



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

MARCH 2026

MENUS

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 French Toast Sticks, Sausage Links, Mixed Fruit, Juice BRUNCH Enchanted Pancakes & Sausage Baby Carrots & Celery Sticks Fresh Berries Ranch Dip	3 Royal Berry-Banana Smoothie/Parfait, Graham Crackers, Juice TACO TUESDAY Taco Salad Refried Beans Lettuce/Cheese Cups Orange Wedges Sour Cream, Salsa	4 Adventurers Grits, Sausage Links, Toast, Diced Pears, Juice LUNCH Chicken Sandwich Sweet Potato Fries Sandwich Salad Cups Chilled Sliced Peaches	5 Assorted Cereal, Graham Crackers, Sliced Peaches, Juice BRUNCH Rise & Shine Sausage Biscuit Seasoned Potatoes Baby Carrots & Broccoli w/ dip 100% Fruit Juice Berry Yogurt	6 Breakfast pizza Bagel, Chilled Apple Slices, Juice LUNCH Turkey & Cheese Mini Sub Sandwich Salad Cup Frozen Fruit Sidekicks Goldfish
NATIONAL SCHOOL BREAKFAST WEEK (NSBW) MARCH 2-6				
9 Cereal, Graham Crackers, Sliced Peaches, Fruit Juice LUNCH Roasted Pepper Rice w/ chicken Steamed Spinach Sweet Potatoes Chilled Grapes Wheat Roll	10 French Toast Sticks, Sausage Links, Fruit Juice, Diced Pears TACO TUESDAY Taco Salad Refried Beans Lettuce, Cheese Cup Tropical Fruit Sour Cream, Salsa	11 Canadian Bacon & Egg Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Spaghetti & Meatsauce Steamed Green Beans Caesar Salad Chilled Diced Pears Garlic Bread	12 Cinnamon Oatmeal, French Toast Slice, Fresh Berries, Juice LUNCH Hot dog on Bun Potato Tots Fresh Garden Salad Frozen Fruit Sidekicks	13  Virtual Day for Students
16 Blueberry Muffin, String Cheese, Orange Wedges, Juice LUNCH Homestyle Red Beans Steamed Brown Rice Fresh Spring Salad w/ tomatoes Chilled Mixed Fruit Warm Cornbread	17 Pancakes & Sausage, Hashbrown, Fruit Juice LUNCH Barbecue Meatballs Macaroni & Cheese Sweet potatoes Steamed Broccoli	18 Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Chicken & Sausage Gumbo Steamed Rice Grilled Cheese Sandwich Fresh Garden Salad Fresh Louisiana Strawberries	19 Chicken Biscuit, Seasoned Potatoes, Fruit juice LUNCH Ham & Cheese Po-Boy Sandwich Salad Cup Orange Wedges Goldfish	20 Cheesy Grits, Sausage Links, Applesauce, Juice, Graham Crackers LUNCH BBQ Burger on WG Bun Potato Tots or Baked Beans Sandwich Salad Cups Frozen Peaches (cup)
LOUISIANA SCHOOL LUNCH WEEK MARCH 16-20				
23 Cereal, Graham Crackers, Mandarin Oranges, Fruit Juice LUNCH Navy Beans Steamed Brown Rice Spinach-Cranberry Salad Chilled Sliced Peaches Wheat Roll	24 Breakfast Pizza Bagel, Tropical Fruit, Fruit Juice TACO TUESDAY Taco Salad Refried Beans Lettuce, Cheese Cup Tropical Fruit Sour Cream, Salsa	25 Oatmeal, Graham Crackers, Sliced Peaches, Juice LUNCH Pepperoni Pizza Whole Corn Caesar Salad Chilled Tropical Fruit	26 French Toast Sticks, Sausage Links, Diced Pears, Fruit Juice LUNCH Chicken Nuggets Macaroni & Cheese Steamed Green Beans Garden Salad	27 Canadian Bacon Biscuit, Mandarin Oranges, Fruit Juice LUNCH Grilled Ham & Cheese Sandwich Baby Carrots & Celery Frozen 100% Fruit Sidekicks



MAGIC OF SCHOOL LUNCH

LOUISIANA SCHOOL LUNCH WEEK 2026



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SUBJECT TO CHANGE

NATIONAL SCHOOL BREAKFAST WEEK

MARCH 2 - 6, 2026



WE'RE CELEBRATING LOUISIANA SCHOOL LUNCH WEEK

Dear Families,

We are excited to announce that we will be celebrating Louisiana School Lunch Week from March 16–20, 2026! This year's theme, "The Magic of School Lunch," invites students and staff to explore the wonder and excitement behind the nutritious meals served in our schools.

