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**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	FIY
					
<b>No School - Winter Break</b> 					
<b>6 No School (For Students)</b>  <b>Staff Professional Development</b>	<b>7 BREAKFAST</b> French Toast, Turkey Bacon, Mixed Fruit, Juice <b>LUNCH</b> Hot dog on Bun Baked Beans Hot dog dressings (Relish, Onion, Chili and more!) Chilled Diced Peaches Veggie Burger	<b>8 BREAKFAST</b> Hashbrown, Sausage, Toast, Applesauce, Fruit Juice <b>LUNCH</b> Roasted Chicken Cajun Sausage Jambalaya Glazed Carrots, Garden Salad Pineapple Tidbits WG Roll Veggie Jambalaya	<b>9 BREAKFAST</b> Assorted Cereal, Graham Crackers, Bananas, Juice, Milk <b>LUNCH</b> Beef Macaroni & Cheese Steamed Broccoli (HOM) Mandarin-Spring Salad Chilled Diced Pears Garlic Bread Mac & Cheese w/ Marinara	<b>10 BREAKFAST</b> Oatmeal, Cinnamon Raisin Toast, Diced Peaches, Juice <b>LUNCH</b> Chicken Nuggets Scalloped Potatoes Steamed Green Beans Chilled Mixed Fruit WG Roll Scalloped Potatoes	<b>January (Monthly Totals)</b>  <b>Full Price</b> Breakfast \$28.80 Lunch \$51.30  <b>Reduced Price</b> Breakfast \$5.40 Lunch \$7.20  <b>Extra items sold</b> Milk and water \$0.50
<b>13 BREAKFAST</b> Apple Cinnamon Muffin, Tropical Fruit, Juice <b>LUNCH</b> Great Northern Beans w/ Ham Garden Salad Chilled Mandarin Oranges Warm Cornbread Great Northern Beans & Rice	<b>14 BREAKFAST</b> Hashbrown Patty, Sausage Links, Toast, Applesauce, Juice <b>LUNCH</b> Salisbury Steak Mashed Potatoes Steamed Green Beans Chilled Diced Pears Soft Wheat Roll Veggie Patty w/ Gravy	<b>15 BREAKFAST</b> Assorted Cereal, Graham Crackers, Bananas, Juice <b>LUNCH - Trav-less Tuesday</b> Deli Sub Combo (Turkey, ham, Pepperjack cheese) <b>Open Salad Bar</b> Delicious Apples Cheddar Sunchips Vegetable Sub	<b>16 BREAKFAST</b> Waffles, Turkey Bacon, Mandarin Oranges, Juice <b>LUNCH</b> Alfredo Pasta Grilled Chicken Strips Steamed Broccoli (HOM) Cucumber-Tomato Salad Mandarin Oranges, Garlic Bread Alfredo Pasta	<b>17 BREAKFAST</b> Buttered Grits, Canadian Bacon, Toast, Pineapple Tidbits, Juice <b>LUNCH</b> Pepperoni Pizza Steamed Whole Kernel Corn Fresh Salad Greens w/ tomatoes Fresh Fruit Pudding Cup Cheese Pizza	
<b>20 NO SCHOOL</b> 	<b>21 BREAKFAST</b> Assorted Cereal, Graham Crackers, Mixed Fruit, Juice, Milk <b>LUNCH</b> Macaroni & Cheese Sliced Ham Green Peas, Sweet Potatoes Chilled Fruit Mix, WG Roll Macaroni & Cheese	<b>22 BREAKFAST</b> Fruit & yogurt Parfait, Cinnamon Raisin Toast, Fruit Juice <b>LUNCH</b> Chicken & Sausage Gumbo Grilled Cheese Sandwich Fresh Garden Salad Fresh Strawberries Hearty Vegetable Soup	<b>23 BREAKFAST</b> Oatmeal, Turkey Bacon, Sliced Peaches, Juice <b>LUNCH - Taco Thursday</b> Taco Salad Refried Beans Open Salad Bar Chilled Mixed Fruit Taco Salad w/ Refried Beans	<b>24 BREAKFAST</b> Blueberry Muffin, Yogurt, Bananas, Fruit Juice <b>BRUNCH - Breakfast for Lunch</b> Chicken & Waffles Breakfast Potatoes Baby Carrots Chilled Diced Peaches Eggs & Waffles	
<b>27 BREAKFAST</b> Assorted Cereal, Graham Crackers, Fruit, Juice <b>LUNCH</b> Red Beans w/Ham & Sausage Steamed Brown rice Spinach-Cherry Tomato Salad Chilled Mixed Fruit, Cornbread Creamy Red Beans & Rice	<b>28 BREAKFAST</b> Cheesy Grits, WG Toast, Orange Wedges, Fruit Juice <b>LUNCH - Trav-less Tuesday</b> Hamburger on Bun Baked Potato Tots Open Salad Bar Apples & Oranges Veggie Burger	<b>29 BREAKFAST</b> Apple Cinnamon Muffin, Fruit, Juice <b>LUNCH</b> <b>LUNCH - Soup &amp; Sandwich</b> Hearty Vegetable Soup Grilled Cheese Sandwich Spring Salad, Fresh Bananas Hearty Vegetable Soup	<b>30 BREAKFAST</b> Breakfast Potatoes, Sausage links, Toast, Applesauce, Juice <b>LUNCH</b> Spaghetti & Meatsauce Steamed Green Beans Baby Spinach-Cranberry Salad Tropical Fruit Mix, Garlic Bread Cheese Ravioli w/ Marinara	<b>31 BREAKFAST</b> Pancake on Stick, Mixed Fruit, Juice <b>LUNCH</b> Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Grapes Cheese Pizza	

