



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

[More Info: Special Dietary Needs:](#)

ISL-edu.org/food-services



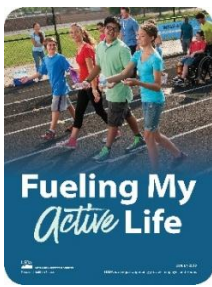
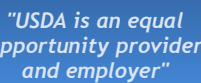
2026

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
8/31 BREAKFAST Chicken Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Red Beans & Rice Baked Cinnamon Apples Spinach Salad w/ Tomatoes Warm Cornbread	1 BREAKFAST Breakfast Pizza, Banana, Fruit juice LUNCH – Taco Tuesday Crunchy Tacos Spanish Rice Salad Cups Chilled Tropical Fruit	2 BREAKFAST Fruit & Yogurt Parfait, WG Toast, LUNCH Sliced Turkey w/ Gravy Mashed Potatoes Steamed Mixed Vegetables Chilled Applesauce, WG Roll	3 BREAKFAST Blueberry Muffin, String Cheese, Apple Slices, Fruit Juice LUNCH Macaroni & Cheese Barbecue Meatballs Steamed Corn Garden Salad, Pineapple tidbits	4 BREAKFAST Cereal, Graham Crackers, Strawberries, Fruit Juice LUNCH Ham & Cheese Toaster Fresh Baby Carrots w/ dip Bananas Sunchips	 SUBJECT TO CHANGE  
7 	8 BREAKFAST Waffles, Chicken Bites, Seasoned Potatoes, Juice LUNCH Chicken Quesadillas Spanish Rice Whole Kernel Corn Frozen Strawberry Cups	9 BREAKFAST WG Cereal, Diced Peaches, Graham Crackers, Juice LUNCH Spaghetti & Meatsauce Broccoli & Cauliflower Caesar Salad Diced Peaches, Garlic Bread	10 BREAKFAST Buttered Grits, Sausage links, Grahams, Mixed Fruit, Juice LUNCH Hot dog on WG Bun Baked Beans Garden Salad Sliced Apples Teddy Grahams	11 BREAKFAST Sausage Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Chicken Nuggets Macaroni & Cheese Steamed Green Beans Fresh Garden Salad Chilled Applesauce	
14 BREAKFAST Sausage, Egg & Cheese Wrap, Seasoned Potatoes, Fruit Juice LUNCH Alfredo Pasta w/ Chicken Steamed Broccoli Caesar Salad Chilled Mixed Fruit Garlic Bread	15 BREAKFAST Ham & Cheese Toaster, Seasoned Potatoes, Juice LUNCH Supreme Beef Nachos Refried Beans Salad Cups, Chilled Grapes	16 BREAKFAST Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Chicken & Gravy, WG Rice Sweet Potatoes Steamed Green Beans Baked Cinnamon Apples Soft WG Roll	17 BREAKFAST Oatmeal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH Turkey & Cheese Mini Sub Sandwich Salad Cup Chilled Applesauce Sunchips	18 BREAKFAST Pancakes & Sausage, Orange Wedges, Fruit Juice LUNCH Hamburger on WG Bun Sandwich Salad Cup Potato Tots Frozen Strawberry Cups	
21 BREAKFAST Cereal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH Red Beans & Rice Steamed WG Rice Tomato Cucumber Salad Mandarin Oranges, Cornbread	22 BREAKFAST Blueberry Muffin, Banana, Fruit Juice BRUNCH Sausage & Egg Biscuit Seasoned Potatoes Baby Carrots Fruit Juice	23 BREAKFAST Ham & Cheese Croissant, Seasoned Potatoes, Fruit Juice LUNCH Pastalaya w/ Chicken & Sausage Steamed Broccoli & Cauliflower Chilled Diced Pears Soft WG Roll	24 BREAKFAST French Toast Sticks, Sausage Links, Orange Wedges, Juice LUNCH Pepperoni Pizza Steamed Corn Caesar Salad Chilled Pineapple Tidbits	25 BREAKFAST Cereal, Graham Crackers, Banana, Fruit Juice LUNCH Chicken Fajitas Spanish Rice Mexicali Corn Creamy Cole Slaw Tropical Fruit	
28 BREAKFAST Ham & Cheese Toaster, Diced Pears, Fruit Juice LUNCH Barbecue Riblet Mashed Potatoes, Mixed Veggies Chilled Mixed Fruit, WG Roll	29 BREAKFAST Chicken Biscuit, Seasoned Potatoes, Fruit Juice LUNCH Crunchy Tacos Fiesta Rice Salad Cups, Orange Wedges	30 BREAKFAST Cereal, Graham Crackers, Diced Peaches, Fruit Juice LUNCH Roasted Pepper Rice w/ Chicken Steamed Green Beans Diced Pears, Soft WG Roll	 1% flavored and unflavored milk available with all meals		 "USDA is an equal opportunity provider and employer"

Louisiana HARVEST of the MONTH

Rice



Storing Tips

- Store dry rice in a food-safe, sealed container or bag to keep out dust, moisture, and pests.
- Dry white rice can be stored in the cupboard for several years.
- Dry brown rice can be stored in the cupboard for six months, in the refrigerator for 12 months, and in the freezer for two years.
- Store cooked rice in a sealed container in the refrigerator for 3 to 5 days or freeze for up to 6 months. To freeze, divide into portions. Label container with amount and date.



Fun Facts!

Starting in 1936, Louisiana began hosting the annual International Rice Festival in Crowley. Today, the event draws more than 150,000 visitors from around the world.

Commercial rice production began in earnest in the second half of the 19th century, helped by railways that transported the crop to New Orleans.

Rice farms in Louisiana are most common along the southern lowlands of the state, helped along by the Mississippi River delta.

Brown rice is a whole grain that contains the bran and germ. These provide fiber and several vitamins and minerals. White rice is a refined grain that has had these parts removed, making it softer and faster to cook.



Make It

Southwestern Rice Bowl

Ingredients:

- 1 tsp vegetable oil
- 1 cup chopped vegetables (bell peppers, onions, corn, tomatoes)
- 1 can of black beans
- 1 cup cooked chicken, chopped or shredded
- 1 cup cooked brown rice
- 2 Tbsp salsa
- 2 Tbsp of shredded cheese
- 1/4 tsp of black pepper

Directions:

1. In a medium skillet, heat oil over medium high heat. Add vegetables and cook until tender, about 3 to 5 minutes.
2. Add cooked chicken, black beans and cooked rice to the skillet and heat through. Mix well and cook until hot.
3. Divide rice mixture between two bowls.
4. Top with salsa and cheese. Serve warm.
5. Refrigerate leftover within 2 hours.

Recipe developed by FoodHubs.com

Helpful Hint

No need for pie weights! Rice is perfect for weighing down a pie crust when pre-cooking an empty pie shell. Line the unbaked pie crust with parchment paper or foil and pour just enough uncooked rice to cover the bottom.



For more information on Louisiana Harvest of the Month, visit
LSUAgCenter.com/LouisianaFarmtoSchool

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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 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.

The Diet Prescription form is in the front office of each school campus and online at <https://www.isl-edu.org/food-services>

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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FNS-015 - March 2023

Offer vs. Serve ~ Lunch

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

COLOR
is **FLAVOR**

#5formaxflavor

Choose 3 or more
colorful food groups

Take at least ½ cup
fruit and/or vegetable



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FNS-019 March 2023