$0.50</p>
<p>11 Mini Waffles, Sausage, Fruit, Juice</p> <p>LUNCH Red Beans W/ Sausage & Ham Brown Rice Cucumber & Tomato Salad Baked Cinnamon Apples Warm Cornbread Red Beans</p>	<p>12 Cheese Omelet, Toast, Fruit, Juice</p> <p>LUNCH Rotini Pasta Alfredo Roasted Chicken Strips Glazed Sliced Carrots, Spinach Salad Chilled Sliced Pears WG Roll Rotini Pasta Alfredo</p>	<p>13 Oatmeal, Cinnamon Raisin Toast, Fruit Cup, Juice</p> <p>LUNCH Travless Deli Sandwich (Turkey) Variety Sandwich Veggies Fresh Bananas Sunchips Grilled Cheese Sandwich</p>	<p>14 Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Chili Con Carne Supreme Mashed Potatoes Garden Salad, Fresh Fruit WG Crackers Veggie Chili</p>	<p>15 Apple Cinnamon Muffin, Juice, Fruit</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Plums Cheese Pizza</p>	
<p>18 BREAKFAST Pancakes, Sausage, Fruit, Juice</p> <p>LUNCH Chicken & Sausage Pastalaya Steamed Corn, Garden Salad Sliced Peaches WG Roll Cheese Ravioli W/ Marinara</p>	<p>19 BREAKFAST Sausage English Muffin, Fruit, Juice</p> <p>LUNCH-Taco Tuesday Taco Salad (Salad Bar) Refried Beans Shredded lettuce/Cheese Cup Chilled Grapes, Salsa, Sour Cream Taco Salad w/ Refried Beans</p>	<p>20 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Strawberry Cream Cheese</p> <p>LUNCH Tuna Salad Assorted Yogurt Celery & Carrot Sticks, Ranch Dip Fresh Apples, WG Crackers Roasted Veggie Wrap</p>	<p>21 BREAKFAST Warm Apple Cinnamon Muffin, Fruit, Juice</p> <p>LUNCH Rotisserie Chicken Seasoned Yellow Rice Mustard Greens Fresh Strawberries w/topping WG Roll Seasoned Yellow Rice</p>	<p>22 BREAKFAST Cheesy Grits, Sausage, Toast, Fruit, Juice</p> <p>LUNCH-Eco Friendly Friday Hamburger on Bun Crinkle Cut Fries Lettuce/tomato/Pickle tray Fresh Tangerines Garden Burger</p>	<p></p> <p>USDA is an equal opportunity provider.</p>
<p>25 BREAKFAST Pancake on Stick, Fruit, Juice</p> <p>LUNCH Great Northern Beans Steamed Brown Rice Spinach Salad w/ cherry tomatoes Chilled Mandarin Oranges Warm Cornbread Great Northern Beans</p>	<p>26 BREAKFAST Oatmeal, Cinnamon Raisin Toast, Fruit, Juice</p> <p>LUNCH Macaroni & Cheese, Sliced Ham Steamed Green Beans, Caesar Salad Chilled Mixed Fruit WG Roll Macaroni & Cheese</p>	<p>27 BREAKFAST Warm Blueberry Muffin, Fruit, Juice</p> <p>LUNCH Spaghetti & Meatsauce Steamed Corn Chilled Sliced Pears Garlic Breadstick Spaghetti & Marinara Sauce</p>	<p>28 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>½ School Day</p> <p></p> <p>Lunch Bags</p>	<p>3/1 NO SCHOOL</p> <p></p> <p>STAFF PROFESSIONAL DEVELOPMENT</p>	

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SCHOOL
BUCKS

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- Pay for school meals anytime, anywhere from your computer or smartphone.
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- 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 soy milk.***

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

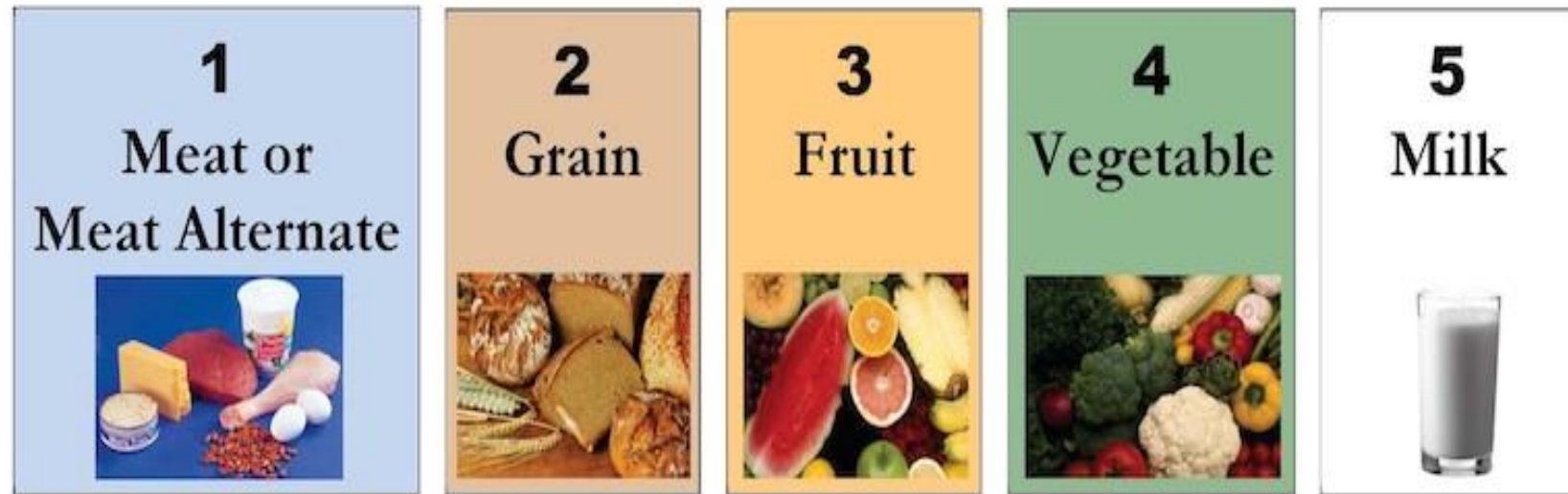


Fruits and Vegetables

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!**