

Students without an approved 2023-24 application on file will be required to pay the full price for meals.



### Daily Meal Prices

| BREAKFAST     | LUNCH  |
|---------------|--------|
| \$1.60        | \$2.85 |
| Reduced Price |        |
| \$0.00        | \$0.00 |

\*Only those students who have qualified for Federal Free/Reduced Meals Program are eligible for reduced price meals.

**School Closed: April 1 – 5**

*USDA is an equal opportunity provider and employer*

### April Meal Prices

**FULL PRICE**  
Breakfast \$27.20  
Lunch \$48.45

**REDUCED**  
Breakfast \$0.00  
Lunch \$0.00

**PAY FOR SCHOOL MEALS**

**MY SCHOOL BUCKS**

myschoolbucks.com



Low fat and Fat Free flavored and unflavored Milk served with all meals  
**Menu is Subject to change**



**April 22**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**FYI**

8 Cereal, Graham Crackers, Applesauce, Fruit Juice

#### LUNCH

Macaroni & Cheese  
Catfish Strips  
Steamed Green Peas  
Sweet Potatoes  
Diced pears, Wheat Roll

9 Oatmeal, Cinnamon Raisin Toast, Sliced Peaches, Fruit Juice

#### TACO TUESDAY

Crunchy Tacos  
Refried Beans  
Lettuce/Cheese Cups  
Apples  
Salsa, Sour Cream

10 Blueberry Muffin, Yogurt, Mixed Fruit, Fruit Juice

#### LUNCH

Roasted Pepper Rice w/ Chicken  
Sweet Potatoes  
**Steamed Broccoli (HOM)**  
Chilled Mixed Fruit  
Wheat Roll

11 Pancakes, Sausage links, Diced Pears, Fruit Juice

#### LUNCH

Hamburger on Whole Grain Bun  
Sweet potato Fries  
Sandwich Salad Cups  
Orange Wedges

12 Cereal, Graham Crackers, Banana, Fruit Juice

#### LUNCH

Pepperoni Pizza  
Steamed Whole Corn  
Fresh Caesar Salad  
Chilled Applesauce

15 Cereal, Graham Crackers, Diced Peaches, Fruit Juice

#### LUNCH

Red Beans  
Steamed WG Rice  
Strawberry Spring Salad  
Chilled Diced Peaches  
Warm Cornbread

16 Grits, Sausage links, Graham Crackers, Diced Pears, Fruit Juice

#### LUNCH

Ham & Cheese Mini Sub  
Sandwich Salad Cup  
Baked Chips  
Orange Wedges

17 Ham & Cheese Toaster, Applesauce, Fruit Juice

#### LUNCH

Turkey Roast w/ Gravy  
Mashed Potatoes  
Steamed Broccoli  
Chilled Mixed Fruit  
Soft Wheat Roll

18 Apple Cinnamon Muffin, Yogurt, Banana, Fruit Juice

#### LUNCH

Macaroni & Cheese  
Chicken Bites  
Steamed Green Peas  
Garden Salad  
Chilled Diced Pears

19 Cereal, Graham Crackers, Diced Peaches, Fruit Juice

#### BRUNCH

French Toast Sticks  
Turkey Sausage Links  
Seasoned Cubed Potatoes  
Fresh Baby Carrots  
Assorted Yogurt, Fruit Juice

**22** Cereal, Graham Crackers, Orange Wedges, Fruit Juice  
**Tray-less LUNCH (Earth Day)**  
Toasted Ham & Cheese Sandwich  
Celery Sticks & Baby Carrots  
Red/Green Apples  
Teddy Grahams  
Ranch Dressing

23 Pancakes, Sausage, Diced Peaches, Fruit juice.

#### TACO TUESDAY

Taco Salad  
Refried Beans  
Lettuce, Cheese Cup  
Orange Wedges  
Salsa, Sour Cream

