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Free & Reduced Price Meals Program

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2019

International School of Louisiana

Daily Meal Prices

BREAKFAST LUNCH

\$1.60 \$2.85

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>9/30 BREAKFAST Assorted Cereal, Graham Crackers, Sliced Peaches, Juice</p> <p>LUNCH Macaroni & Cheese Sliced Ham Green Beans Sweet Potatoes Sliced Pears, WG Roll ✔ Macaroni & cheese</p>	<p>1 BREAKFAST Blueberry Muffin, Bananas, Juice,</p> <p>LUNCH-Taco Tuesday Taco Salad Refried Beans Shredded Lettuce/Cheese Cups Fresh Plums Salsa, Sour Cream ✔ Taco Salad w/ Refried Beans</p>	<p>2 BREAKFAST Croissant, Canadian Bacon, Fresh Berries, Fruit Juice</p> <p>LUNCH Chicken & Sausage Gumbo Steamed Brown Rice Grilled Cheese Sandwich Garden Salad Chilled Applesauce ✔ Vegetable Soup</p>	<p>3 BREAKFAST Pancake on Stick, Fresh Grapes, Fruit Juice</p> <p>LUNCH Spaghetti & Meatsauce Steamed Spinach Caesar Salad Chilled Sliced Peaches Garlic Bread ✔ Cheese Ravioli & Marinara</p>	<p>4 BREAKFAST Cheese Omelet, WG Toast, Orange Wedges, Fruit Juice</p> <p>LUNCH -Eco-Friendly Friday Chicken Sandwich Sweet Potato Tots Lettuce, Tomato, Pickle Cup Apples & Oranges ✔ Garden Burger</p>	<p>October (Monthly Totals)</p> <p>Full Price Breakfast \$28.80 Lunch \$51.30</p> <p>Reduced Price Breakfast \$5.40 Lunch \$7.20</p> <p>- Extra items sold -</p> <p>Milk and water \$0.50</p> <p>Sov Milk - \$1.00</p>	
<p>7 Ham & Cheese Toaster, Pineapple Tidbits, Fruit Juice</p> <p>LUNCH Chart Topper Chicken Stew Steamed Brown Rice Glazed Carrots, Pineapple Tidbits Spring Salad w/ Cherry tomatoes WG Roll ✔ Vegetable Rice Casserole</p>	<p>8 Waffles, Eggs, Applesauce, Fruit Juice</p> <p>LUNCH Rockin Red Beans w/ Ham & Sausage Steamed Brown Rice Cucumber-Tomato Salad Chilled Diced Pears Cornbread ✔ Rockin Red Beans</p>	<p>9 Fruit & Yogurt Parfait Cinnamon Raisin Toast, Juice</p> <p>LUNCH Sliced Turkey Mashed Potatoes w/ Gravy Spinach-Cranberry Feta Salad Chilled Sliced Peaches Wheat Roll ✔ Garden Patty w/ Gravy</p>	<p>10 Cereal, Graham Crackers, Bananas, Fruit Juice</p> <p>LUNCH Pitch Perfect Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Bananas ✔ Cheese Pizza</p>	<p>11 Oatmeal, WG Toast, Raisins/Cranberries, Fruit Juice</p> <p>LUNCH Chart Topper Hamburgers Lettuce, Tomato, Pickle Tray Baked Potato Tots Orange Wedges ✔ Veggie Burger</p>		
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>		<p>Natioanal School Lunch Week October 14-18</p>
<p>21 BREAKFAST Sausage Biscuit, Diced Pears, Fruit Juice</p> <p>LUNCH Rockin Salisbury Steak Mashed Potatoes Steamed Mustard Greens Chilled Mixed Fruit, WG Roll ✔ Garden Patty w/ Gravy</p>	<p>22 BREAKFAST French Toast, Eggs, Mixed Fruit, Fruit/Juice</p> <p>LUNCH - Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Bananas, Salsa, Sour Cream ✔ Taco Salad w/ Refried Beans</p>	<p>23 BREAKFAST Apple Cinnamon Muffin, Fresh Grapes, Fruit Juice</p> <p>LUNCH Barbecue Beats Pulled Pork on Bun Confetti Cole Slaw Baked Potato Tots Chilled Diced Pears ✔ Garden Burger on Bun</p>	<p>24 BREAKFAST Assorted Cereal, Graham Crackers, Bananas, Fruit Juice</p> <p>LUNCH Chicken Noodle Soup Grilled Cheese Sandwich Fresh Garden Salad Orange Wedges ✔ Vegetable Soup</p>	<p>25 BREAKFAST Cheesy Grits, Turkey Bacon, WG Toast, Sliced Peaches, Fruit Juice</p> <p>LUNCH Hot dog on Bun Baked Beans Fresh Garden salad Fresh Apples ✔ Vegetable Wrap</p>		<p>Lowfat and Fat Free unflavored milk Fat Free flavored milk</p>
<p>28 BREAKFAST Pancake & Sausage on Stick, Mandarin Oranges, Fruit Juice</p> <p>LUNCH Chicken & Sausage Jambalaya Steamed Green Beans Groovy Garden Salad Chilled Mandarin Oranges ✔ Vegetable Jambalaya</p>	<p>29 BREAKFAST Blueberry Muffin, Bananas, Fruit Juice</p> <p>LUNCH - Tray-less Tuesday Ham & Swiss Cheese Mini Sub Loaded Salad Bar Veggies Tropical Fruit Mix Goldfish Cheese Crackers ✔ Vegetable Mini sub</p>	<p>30 BREAKFAST Assorted Cereal, Graham Crackers, Fresh Berries, Juice</p> <p>LUNCH Loaded Potato Soup Side Chef Salad Breadsticks Fresh Plums ✔ Potato Soup, Side Salad</p>	<p>31</p> <p>Parent Teacher Conferences Behavior Teamwork Grades Communication Homework Progress Goals Achieve NO SCHOOL</p>	<p>Menu is subject to change due to availability of food items.</p>		<p>Straw-LESS Days at ISL</p>

