## HOW TO PLACE PRE-ORDERS:

1. Please login to your account at myschoolaccount.com
2. Select "Preorder" and follow the instructions to
"The 6 Easy Steps for Completing the Meal Preorder Process"
3. Select dates, lunch items, and review "Checkout Cart" before finalizing orders. 4. Please complete orders prior to the day of service.
**Please keep MSA account funds current "topped up" to place orders from online account.

Contact admin@catering.ky / 623-2439 for account payment assistance.

## CIS

October 2019

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CLICKE HERE to view all of our school menus. Menus are updated monthly throughout the school year.

|  | Tuesday, October 01, 2019 | Wednesday, October 02, 2019 | Thursday, October 03, 2019 | Friday, October 04, 2019 |
| :---: | :---: | :---: | :---: | :---: |
|  | Mild Jerk Chicken with brown/white rice blend, and steamed veg | Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks | West Indian Chicken Curry with brown/white rice blend, and steamed veg | Beef Sliders with fries,and veggie sticks |
|  | Meatballs in Marinara Sauce with bowtie pasta, and steamed veg | Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks | Mild Escovitch Fish with brown/white rice blend, and steamed veg | Chicken Quesadilla <br> with low-fat sour cream, salsa and corn salad |
|  | Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks | Cold Lunch: Turkey and Swiss Wrap with veggie sticks | Cold Lunch: Chicken Salad on Whole Wheat with veggie sticks | Cold Lunch: Chicken Caesar Wrap with veggie sticks |
|  | Soup: Chicken with whole grain dinner roll | Soup: Tomato (v) with grilled cheese sandwich on whole wheat | Soup: Chicken Noodle with whole grain dinner roll | Soup: Pumpkin (v) with grilled cheese sandwich on whole wheat |
| Monday, October 07, 2019 | Tuesday, October 08, 2019 | Wednesday, October 09, 2019 | Thursday, October 10, 2019 | Friday, October 11, 2019 |
| BBQ Chicken with rice and beans, and plantain | Sweet \& Sour Chicken with brown/white rice blend, and steamed veg | Chicken Tikka Masala with mashed potatoes, a nd steamed veg | Coconut Crusted Chicken with brown/white rice blend, and steamed veg | Premium Turkey Dog with fries, and veggie sticks |
| Roast Beef with rice and beans, and plantain | Pepper Steak with brown/white rice blend, and steamed veg | Teriyaki Salmon with mashed potatoes, a nd steamed veg | Spaghetti in Marinara (v) with steamed veg | Chicken Tenders with potato wedges, and veggie sticks |
| Cold Lunch: Ranch Chicken Wrap with veggie sticks | Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks | Cold Lunch: Turkey and Swiss Wrap with veggie sticks | Cold Lunch: Chicken Salad on Whole Wheat with veggie sticks | Cold Lunch: Chicken Caesar Wrap with veggie sticks |
| Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat | Soup: Chicken with whole grain dinner roll | Soup: Red Bean \& Beef with grilled cheese sandwich on whole wheat | Soup: Chicken Noodle with whole grain dinner roll | Soup: Pumpkin (v) with grilled cheese sandwich on whole wheat |
| Monday, October 14, 2019 | Tuesday, October 15, 2019 | Wednesday, October 16, 2019 | Thursday, October 17, 2019 | Friday, October 18, 2019 |
| Chicken \& Broccoli Penne Alfredo with veggie sticks | Rotisserie Chicken with mashed potatoes, and steamed veg | Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks | SCHOOL CLOSE HALF DAY STAFF IN-SERVICE | SCHOOL CLOSED STAFF IN-SERVICE |
| Beef Stew <br> with brown/white rice blend, and steamed veg | Beef Lasagna with veggie sticks | Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks |  |  |
| Cold Lunch: Ranch Chicken Wrap with veggie sticks | Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks | Cold Lunch: Turkey and Swiss Wrap with veggie sticks |  |  |
| Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat | Soup: Chicken with whole grain dinner roll | Soup: Tomato (v) with grilled cheese sandwich on whole wheat |  |  |
|  |  |  |  |  |
| FALLBREAK | FALLBREAK | FALLBREAK | FALLBREAK | FALLBREAK |
| Monday, October 28, 2019 | Tuesday, October 29, 2019 | Wednesday, October 30, 2019 | Thursday, October 31, 2019 |  |
| Mild Jerk Chicken with brown/white rice blend, and steamed veg | Grilled Chicken with roasted potatoes, and steamed veg | Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks | Mild Chicken Fajitas with brown/white rice blend, and steamed veg |  |
| Cayman Style Beef with brown/white rice blend, and steamed veg | Meatballs in Marinara Sauce with bowtie pasta, and steamed veg | Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks | Baked Fish with Tomato-Lime Salsa with brown/white rice blend, and steamed veg |  |
| Cold Lunch: Ranch Chicken Wrap with veggie sticks | Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks | Cold Lunch: Turkey and Swiss Wrap with veggie sticks | Cold Lunch: Chicken Salad on Whole Wheat with veggie sticks |  |
| Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat | Soup: Chicken with whole grain dinner roll | Soup: Red Bean \& Beef with grilled cheese sandwich on whole wheat | Soup: Chicken Noodle with whole grain dinner roll |  |

