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Free & Reduced Price Meals Program

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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
<b>1 BREAKFAST</b> Ham & Cheese Croissant, Orange Wedges, Juice, Milk <b>LUNCH</b> Navy Beans w/ Ham Brown Rice Cucumber-Tomato Salad Baked Cinnamon Apples Warm Cornbread 🌱 Navy Beans & Rice	<b>2 BREAKFAST</b> Buttered Grits, Sausage, Graham Crackers, Mixed Fruit, Juice <b>LUNCH - TrayLessTuesday</b> Hamburger on Bun Lettuce/tomato/pickles Baked Tater Tots Fresh Plums 🌱 Garden Burger	<b>3 BREAKFAST</b> Assorted Cereal, Graham Crackers, Strawberries, Juice <b>LUNCH</b> Tuna Salad Carrot & Celery Sticks Assorted yogurt Bananas WG Crackers 🌱 Roasted Veggie Wrap	<b>4 BREAKFAST</b> Warm Blueberry Muffin, Yogurt Sliced Peaches, Juice <b>LUNCH</b> Turkey Roast Broccoli Cheese Rice Fresh Garden Chilled Sliced Pears WG Roll 🌱 Broccoli Cheese Rice	<b>5 BREAKFAST</b> Hashbrown, Sausage, Toast, Apple Slices, Juice <b>LUNCH</b> Pepperoni Pizza Steamed Corn Fresh Garden Salad Fresh Fruit Pudding Cups 🌱 Cheese Pizza	<p><b>April 2019 (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>Extra items sold            Milk and water            \$0.50</p>
<b>8 BREAKFAST</b> Mini Waffles, Sausage, Mandarin Oranges, Juice <b>LUNCH</b> Chicken & Gravy Steamed Brown Rice Sweet Potato Casserole Spring Salad, Sliced Pears, Roll 🌱 Vegetable Rice Casserole	<b>9 BREAKFAST</b> Sausage Biscuit, Pineapple Chunks, juice <b>LUNCH</b> 🍷 Soft Taco, Refried Beans Shredded lettuce, Cheese Fresh Plums, Salsa 🌱 Soft Taco w/ Refried Beans	<b>10 BREAKFAST</b> Assorted Cereal, Graham Crackers, Strawberries, Juice <b>LUNCH</b> 🍷 Ham & Cheese Mini Sub Lettuce, Tomato, Pickle Tray Bananas, Goldfish Cheese Crackers 🌱 Vegetable Mini Sub	<b>11 BREAKFAST</b> French Toast, Eggs, Tropical Fruit, Juice <b>LUNCH</b> Rotisserie Chicken Macaroni & Cheese Mustard Greens, Spring Salad Fresh Strawberries, WG Roll 🌱 Macaroni & Cheese	<b>12 BREAKFAST</b> Oatmeal, Cinnamon Raisin toast, Raisins/cranberries, Juice <b>LUNCH - Eco Friendly Friday</b> Grilled Cheese Sandwich Carrot & Celery Sticks Ranch Dip, Tangerines Chocolate Chip Cookie 🌱 Grilled Cheese Sandwich	



