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Free & Reduced Price Meals Program

**APPLY ONLINE TODAY!**

# DECEMBER 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><b>2 BREAKFAST</b> Pancake on Stick, Mixed Fruit, Fruit Juice</p> <p><b>LUNCH</b> Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Orange Wedges Vanilla Pudding</p> <p>☑ Cheese Pizza</p>	<p><b>3 BREAKFAST</b> Blueberry Muffin, Satsumas, Fruit Juice</p> <p><b>LUNCH-Taco Tuesday</b> <b>OPEN SALAD BAR</b> Taco Salad Refried Beans SALAD BAR (Fresh Produce) Fresh Bananas Salsa, Sour Cream</p> <p>☑ Taco Salad w/ Refried Beans</p>	<p><b>4 BREAKFAST</b> Assorted Cereal, Graham Crackers, Bananas, Fruit Juice</p> <p><b>LUNCH – Soup &amp; Sandwich</b> Creamy Tomato Bisque Soup Grilled Cheese Sandwich Strawberry-Spinach Feta Salad Fresh Satsumas</p> <p>☑ Creamy Tomato Bisque Soup</p>	<p><b>5 BREAKFAST</b> Cheese Omelet, WG Toast, Applesauce, Fruit Juice</p> <p><b>LUNCH</b> Macaroni &amp; Cheese w/ Diced Turkey Ham Steamed Mixed Vegetables Candied Sweet Potatoes (HOM) Fresh Melon Cubes WG Roll</p> <p>☑ Macaroni &amp; Cheese</p>	<p><b>6 BREAKFAST</b> Sausage Biscuit, Tropical Fruit, Fruit Juice</p> <p><b>LUNCH</b> Fajita Chicken Wrap Spanish Rice Steamed Green Beans Confetti Coleslaw Chilled Tropical Fruit</p> <p>☑ Roasted Veggie Wrap</p>	<p><b>December (Monthly Totals)</b></p> <p><b>Full Price</b> Breakfast \$24.00 Lunch \$42.75</p> <p><b>Reduced Price</b> Breakfast \$4.50 Lunch \$6.00</p> <p>~ Extra items sold ~</p> <p><b>Milk and water \$0.50</b></p>
<p><b>9 Apple Cinnamon Muffin, Diced Peaches, Fruit juice</b></p> <p><b>Trayless Monday - LUNCH</b> Grilled Cheese Sandwich Baby Carrots, Celery Sticks Chilled Mixed Fruit Vanilla Pudding</p> <p>☑ Grilled Cheese Sandwich</p>	<p><b>10 Oatmeal, Cinnamon Raisin Toast, Fresh Berries Fruit Juice</b></p> <p><b>LUNCH</b> Hot dog on Bun Baked Beans Garden Salad Pineapple Tidbits</p> <p>☑ Hummus &amp; Veggie Wrap</p>	<p><b>11 Cereal, Graham Crackers, Bananas, Fruit Juice</b></p> <p><b>LUNCH</b> Turkey Roast w/ Gravy Cornbread Dressing Seasoned Green Beans Sweet Potato Casserole (HOM) Strawberries w/ topping, WG Roll</p> <p>☑ Garden Patty w/ Gravy</p>	<p><b>12 Ham &amp; Cheese Toaster, Diced Pears, Fruit Juice</b></p> <p><b>LUNCH</b> Spaghetti Casserole Steamed Green Peas Caesar Salad Chilled Diced Peaches Garlic Bread</p> <p>☑ Cheese Ravioli &amp; Marinara</p>	<p><b>13 Waffles, Eggs, Applesauce, Fruit Juice</b></p> <p><b>LUNCH</b> <b>OPEN SALAD BAR</b> Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Chilled Diced Pears</p> <p>☑ Cheese Pizza</p>	
<p><b>16 Assorted Cereal, Graham Crackers, Sliced Peaches, Fruit Juice</b></p> <p><b>LUNCH</b> Chicken &amp; Sausage Gumbo Steamed Brown Rice Potato Salad Garden Salad Fresh Grapes WG Crackers</p> <p>☑ Hearty Vegetable Soup</p>	<p><b>17 Buttered Grits, Sausage, WG Toast, Applesauce, Fruit Juice</b></p> <p><b>LUNCH – Taco Tuesday</b> <b>OPEN SALAD BAR</b> Taco Salad Refried Beans SALAD BAR (Fresh Produce) Fresh Satsumas Salsa, Sour Cream</p> <p>☑ Taco Salad w/ Refried Beans</p>	<p><b>18 Fruit &amp; Yogurt Parfait(Peaches) Cinnamon Raisin Toast, Juice</b></p> <p><b>LUNCH</b> Alfredo Pasta Chicken Strips Steamed Green Peas Fresh Spinach-Tomato Salad Chilled Tropical Fruit Garlic Breadsticks</p> <p>☑ Hearty Vegetable Soup</p>	<p><b>19 Canadian Bacon Biscuit, Mixed Fruit, Fruit Juice</b></p> <p><b>LUNCH</b> <b>OPEN SALAD BAR</b> Juicy Hamburgers SALAD BAR (Fresh Produce) Sweet Potato Fries (HOM) Chilled Sliced Pears</p> <p>☑ Veggie Burger</p>	<p><b>20 Blueberry Muffin, Bananas, Fruit Juice</b></p> <p><b>LUNCH – Eco Friendly Friday</b></p> <p>½ School Day</p> 	