## MENU INFORMATION

## Menu Pricing:

Hot Lunch PreK3-Grade 2: $\$ 5.00$
Hot Lunch Grade 3-5: \$5.50
Hot Lunch Grade 6-12: \$6.00
Sandwich Cold Lunch: $\$ 4.00$ / Sub or Wrap: $\$ 5.00$
(served with veggie sticks and ranch dip)
Soup (120z): \$3.50
(served with a dinner roli or griled cheese
small Salad Bar: $\$ 4.50$
choice of greens, 4 toppings including a max. of 1 protein, and 1 dressing Large Salad Bar: $\$ 6.50$
(choice of greens, 6 toppings including a max. of 2 proteins, and 1 dressing
Super Salad Bar: $\$ 7.50$
(choice of greens, all toppings including a max. of 2 proteins, and 1 dressing) Composed Salad: $\$ 6.00$

Beverages:
verages: $\$ 20$
Milk (1/2 Pint Low Fat, 2\% or less): \$1.50
Chocolate Milk ( 6.70 oz ): \$1.50
IP Organic Fruit Juice: $\$ 2.00$
Tropicana Orange Juice: $\$ 1.50$
aCroix Sparkling Water: $\$ 1.50$
Envy 100\% Juice (80z): \$1.50
Smart Fruit Juice: $\$ 1.00$ (Promotional Price until October 31st)

Snacks:
ogie's Gourmet Popcorn: $\$ 2.00$
Oogie's Gourm
Frozen Yogurt: \$2.50
Fruit Cup: $\$ 3.00$
Jello Fruit Cup: $\$ 2.00$
Veggie Sticks \& Dip: $\$ 2.50$
Goldfish/Pretzels: $\$ 1.00$
ays Baked Chips: $\$ 1.25$
uke's Organic Chips: \$1.50
Brownie: \$1.50
Fresh Baked Cookies: $\$ 1.00$
Assorted Muffins (chocolate, banana, and vanilla): \$1.50

Serving Sizes:
Serving Size PreK3- Grade 2: 1.5 oz meat/meat alternative +2 oz staples +1.5 oz vegetables
Serving Size Grade 3-5: 20 z meat/meat alternative +2.5 oz staples +1.5 oz vegetables
Serving Sizes Grade 6-12: 2.5 oz meat/meat alternative +3 oz of staples +2 oz of vegetables
Ordering Process:
Please place orders by using our online ordering system at myschoolaccount.com. Please follow the directions given in our packet istributed at the start of the school year
Accounts may be funded/topped up for the canteen a la carte option. Please keep account current
Please be sure to finalise your orders. Only finalised orders are received by the system
Payment Process and Policies:
NB customers may make online payments to Mise en Place Ltd., from the Cayman National Bank website. Email a screen shot of payment confirmation to admin@catering.ky with the date and reference number visible
For credit and debit card payments, please contact admin@catering.ky or 623-2439
Cash and cheques are accepted at the ARC Canteen.
At this time it is not possible to make payment at Myscholaccount.com. You are not able to use "Deposit Funds" function.
ease make cheques payable to. Mise en Place Ltd.
layments should be received by the 25th of
preceding month for guaranteed first day of the month service
Funds will appear on your child's account within 1 business days upon receipt of payment
For the account a la carte option, please maintain a positive a
Should Mise en Place provide a student lunch with no order or payment, the school will be notified to contact a parent.
Canteen Policies:
afeteria Opening Hours: 11:00am-2:00pm daily when school is in session
ancelations: notice must be received prior to 9:00am on the day of service. Credit will be applied for another lunch date.
Please contact 623-2439 and speak with the MEP school administrator or email admin@catering.ky
Mise en Place is not responsible if students use the canteen beyond their parents specifications.
Please instruct your child as to their daily expenditure limit (to include all lunch, snacks, and beverages).
Please alert us of any food restrictions and allergies.

Nutritional Information:
Proteins: low fat proteins available daily
variety of fish offered at least twice a week (depending on market availability)
mega3 rich proteins are available once every two weeks
red meats are only offered no more than twice a week and are $85 \%$ or more lean
Staples: at least $50 \%$ whole wheat flour or whole grain for all breads, pastas, and baked goods (whole grain option is always available with hot lunch entrées)
Fruit and Vegetables: All lunch entrees include one full serving of vegetables and fruit is available every day
Dairy: low fat ( $2 \%$ or less) plain milk and non-dairy alternatives are available upon request
Pizza: low fat cheese and toppings, and at least $50 \%$ whole wheat flour for crust
Salad Bar: choice of greens, variety of vegetables and fruit, choice of protein, and choice of dressing
Condiments: available in portion controlled servings and salt is not available once food preparation is complete

