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Students who do not have an approved 2023-24 application on file will be required to pay the full price for meals.



## Daily Meal Prices

BREAKFAST	LUNCH
\$1.60	\$2.85
<b>Reduced Price</b>	
\$0.00	\$0.00

\*Only those students who have qualified for Federal Free/Reduced Meals Program are eligible for reduced price meals.

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
<p>Due to unforeseen circumstances</p> 	<p>Strawberries are this month's Harvest of the Month. Did you know...</p> <ul style="list-style-type: none"><li>Strawberries have been Louisiana's state fruit since 2001.</li><li>Ponchatoula, the strawberry capital of Louisiana, hosts a strawberry festival each spring celebrating this nutritious and delicious fruit.</li><li>Half a cup of sliced strawberries provides about 80% of the recommended daily value of vitamin C.</li></ul> <p>To learn more about Louisiana Harvest of the Month visit: <a href="http://www.SeedstoSuccess.com">www.SeedstoSuccess.com</a></p> 		<p>1 Cereal, Graham Crackers, Applesauce, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Hot dog on WG Bun Baked Beans Garden Salad Red &amp; Yellow Apples</p>	<p><b>March Meal Prices</b></p> <p><b><u>FULL PRICE</u></b></p> <p><b>Breakfast \$32.00</b></p> <p><b>Lunch \$57.00</b></p> <p><b><u>REDUCED</u></b></p> <p><b>Breakfast \$0.00</b></p> <p><b>Lunch \$0.00</b></p>	
<b>NATIONAL SCHOOL BREAKFAST WEEK (NSBW) MARCH 4 - 8</b>					
<p>4 Cinnamon Waffles, Turkey Bacon, Applesauce Fruit Juice</p> <p><b>BRUNCH</b></p> <p>Pancakes &amp; Sausage Baby Carrots &amp; Celery Sticks Orange Wedges Assorted yogurt</p>	<p>5 WG Toast, Cheese Omelet Mandarin Oranges, Fruit Juice</p> <p><b>TACO TUESDAY</b></p> <p>Taco Salad Refried Beans Lettuce, Cheese Cup Chilled Tropical Fruit Sour Cream, Salsa</p>	<p>6 Pancake &amp; Sausage Stick, Fruit Juice, Diced Pears</p> <p><b>Southern BRUNCH</b></p> <p>Southern Grits w/ cheese Sausage links Fresh Vegetable Medley Graham Crackers Apple/Orange Juice</p>	<p>7 Blueberry Muffin, Fruit Juice, Chilled Mixed Fruit</p> <p><b>BRUNCH</b></p> <p>Sausage &amp; Egg Biscuit Hashbrown Potatoes Baby Carrots Peach Parfait Samplers</p>	<p>8 Cereal, Graham Crackers, Banana, Juice</p> <p><b>LUNCH</b></p> <p>Crispy Chicken Sandwich Sandwich Salad Cup Whole Corn <b>Fresh Strawberries (HOM)</b></p>	
<b>LOUISIANA SCHOOL LUNCH WEEK MARCH 11 - 15 FESTIVAL OF FLAVORS</b>					<p><b>PAY FOR SCHOOL MEALS</b></p>  <p><a href="http://myschoolbucks.com">myschoolbucks.com</a></p>
<p>11 Pancake &amp; Sausage Wraps, Pineapple Tidbits, Juice</p> <p><b>LUNCH</b></p> <p>Red Beans Steamed Brown Rice Cucumber-Tomato Salad Chilled Mixed Fruit Soft Wheat Roll</p>	<p>12 WG Toast, Hashbrown, Sausage links, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Chicken &amp; Sausage Gumbo Grilled Cheese Sandwich Fresh Garden Salad Chilled Diced Pears</p>	<p>13</p>  <p><b>NO SCHOOL For Students</b></p>	<p>14 Cinnamon waffles, Sausage, Diced Pears, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Oven Roasted Chicken Wild Rice Steamed Broccoli Sweet Potatoes <b>Frozen Strawberry Cups (HOM)</b> Soft Wheat Roll</p>	<p>15 Cereal, Graham Crackers, Banana, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Pepperoni Pizza Steamed Corn Caesar Salad Fresh Red Apples</p>	
<p>18 Cereal, Graham Crackers, Strawberries, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Navy Pea Beans w/ Sausage Steamed WG Rice Spinach Salad w/ Cranberries Chilled Applesauce Wheat Rolls</p>	<p>19 Blueberry Muffin, Yogurt, Orange Wedges, Fruit Juice</p> <p><b>TACO TUESDAY</b></p> <p>Taco Salad Refried Beans Lettuce, Cheese Cup Tropical Fruit Sour Cream, Salsa</p>	<p>20 Chicken Biscuit, Cubed Potatoes, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Beef Macaroni &amp; Cheese Steamed Green Peas Caesar Salad <b>Fresh Strawberries (HOM)</b> Wheat Roll</p>	<p>21 Fruit &amp; Yogurt Parfait, Granola, Cinnamon Raisin Toast, Juice</p> <p><b>LUNCH</b></p> <p>Barbecue Riblet Mashed Potatoes Steamed Sliced Carrots Sliced Peaches, Wheat Roll</p>	<p>22 Cereal, Graham Crackers, Diced Peaches, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Hamburger on WG Bun Potato Tots Sandwich Salad Cups Orange Wedges</p>	 <p>Low fat and Fat Free flavored and unflavored Milk served with all meals</p>
<p>25 Cereal, Graham Crackers, Mandarin Oranges, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Chicken &amp; Sausage Pastalaya Steamed Green Beans Fresh Caesar Salad Chilled Fresh Grapes Soft Wheat Roll</p>	<p>26 Waffle, Sausage links, Pineapples, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Fajita Chicken Bowl Pinto Beans Pico De Gallo Chilled Tropical Fruit Tortilla Chips</p>	<p>27 Apple Cinnamon Muffin, Yogurt, Diced Pears, Juice</p> <p><b>LUNCH</b></p> <p>Spaghetti &amp; Meatballs Steamed Green Peas Fresh Caesar Salad Chilled Diced Pears Soft Wheat Roll</p>	<p>28 Pancake &amp; Sausage Wraps, Sliced Apples, Fruit Juice</p> <p><b>LUNCH</b></p> <p>Pepperoni Pizza Steamed Whole corn Caesar Salad Chilled Grapes</p>	<p>29 Cereal, Graham Crackers, Banana, Fruit Juice</p> <p><b>LUNCH</b></p> <p>All American Mini Sub (Sliced Ham &amp; Turkey) Sandwich Salad Cups Apples, Sunchips</p>	 <p><b>USDA is an equal opportunity provider and employer</b></p>

