



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

[More Info: Special Dietary Needs](#)



2025

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
	2 BREAKFAST Ham Biscuit, Cubed Potatoes, Fruit Juice LUNCH Pepperoni Pizza Steamed Whole Corn Caesar Salad Fresh Apples	3 BREAKFAST Pancakes & Sausage, Chilled Diced Pears, Fruit Juice LUNCH Spaghetti & Meatsauce Steamed Green Beans Chilled Applesauce Garlic Bread	4 BREAKFAST Grits Sausage links, Toast, Applesauce, Fruit Juice LUNCH Chicken Sandwich Sandwich Salad cup Potato Tots Fresh Strawberries & Grapes	5 BREAKFAST Cereal, Graham Crackers, Bananas, Fruit Juice LUNCH Turkey Mini Sub Sandwich Salad cup Orange Wedges Ranch Dressing	 SUBJECT TO CHANGE   
8 BREAKFAST Cereal, Graham Crackers, Applesauce, Fruit Juice LUNCH Red Beans & Rice Fresh Garden Salad Chilled Applesauce Warm Cornbread	9 BREAKFAST French Toast Sticks, Sausage links, Mixed Fruit, Fruit Juice LUNCH – Taco Tuesday Taco Salad Refried Beans Lettuce/cheese cups Frozen Strawberry Cups Sour Cream, Salsa	10 BREAKFAST WG Toast, Cheese Omelet, Cubed Potatoes, Fruit Juice LUNCH Salisbury Steak w/ Gravy Mashed Potatoes Steamed Spinach Chilled Sliced Peaches WG Roll	11 BREAKFAST Cinnamon Oatmeal, Raisin Toast, Sliced Peaches, Juice LUNCH Chicken Bites Macaroni & Cheese Steamed Green Beans Fresh Garden Salad Chilled Pear Halves	12 BREAKFAST Blueberry Muffin, Banana, Fruit Juice LUNCH Grilled Cheese Sandwich Cold Pasta Salad Baby Carrots & Ranch Dip Fresh Berries	
15 BREAKFAST Cereal, Graham Crackers, Applesauce, Fruit Juice LUNCH Navy Beans & Rice w/ Sausage Cucumber Tomato Salad Chilled Mixed Fruit Cornbread	16 BREAKFAST Ham & Cheese Toaster, Seasoned Potatoes, Fruit Juice LUNCH Chicken Quesadilla Mexicali Corn Coleslaw Tropical Fruit	17 BREAKFAST Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Spaghetti & Meatballs Steamed Green Peas Caesar Salad Chilled Applesauce	18 BREAKFAST Cheesy Grits, Sausage links, Applesauce, Fruit Juice LUNCH Ham & Cheese Mini Sub Sandwich Salad Cup Apples	19 BREAKFAST Pancakes & Sausage, Orange Wedges, Fruit Juice LUNCH Hamburger on WG Bun Sandwich Salad Cup Potato Tots Fresh Grapes & Strawberries	
22 BREAKFAST Cereal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH “NEW” Chicken & WG Rice Bowl Pinto Beans Pico De Gallo or Corn Salsa Tortilla Chips, Queso Tropical Fruit Mix	23 BREAKFAST Ham & Cheese Croissant, Orange Wedges, Fruit Juice LUNCH – Taco Tuesday Soft Tacos Mexicali Corn Lettuce/cheese Cups Orange Wedges	24 BREAKFAST Fruit & Yogurt Parfait, Raisin Toast, Fruit Juice LUNCH Sliced Turkey w/ Gravy Mashed Potatoes Steamed Broccoli Chilled Applesauce Soft Wheat Roll	25 BREAKFAST French Toast Sticks, Sausage Links, Orange Wedges, Juice LUNCH Chicken Nuggets Macaroni & Cheese Steamed Green Beans Fresh garden Salad	26 BREAKFAST Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Pepperoni Pizza Steamed Corn Caesar Salad Fresh Berries	
29 BREAKFAST Pancake & Sausage Stick, Orange Wedges, Fruit Juice LUNCH – Meatless Monday Grilled Cheese Sandwich Tomato Basil soup Fresh Garden Salad Fresh Grapes	30 BREAKFAST Chicken Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Hot dog on WG Bun Baked Beans Garden Salad Orange Wedges	10/1 BREAKFAST Cereal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH Chicken Pesto Pasta NEW Steamed Mixed Vegetables Caesar Salad, Fresh Melons Garlic Bread	 1% flavored and unflavored milk available with all meals.		

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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 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.

ON THE HORIZON: **NEW** MENU ITEMS

New Menu Item Coming Soon -



Chicken Pesto Pasta

COMING SOON - Fajita Chicken Rice Bowl



September 21st

September 2025 Pilot – Student Acceptance BREAKFAST SMOOTHIES (ISL UPTOWN)



ISL Café

“Big Taste, Small Price”

MEAL PRICES	
Menu Item	Price
BREAKFAST	
Student Breakfast (One FREE breakfast meal per day)	\$0.00
Student Extra Breakfast Meal	\$4.00
ISL Staff	\$3.00
Visitor	\$4.00
Milk	\$0.50
Bottled Water (8 oz)	\$0.50
LUNCH	
Student Lunch (one FREE lunch meal per day)	\$0.00
Student Extra Lunch Meal	\$5.00
ISL Staff	\$5.00
Visitor	\$6.00
Milk	\$0.50
Bottled Water (8 oz)	\$0.50

MEAL PRICES - EXTRA SALE ITEMS

Menu Item	Price
Bottled Water (8 oz)	\$0.50
Chips/Popcorn	\$1.00
Cookie	\$1.00
Frozen Treat	\$1.00
Fruit Juice (4 oz)	\$0.50
Fruit Juice (6.75 oz)	\$0.75
Fruit/Vegetable	\$1.00
Milk – Nonflavored (1% / skim), 1% choc., 1% straw.	\$0.50
Pizza (1 slice)	\$1.00
Roll/Bread	\$0.50
Themed Salad Bar (Potato, Taco, Veggie, etc.)	\$3.00
Soy/Almond Milk	\$1.50

Offer vs. Serve ~ Breakfast

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

BUILD A **POWER FUELED** BREAKFAST



CHOOSE AT LEAST 3 ITEMS



TAKE 1/2 CUP FRUIT OR VEGETABLE



4 items



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Offer vs. Serve ~ Lunch

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COLOR
is **FLAVOR**

#5formaxflavor

Choose 3 or more
colorful food groups

Take at least ½ cup
fruit and/or vegetable



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