



Special diet requests will not be accommodated without a 2025 – 2026 school year diet prescription form on file.

[More Info: Special Dietary Needs](#)



August 2025


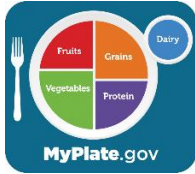



International School of Louisiana

## FREE MEALS for ALL STUDENTS

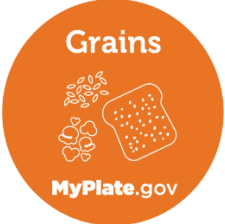
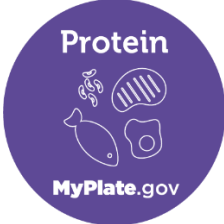



### Community Eligibility Provision (CEP)

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
 <p>Pay for extra meal items at <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a></p> <p><b>Extra food items:</b> Funds must be available at the time of service.</p>		<p><b>WHAT'S ON YOUR PLATE?</b></p> 	<p><b>Fruits</b></p> 	<p><b>Vegetables</b></p> 	<p><b>MILK</b></p>  <p>Flavored and non-flavored milk served with all meals. (Skim and 1%)</p>

### NEW DELICIOUS MENU ITEMS

<p>11</p> 	<p>12</p> 	<p>13 <b><u>BREAKFAST</u></b> Assorted WG Cereal, Graham Crackers, Banana, Fruit Juice</p> <p><b><u>LUNCH</u></b> Roasted Rosemary Chicken Garlic Roasted Potatoes Steamed Green Beans Frozen Strawberry Cups Soft WG Roll</p>	<p>14 <b><u>BREAKFAST</u></b> Turkey Sausage Biscuit, Breakfast Potatoes, Juice</p> <p><b><u>LUNCH</u></b> Cheese Ravioli Steamed Broccoli Florets Chilled Mixed Fruit Soft WG Roll</p>	<p>15 <b><u>BREAKFAST</u></b> Grits, Turkey Sausage links, WG Toast, Juice</p> <p><b><u>LUNCH</u></b> Hamburger on WG Bun Sandwich Salad Cup Crispy Potato Tots Orange Wedges</p>	 <p>Menus may vary due to seasonal ingredients and vendor supply changes.</p>
<p>18 <b><u>BREAKFAST</u></b> Assorted WG Cereal, Graham Crackers, Apple Slices, Juice</p> <p><b><u>LUNCH</u></b> Red Beans &amp; Rice Garden Salad Chilled Diced Peaches Warm Cornbread</p>	<p>19 <b><u>BREAKFAST</u></b> Waffles, Turkey Sausage links, Diced Peaches, Fruit Juice</p> <p><b><u>LUNCH</u></b> Grilled Cheese Sandwich Tomato Basil Soup Celery &amp; Carrots w/ Ranch Dip Fresh Apples</p>	<p>20 <b><u>BREAKFAST</u></b> WG Cereal, Graham Crackers, Banana, Juice</p> <p><b><u>LUNCH</u></b> Baked Beef &amp; Sausage Mac Steamed Mixed Veggies Caesar Salad Sliced Pears</p>	<p>21 <b><u>BREAKFAST</u></b> Sausage, egg &amp; Cheese Wrap, Potatoes, Juice</p> <p><b><u>BRUNCH</u></b> Chicken &amp; Waffles Seasoned Potatoes Baby Carrots w/ Ranch Dip Bananas</p>	<p>22 <b><u>BREAKFAST</u></b> Breakfast Ham Biscuit, Orange Wedges, Juice</p> <p><b><u>LUNCH</u></b> Hot dog on WG Bun Baked Beans Garden Salad Apples</p>	 <p>USDA is an equal opportunity provider and employer</p>
<p>25 <b><u>BREAKFAST</u></b> WG Cereal, Graham Crackers, Mandarin Oranges, Fruit Juice</p> <p><b><u>LUNCH</u></b> Barbecue Pork Riblet Mashed Potatoes Steamed Sliced Carrots Applesauce, Soft WG Roll</p>	<p>26 <b><u>BREAKFAST</u></b> Pancake &amp; Sausage Bites, Apple Slices, Fruit Juice</p> <p><b><u>LUNCH - Taco Tuesday</u></b> Taco Salad Lettuce/Cheese Cups Refried Beans Orange Wedges</p>	<p>27 <b><u>BREAKFAST</u></b> Blueberry Muffin, Banana, Juice</p> <p><b><u>LUNCH</u></b> Chicken Riggies Seasoned Greens Cucumber/Tomato Salad Chilled Mixed Fruit</p>	<p>28 <b><u>BREAKFAST</u></b> Sausage Croissant, Seasoned Potatoes, Juice</p> <p><b><u>LUNCH</u></b> Deli Sub (Ham &amp; Cheese) Sandwich Salad Cup Orange Wedges</p>	<p>29 <b><u>BREAKFAST</u></b> Oatmeal, Graham Crackers, Juice, Fresh Strawberries</p> <p><b><u>LUNCH</u></b> Chicken Sandwich Sandwich Salad Cup Steamed Corn Chilled Grapes</p>	