MARCH – NATIONAL NUTRITION MONTH



2024 NATIONAL NUTRITION MONTH®

— A CAMPAIGN By —

THE ACADEMY OF NUTRITION AND DIETETICS

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. Choosing a variety of foods from all of the food groups will give them the energy they need between meals.

It helps to plan and portion out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one to two hours before meals.

It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices.

Better yet, let the kids help prepare the healthy snacks.



Here are a few easy, tasty (and healthy) snacks to help you get started.

*Adults may need to help with some of these.*

1. **Parfait:** Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
2. **Toast a whole grain waffle** and top with low-fat yogurt and sliced fruit or smooth nut butter.
3. **Blend low-fat milk,** frozen strawberries and a banana for thirty seconds for a delicious smoothie.
4. **Sandwich cut-outs:** Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
5. **Mini-pizza:** Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
6. **Frozen treats:** Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
7. **Quesadilla:** Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
8. **Spread hummus** on a tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
9. **Stuff a whole-grain pita pocket** with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.



# Coma Bien

Consejos sobre alimentación, nutrición y salud de la Academia de Nutrición y Dietética



## Consejos inteligentes sobre refrigerios para niños

Los refrigerios pueden desempeñar un papel importante para ayudar a satisfacer las necesidades nutricionales de los niños. Consumir una variedad de alimentos de todos los grupos de alimentos les proporcionará la energía que necesitan entre comidas.

Es útil planificar y repartir los refrigerios con anticipación. Los niños generalmente solo necesitarán 2 o 3 refrigerios al día, y estos deben proporcionarse al menos una o dos horas antes de las comidas.

Se recomienda que los refrigerios (y comidas) se consuman en un área sin distracciones. Así que evite comer refrigerios mientras mira televisión o cuando usa otros aparatos electrónicos.

Mejor aún, deje que los niños le ayuden a preparar los refrigerios saludables.

