











2019

 International School of Louisiana

		Wednesday	Thursday	Friday	FYI
 <p>On May 3rd, let's all honor our schools' lunch staffs nationwide!</p> <p>May 3rd!</p>		1 <u>BREAKFAST</u> Sausage Biscuit, Sliced Pears, Juice <u>LUNCH</u> Tuna Salad Assorted Yogurt Fresh Garden Salad w/Cherry tomatoes Fresh Apples, WG Crackers 🌱 Grilled Veggie-Hummus Wrap	2 <u>BREAKFAST</u> Fruit & Yogurt Parfait, Cinnamon Raisin Toast, Juice <u>LUNCH</u> Roasted Chicken Seasoned Yellow Rice Spring Salad, Sweet Potatoes Mixed Fruit, WG Roll 🌱 Seasoned Yellow Rice	3 <u>BREAKFAST</u> Pancake on stick, Apples, Juice  <u>LUNCH</u> Hot dog on Bun Baked Beans Crinkle Cut Fries, Fresh Fruit 🌱 Garden Burger	<p style="text-align: center;">May (Monthly Totals)</p> <p style="text-align: center;">Full Price Breakfast \$33.00 Lunch \$57.75</p> <p style="text-align: center;">Reduced Price Breakfast \$6.60 Lunch \$8.40</p> <p style="text-align: center;">Extra items sold Milk and water \$0.50</p>
6 <u>BREAKFAST</u> Blueberry Muffin, Pineapple Chunks, Juice <u>LUNCH</u> Red Beans w/ Ham Steamed Rice Mandarin – Spinach Salad Baked Cinnamon Apples, Corn Bread Squares 🌱 Vegetable Rice Casserole	7 <u>BREAKFAST</u> Pancakes, Sausage, Peaches, Juice  <u>Breakfast or Lunch</u> Chicken & Waffles Cubed Seasoned Potatoes Fresh Baby Carrots Sliced Peaches w/ whipped topping 🌱 Waffles & Eggs	8 <u>BREAKFAST</u> Sausage Biscuit, Sliced Pears, Juice, Milk <u>LUNCH – Trayless Wednesday</u> Turkey & Cheese Mini Sub Shredded lettuce/tomato/pickle cup Fresh Bananas Sunchips 🌱 Garden Patty Mini Sub	9 <u>BREAKFAST</u> Cereal, Graham Crackers, Bananas, Juice, Milk <u>LUNCH</u> Cheesy Spaghetti Casserole Steamed Green Beans Fresh Caesar Salad Fresh Melon Slices, Garlic Bread 🌱 Cheesy Ravioli w/ Marinara	10 <u>BREAKFAST</u> Oatmeal, Cinnamon Raisin Toast, Golden Raisins, Juice <u>LUNCH</u> Pepperoni Pizza Steamed Whole Kernel Corn Fresh Salad Greens w/ tomatoes Fresh Fruit, Pudding Cup 🌱 Cheese Pizza	
13 <u>BREAKFAST</u> Hashbrown, Sausage, Toast, Sliced Peaches, Juice <u>LUNCH</u> Ham & Cheese Mini Sub Lettuce/tomato/pickle cups Strawberry Cups Baked Chips 🌱 Garden Burger Mini Sub	14 <u>BREAKFAST</u> Cereal, Graham Crackers, Peaches, Juice <u>LUNCH – CUBAN CUISINE</u> Ropa Veija – Cuban Meat Stew Steamed Rice Black Beans, Plantains Pineapple Chunks, Pan Cubano 🌱 Black Beans & Rice	15 <u>BREAKFAST</u> Pancake on Stick, Mixed Fruit, Juice <u>LUNCH</u> Chicken Quesadillas Mexican Rice Freshly Made Salsa, Guacamole Tropical Fruit 🌱 Vegetable Quesadillas	16 <u>BREAKFAST</u> Cheesy Grits, Sausage, Buttered Toast, Fruit <u>LUNCH</u> Navy Beans w/ Sausage, Steamed Rice Garden Salad, Mixed Fruit Corn Bread Squares 🌱 Red Beans (Meatless)	17 <u>BREAKFAST</u> Apple Cinnamon Muffin, Sliced Pears, Juice <u>LUNCH</u> Hamburger on Bun Sweet potato Tots Lettuce/Tomato/Pickle Cup Fresh Oranges and Apples 🌱 Garden Burger	 Lowfat and Fat Free unflavored milk Fat Free flavored milk
20 <u>BREAKFAST</u> Pancake & Sausage on Stick, Mixed Fruit, Juice <u>LUNCH</u> Grilled Cheese Sandwich Tater Tots Celery & Carrot Sticks Orange Wedges Teddy Grahams 🌱 Grilled Cheese Sandwich	21 <u>BREAKFAST</u> Breakfast Burrito, Salsa, Pineapples, Juice <u>LUNCH - Taco Tuesday</u> Taco Salad (Salad Bar) Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream 🌱 Taco Salad w/ Refried Beans	22 <u>BREAKFAST</u> Oatmeal, Cinnamon Raisin Toast, Golden Raisins, Juice <u>LUNCH</u> Chicken & Gravy Steamed Rice Sweet Potatoes Spring Salad, Pineapple Chunks WG Roll 🌱 Garden Patty w/ Gravy	23 <u>BREAKFAST</u> Cereal, Graham Crackers, Bananas, Juice, Milk <u>LUNCH</u> Beef Macaroni & Cheese Green Beans, Garden Salad Chilled Sliced Peaches Garlic Bread 🌱 Cheesy Ravioli w/ Spaghetti sauce	24 <u>BREAKFAST</u> Blueberry Muffin, Fresh Melon Slices, Juice <u>LUNCH –Eco-Friendly Friday</u> Chicken Sandwich Crinkle Cut Fries Lettuce/tomato/pickle Cup Fresh Fruit 🌱 Garden Burger	 USDA is an equal opportunity provider.
27 	28 <u>BREAKFAST</u> Cereal, Graham Crackers, Sliced Peaches, Juice <u>LUNCH</u> Pepperoni Pizza Steamed Whole Kernel Corn Fresh Salad Greens w/ tomatoes Fresh Oranges/Apples 🌱 Cheese Pizza	29 <u>BREAKFAST</u> Apple Cinnamon Muffin, Strawberries, Juice <u>LUNCH</u> Hamburger on Bun Tater Tots Lettuce/Tomato/Pickles Fresh Watermelon Slices 🌱 Garden Burger	30 <u>BREAKFAST</u> Hashbrown Patty, Toast, Sausage, Sliced Pears, Juice <u>LUNCH – Trayless Thursday</u> Mini Sub Sandwich Sweet Potato Tots Lettuce/Tomato/Pickles Bananas, Sunchips 🌱 Garden Patty Mini Sub	31 <u>BREAKFAST</u> Cereal, Graham Crackers, Sliced Bananas, Juice <p style="text-align: center;">Half School Day International Parades</p> 	



