



www.myschoolapps.com

Free & Reduced Price Meals Program

APPLY ONLINE TODAY!



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>2</p>	<p>3</p> <p>BREAKFAST Blueberry Muffin, Go-gurt, Sliced Peaches, Fruit Juice</p> <p>LUNCH Hamburger on Bun Potato Tots Lettuce/tomato/pickle tray Chilled Grapes</p> <p>✔ Loaded Veggie Burger</p>	<p>4</p> <p>BREAKFAST Assorted Cereal, Graham Crackers, Bananas, Fruit Juice</p> <p>LUNCH Chicken & Sausage Gumbo Steamed Rice Garden Salad, Potato Salad Chilled Tropical Fruit WG Crackers</p> <p>✔ Vegetable Soup</p>	<p>5</p> <p>BREAKFAST Ham & Cheese English Muffin, Orange Wedges, Fruit Juice</p> <p>LUNCH – Taco Thursday OPEN SALAD BAR Taco Salad Refried Beans Shredded lettuce & Cheese Oranges & Apples Salsa & Sour Cream</p> <p>✔ Refried Bean Taco Salad</p>	<p>6</p> <p>BREAKFAST Pancake & Sausage on Stick, Apple Slices, Fruit Juice</p> <p>LUNCH Hot dog on Bun Potato Tots Garden Salad Fresh Fruit Pudding Cups</p> <p>✔ Hummus Veggie Wrap</p>	<div style="border: 2px solid black; padding: 10px;"> <p>September (Monthly Totals)</p> <p>Full Price Breakfast \$30.40</p> <p>Lunch \$54.15</p> <p>Reduced Price Breakfast \$5.70 Lunch \$7.60</p> <p>Extra items sold Milk and water \$0.50</p> </div>
<p>9</p> <p>BREAKFAST Assorted Cereal, Graham Crackers, Fresh Berries, Fruit Juice</p> <p>LUNCH Chicken & Sausage Jambalaya Seasoned Green Beans Fresh Garden Salad Chilled Pineapple Chunks WG Roll</p> <p>✔ Vegetable Jambalaya</p>	<p>10</p> <p>BREAKFAST Cheese Omelet, WG Toast, Orange Wedges, Fruit Juice</p> <p>LUNCH LUNCH –Eco-Friendly Friday OPEN SALAD BAR All American Mini Sub Lettuce/tomato/Pickle tray Fresh Fruit, Baked Chips</p> <p>✔ Vegetable Mini Sub</p>	<p>11</p> <p>BREAKFAST Chicken Biscuit, Applesauce, Fruit Juice</p> <p>LUNCH Backyard Barbecue Chicken Seasoned Yellow Rice Baked Beans Creamy Coleslaw Chilled Sliced Peaches, WG Roll</p> <p>✔ Yellow Rice w/ Black Beans</p>	<p>12</p> <p>BREAKFAST Apple Cinnamon Muffin, String Cheese, Bananas, Fruit Juice</p> <p>LUNCH Spaghetti & Meatballs Steamed Green Beans Fresh Spinach-Mandarin Salad Fresh Berries Chilled Sliced Peaches, WG Roll</p> <p>✔ Cheesy Ravioli & Marinara</p>	<p>13</p> <p>BREAKFAST Pancakes, Sausage, Sliced Peaches, Fruit Juice</p> <p>LUNCH Pepperoni Pizza Corn on the Cob Fresh Garden Salad Fresh Fruit, Italian Ice Cup</p> <p>✔ Cheese Pizza</p>	
<p>16</p> <p>BREAKFAST Canadian Bacon & Cheese Toaster, Mandarin Oranges, Juice</p> <p>LUNCH Grilled Ham & Cheese Sandwich Go-gurt Baby Carrots and Celery Sticks Fresh Orange Wedges Ranch Dressing</p> <p>✔ Grilled Cheese Sandwich</p>	<p>17</p> <p>BREAKFAST Waffle, Sausage, Sliced Pears, Fruit Juice</p> <p>LUNCH – Taco Tuesday OPEN SALAD BAR Taco Salad Refried Beans Shredded lettuce Bananas, Salsa, Sour Cream</p> <p>✔ Refried Bean Taco Salad</p>	<p>18</p> <p>BREAKFAST Hashbrown, Turkey Bacon, WG Toast, Fruit, Juice</p> <p>Southwestern Wednesday Chipotle Chicken Wraps Southwestern Rice Creamy Coleslaw Chilled Tropical Fruit</p> <p>✔ Roasted Veggie Wrap</p>	<p>19</p> <p>BREAKFAST Assorted Cereal, Fruit, Juice, Milk</p> <p>LUNCH Beef Macaroni & Cheese Steamed Green Beans Fresh Caesar Salad Chilled Sliced Pears Warm WG Roll</p> <p>✔ Macaroni & Cheese</p>	<p>20</p> <p>BREAKFAST Buttered Grits, Sausage Links, WG Toast, Applesauce, Fruit Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Melon Cubes</p> <p>✔ Cheese Pizza</p>	<p>Lowfat and Fat Free unflavored milk Fat Free flavored milk</p>
<p>23</p> <p>BREAKFAST French Toast, Scrambled Eggs, Sliced Apples, Fruit Juice</p> <p>LUNCH Salisbury Steak w/ Gravy Creamy Mashed Potatoes Steamed Spinach Chilled Mandarin Oranges WG Roll</p> <p>✔ Garden Patty w/ Gravy</p>	<p>24</p> <p>BREAKFAST Sausage Biscuit, Fresh Berries, Fruit Juice</p> <p>LUNCH OPEN SALAD BAR Deli Sandwich Lettuce/Tomato/Pickle Tray Fresh Green/Red/Yellow Apple Slices Baked Chips</p> <p>✔ Grilled Cheese Sandwich</p>	<p>25</p> <p>BREAKFAST Apple Cinnamon Muffin, Gogurt, Bananas, Fruit Juice</p> <p>LUNCH Red Beans w/ Ham & Sausage Steamed Brown Rice Fresh Cucumber-Tomato Salad Sliced Peaches Warm Cornbread</p> <p>✔ Red Beans</p>	<p>26</p> <p>BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Alfredo Pasta w/ Chicken Steamed Broccoli Strawberry-Spinach Feta Salad Chilled Tropical Fruit Garlic Bread</p> <p>✔ Alfredo Pasta</p>	<p>27</p> <p>BREAKFAST Buttered Grits, Sausage Links, WG Toast, Applesauce, Fruit Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Melon Cubes</p> <p>✔ Cheese Pizza</p>	<p>9/30 Monday</p> <p>Chicken Biscuit, Tropical Fruit, Juice</p> <p>LUNCH Macaroni & Cheese Sliced Ham Steamed Green Beans Sweet Potatoes Chilled Sliced Pears</p> <p>✔ Macaroni & Cheese</p>

