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.



October 2019







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
4	Mild Jerk Chicken	Cheese Pizza (v) whole wheat/white flour blend	West Indian Chicken Curry	Beef Sliders
	with brown/white rice blend, and steamed veg	and low fat cheese. With veggie sticks	with brown/white rice blend, and steamed veg	with fries,and veggie sticks
	Meatballs in Marinara Sauce	Turkey Pepperoni Pizza whole wheat/white flour	Mild Escovitch Fish	Chicken Quesadilla
	with bowtie pasta, and steamed veg	blend and low fat cheese. With veggie sticks	with brown/white rice blend, and steamed veg	with low-fat sour cream, salsa and corn salad
	Cold Lunch: Ham and Cheddar on Whole Wheat	Cold Lunch: Turkey and Swiss Wrap	Cold Lunch: Chicken Salad on Whole Wheat	Cold Lunch: Chicken Caesar Wrap
	with veggie sticks	with veggie sticks	with veggie sticks	with veggie sticks
	Soup: Chicken	Soup: Tomato (v)	Soup: Chicken Noodle	Soup: Pumpkin (v)
	with whole grain dinner roll	with grilled cheese sandwich on whole wheat	with whole grain dinner roll	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
3Q Chicken	Sweet & Sour Chicken	Chicken Tikka Masala	Coconut Crusted Chicken	Premium Turkey Dog
h rice and beans, and plantain	with brown/white rice blend, and steamed veg	with mashed potatoes,a nd steamed veg	with brown/white rice blend, and steamed veg	with fries, and veggie sticks
ast Beef	Pepper Steak	Teriyaki Salmon	Spaghetti in Marinara (v)	Chicken Tenders
h rice and beans, and plantain	with brown/white rice blend, and steamed veg	with mashed potatoes,a nd steamed veg	with steamed veg	with potato wedges, and veggie sticks
old Lunch: Ranch Chicken Wrap	Cold Lunch: Ham and Cheddar on Whole Wheat	Cold Lunch: Turkey and Swiss Wrap	Cold Lunch: Chicken Salad on Whole Wheat	Cold Lunch: Chicken Caesar Wrap
th veggie sticks	with veggie sticks	with veggie sticks	with veggie sticks	with veggie sticks
oup: Chunky Vegetable (v)	Soup: Chicken	Soup: Red Bean & Beef	Soup: Chicken Noodle	Soup: Pumpkin (v)
th grilled cheese sandwich on whole wheat	with whole grain dinner roll	with grilled cheese sandwich on whole wheat	with whole grain dinner roll	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
nicken & Broccoli Penne Alfredo	Rotisserie Chicken	Cheese Pizza (v) whole wheat/white flour blend	maroundy, colones, 11, 2010	1
th veggie sticks	with mashed potatoes, and steamed veg	and low fat cheese. With veggie sticks		
eef Stew	Beef Lasagna	Turkey Pepperoni Pizza whole wheat/white flour		
th brown/white rice blend, and steamed veg	with veggie sticks	blend and low fat cheese. With veggie sticks	SCHOOL CLOSE HALF DAY	SCHOOL CLOSED
old Lunch: Ranch Chicken Wrap	Cold Lunch: Ham and Cheddar on Whole Wheat	Cold Lunch: Turkey and Swiss Wrap	STAFF IN-SERVICE	STAFF IN-SERVICE
ith veggie sticks			STALL IN-SERVICE	OTALL IN-OFICE
	with veggie sticks	with veggie sticks		
oup: Chunky Vegetable (v)	Soup: Chicken	Soup: Tomato (v)		
oup: Chunky Vegetable (v)				
bup: Chunky Vegetable (v) th grilled cheese sandwich on whole wheat	Soup: Chicken	Soup: Tomato (v)		
oup: Chunky Vegetable (v)	Soup: Chicken	Soup: Tomato (v)		
oup: Chunky Vegetable (v)	Soup: Chicken	Soup: Tomato (v)	FALLBREAK	FALLBREAK
oup: Chunky Vegetable (v) th 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
oup: Chunky Vegetable (v) th grilled cheese sandwich on whole wheat	Soup: Chicken with whole grain dinner roll	Soup: Tomato (v) with grilled cheese sandwich on whole wheat FALLBREAK Wednesday, October 30, 2019	FALLBREAK Thursday, October 31, 2019	FALLBREAK
pup: Chunky Vegetable (v) th grilled cheese sandwich on whole wheat FALLBREAK	Soup: Chicken with whole grain dinner roll FALLBREAK	Soup: Tomato (v) with grilled cheese sandwich on whole wheat FALLBREAK		FALLBREAK
rup: Chunky Vegetable (v) h grilled cheese sandwich on whole wheat FALLBREAK Monday, October 28, 2019 Id Jerk Chicken	Soup: Chicken with whole grain dinner roll FALLBREAK Tuesday, October 29, 2019	Soup: Tomato (v) with grilled cheese sandwich on whole wheat FALLBREAK Wednesday, October 30, 2019 Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks	Thursday, October 31, 2019	FALLBREAK
pup: Chunky Vegetable (v) th grilled cheese sandwich on whole wheat FALLBREAK Monday, October 28, 2019 Id Jerk Chicken th brown/white rice blend, and steamed veg	Soup: Chicken with whole grain dinner roll FALLBREAK Tuesday, October 29, 2019 Grilled Chicken	Soup: Tomato (v) with grilled cheese sandwich on whole wheat FALLBREAK Wednesday, October 30, 2019 Cheese Pizza (v) whole wheat/white flour blend	Thursday, October 31, 2019 Mild Chicken Fajitas	FALLBREAK A A A A A A A A A A A A A A A A A A
up: Chunky Vegetable (v) h grilled cheese sandwich on whole wheat FALLBREAK Monday, October 28, 2019 d Jerk Chicken h brown/white rice blend, and steamed veg	Soup: Chicken with whole grain dinner roll FALLBREAK Tuesday, October 29, 2019 Grilled Chicken with roasted potatoes, and steamed veg	Soup: Tomato (v) with grilled cheese sandwich on whole wheat FALLBREAK Wednesday, October 30, 2019 Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks	Thursday, October 31, 2019 Mild Chicken Fajitas with brown/white rice blend, and steamed veg	FALLBREAK On the second secon
FALLBREAK Monday, October 28, 2019 Id Jerk Chicken h brown/white rice blend, and steamed veg	Soup: Chicken with whole grain dinner roll FALLBREAK Tuesday, October 29, 2019 Grilled Chicken with roasted potatoes, and steamed veg Meatballs in Marinara Sauce	Soup: Tomato (v) with grilled cheese sandwich on whole wheat FALLBREAK Wednesday, October 30, 2019 Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks Turkey Pepperoni Pizza whole wheat/white flour	Thursday, October 31, 2019 Mild Chicken Fajitas with brown/white rice blend, and steamed veg Baked Fish with Tomato-Lime Salsa	FALLBREAK Solve of the second
Monday, October 28, 2019 Id Jerk Chicken h brown/white rice blend, and steamed veg lyman Style Beef h brown/white rice blend, and steamed veg ld Lunch: Ranch Chicken Wrap	Soup: Chicken with whole grain dinner roll FALLBREAK Tuesday, October 29, 2019 Grilled Chicken with roasted potatoes, and steamed veg Meatballs in Marinara Sauce with bowlie pasta, and steamed veg	Soup: Tomato (v) with grilled cheese sandwich on whole wheat FALLBREAK Wednesday, October 30, 2019 Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks	Thursday, October 31, 2019 Mild Chicken Fajitas with brown/white rice blend, and steamed veg Baked Fish with Tomato-Lime Salsa with brown/white rice blend, and steamed veg	FALLBREAK
pup: Chunky Vegetable (v) th qrilled cheese sandwich on whole wheat FALLBREAK Monday, October 28, 2019	Soup: Chicken with whole grain dinner roll FALLBREAK Tuesday, October 29, 2019 Grilled Chicken with roasted potatoes, and steamed veg Meatballs in Marinara Sauce with bowtie pasta, and steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat	Soup: Tomato (v) with grilled cheese sandwich on whole wheat FALLBREAK FALLBREAK Wednesday, October 30, 2019 Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks Cold Lunch: Turkey and Swiss Wrap	Thursday, October 31, 2019 Mild Chicken Fajitas with brown/white rice blend, and steamed veg Baked Fish with Tomacto-Lime Salsa with brown/white rice blend, and steamed veg Cold Lunch: Chicken Salad on Whole Wheat	FALLBREAK

