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Free & Reduced Price Meals Program

Qualifying for Free/Reduced Meal Benefits may establish eligibility for **Pandemic EBT benefits**






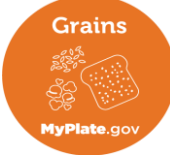





August 2021

International School of Louisiana

**All Students**

**Free Meals  
(Breakfast & Lunch)**

2021 – 2022 School year

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
<p>2</p>  <p>Low fat and Fat Free unflavored Milk</p>	<p>3 <b>School Breakfast Fuels Learning</b></p> <p>Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.</p>	<p>4</p>  <p><b>FREE Meals – All Students</b></p>	<p>5 <b>School Breakfast</b></p> <p><b>Provides better nutrition</b></p> <p>Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron, and other nutrients.</p>	<p>6</p> 	
 <p><b>Harvest of the Month™</b></p> <p>(HOM)</p>		<p>11 <b>BREAKFAST</b></p> <p>Sausage Biscuit, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Combination Mini Sub Sandwich Salad Cup Watermelon Cubes (HOM) Baked Chips</p>	<p>12 <b>BREAKFAST</b></p> <p>Apple muffin, Yogurt, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Baked Chicken Garden Roasted Potatoes Broccoli, Sliced Peaches Wheat Roll</p>	<p>13 <b>BREAKFAST</b></p> <p>Cereal, Graham Crackers, Banana</p> <p><b>LUNCH</b></p> <p>Ham &amp; Cheese Toaster Baby Carrots &amp; Celery Sticks Orange Wedges Ranch Dressing</p>	
<p>16 <b>BREAKFAST</b></p> <p>Blueberry muffin, Yogurt, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Grilled Cheese Sandwich Baby Carrots, Celery sticks Watermelon Cubes (HOM) Graham Snacks</p>	<p>17 <b>BREAKFAST</b></p> <p>Ham Biscuit, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Spaghetti Casserole Caesar Salad Garlic Toast Diced Pears</p>	<p>18 <b>BREAKFAST</b></p> <p>Cereal, Graham Crackers, Banana</p> <p><b>LUNCH</b></p> <p>Chicken Sandwich Sandwich Salad cup Orange Wedges Goldfish Cheese Crackers</p>	<p>19 <b>BREAKFAST</b></p> <p>Toaster Pastry, String Cheese, Orange Wedges</p> <p><b>LUNCH</b></p> <p>Red Beans &amp; Rice Spinach Salad w/ tomatoes Sliced Peaches Cornbread</p>	<p>20 <b>BREAKFAST</b></p> <p>Hashbrown, Sausage Links, Toast, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Pepperoni Pizza Corn on Cob Fresh Garden Salad Golden Apples</p>	
<p>23 <b>BREAKFAST</b></p> <p>Mini Waffles, String Cheese, Juice</p> <p><b>LUNCH</b></p> <p>Chicken Strips Macaroni &amp; Cheese Steamed Broccoli WG Roll, Mixed Fruit</p>	<p>24 <b>BREAKFAST</b></p> <p>Cereal, Graham Crackers, Banana</p> <p><b>LUNCH-TACO TUESDAY</b></p> <p>Taco Salad Refried Beans Shredded Lettuce, Cheese Cup Orange Wedges Salsa, Sour Cream</p>	<p>25 <b>BREAKFAST</b></p> <p>Sausage Biscuit, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Ham &amp; Cheese Mini Sub Sandwich Salad Cup Watermelon Cubes (HOM) Sunchips</p>	<p>26 <b>BREAKFAST</b></p> <p>Blueberry Muffin, Yogurt, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Spaghetti &amp; Meatsauce Green Peas Garlic Toast Sliced Peaches</p>	<p>27 <b>BREAKFAST</b></p> <p>French Toast, Sausage Links, Juice</p> <p><b>LUNCH</b></p> <p>Hamburger on WG Bun Potato Tots Sandwich Salad cup Apple Slices</p>	
<p>30 <b>BREAKFAST</b></p> <p>Cereal, Graham Crackers, Sliced Peaches</p> <p><b>LUNCH</b></p> <p>Navy Beans, WG Rice Cucumber/Tomato Salad Cornbread, Diced Pears</p>	<p>31 <b>BREAKFAST</b></p> <p>Pancake &amp; Sausage Stick, Mandarin Oranges, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Hot dog on WG Bun Baked Beans Fresh Grapes</p>	<p><i>"USDA is an equal opportunity provider and employer"</i></p>			

# FOOD ALLERGIES



## SPECIAL DIET REQUESTS

***Special diet requests will not be accommodated without a 2021 - 2022 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 2021 – 2022 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 soymilk.***