April 15 - 19



Lowfat and Fat Free unflavored milk

Fat Free flavored milk

<b>22 BREAKFAST</b> Pancake on Stick, Mixed Fruit, Juice <b>LUNCH</b> Salisbury Steak Mashed Potatoes Steamed Spinach Chilled Mixed Fruit WG Roll 🌱 Garden Patty w/ Potatoes	<b>23 BREAKFAST</b> Oatmeal, Cinnamon Raisin Toast, raisins/cranberries, Juice <b>LUNCH</b> 🍷 Red Beans w/ Ham & Sausage Steamed Brown Rice Spring Salad w/ cherry tomatoes Chilled Mandarin Oranges Warm Cornbread 🌱 Red Beans	<b>24 BREAKFAST</b> Sausage Biscuit, Sliced Pears, Juice <b>LUNCH</b> 🍷 Breaded Chicken Sandwich Lettuce, tomato, pickle tray Chilled Grapes Chocolate Chip Cookie 🌱 Garden Burger	<b>25 BREAKFAST</b> Assorted Cereal, Graham Crackers, Bananas, Juice <b>LUNCH</b> Italian Spaghetti Casserole Steamed Mixed Vegetables Caesar Salad Fresh Melons, Garlic Bread 🌱 Spaghetti & Marinara Sauce	<b>26 BREAKFAST</b> Buttered Grits, Sausage, Graham Crackers, Fruit, Juice <b>LUNCH</b> Sausage Pizza Steamed Corn Fresh Garden Salad Fresh Fruit Pudding Cups 🌱 Cheese Pizza	<p>USDA is an equal opportunity provider.</p>
<b>29 BREAKFAST</b> Assorted Cereal, Graham Crackers, Sliced Peaches, Juice <b>LUNCH</b> Chicken Nuggets Macaroni & Cheese Steamed Green Peas, Garden Salad Chilled Orange Wedges 🌱 Vegetables & Pasta Casserole	<b>30 BREAKFAST</b> Apple Muffin, Tangerines, Juice <b>LUNCH</b> 🍷 Taco Salad Refried Beans Shredded lettuce, Cheese Fresh Plums, Salsa 🌱 Taco Salad w/ Refried Beans				

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

# 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](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 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  $\frac{1}{2}$  cup of fruit or vegetable.

# OFFER VS. SERVE (BREAKFAST)

## CHOOSE AT LEAST 3 ITEMS



GRAINS



MILK

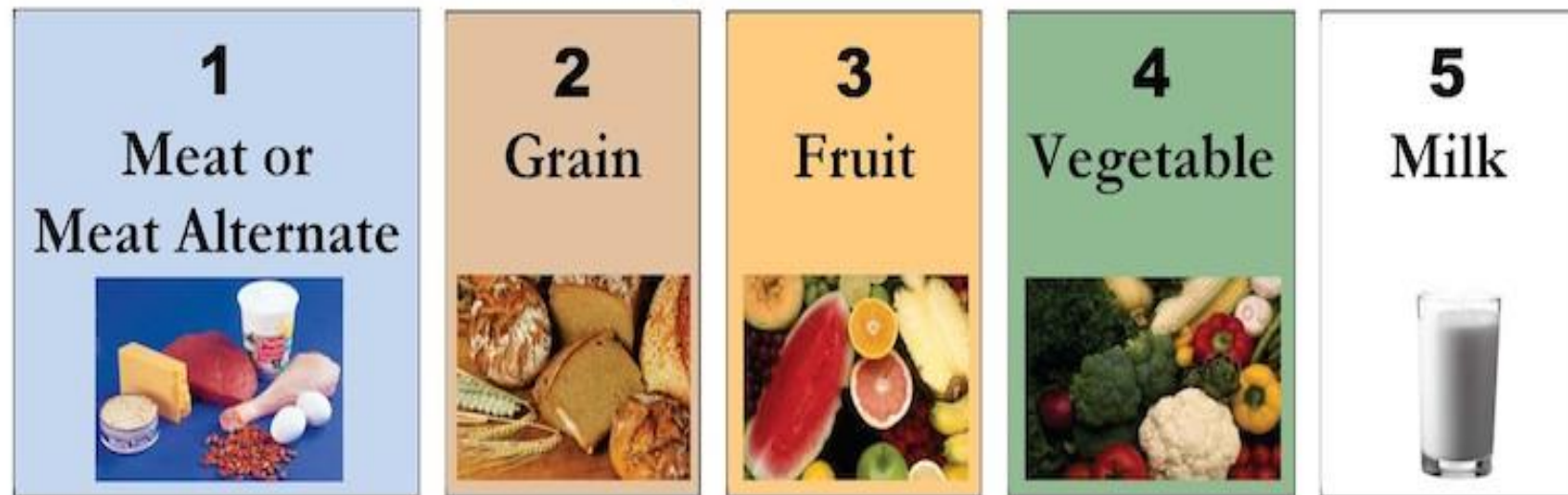


Fruits and Vegetables

## MUST TAKE $\frac{1}{2}$ 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!**