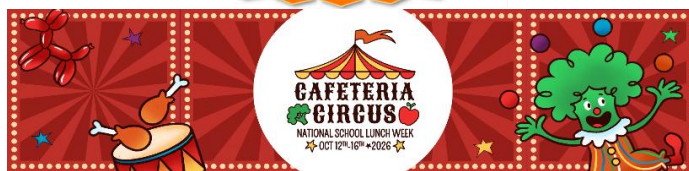


FOOD ALLERGIES

Special diet requests will only be accommodated with a 2026 – 2027 school year diet prescription form on file.

[More Info: Special Dietary Needs](#)

OCTOBER



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 2026-27 school year.

No need to apply for free/reduced-price meals.

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
			1 BREAKFAST Breakfast Rice w/ smoked sausage, Whole Grain Toast, Applesauce, Fruit Juice LUNCH Pepperoni Pizza Whole Corn Caesar Salad Tropical Fruit Mix	2 BREAKFAST French Toast Sticks, Sausage links, Orange Wedges, Juice LUNCH All American Mini Sub (Turkey, Ham & Cheese) Sandwich Salad Cup Assorted Apples	 SUBJECT TO CHANGE  SWEET POTATOES 
5 BREAKFAST Cereal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH Red Beans & Rice Fresh Garden Salad Chilled Diced Peaches Warm Cornbread	6 BREAKFAST Sausage Biscuit, Cubed Potatoes, Fruit Juice NACHO TUESDAY Nachos Supreme Refried Beans Lettuce/Cheese Cups Chilled Sliced Peaches Salsa, Sour Cream	7 BREAKFAST Blueberry Muffin, Yogurt, Apple Slices, Fruit Juice LUNCH Chicken & Sausage Gumbo Grilled Cheese Sandwich Fresh Garden Salad Chilled Applesauce	8 BREAKFAST Buttered Grits, Sausage links, Graham Crackers, Fruit Juice, Applesauce LUNCH Macaroni & Cheese Barbecue Meatballs Steamed Green Beans Caesar Salad, Applesauce	9 BREAKFAST Breakfast Pizza Bagel, Orange Wedges, Fruit Juice BRUNCH Chicken & Waffles Seasoned Potatoes Baby Carrots & Dip Fruit Juice	
 October 12 - 16  School Closed					
19 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	20 BREAKFAST Ham & Egg Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Barbecue Riblet Mashed Potatoes Steamed Green Beans Chilled Diced Peaches WG Roll	21 BREAKFAST French Toast, Sausage Links Apple Slices, Fruit Juice LUNCH Roasted Chicken Seasoned Yellow Rice Sweet Potatoes (HOM) Steamed Green Beans Chilled Diced Pears, WG Roll	22 BREAKFAST B-Bowl (Potatoes, Smoked Sausage, Eggs) Toast, Juice LUNCH Hamburger on WG Bun Potato Tots Sandwich Salad Cup Applesauce	23 BREAKFAST Assorted Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Hot dog on WG Bun Baked Beans Garden Salad Mandarin Oranges	 Fat Free and Low Fat 1% flavored and unflavored milk available with all meals.
26 BREAKFAST Pizza Breakfast Bagel, Diced Pears, Fruit Juice Lunch- Meatless Monday Grilled Cheese Sandwich Tomato Basil Soup Fresh Garden Salad Chilled Orange Wedges	27 BREAKFAST Pancakes, Sausage links, Apple Slices, Fruit Juice TACO TUESDAY Crunchy Tacos Refried Beans Lettuce/Cheese Cups Orange Wedges Salsa, Sour Cream	28 BREAKFAST Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Spaghetti & Meatsauce Steamed Green Beans Caesar Salad Chilled Applesauce Garlic Bread	29 BREAKFAST Sausage Biscuit, Cubed potatoes, Fruit Juice LUNCH Toasted Ham & Cheese Potato Tots Baby Carrots w/ Ranch Dip Fresh Grapes	30  Progress Report Conferences (Virtual Day for Students)	 "USDA is an equal opportunity provider and employer."



SPECIAL DIET REQUESTS

Special diet requests will not be accommodated without a 2026 - 2027 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 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.

For more information contact Melissa Boudreaux at mboudreaux@isl-edu.org or (504) 444-2696

Louisiana HARVEST of the MONTH

Sweet Potatoes



Produce Tips

- Sweet potatoes can be eaten broiled or roasted in the oven, grilled, steamed, or boiled. Sweet potatoes add extra flavor and nutrients to dishes, and are easy to prepare. Though less common in the United States, sweet potato greens are also delicious to eat!
- Once sweet potatoes are gathered and sorted, they are taken to be cured. Curing is the process that helps sweet potatoes to heal from any cuts, bruises or places where the skin has been removed on accident.
- To keep raw sweet potatoes from browning from exposure to the air, soak them in water with a little lemon juice or vinegar.



Fun Facts!

Sweet potatoes are not the same as yams, which are native to Africa and Asia and are starchier and drier than sweet potatoes.

A sweet potato is a root tuber, a fleshy root that stores food for a plant.

Today sweet potatoes are used in cuisines all over the world as a satisfying and versatile vegetable with a well-earned reputation for nutrition.

Sweet potatoes don't get ripe like other crops. They will continue growing as long as the plant has green leaves 120 to 150 days after harvesting.

It takes six to eight weeks after harvest for sweet potatoes to reach their peak sweetness when baked.



Make It

Hot Roasted Sweet Potato Wedges

Ingredients:

3 medium sweet potatoes
(about 1 lb total)
2 Tbsp butter or olive oil
(or a mixture of both)
1/4 tsp salt
1/4 tsp black pepper, ground
1/4 tsp cayenne pepper, dried, ground

Directions:

1. Preheat oven to 400°F.
2. Cut potatoes lengthwise into 3/4-inch thick wedges.
3. In a large shallow baking pan heat butter or oil in oven for 2 minutes.
4. Add potatoes, tossing to coat. Sprinkle on salt and pepper to taste.
5. Place roasted potatoes in middle of oven, gently tossing with a metal spatula halfway through roasting time, 20 minutes total, or until tender.
6. Heat before serving. Serve with tongs or a large spoon.

Did You Know?

In the 1930's, a bad crop of cotton turned farmers in south Louisiana to sweet potatoes as a cash crop. In 2016, Louisiana's total gross farm value for sweet potatoes was estimated at \$43.5 million.



For more information on Louisiana Harvest of the Month, visit
www.SeedstoSuccess.com

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