National School Lunch Week

“School Lunch: What’s on your playlist?”



October 14-18, 2019



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SCHOOL
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- Pay for school meals anytime, anywhere from your computer or smartphone.
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- 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 2019 – 2020 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

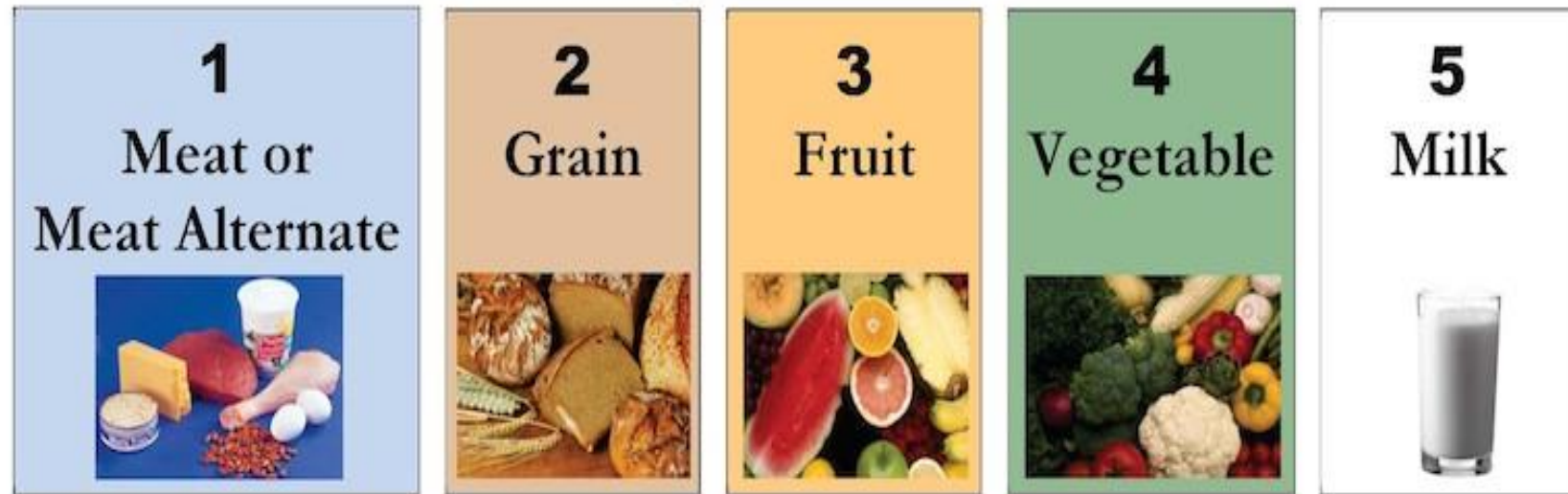


Fruits and Vegetables

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!**