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Free & Reduced Price Meals Program

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2020

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>3 <b>BREAKFAST</b> Assorted Cereal, Graham Crackers, Diced Peaches, Juice</p> <p><b>LUNCH</b> Chicken Stew Steamed Brown Rice Glazed Carrots Spring Salad w/ Cherry tomatoes WG Roll, Chilled Diced Peaches ✔ Vegetable Rice Casserole</p>	<p>4 <b>BREAKFAST</b> Blueberry Muffin, Yogurt, Bananas, Juice,</p> <p><b>LUNCH-Taco Thursday</b> Soft Taco Refried Beans Shredded Lettuce/Cheese Cups Fresh Apples Salsa, Sour Cream ✔ Soft Taco w/ Refried Beans</p>	<p>5 <b>BREAKFAST</b> Biscuit, Canadian Bacon, <b>Fresh Strawberries(HOM)</b>, Juice</p> <p><b>LUNCH</b> Deli Sub w/ Pepperjack cheese Lettuce/tomato/pickle cup Fresh apples/Oranges Salsa Sunchips ✔ Vegetable Sub</p>	<p>6 <b>BREAKFAST</b> Pancake on Stick, Diced Pears, Fruit Juice</p> <p><b>LUNCH</b> Spaghetti Casserole Steamed Green Beans Fresh Caesar Salad Baked Cinnamon Apples Garlic Breadsticks ✔ Cheese Ravioli &amp; Marinara</p>	<p>7 <b>BREAKFAST</b> Cheese Omelet, WG Toast, Orange Wedges, Fruit Juice</p> <p><b>LUNCH</b> <b>Eco-Friendly Friday</b> Cheeseburger Potato Tots Lettuce/Tomato/pickle Tray Orange Wedges ✔ Garden Burger</p>	<p><b>February (Monthly Totals)</b></p> <p><b>Full Price</b> Breakfast \$22.40 Lunch \$39.90</p> <p><b>Reduced Price</b> Breakfast \$4.20 Lunch \$5.60</p> <p>~ Extra items sold ~</p> <p>Milk and water \$0.50</p> <p>Soy Milk - \$1.00</p>
<p>10 Ham &amp; Cheese English Muffin, Diced Pears, Juice</p> <p><b>LUNCH</b> Chili Con Carne w/ Beans Supreme Mashed Potatoes Cabbage Salad Chilled Applesauce WG Crackers ✔ Vegetarian Chili</p>	<p>11 Waffles, Eggs, Applesauce, Fruit Juice</p> <p><b>LUNCH</b> Chicken &amp; Sausage Jambalaya Steamed Green Beans Cucumber – Tomato Salad Chilled Diced Pears WG Roll ✔ Vegetable Jambalaya</p>	<p>12 Fruit &amp; Yogurt Parfait Cinnamon Raisin Toast, Juice</p> <p><b>LUNCH</b> Grilled Cheese Sandwich Baby Carrots &amp; Celery Sticks <b>Fresh Strawberries (HOM)</b> Teddy Graham Snacks Ranch Dressing ✔ Grilled Cheese Sandwich</p>	<p>13 Cereal, Graham Crackers, Bananas, Fruit Juice</p> <p><b>LUNCH</b> Red Beans w/ Ham &amp; Sausage Steamed Brown Rice Strawberry Spinach Feta Salad Chilled Diced Peaches Warm Cornbread ✔ Red Beans (Meatless)</p>	<p>14 Oatmeal, Cinnamon Raisin Toast, Sliced Peaches, Juice</p> <p><b>LUNCH</b> Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Bananas ✔ Cheese Pizza</p>	
<p>17 Assorted Cereal, Graham Crackers, Diced Peaches, Juice</p> <p><b>LUNCH</b> Salisbury Steak w/ Gravy Mashed Potatoes Seasoned Green Beans Chilled Sliced Peaches WG Roll ✔ Garden Patty w/ Gravy</p>	<p>18 Biscuit, Sausage, Apple Slices, Juice</p> <p><b>LUNCH-Taco Thursday</b> Taco Salad Refried Beans Shredded Lettuce/Cheese Cups Orange Wedges Salsa, Sour Cream ✔ Taco Salad w/ Refried Beans</p>	<p>19 Buttered Grits, Turkey Bacon, WG Toast, Mixed Fruit, Juice</p> <p><b>Tray-Less Wednesday</b> Breaded Chicken on Bun Potato Tots Lettuce, tomato, pickle cup <b>Fresh Strawberries (HOM)</b> ✔ Garden Burger</p>	<p>20 Blueberry Muffin, Yogurt, Applesauce, Juice</p> <p><b>½ School Day</b> <b>Brown Bag Lunch</b></p>	<p>21</p> <p><b>Mardi GRAS</b> No School</p>	
<p>24</p> <p><b>Mardi GRAS</b> NO SCHOOL</p>		<p>26</p> <p><b>Louisiana HARVEST of the MONTH</b> the <b>MONTH</b> Strawberries</p>		<p>27</p> <p><b>PROFESSIONAL DEVELOPMENT</b></p>	<p>28</p> <p><b>Menu is subject to change due to availability of food items.</b></p>
<p><b>AND JUSTICE FOR ALL</b></p> <p>This institution is an equal opportunity provider.</p>		<p><b>SKIP the STRAW</b> ocean conservancy</p>	<p><b>Tray-Less Days</b> <b>ECO FRIENDLY</b> Eco Friendly Lunch Trays</p>	<p><b>Lowfat and Fat Free unflavored milk</b> <b>Fat Free flavored milk</b></p>	