Winter Break (School Closed) December 23 - January 3

Enjoy Winter Break!



Lowfat and Fat Free unflavored milk

Fat Free flavored milk



Tray-less Days & Eco-Friendly Lunch Trays

# Louisiana HARVEST of the MONTH

(HOM)

**November 2019 – Sweet Potatoes**

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



- 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 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



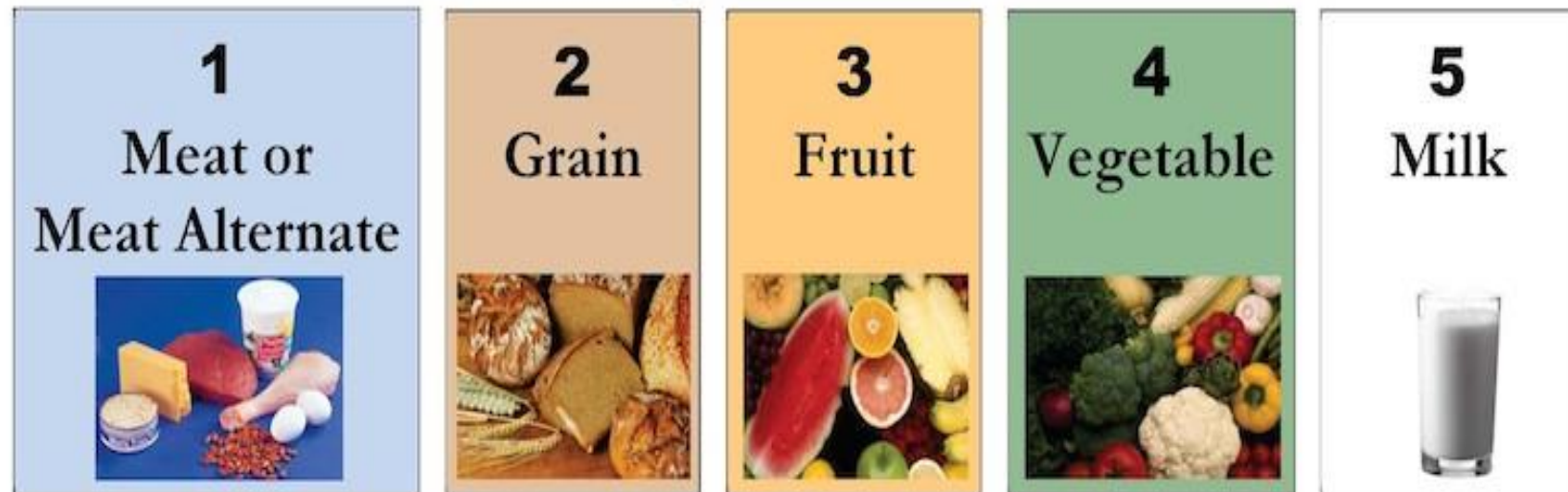
MILK



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!**