USDA is an equal opportunity provider and employer

Menu subject to change

MEAL PAYMENTS



ONLINE MEAL PAYMENTS AVAILABLE AT [Myschoolbucks.com](https://myschoolbucks.com) View account balances, meal purchases, schedule automatic payments and make payments anytime, anywhere from the mobile app

Meal payments are due at the time of service.



To avoid an interruption in meal services, contact the Food Service Office to submit your payment **TODAY**.

mboudreaux@isl-edu.org

or

(504)444-2696

MEAL PAYMENT PROCEDURES

PREPAYMENT PROCEDURE

The procedure for paying for meals is to **PRE-PAY** by the day, week, month, or year. A check, cash, or money order should be sent in a sealed envelope with the student's first and last name including the amount enclosed and school campus written on the outside of the envelope. **CASH PAYMENTS ARE HIGHLY DISCOURAGED AND THE BURDEN OF PROOF IS ON THE PAYER IF HE/SHE CHOOSES TO USE CASH FOR PAYMENT.** There is a \$35 NSF fee for each returned check. Meal payment forms are located in the front office of each school or online at www.isl-edu.org/menu. Money **MUST** be available in the meal account or paid at the point of service. This policy includes everyone: students, staff, and visitors. Money remaining in the account at the end of the school year will carry over to the following school year. Student meal account funds cannot be used to pay for guest meals which include parent/guardian meals.

ONLINE MEAL PAYMENTS

Online meal payments are available at www.myschoolbucks.com for your convenience. Households that would like to utilize online payments must register with My School Bucks. Your child's school student number will be required when registering. There are no fees and the website is safe and secure for credit/debit card payments. The online payment system allows parents/guardians to track and pay for meals, view balances and schedule advance or recurring payments

DELINQUENT MEAL PAYMENTS AND ALTERNATIVE MEALS

Meal payments are due at the time of service. Delinquent meal accounts will be subject to collections and scheduled meal denial.

PROCEDURES FOR PROVIDING ALTERNATIVE MEALS

When an account is delinquent (a balance owed of greater than \$25), the parent/guardian will be contacted by the Food Service Department. Failure to pay for meals will result in denial of scheduled meals.