# Louisiana HARVEST *of* *the* MONTH

## Just the Facts

- Strawberries are usually the first fruit to ripen in the spring.
- The seeds of the strawberry are really the fruit while the red fleshy part is the receptacle that holds the parts of the flower together.
- On average, there are 200 tiny seeds on every strawberry.
- Strawberries are the most popular berry in the United States.
- Ninety-four percent of American households consume strawberries.
- On average, Americans eat more than three pounds of fresh strawberries each year plus another almost two pounds of frozen strawberries.



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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

# 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 ½ cup of fruit or vegetable.

# OFFER VS. SERVE (BREAKFAST)

## CHOOSE AT LEAST 3 ITEMS



GRAINS



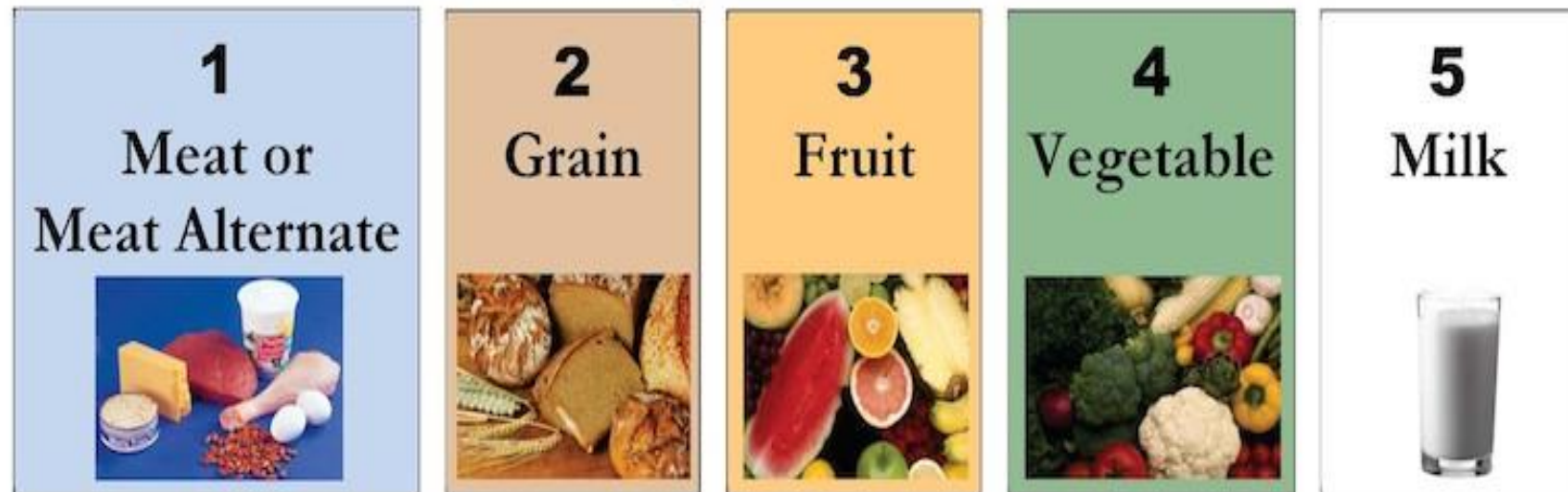
MILK



Fruits and Vegetables

## MUST TAKE ½ CUP FRUIT OR VEGETABLE

# 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!**