Featuring: Cuban Cuisine - **May 14th**



ROPA VIEJA

(Braised Beef, Peppers, and Onions)

Ropa vieja, or "old clothes," describes the shreds of meat, peppers, and onions resembling a mess of colorful rags.



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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

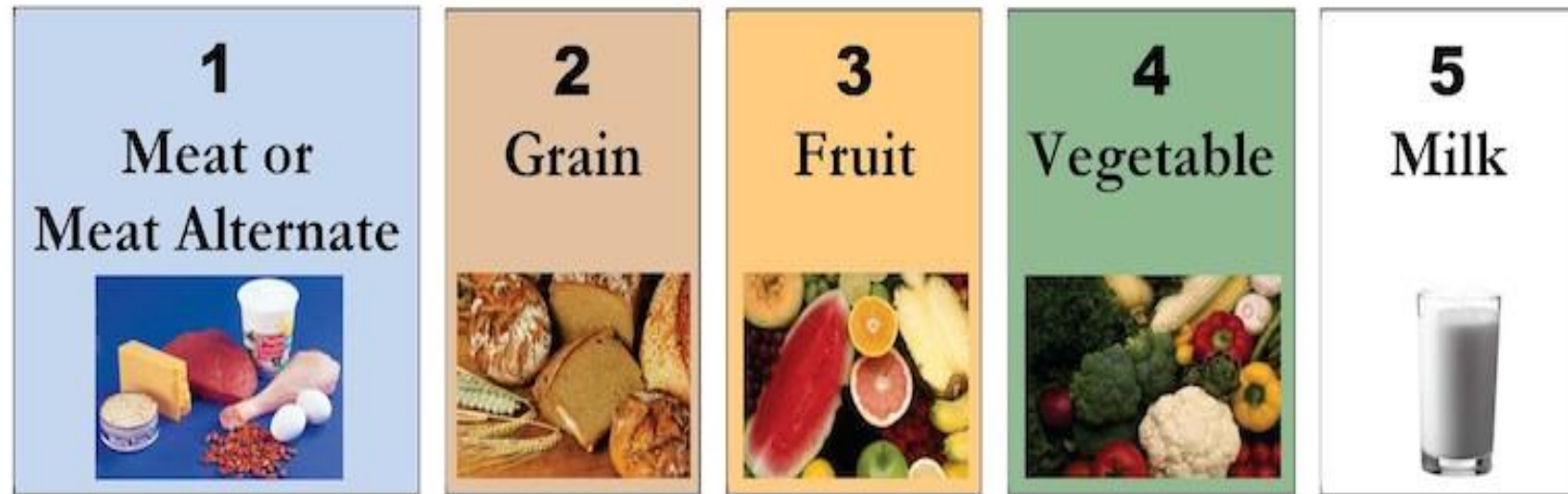


Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

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!**