



Special diet requests will only be accommodated with a 2025 – 2026 school year diet prescription form on file.



FREE MEALS FOR ALL STUDENTS

Community Eligibility Provision (CEP)
 All enrolled students are eligible to receive ONE breakfast meal and ONE lunch meal at no cost for the 2025-26 school year.
No need to apply for free/reduced-price meals.

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
3/30 Assorted Cereal, Graham Crackers, Sliced Peaches, Juice LUNCH Red Beans & WG Rice Spinach Salad w/ Tomatoes Chilled Sliced Peaches Warm Cornbread	3/31 Ham & Egg Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Taco Salad Refried Beans Lettuce/Cheese cups Chilled Mixed Fruit Sour Cream, Salsa	1 Blueberry muffins, String Cheese, Applesauce, Fruit Juice LUNCH Spaghetti Casserole Steamed Green Beans Caesar Salad Chilled Diced Peaches Garlic Bread	2 Cheesy Grits, Sausage Links, Graham Crackers, Fruit Juice BRUNCH Waffle Chicken Sandwich Cubed Seasoned Potatoes Baby Carrots w/ Ranch Chilled Applesauce	3 Assorted Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Ham & Cheese Mini Sub Sandwich Salad Cup Chilled Diced Pears Sunchips	
 SCHOOL CLOSED APRIL 6 - 10					
13 Sausage & Egg Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Grilled Cheese Sandwich Tomato Basil Soup Baby Carrots Baked Cinnamon Apples	14 Beignet Croissant, Yogurt, Fresh Strawberries, Fruit Juice TACO TUESDAY Beef Nachos Supreme Refried Beans Lettuce, Cheese Cup Chilled Diced Pears Salsa	15 Pancakes & Sausage, Diced Peaches, Fruit Juice LUNCH Chicken & Gravy Steamed Rice Steamed Broccoli Sweet Potatoes, Mixed Fruit Soft WG Roll	16 Ham & Cheese Toaster, seasoned Potatoes, Fruit Juice LUNCH Macaroni & Cheese Chicken Nuggets Steamed Green Beans Chilled Sliced Peaches	17 Assorted Cereal, Graham Crackers, Juice, Diced Peaches LUNCH Hot dog on WG Bun Potato Tots Garden salad Orange Wedges	 May 1, 2026
20 Cereal, Graham Crackers, Apple Slices, Fruit Juice LUNCH Red Beans & WG Rice Spring Salad w/ tomatoes Chilled Diced Peaches Warm Cornbread	21 Blueberry Muffin, Gogurt, Orange Wedges, Fruit Juice TACO TUESDAY Hard Shell Tacos Refried Beans Lettuce, Cheese Cup Chilled Tropical Fruit Sour Cream, Salsa	22 Sausage Biscuit, Cubed Potatoes, Fruit Juice LUNCH Spaghetti & Meatsauce Steamed Sliced Carrots Caesar Salad Chilled Diced Pears Garlic Bread	23 Breakfast Rice w/ smoked sausage, WG Toast, Banana, Juice LUNCH Pepperoni Pizza Caesar Salad Whole Corn Assorted Apples	24 Pancakes & Sausage, Baked Cinnamon Apples, Fruit Juice LUNCH Hamburger on WG Bun Potato Tots Sandwich Salad Cups Chilled Grapes	 April 22, 2026
27 Cereal, Graham Crackers, Mandarin Oranges, Fruit Juice LUNCH Navy Beans Steamed Brown Rice Fresh Garden Salad Chilled Sliced Peaches Soft WG Roll	28 Sausage, Egg and Cheese wrap, Mixed Fruit, Fruit Juice TACO TUESDAY Taco Salad Refried Beans Lettuce/Cheese Cup Frozen Fruit Sidekicks Sour Cream, Salsa	29 Chicken Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Beef Macaroni & Cheese Steamed Green Peas Caesar Salad Baked Cinnamon Apples Garlic Bread	30 Cheesy Grits, Sausage Links, Grahams, Diced Peaches, Juice LUNCH Toasted Ham & Cheese Sandwich Baby Carrots & Celery w/ dip Orange Wedges Sidekick	<div style="border: 1px solid black; padding: 10px;"> Choice of Cold Milk Offered Daily Skim Nonflavored, Low Fat Chocolate, Strawberry and nonflavored </div>	

HARVEST *of the* MONTH



Strawberries

Fun Facts About Strawberries!

- Strawberries are Louisiana's state fruit.
- Wash berries just before eating. Excess moisture during storage can encourage molding.
- The seeds on the outsides of strawberries are actually the fruit! On average, there are 200 on every strawberry.

Strawberries Are Nutritious and Good for You!

- Good source of fiber.
- Excellent source of vitamin C.
- Good source of manganese.



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The LSU AgCenter and LSU provide equal opportunities in programs and employment.

International School of Louisiana



SPECIAL DIET REQUESTS

Special diet requests will not be accommodated without a 2025 - 2026 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.

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.

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 preference form to the food service department for non-disability special diet requests.

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