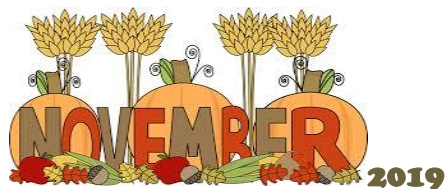




www.myschoolapps.com

Free & Reduced Price Meals Program

**APPLY ONLINE TODAY!**



International School of Louisiana

**Daily Meal Prices**

<b>BREAKFAST</b>	<b>LUNCH</b>
\$1.60	\$2.85
<b>Reduced Price</b>	
\$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><i>School Closed November 25-29</i></p>	<p><b>Satsumas</b></p>			<p><b>1 BREAKFAST</b> Oatmeal, Cinnamon Raisin Toast, Sliced Peaches, Fruit Juice</p> <p><b>LUNCH</b> Chicken Quesadillas, Refried Beans, Pico De Gallo, Tropical Fruit Mix, Chipotle Ranch Dressing, Pudding cups</p> <p>✓ Three Cheese Quesadillas</p>	<div style="border: 2px solid brown; padding: 5px;"> <p style="text-align: center;"><b>November (Monthly Totals)</b></p> <p style="text-align: center;"><b>Full Price Breakfast \$25.60</b></p> <p style="text-align: center;"><b>Lunch \$45.60</b></p> <p style="text-align: center;"><b>Reduced Price Breakfast \$4.80 Lunch \$6.40</b></p> <p style="text-align: center;"><b>Extra items sold Milk and water \$0.50</b></p> </div>
<p><b>4 BREAKFAST</b> Turkey Sausage Biscuit, Mandarin Oranges, Fruit Juice</p> <p><b>LUNCH</b> Southwestern Chicken &amp; Rice Bowl, Creamy Coleslaw, Chilled Tropical Fruit, Warm Tortilla</p> <p>✓ Veggie &amp; Rice Bowl</p>	<p><b>5 BREAKFAST</b> Cheese Omelet, WG Toast, Orange Wedges, Fruit Juice</p> <p><b>LUNCH – Taco Tuesday</b> <b>OPEN SALAD BAR</b></p> <p>Soft Taco, Refried Beans, Shredded lettuce, Salsa, Sour Cream, Bananas</p> <p>✓ Veggie Soft Taco</p>	<p><b>6 BREAKFAST</b> Assorted Cereal, Graham Crackers, Fresh Berries, Fruit Juice</p> <p><b>BRUNCH – Breakfast For Lunch</b> Cheesy Grits, Turkey Sausage Links, Breakfast Seasoned Cubed Potatoes, Baby Carrots, Graham Crackers</p> <p><b>“THE GREAT SATSUMA PEEL”</b> Satsumas Harvest of the Month</p> <p>✓ Cheesy Grits, Eggs</p>	<p><b>7 BREAKFAST</b> Apple Cinnamon Muffin, Yogurt, Bananas, Fruit Juice</p> <p><b>LUNCH</b> Spaghetti &amp; Meatsauce, Steamed Green Beans, Fresh Caesar Salad, Chilled Pineapple Chunks, Garlic Bread</p> <p>✓ Cheese Ravioli &amp; Marinara</p>	<p><b>8 BREAKFAST</b> Pancakes, Turkey Sausage links, Applesauce, Fruit/Juice</p> <p><b>LUNCH</b> Sausage Pizza, Steamed Corn, Fresh Garden Salad, Fresh Fruit, Italian Ice Cup</p> <p>✓ Cheese Pizza</p>	
<p><b>11 BREAKFAST</b> Canadian Bacon &amp; Cheese Toaster, Mandarin Oranges, Juice</p> <p><b>LUNCH</b> Homestyle Chili con Carne, Supreme Mashed Potatoes, Mandarin Oranges, Whole Grain Crackers</p> <p>✓ Vegetarian Chili</p>	<p><b>12 BREAKFAST</b> Waffle, Turkey Sausage Links, Sliced Pears, Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza, Steamed Corn, Fresh Garden Salad, Fresh Fruit, Italian Ice Cup</p> <p>✓ Cheese Pizza</p>	<p><b>13 BREAKFAST</b> Assorted Cereal, Bananas, Fruit Juice, Milk</p> <p><b>LUNCH</b> Chicken &amp; Sausage Gumbo, Potato Salad, Fresh Garden Salad, Fresh Plums, Whole Grain Crackers</p> <p>✓ Vegetable Soup</p>	<p><b>14 BREAKFAST</b> Hashbrown, Turkey Bacon, WG Toast, Mixed Fruit, Juice</p> <p><b>LUNCH</b> <b>TRAY-LESS THURSDAY</b> Grilled Ham &amp; Cheese Sandwich, Go-gurt (yogurt on the go), Baby Carrots and Celery Sticks</p> <p><b>Satsumas (HOM)</b> Ranch Dressing</p> <p>✓ Grilled Cheese Sandwich</p>	<p><b>15 BREAKFAST</b> Oatmeal, Cinnamon Raisin Toast, Sliced Peaches, Juice</p> <p><b>LUNCH</b> <b>ECO FRIENDLY FRIDAY</b> Hamburger on Bun, Baked Potato Tots, Shredded lettuce, tomato, pickle, Fresh Orange Wedges</p> <p>✓ Veggie Burger</p>	
<p><b>18 BREAKFAST</b> Blueberry Muffin, Gogurt, Bananas, Fruit Juice</p> <p><b>LUNCH</b> Glazed Ham, Macaroni &amp; Cheese, Green Peas, Garden Salad, Diced Pears, Whole Grain Roll</p> <p>✓ Macaroni &amp; Cheese</p>	<p><b>19 BREAKFAST</b> French Toast, Scrambled Eggs, Sliced Apples, Fruit Juice</p> <p><b>LUNCH</b> <b>OPEN SALAD BAR</b> <b>TRAY-LESS TUESDAY</b> Deli Sandwich, Lettuce/Tomato/Pickle Tray</p> <p><b>Satsumas Harvest of the Month</b> Baked Chips</p> <p>✓ Grilled Cheese Sandwich</p>	<p><b>20 BREAKFAST</b> Fruit &amp; Yogurt Parfait, Cinnamon Raisin Toast, Fruit Juice</p> <p><b>LUNCH</b> Hot dog on Bun, Potato Tots, Garden Salad, Fresh Fruit</p> <p>✓ Veggie Burger</p>	<p><b>21 BREAKFAST</b> Cereal, Graham Crackers, Bananas, Fruit Juice</p> <p><b>LUNCH</b> Roasted Turkey w/ Gravy, Cornbread Dressing, Seasoned Green Beans, Sweet Potato Casserole, Strawberries w/ topping, Cranberry Sauce, WG Roll</p> <p>✓ Vegetable Rice Casserole</p>	<p><b>22 BREAKFAST</b> Sausage Biscuit, Mixed Fruit, Juice</p> <p><b>LUNCH</b> Pepperoni Pizza, Steamed Whole Kernel Corn, Fresh Garden Salad, Fresh Orange Wedges, Pudding Cups</p> <p>✓ Cheese Pizza</p>	