MENU INFORMATION

Menu Pricina:

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 (12oz): \$3.50

(served with a dinner roll or grilled 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:

Just Water: \$2.00

Milk (1/2 Pint Low Fat, 2% or less): \$1.50

Chocolate Milk (6.70 oz): \$1.50 PIP Organic Fruit Juice: \$2.00 Tropicana Orange Juice: \$1.50 LaCroix Sparkling Water: \$1.50 Envy 100% Juice (8oz): \$1.50

Smart Fruit Juice: \$1.00 (Promotional Price until October 31st)

Snacks:

Oogie's Gourmet Popcorn: \$2.00

Fig Bar: \$1.00 Frozen Yogurt: \$2.50 Fruit Cup: \$3.00

Jello Fruit Cup: \$2.00 Veggie Sticks & Dip: \$2.50 Goldfish/Pretzels: \$1.00 Lays Baked Chips: \$1.25 Luke'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: 2oz 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 distributed 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:

CNB 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 Myschoolaccount.com. You are not able to use "Deposit Funds" function.

Please make cheques payable to: Mise en Place Ltd.

For all returned cheques, a \$20 bank fee will be applied

All payments should be received by the 25th of the 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.

Cut off time for pre-ordered meals will be one business day prior to each day of service.

For the account a la carte option, please maintain a positive account balance. Please activate the Low Balance Notification on the MSA website.

Should Mise en Place provide a student lunch with no order or payment, the school will be notified to contact a parent.

Canteen Policies:

Cafeteria Opening Hours: 11:00am-2:00pm daily when school is in session

Cancelations: 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)

Omega3 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