Menus are subject to change.

This institution is an equal opportunity provider.

Broccoli is this month's Harvest of the Month food. Did you know...

- Broccoli is a cruciferous vegetable, which means that it is a member of the cabbage family.
- This nutritious veggie is high in fiber, vitamin C, and vitamin A. In fact, one cup of chopped broccoli contains your entire daily needed intake of vitamin C.
- Broccoli has been grown in the Mediterranean since ancient Roman times.

To learn more about Louisiana Harvest of the Month:  
[www.lsuagcenter.com/louisianafarmtoschool](http://www.lsuagcenter.com/louisianafarmtoschool)



## January 2020 - Broccoli



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SCHOOL  
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- 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



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](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.***

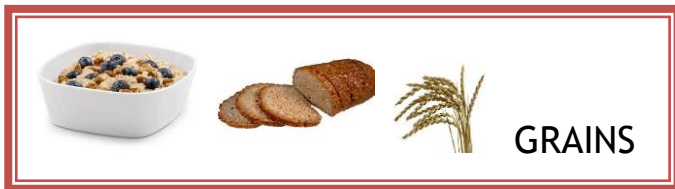
## All ISL Campuses

### 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)

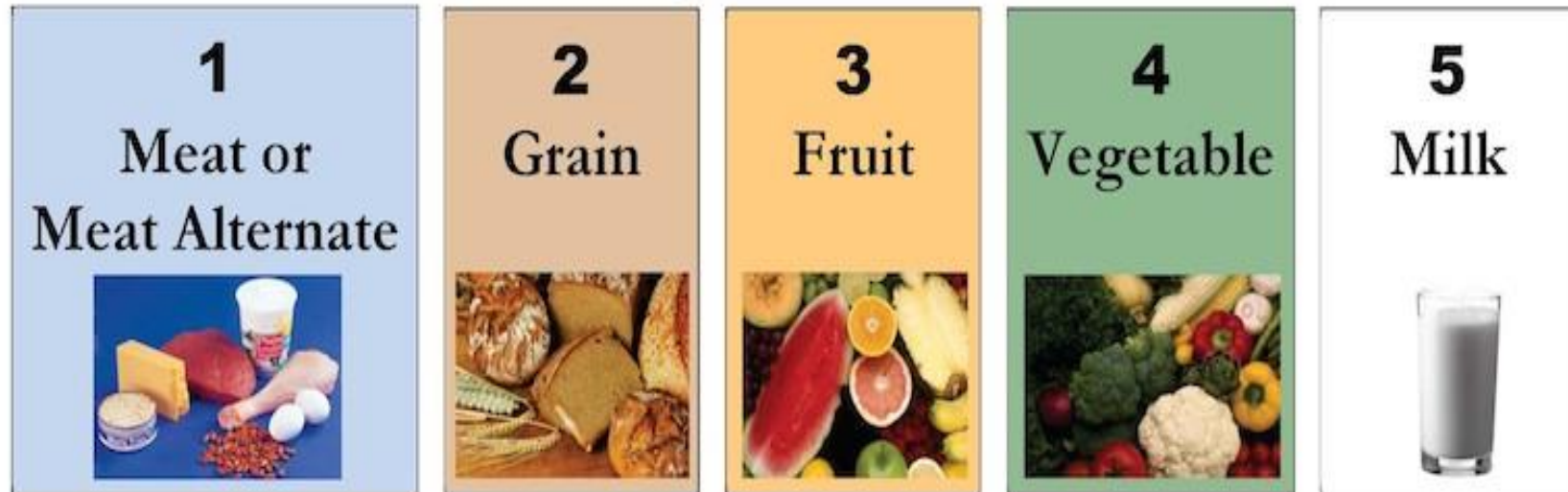
## CHOOSE AT LEAST 3 ITEMS



## MUST TAKE $\frac{1}{2}$ 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!**