24 Chicken Biscuit, Seasoned Potatoes, Fruit Juice

#### LUNCH

Beef Macaroni & Cheese  
Steamed Green Peas  
Fresh Caesar Salad  
Chilled Diced Pears  
Garlic Bread

25 Waffles, Sausage, Mixed Fruit, Fruit Juice

#### LUNCH

Pepperoni Pizza  
Whole corn  
Fresh Garden Salad  
Chilled Applesauce

26 Cereal, Graham Crackers, Strawberries, Fruit Juice

#### LUNCH

Hamburger on WG Bun  
Potato Tots  
Sandwich Salad Cups  
Apples

29 Cereal, Graham Crackers, Strawberries, Fruit Juice

#### Meat-less Monday LUNCH

Grilled Cheese Sandwich  
Cup of Soup – Tomato Basil  
Garden Side Salad Shaker  
Chilled Applesauce

30 Ham & Egg Biscuit, Seasoned Potatoes, Fruit Juice

#### LUNCH

Salisbury Steak  
Mashed Potatoes  
Steamed Carrots  
Chilled Diced Pears  
Soft Wheat Roll

5/1 Blueberry Muffin, Yogurt, Applesauce, Fruit Juice

#### LUNCH

Baked Spaghetti Casserole  
**Steamed Broccoli (HOM)**  
Caesar Salad  
Chilled Berry Mix  
Garlic Bread

5/2 Cheesy Grits, Sausage links, Diced Peaches, fruit Juice

#### LUNCH

Hot Dogs  
Baked Beans  
Fresh Garden Salad  
Chilled Mixed Fruit

5/3 Cereal, Graham Crackers, Banana, Fruit Juice

#### BRUNCH

Chicken & Waffles  
Seasoned Cubed Potatoes  
Fresh Baby Carrots  
Red & Granny Smith Apples  
Ranch Dressing

**Broccoli** is this month's Harvest of the Month. 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, vitamins C and 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 visit:  
[www.SeedstoSuccess.com](http://www.SeedstoSuccess.com)



THE LOUISIANA FARM TO SCHOOL PROGRAM



## Roasted Broccoli

### Home Recipe

Serves: 4  
Prep Time: 10 minutes  
Cook Time: 20 minutes

### Ingredients

- 1 lb broccoli (about 1 small bunch), cut into florets, stems peeled & sliced or diced
- 2 Tbsp olive oil
- 3 cloves garlic, sliced
- ½ tsp salt
- ¼ tsp ground black pepper

### Cooking Instructions

- 1) Preheat oven to 450° F.
- 2) Toss the broccoli florets with olive oil, garlic, salt, and pepper on a baking sheet.
- 3) Spread out over baking sheet and roast for about 20 minutes or until edges are crispy and stems are crisp tender. Serve warm.

### Nutrients Per ½ Cup Serving

|                 |         |
|-----------------|---------|
| • Calories      | 86      |
| • Total Fat     | 7 g     |
| • Saturated Fat | 1 g     |
| • Cholesterol   | 0 mg    |
| • Sodium        | 320 mg  |
| • Carbohydrates | 6 g     |
| • Dietary Fiber | 2 g     |
| • Protein       | 1 g     |
| • Calcium       | 59 mg   |
| • Iron          | 1 mg    |
| • Potassium     | 236 mg  |
| • Vitamin C     | 11 mg   |
| • Vitamin A     | 280 mcg |





### **SPECIAL DIET REQUESTS**

*Special diet requests will not be accommodated without a 2023 - 2024 school year diet prescription form on file. Forms can be found at the following link: [Special Dietary Needs](#) or in the front office resource center of each campus.*

**\*\*NOTE\*\*** If a student cannot have fluid milk because of a medical diagnosis, the *Physician must prescribe the milk substitute on the Diet Prescription Form.*

**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. 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 2023 – 2024 School Year form.

The Diet Prescription form is in the front office of each school campus and online at [SPECIAL DIETARY NEEDS](#).