Louisiana School Lunch Week is a statewide celebration recognizing the vital role that school meals play in the health, growth, and success of our students. During this special week, districts across Louisiana highlight the creativity, nutrition, and dedication behind every school lunch.

Students can look forward to a week of celebrations and special activities designed to make school lunch fun, engaging, and magical for all.

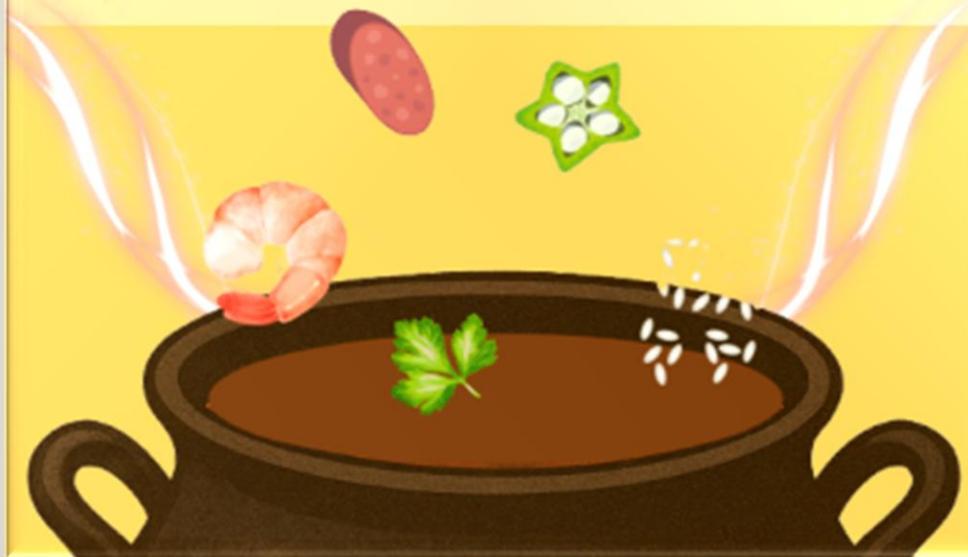
Sincerely,

ISL Food Service Team



IT'S ALMOST LOUISIANA SCHOOL LUNCH WEEK!

*From jambalaya to fresh garden salads,
Louisiana school lunches celebrate local flavor
and healthy choices every day. We're celebrating
the magic in every school lunch March 16-20!*



MAGIC OF



SCHOOL
LUNCH

Louisiana

Week 2026

School Lunch

Broccoli is this month's Harvest of the Month. Did you know...

- Broccoli is a cruciferous vegetable, which means that it is a member of the cabbage family.
- This nutritious veggie is high in fiber, vitamins C and A. In fact, one cup of chopped broccoli contains your entire daily needed intake of vitamin C.
- Broccoli has been grown in the Mediterranean since ancient Roman times.

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



**SEEDS to
SUCCESS**

THE LOUISIANA FARM TO SCHOOL PROGRAM



Broccoli Cheddar Spaghetti Squash

Home Recipe

Serves: 4
Prep Time: 10 minutes
Cook Time: 15 Minutes

Ingredients

- 1 spaghetti squash (about 3 to 4 lbs.)
- 4 tablespoon butter
- 2 cup chopped fresh broccoli
- 1 ½ cup cheddar cheese
- ½ teaspoon pepper
- ¼ teaspoon paprika
- ¼ teaspoon salt
- ½ teaspoon onion powder

Cooking Instructions

- 1) Wash the exterior of the squash and then towel dry. Carefully cut your squash in half lengthwise. Scrape out seeds.
- 2) Place the squash, with the cut side facing down, into a microwave-safe dish filled with 1 inch of water. Place into the microwave and cook in 5-minute intervals. It should take between 10-15 minutes.
- 3) Remove from water and set aside to cool. Once squash is cool enough to touch, use a fork to scrape the squash from the shell. Mix an equal amount of salt, pepper, paprika, and ½ cup of cheese into each half.
- 4) In a medium saucepan heat butter over medium-high heat. Once butter is melted, add chopped broccoli season with pepper and onion powder, sauté for one minute or until broccoli turns bright green. Place on top of squash and sprinkle remaining cheese.

Nutrients Per ½ Cup Serving

• Calories	180
• Total Fat	9.13 g
• Saturated Fat	5 g
• Cholesterol	20.3 mg
• Sodium	263 mg
• Carbohydrates	23.7 g
• Dietary Fiber	6.6 g
• Protein	5.8 g
• Calcium	112 mg
• Iron	1.5 mg
• Vitamin C	31.4 mg



For More Information
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www.SeedstoSuccess.com

This Institution is an equal opportunity provider.





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.

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.

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](#).