## **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 www.isl-edu.org/foodservicesandmenu](http://www.isl-edu.org/foodservicesandmenu) 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 2025 – 2026 School Year form.

The form is in the front office of each school campus and online at [www.isl-edu.org/foodservicesandmenu](http://www.isl-edu.org/foodservicesandmenu).

**\*\*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.

# **“Savor the Pasta Flavors of August”**

**ALL ISL SCHOOLS ARE CEP ELIGIBLE: FREE BREAKFAST AND LUNCH MEALS FOR ALL STUDENTS**

**Baked Beef and Sausage penne (August 20)**



**Cheese Ravioli (August 14)**



**Chicken Riggies (August 27)**





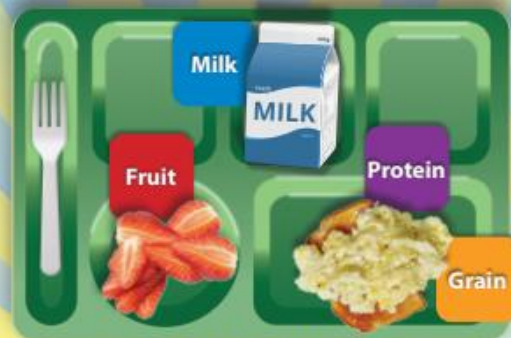
## Over Versus Serve (OVS – BREAKFAST)

USDA Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

# BUILD A **POWER FUELED** BREAKFAST

**CHOOSE AT LEAST 3 ITEMS**

**TAKE ½ CUP FRUIT OR VEGETABLE**



4 items

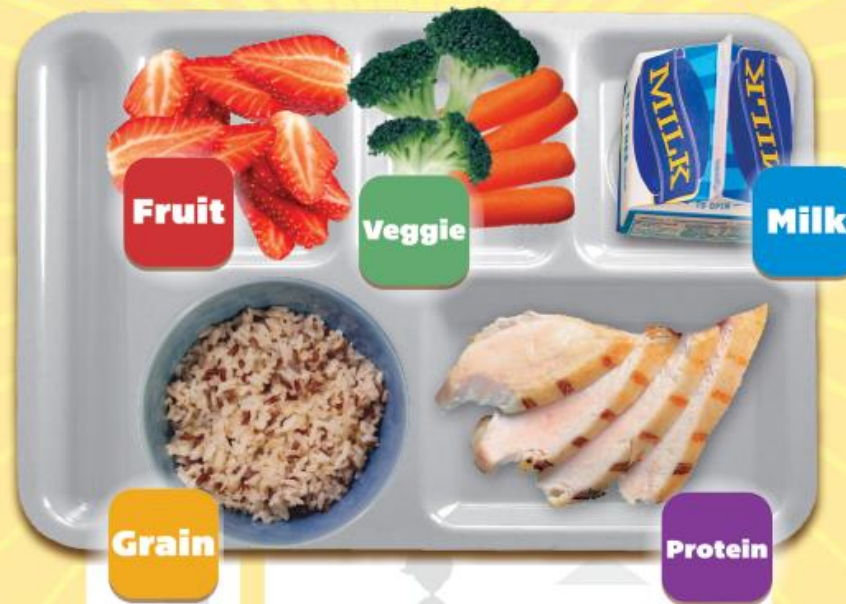


USDA is an equal opportunity provider, employer, and lender.  
FNC-015 - March 2022