Lowfat and Fat Free unflavored milk  
Fat Free flavored milk



**Tray-less & Eco-Friendly Lunch Trays**

USDA is an equal opportunity provider and employer

Menu subject to change

# Louisiana HARVEST of the MONTH

(HOM)

*Featuring agricultural specialty crops that are grown, harvested and processed in Louisiana*

## November 2019 - Satsumas



## 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](mailto: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](http://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](http://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](http://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](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 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

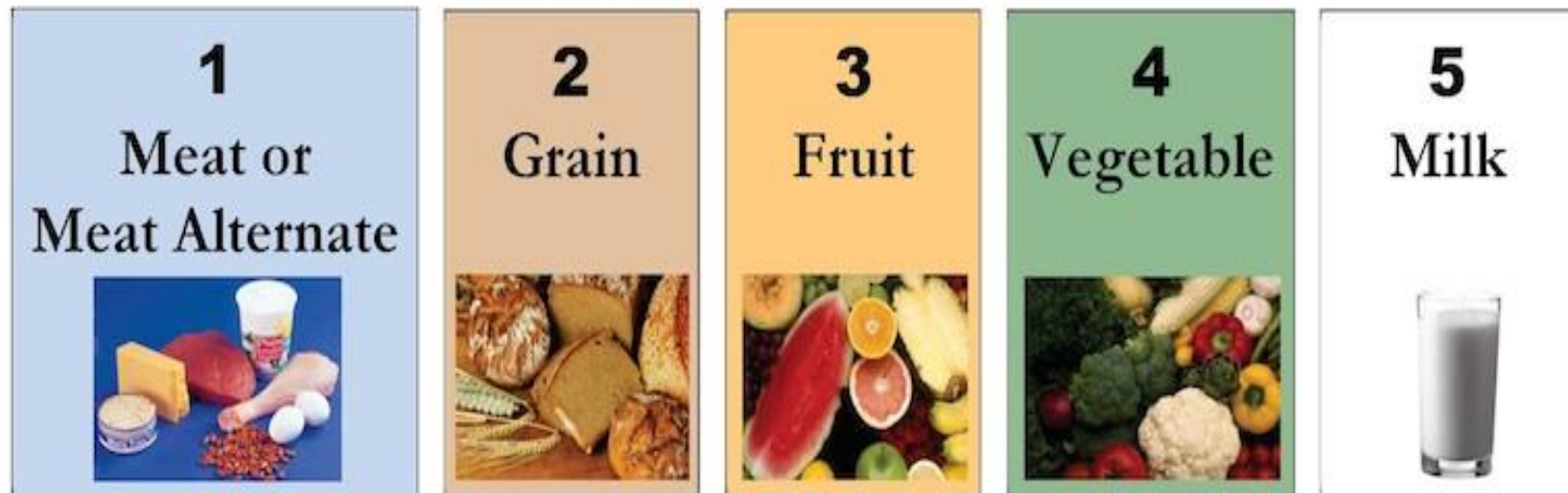


Fruits and Vegetables

## 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