An alternative meal will be served for breakfast and/or lunch if payment has not been received by date agreed upon by the Food Services Director and the parent/guardian. Upon the third instance during a single school year of an elementary or middle school student being denied a regular meal during school hours, the Food Service Department shall contact the Office of Community Services within the Department of Social Services to report the failure of the parent or guardian to pay for meals, which has resulted in repeated denials of meals during school hours.

FOOD ALLERGIES



SPECIAL DIET REQUESTS

Special diet requests will not be accommodated without a 2019-20 school year diet prescription form on file. Forms can be found at www.isl-edu.org/menu or in the front office resource center of each campus.

DISABILITY SPECIAL DIET REQUESTS Federal and state regulations require a completed and current diet prescription form for any student with a special diet request. Special diet request forms are available on the school's website, directly from the Food Services Department or school nurse. Special diet requests will not be processed without a current school year form on file. Special diet request form(s) must be supported by a signed statement by a licensed medical authority by the state. Menu substitutions will only be served to students with a documented medical dietary need.

Students who cannot have cow's milk due to a medical condition must have a current school year diet prescription form on file, which must include the milk substitute prescribed by the physician.

NON-DISABILITY SPECIAL DIET REQUESTS Special diet requests for personal reasons (i.e., ethnic or religious) without a recognized medical disability may be accommodated at the discretion of the Food Services Director. The ISL Food Services Department is not required to make substitutions for non-medical reasons. However, students are allowed to refuse food items within the guidelines of offer vs. serve. Parents/guardians must submit a special diet form to the food service department for non-disability special diet requests.

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

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



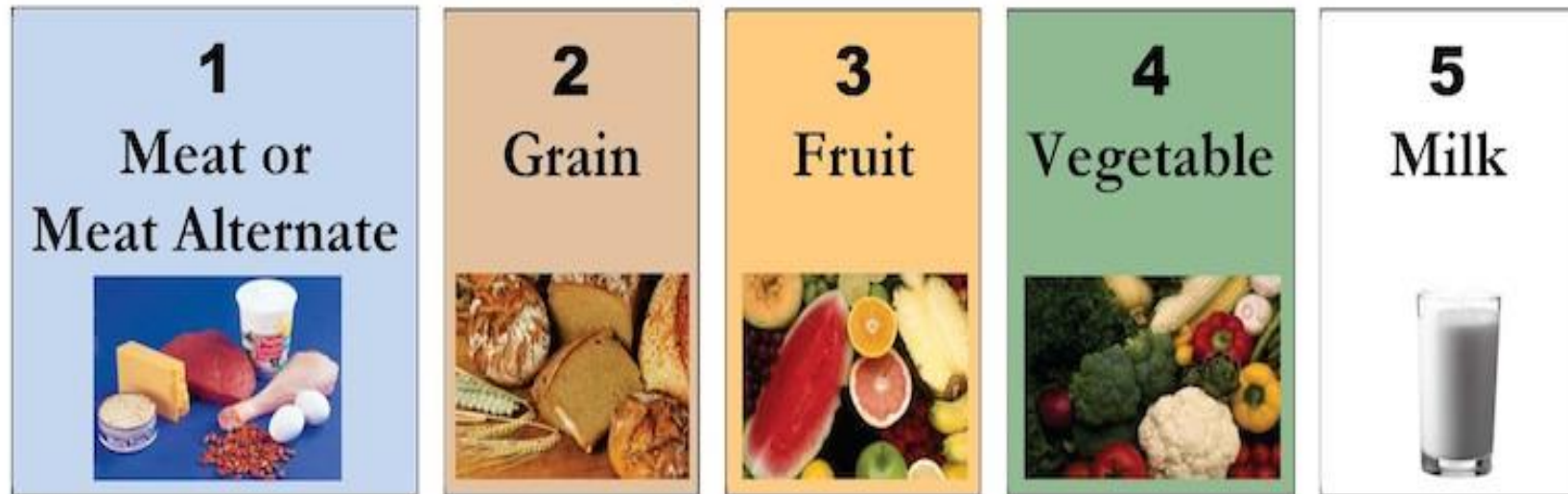
MILK



Fruits and Vegetables

MUST TAKE $\frac{1}{2}$ CUP FRUIT OR VEGETABLE

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!**

International School of Louisiana
Food Service Department (Main Office)
1400 Camp St.
New Orleans, LA 70130
(504)444-2696