



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

FEBRUARY

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
2 Grits, Sausage Links, Graham Crackers, Applesauce, Fruit Juice LUNCH Red Beans & WG Rice Fresh Spinach/Tomato Salad Chilled Diced Peaches Warm Cornbread	3 Sausage Biscuit, Hashbrown, Orange wedges, Fruit Juice TACO TUESDAY - LUNCH Taco Salad Refried Beans Lettuce/Cheese Cups Tropical Fruit Salsa, Sour Cream	4 Pancakes & Sausage, Diced Pears, Frui Juice LUNCH Grilled Cheese Sandwich Tomato Bisque Soup Celery & Carrot Sticks Apple Slices	5 Oatmeal, Graham Crackers, Sliced Peaches, Fruit Juice LUNCH Macaroni & Cheese BBQ Meatballs Steamed Green Beans Caesar Salad Fresh Strawberries (HOM)	6 Blueberry Muffin, Yogurt, Banana, Fruit Juice LUNCH Chicken Sandwich Sandwich Salad Cup Potato Tots Tropical Fruit
9 Waffles, Chicken Bites, Apple Slices, Fruit Juice LUNCH Chicken & Sausage Gumbo Steamed Rice Garden Side Salad Applesauce, WG Crackers King Cake Samplers	10 Grits, Sausage links, Seasoned potatoes, Graham Crackers, Fruit Juice LUNCH Sliced Turkey W/ Gravy Mashed Potatoes Steamed Broccoli Diced Pears WG Roll	11 French Toast Sticks, Sausage Links, Mixed Fruit, Fruit Juice LUNCH Beef Macaroni & Cheese Steamed Green Beans Caesar Salad Frozen Strawberry Cup (HOM) WG Roll	12 Assorted Cereal, Graham Crackers, Sliced Peaches, Juice LUNCH BAGS 	13  MARDI GRAS BREAK SCHOOLS CLOSED 2/13/26 – 2/20/2026
MARDI GRAS BREAK SCHOOLS CLOSED 2/13/26 – 2/20/2026			February 19 – 20 (SCHOOL CLOSED) 	
23 Oatmeal, French Toast, Diced Peaches, Fruit Juice LUNCH Chicken Stew Steamed Rice Steamed Mixed Vegetables Sweet Potatoes Chilled Orange Wedges WG Roll	24 Assorted Cereal, Graham Crackers, Fresh Strawberries, Fruit Juice LUNCH TACO TUESDAY - LUNCH Loaded Nachos Supreme Refried Beans Lettuce/Tomato Cups Tropical Fruit Salsa, Sour Cream	25 Pancakes, Sausage links, Apple Slices, Fruit Juice LUNCH Spaghetti & Meatsauce Steamed Corn Caesar Salad Chilled Mixed Fruit Garlic Bread	26 Blueberry Muffin, Assorted Yogurt, Orange Wedges, Fruit Juice LUNCH Macaroni & Cheese Chicken Bites Steamed Green Beans Garden Salad Chilled Sliced Peaches	27 Sausage Biscuit, Cubed Potatoes, Fruit Juice LUNCH Hamburger on WG Bun Sandwich Salad Cups Sweet Potato Fries Apple Slices

Strawberries are this month's Harvest of the Month. Did you know...

- Strawberries have been Louisiana's state fruit since 2001.
- Ponchatoula, the strawberry capital of Louisiana, hosts a strawberry festival each spring celebrating this nutritious and delicious fruit.
- Half a cup of sliced strawberries provides about 80% of the recommended daily value of vitamin C.

To learn more about Louisiana Harvest of the Month visit:
www.SeedstoSuccess.com



Louisiana HARVEST of the MONTH



USDA is an equal opportunity provider

Louisiana 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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This institution is an equal opportunity provider.

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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 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 2025 – 2026 School Year form.

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