



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



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
1 BREAKFAST Cereal, Graham Crackers, Mixed Fruit, Fruit Juice LUNCH White Beans & WG Rice Cucumber-Tomato Salad Chilled Mandarin Oranges Cornbread	2 BREAKFAST Sausage Biscuit, Sweet Potato Cubes, Fruit Juice LUNCH Creamy Potato Soup Chicken Caesar Salad Chilled Diced Peaches WG Crackers	3 BREAKFAST Fruit & Yogurt Parfait, Graham Crackers, Juice LUNCH Spaghetti & Meatsauce Steamed Mixed Vegetables Chilled Sliced Pears Wheat Roll	4 BREAKFAST Oatmeal, Graham Crackers, Fresh Berries, Fruit Juice BRUNCH Chicken & Waffles Sweet Potato Tots Baby Carrots & Ranch Dip Fruit Juice	5 BREAKFAST Sausage Egg Cheese Wrap Mandarin Oranges, Juice LUNCH Pepperoni Pizza Whole Corn Caesar Salad Apples	 SUBJECT TO CHANGE
8 BREAKFAST Cereal, Graham Crackers, Applesauce, Fruit Juice LUNCH Ham & Cheese Mini Sub Sandwich Salad Cup Frozen Strawberry Cups Goldfish Cheese Crackers	9 BREAKFAST Sausage, Egg & Cheese Wrap, Chilled Grapes, Fruit Juice LUNCH – Taco Tuesday Taco Salad Refried Beans Lettuce, Cheese Cups Fruit Juice Salsa, Sour Cream	10 BREAKFAST Waffles, Sausage Links, Applesauce, Fruit juice LUNCH Turkey Roast w/ Gravy Steamed WG Rice Sweet Potato Casserole Green Peas, Cranberry Sauce Fruit Juice, WG Roll	11 BREAKFAST Ham & Cheese English Muffin, Seasoned Potatoes, Fruit Juice LUNCH Macaroni & Cheese Chicken Nuggets Garden Salad Chilled Mixed Fruit	12 BREAKFAST Grits, Cheese Omelet, WG Toast, Pineapples, Fruit Juice BRUNCH Hamburger on WG Bun Sandwich Salad Cups Potato Tots Orange Wedges	
15 BREAKFAST Cereal, Graham Crackers, Fresh Banana, Fruit Juice LUNCH Chicken & Sausage Gumbo Garden Salad Chilled Applesauce WG Crackers	16 BREAKFAST Oatmeal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH Alfredo Pasta w/ Chicken Steamed Green Beans Caesar Salad Chilled Mixed Fruit Garlic Bread	17 BREAKFAST Breakfast Pizza Bagel, Chilled Grapes, Fruit Juice LUNCH Hot dog on WG Bun Baked Beans Garden Salad Orange Wedges	18 BREAKFAST French Toast Sticks, Sausage, Apple Slices, Fruit Juice BRUNCH Pancakes & Sausage links Sweet Potato Cubes Baby Carrots & Dip Fruit Juice	19 BREAKFAST Cereal, Graham Crackers, Applesauce, Fruit Juice 	
Fun Facts About Sweet Potatoes! - Sweet potatoes are Louisiana's state vegetable. - Although yams and sweet potatoes are two different vegetables, sweet potatoes are often called yams in Louisiana. - Sweet potatoes are more nutritious when eaten with their skin.		 December 22 – January 5	2026 HAPPY NEW YEAR	Louisiana HARVEST of the MONTH	 Milk Offered daily with all meals.
January-At-A-Glance January 5.... Teacher Professional Development (School Closed) January 6.... Classes Resume January 19...Martin Luther King Holiday (School Closed)					USDA is an equal opportunity provider and employer

HARVEST *of the* MONTH



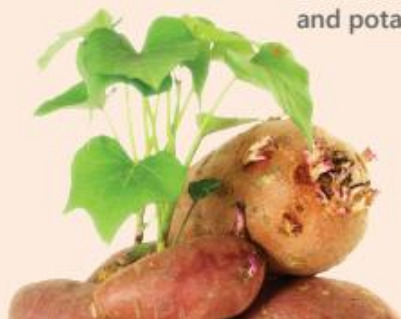
Sweet Potato

Fun Facts About Sweet Potatoes!

- Sweet potatoes are Louisiana's state vegetable.
- Although yams and sweet potatoes are two different vegetables, sweet potatoes are often called yams in Louisiana.
- Sweet potatoes are more nutritious when eaten with their skin.

Sweet Potatoes Are Nutritious and Good for You!

- Often called a "nutritional powerhouse."
- Excellent source of vitamin A, vitamin C and manganese.
- Good source of vitamin B6, dietary fiber and potassium.



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This institution is an equal opportunity provider.

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

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.

*****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.***

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