



Special diet requests will only be accommodated with a 2025 – 2026 school year diet prescription form on file.
[More Info: Special Dietary Needs](#)

OCTOBER 2025

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
	BREAKFAST <i>Reducing Sugar</i>  Only unflavored reduced fat milk offered	1 BREAKFAST Cereal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH Chicken Pesto Pasta Steamed Mixed Vegetables Caesar Salad Fresh Berries Garlic Bread	2 BREAKFAST Breakfast Rice w/ smoked sausage, Whole Grain Toast, Applesauce, Fruit Juice LUNCH Pepperoni Pizza Whole Corn Caesar Salad Assorted Apples	3 BREAKFAST French Toast Sticks, Sausage links, Orange Wedges, Juice LUNCH Hamburger on WG Bun Potato Tots Sandwich Salad Cup Frozen Strawberries	 SUBJECT TO CHANGE  SWEET POTATOES   Fat Free and Low Fat 1% flavored and unflavored milk available with all meals.
6 BREAKFAST Cereal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH Chicken & Sausage Gumbo Grilled Cheese Sandwich Fresh Garden Salad Chilled Applesauce	7 BREAKFAST Sausage, Egg & Cheese Wrap, Seasoned potatoes, Fruit Juice TACO TUESDAY Nachos Supreme Refried Beans Lettuce/Cheese Cups Chilled Sliced Peaches Salsa, Sour Cream	8 BREAKFAST Blueberry Muffin, Yogurt, Apple Slices, Fruit Juice LUNCH Roasted Chicken Macaroni & Cheese Sweet Potatoes (HOM) Sauteed String Beans Chilled Sliced Pears, WG Roll	9 BREAKFAST Southern Grits, Cheese Omelet, WG Toast, Pear Halves, Juice LUNCH All American Mini Sub (Turkey, Ham & Cheese) Sandwich Salad Cup Assorted Apples	10 BREAKFAST Breakfast Pizza Bagel, Orange Wedges, Fruit Juice BRUNCH Sausage, Egg & Cheese Biscuit Seasoned Potatoes Baby Carrots, Ranch Dip Bananas	
 October 13 - 17School Closed					
20 BREAKFAST Cereal, Graham Crackers, Chilled Diced Peaches, Juice LUNCH Lunch- Meatless Monday Cheese Ravioli w/ Tomato Sauce Steamed Broccoli Florets Chilled Mixed Fruit Soft WG Roll	21 BREAKFAST Ham & Egg Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Hot dog on WG Bun Potato Tots Garden Salad Chilled Mixed Fruit	22 BREAKFAST French Toast, Sausage Links Apple Slices, Fruit Juice LUNCH <i>Southern Style</i> Red Beans Steamed Whole Grain Rice Spinach Salad w/ Tomatoes Baked Cinnamon Apples Cornbread	23 BREAKFAST B-Bowl (Potatoes, Smoked Sausage, Eggs) Toast, Juice LUNCH Turkey & Cheese Mini Sub Sandwich Salad Cup Baby Carrots & Ranch Dip Apples	24 BREAKFAST Oatmeal, WG Toast, Fresh Strawberries, Fruit Juice LUNCH Hamburger on WG Bun Potato Tots Sandwich Salad Cup Orange Wedges	
27 BREAKFAST Pizza Breakfast Bagel, Diced Pears, Fruit Juice LUNCH Barbecue Riblet Mashed Potatoes Steamed Green Beans Chilled Sliced Peaches WG Roll	28 BREAKFAST WG Toast, Grits, Cheese Omelet, Seasoned Potatoes, Fruit Juice TACO TUESDAY Taco Salad Refried Beans Lettuce/Cheese Cups Orange Wedges Salsa, Sour Cream	29 BREAKFAST Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Spaghetti & Meatsauce Steamed Green Beans Caesar Salad Chilled Applesauce Garlic Bread	30 BREAKFAST Waffles, Sausage links, Apple Slices, Fruit Juice LUNCH Toasted Ham & Cheese Cubed Seasoned Potatoes Baby Carrots w/ Ranch Dip Fresh Grapes	31  Progress Report Conferences (No School for Students)	
					"USDA is an equal opportunity provider and employer."



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](#).