



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



2026






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
<div>5</div> <div></div> <div>Teacher Professional Development</div>	<div>6</div> <div>Blueberry Muffin, Yogurt, Diced Pears, Fruit Juice</div> <div>LUNCH</div> <div>Red Beans & Rice Spinach – Tomato Salad Baked Cinnamon Apples Warm Cornbread</div>	<div>7</div> <div>Cereal, Graham Crackers, Bananas, Fruit Juice</div> <div>LUNCH</div> <div>Spaghetti & Meatsauce Steamed Green Beans Caesar Salad Chilled Diced Pears Garlic Bread</div>	<div>8</div> <div>Sausage Biscuit, Seasoned Potatoes, Fruit Juice</div> <div>LUNCH</div> <div>Teriyaki Chicken Breast Garlic Roasted Potatoes Seasoned Green Beans Mandarin Oranges HOM WG Roll</div>	<div>9</div> <div>Cheesy Grits, Sausage links, Graham Crackers, Juice, Grapes</div> <div>LUNCH</div> <div>Patty Melt Potato Tots Sandwich Salad Cups Frozen Strawberry Cups</div>	<div></div> <div>SUBJECT TO CHANGE</div> <div></div> <div>CITRUS</div> <div></div> <div>Low fat and Fat Free flavored and unflavored Milk Served with ALL meals</div> <div>USDA is an equal opportunity employer</div> <div>*WG - Whole Grain</div> <div>Menu is subject to change</div>
<div>12</div> <div>Cereal, Graham Crackers, Diced Peaches, Fruit Juice</div> <div>LUNCH</div> <div>Homemade Chili Beans Loaded Mashed Potatoes Chilled Grapes Corn Bread</div>	<div>13</div> <div>Maple Waffle, Sausage links, Applesauce, Fruit Juice</div> <div>TACO TUESDAY - LUNCH</div> <div>Taco Salad Roasted Corn & Black Beans Lettuce/Cheese Cups Tropical Fruit Salsa, Sour Cream</div>	<div>14</div> <div>Blueberry Muffin, Yogurt, Fruit Juice, Banana</div> <div>LUNCH</div> <div>Chicken & Sausage Gumbo Garden Salad Chilled Applesauce WG Crackers Graham Snack</div>	<div>15</div> <div>Sausage, Egg and Cheese Croissant, Hashbrown, Juice</div> <div>LUNCH</div> <div>Macaroni & Cheese Barbecue Meatballs Steamed Broccoli Garden Salad Chilled Diced Pears</div>	<div>16</div> <div>Cereal, Graham Crackers, Fresh Strawberries, Juice</div> <div>LUNCH</div> <div>Chicken Quesadillas Roasted Corn & Black beans Creamy Coleslaw Chilled Tropical Fruit</div>	
<div>19</div> <div></div> <div>Martin Luther King Holiday (School Closed)</div>	<div>20</div> <div>Cereal, Graham Crackers, Mandarin Oranges, Fruit Juice</div> <div>LUNCH</div> <div>Pinto Beans & WG Rice Hearty Garden Salad Baked Cinnamon Apples Warm WG Roll</div>	<div>21</div> <div>Pancake & Sausage Wraps, Mixed Fruit, Fruit Juice</div> <div>LUNCH</div> <div>Spaghetti Casserole Steamed Green Peas Caesar Salad Chilled Sliced Pears Garlic Bread</div>	<div>22</div> <div>Cool Sunrise Berry Parfait, Graham Crackers, Fruit Juice</div> <div>BRUNCH</div> <div>Sausage Jambalaya Chicken Nuggets Steamed Corn Chilled Tropical Fruit Warm WG Soft Roll</div>	<div>23</div> <div>Cereal, Graham Crackers, Banana, Fruit Juice</div> <div>LUNCH</div> <div>Ham & Cheese Melt Veggie Medley w/ Ranch Orange Wedges HoM</div>	
<div>26</div> <div>Cereal, Graham Crackers, Applesauce, Fruit Juice</div> <div>LUNCH</div> <div>Red Beans & WG Rice Fresh spinach & Tomato Salad Chilled Diced Peaches Warm Cornbread</div>	<div>27</div> <div>Hashbrown, Sausage links, Toast, Mixed Fruit, Juice</div> <div>TACO TUESDAY - LUNCH</div> <div>Beef Nachos Supreme Refried Beans Lettuce/Tomato Cups Orange Wedges HoM Salsa, Sour Cream</div>	<div>28</div> <div>Waffle, Sausage links, Diced Peaches, Fruit Juice</div> <div>LUNCH</div> <div>Barbecue Pork Riblet Mashed Potatoes Steamed Mixed Vegetables Chilled Mixed Fruit Soft WG Roll</div>	<div>29</div> <div>Oatmeal, Cinnamon Raisin Toast, Diced Peaches, Juice</div> <div>LUNCH</div> <div>Grilled Cheese Sandwich Vegetable Soup Garden Salad Chilled Tropical Fruit Mix</div>	<div>30</div> <div>Cereal, Graham Crackers, Bananas, Fruit Juice</div> <div>LUNCH</div> <div>Hamburger on WG Bun Potato Tots Sandwich Salad Cups Satsumas</div>	
			<div>January 5th...Teacher Professional Development January 6th...Classes Resume</div> <div>“USDA is an equal opportunity provider and employer”</div>		

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.





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](#).