# Color Your Lunch Tray!

**Choose 3 or more food groups**

**Pick at least  $\frac{1}{2}$  cup fruit and/or vegetable**



# ISL Café

## "Big Taste, Small Price"

<b>MEAL PRICES</b>	
<b>Menu Item</b>	<b>Price</b>
<b>BREAKFAST</b>	
Student Breakfast (One FREE breakfast meal per day)	\$0.00
Student Extra Breakfast Meal	\$4.00
ISL Staff	\$3.00
Visitor	\$4.00
Milk	\$0.50
Bottled Water (8 oz)	\$0.50
<b>LUNCH</b>	
Student Lunch (one FREE lunch meal per day)	\$0.00
Student Extra Lunch Meal	\$5.00
ISL Staff	\$5.00
Visitor	\$6.00
Milk	\$0.50
Bottled Water (8 oz)	\$0.50

## **MEAL PRICES - EXTRA SALE ITEMS**

<b>Menu Item</b>	<b>Price</b>
<b>Bottled Water (8 oz)</b>	<b>\$0.50</b>
<b>Chips/Popcorn</b>	<b>\$1.00</b>
<b>Cookie</b>	<b>\$1.00</b>
<b>Frozen Treat</b>	<b>\$1.00</b>
<b>Fruit Juice (4 oz)</b>	<b>\$0.50</b>
<b>Fruit Juice (6.75 oz)</b>	<b>\$0.75</b>
<b>Fruit/Vegetable</b>	<b>\$1.00</b>
<b>Milk – Nonflavored (1% / skim), 1% choc., 1% straw.</b>	<b>\$0.50</b>
<b>Pizza (1 slice)</b>	<b>\$1.00</b>
<b>Roll/Bread</b>	<b>\$0.50</b>
<b>Themed Salad Bar (Potato, Taco, Veggie, etc.)</b>	<b>\$3.00</b>
<b>Soy/Almond Milk</b>	<b>\$1.50</b>

## PAY FOR EXTRA SALE ITEMS ~ A LA CARTE

A promotional banner for MySchoolBucks. The left side has a blue background with the MySchoolBucks logo and text. The right side shows a family (father, mother, and a young girl with a backpack) walking outdoors.

**MY SCHOOL BUCKS**

Pay online for school meals with MySchoolBucks

Visit website

Create your free [MySchoolBucks](https://myschoolbucks.com) account to conveniently view your student's cafeteria purchases, check their balance, and securely pay for a la carte items from anywhere.

Two blue buttons with rounded corners. The left button contains the MySchoolBucks logo and the text 'Pay online'. The right button contains the MySchoolBucks logo and the text 'Paga online' in Spanish.

**MY SCHOOL BUCKS** Pay online

**MY SCHOOL BUCKS** Paga online

### Get Started Today!

1. Go to [myschoolbucks.com](https://myschoolbucks.com) or download the mobile app
2. Create your free account and add your students using their *school's name* and *student ID*
3. View cafeteria purchases and add funds using your credit/debit card or electronic check



It's a fact that kids with  
health insurance live healthier lives.

Give Your Children  
**HEALTH COVERAGE**  
at **NO COST** or **LOW COST** to You.



**NO** enrollment fees!  
**NO** co-payments! **NO** deductibles!

**DO YOU QUALIFY?** LaCHIP uses the income amounts below to see if a child qualifies for low-cost or no-cost LaCHIP coverage.

