



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

5



Teacher Professional Development

6 Blueberry Muffin, Yogurt, Diced Pears, Fruit Juice
LUNCH
Red Beans & Rice
Spinach – Tomato Salad
Baked Cinnamon Apples
Warm Cornbread

7 Cereal, Graham Crackers, Bananas, Fruit Juice
LUNCH
Spaghetti & Meatsauce
Steamed Green Beans
Caesar Salad
Chilled Diced Pears
Garlic Bread

8 Sausage Biscuit, Seasoned Potatoes, Fruit Juice
LUNCH
Teriyaki Chicken Breast
Garlic Roasted Potatoes
Seasoned Green Beans
Mandarin Oranges **HOM**
WG Roll

9 Cheesy Grits, Sausage links, Graham Crackers, Juice, Grapes
LUNCH
Patty Melt
Potato Tots
Sandwich Salad Cups
Frozen Strawberry Cups

MENUS

SUBJECT TO CHANGE

12 Cereal, Graham Crackers, Diced Peaches, Fruit Juice
LUNCH
Homemade Chili Beans
Loaded Mashed Potatoes
Chilled Grapes
Corn Bread

13 Maple Waffle, Sausage links, Applesauce, Fruit Juice
TACO TUESDAY - LUNCH
Taco Salad
Roasted Corn & Black Beans
Lettuce/Cheese Cups
Tropical Fruit
Salsa, Sour Cream

14 Blueberry Muffin, Yogurt, Fruit Juice, Banana
LUNCH
Chicken & Sausage Gumbo
Garden Salad
Chilled Applesauce
WG Crackers
Graham Snack

15 Sausage, Egg and Cheese Croissant, Hashbrown, Juice
LUNCH
Macaroni & Cheese
Barbecue Meatballs
Steamed Broccoli
Garden Salad
Chilled Diced Pears

16 Cereal, Graham Crackers, Fresh Strawberries, Juice
LUNCH
Chicken Quesadillas
Roasted Corn & Black beans
Creamy Coleslaw
Chilled Tropical Fruit

Harvest of the Month

19
MLK DAY
I HAVE A DREAM
Martin Luther King Holiday (School Closed)

20 Cereal, Graham Crackers, Mandarin Oranges, Fruit Juice
LUNCH
Pinto Beans & WG Rice
Hearty Garden Salad
Baked Cinnamon Apples
Warm WG Roll

21 Pancake & Sausage Wraps, Mixed Fruit, Fruit Juice
LUNCH
Spaghetti Casserole
Steamed Green Peas
Caesar Salad
Chilled Sliced Pears
Garlic Bread

22 Cool Sunrise Berry Parfait, Graham Crackers, Fruit Juice
BRUNCH
Sausage Jambalaya
Chicken Nuggets
Steamed Corn
Chilled Tropical Fruit
Warm WG Soft Roll

23 Cereal, Graham Crackers, Banana, Fruit Juice
LUNCH
Ham & Cheese Melt
Veggie Medley w/ Ranch
Orange Wedges **HOM**

CITRUS



Low fat and Fat Free flavored and unflavored Milk Served with ALL meals

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***WG - Whole Grain**

26 Cereal, Graham Crackers, Applesauce, Fruit Juice
LUNCH
Red Beans & WG Rice
Fresh spinach & Tomato Salad
Chilled Diced Peaches
Warm Cornbread

27 Hashbrown, Sausage links, Toast, Mixed Fruit, Juice
TACO TUESDAY - LUNCH
Beef Nachos Supreme
Refried Beans
Lettuce/Tomato Cups
Orange Wedges **HOM**
Salsa, Sour Cream

28 Waffle, Sausage links, Diced Peaches, Fruit Juice
LUNCH
Barbecue Pork Riblet
Mashed Potatoes
Steamed Mixed Vegetables
Chilled Mixed Fruit
Soft WG Roll

29 Oatmeal, Cinnamon Raisin Toast, Diced Peaches, Juice
LUNCH
Grilled Cheese Sandwich
Vegetable Soup
Garden Salad
Chilled Tropical Fruit Mix

30 Cereal, Graham Crackers, Bananas, Fruit Juice
LUNCH
Hamburger on WG Bun
Potato Tots
Sandwich Salad Cups
Satsumas

Menu is subject to change

**January 5th...Teacher Professional Development
January 6th...Classes Resume**

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Louisiana HARVEST of the MONTH



Citrus

Fun Facts About Citrus!

- In tropical climates, citrus skin remains green even when the fruit is mature.
- Citrus leaves can be used to make tea and add flavor to cooked meats, seafood and other dishes.
- One large orange provides more than 100% of the recommended daily intake for vitamin C.

Citrus Is Nutritious and Good for You!

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



FOOD ALLERGIES



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 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](#).