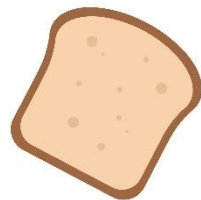
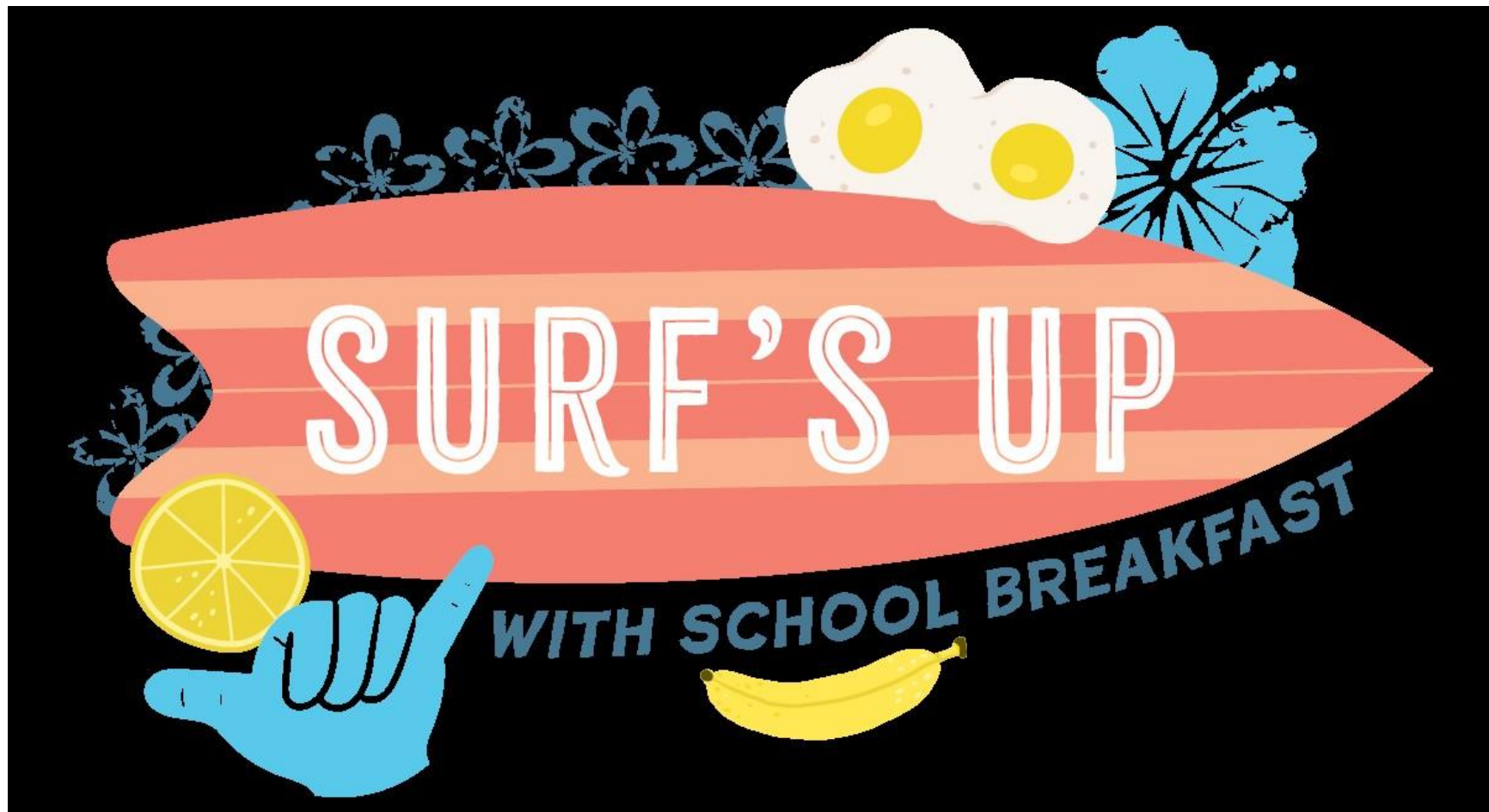


## Aquí hay algunos refrigerios fáciles, sabrosos (y saludables) para ayudarlo a comenzar.

*Puede que los adultos necesiten ayudar con algunos de estos.*

1. **Parfait:** Haga capas con yogur bajo en grasa, de vainilla o sin sabor, fruta y cereal seco.
2. **Tueste un waffle de grano integral** y cúbralo con yogur bajo en grasa y frutas en rodajas o mantequilla de nueces suave.
3. **Licue leche baja en grasa**, fresas congeladas y una banana por treinta segundos para un delicioso batido.
4. **Recortes de sándwich:** Haga un sándwich con pan integral. Recorte su forma favorita con un cortador de galletas grande. ¡Coma la forma divertida y los bordes también!
5. **Mini-pizza:** Tueste un muffin inglés integral, rocíelo con salsa de pizza y espolvoréelo con queso mozzarella bajo en grasa.
6. **Delicias congeladas:** Mezcle cantidades iguales de yogur sin grasa, con o sin sabor, con jugo de fruta 100 %, luego viértalo en vasos de papel y congélelos para obtener un sabroso manijar.
7. **Quesadilla:** Espolvoree queso rallado sobre una tortilla de maíz o de trigo integral; dóblela por la mitad y caliéntela en el microondas durante veinte segundos. Cúbrala con salsa.
8. **Esparza hummus** en una tortilla. Agregue una rebanada de pavo o jamón, queso bajo en grasa y lechuga. Luego enróllela.
9. **Rellene el bolsillo de una pita integral** con queso ricotta y rodajas de manzana Granny Smith. Agregue una pizca de canela.

# NATIONAL SCHOOL BREAKFAST WEEK (NSBW) MARCH 4 - 8





### SPECIAL DIET REQUESTS

*Special diet requests will not be accommodated without a 2023 - 2024 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 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 2023 – 2024 School Year form.

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