INCOME LIMITS		
Number of Family Members	Monthly Income (No Cost)	Monthly Income (Low Cost)
1	\$2,831	\$3,326
2	\$3,825	\$4,495
3	\$4,820	\$5,664
4	\$5,814	\$6,832
5	\$6,809	\$8,001
6	\$7,803	\$9,170
7	\$8,798	\$10,339
8	\$9,793	\$11,507

*Low Cost option allows a greater income limit at a \$50 premium.  
All of your family income may not be counted.*

The **LaCHIP** program covers:

- Medical services for children, including health, dental, and vision coverage
- Doctor's appointments, including well child visits and hospital stay
- Prescriptions and immunizations
- Mental health services
- And many other services

Visit our website to apply online:

**ldh.la.gov/medicaid/lachip**

or call our toll-free hotline for more information:

**1-888-342-6207**

Es un hecho que los niños  
que tienen seguro médico viven más sanos.

Deles a sus hijos

# COBERTURA DE SALUD

GRATIS o de BAJO COSTO para Ud.



¡SIN cuota de inscripción! ¡SIN pagos compartidos! ¡SIN deducible!

¿CUMPLE LOS REQUISITOS? LaCHIP usa las cantidades de ingresos abajo señaladas para determinar si un niño cumple los requisitos para cobertura de LaCHIP, gratis o de bajo costo.

LÍMITES DE INGRESO		
Número de Familiares	Ingreso Mensual (gratis)	Ingreso Mensual (de bajo costo)
1	\$2,831	\$3,326
2	\$3,825	\$4,495
3	\$4,820	\$5,664
4	\$5,814	\$6,832
5	\$6,809	\$8,001
6	\$7,803	\$9,170
7	\$8,798	\$10,339
8	\$9,793	\$11,507

La opción de bajo costo permite un límite de ingreso más alto con cuota mensual de \$50. Puede que no se cuente todo el ingreso mensual de su familia.

El programa LaCHIP cubre:

- Servicios médicos para niños, incluso cobertura de salud, dental, y de la visión
- Citas con el doctor, incluso chequeo rutinario y estadía en el hospital
- Recetas y vacunas
- Servicios de salud mental
- Y muchos servicios además

Visite nuestro sitio Web para solicitar:

**ldh.la.gov/medicaid/lachip**

Llame la línea gratuita para mayor información:

**1-888-342-6207**

Trên thực tế, trẻ em có  
bảo hiểm sức khỏe sẽ khỏe mạnh hơn.

Hãy Trang Bị Cho Con

**BẢO HIỂM SỨC KHỎE**  
MIỄN PHÍ hoặc với **CHI PHÍ THẤP**.



**KHÔNG** tính phí ghi danh!  
**KHÔNG** cần đồng chi trả! **KHÔNG** khấu trừ!

**QUÝ VỊ CÓ ĐỦ ĐIỀU KIỆN THAM GIA KHÔNG?** LaCHIP sử dụng mức thu nhập bên dưới để xem trẻ có đủ điều kiện tham gia bảo hiểm LaCHIP Chi Phí Thấp hoặc Miễn Phí không.

GIỚI HẠN THU NHẬP		
Số thành viên trong gia đình	Thu nhập hàng tháng (Miễn Phí)	Thu nhập hàng tháng (Chi Phí Thấp)
1	\$2,831	\$3,326
2	\$3,825	\$4,495
3	\$4,820	\$5,664
4	\$5,814	\$6,832
5	\$6,809	\$8,001
6	\$7,803	\$9,170
7	\$8,798	\$10,339
8	\$9,793	\$11,507

Lựa chọn Chi Phí Thấp chấp nhận giới hạn thu nhập cao hơn với mức phí bảo hiểm là \$50. Tất cả thu nhập của gia đình bạn có thể chưa được tính đến.

Chương trình **LaCHIP** chi trả:

- Dịch vụ y tế cho trẻ em, bao gồm bảo hiểm sức khỏe, nha khoa và nhãn khoa
- Các cuộc thăm khám với bác sĩ, bao gồm thăm khám sức khỏe định kỳ cho trẻ và nằm viện
- Thuốc kê đơn và tiêm chủng
- Các dịch vụ sức khỏe tâm thần
- Và nhiều dịch vụ khác

Truy cập trang web của chúng tôi để đăng ký trực tuyến:

**ldh.la.gov/medicaid/lachip**

hoặc gọi đến số điện thoại miễn phí của chúng tôi để tìm hiểu thêm thông tin:

**1-888-342-6207**