

**HOW TO PLACE PRE-ORDERS:**

1. Please login to your account at [myschoolaccount.com](https://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](mailto:admin@catering.ky) / 623-2439 for account payment assistance.

**CIS**  
**JANUARY 2019**



[CLICKE HERE to view all of our school menus. Menus are updated monthly throughout the school year.](#)

Monday, January 7, 2019	Tuesday, January 8, 2019	Wednesday, January 9, 2019	Thursday, January 10, 2019	Friday, January 11, 2019
<b>BBQ Chicken</b> with gungo peas and rice, and steamed veg	<b>Rotisserie Chicken</b> with roasted potatoes, and steamed veg	<b>Cheese Pizza (v)</b> whole wheat/white flour blend and low fat cheese. With veggie sticks	<b>Coconut Crusted Chicken</b> with brown/white rice blend, and steamed veg	<b>Fish &amp; Chips</b> with green peas
<b>Beef Stew</b> with gungo peas and rice, and steamed veg	<b>Spaghetti in Marinara (v)</b> with steamed veg	<b>Turkey Pepperoni Pizza</b> whole wheat/white flour blend and low fat cheese. With veggie sticks	<b>Shepherd's Pie</b> with steamed veg	<b>Chicken Tikka Masala</b> with brown/white rice blend, and green peas
<b>Cold Lunch:</b> Ranch Chicken Wrap with veggie sticks	<b>Cold Lunch:</b> Ham and Cheddar on Whole Wheat with veggie sticks	<b>Cold Lunch:</b> Turkey and Swiss Wrap with veggie sticks	<b>Cold Lunch:</b> Chicken Salad on Whole Wheat with veggie sticks	<b>Cold Lunch:</b> Chicken Caesar Wrap with veggie sticks
<b>Soup:</b> Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	<b>Soup:</b> Chicken with whole grain dinner roll	<b>Soup:</b> Tomato (v) with grilled cheese sandwich on whole wheat	<b>Soup:</b> Chicken Noodle with whole grain dinner roll	<b>Soup:</b> Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, January 14, 2019	Tuesday, January 15, 2019	Wednesday, January 16, 2019	Thursday, January 17, 2019	Friday, January 18, 2019
<b>Mild Jerk Chicken</b> with rice and beans, and plantain	<b>Sweet &amp; Sour Chicken</b> with brown/white rice blend, and steamed veg	<b>Chicken Parmesan</b> with mashed potatoes, and steamed broccoli	<b>West Indian Chicken Curry</b> with brown/white rice blend, and steamed veg	<b>Beef Sliders</b> with fries, and veggie sticks
<b>Pepper Steak</b> with rice and beans, and plantain	<b>Baked Mac &amp; Cheese (v)</b> with veggie sticks	<b>Roast Beef</b> with mashed potatoes, and steamed broccoli	<b>Mild Escovitch Fish</b> with brown/white rice blend, and steamed veg	<b>Chicken Tenders</b> with fries, and veggie sticks
<b>Cold Lunch:</b> Ranch Chicken Wrap with veggie sticks	<b>Cold Lunch:</b> Ham and Cheddar on Whole Wheat with veggie sticks	<b>Cold Lunch:</b> Turkey and Swiss Wrap with veggie sticks	<b>Cold Lunch:</b> Chicken Salad on Whole Wheat with veggie sticks	<b>Cold Lunch:</b> Chicken Caesar Wrap with veggie sticks
<b>Soup:</b> Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	<b>Soup:</b> Chicken with whole grain dinner roll	<b>Soup:</b> Red Bean & Beef with grilled cheese sandwich on whole wheat	<b>Soup:</b> Chicken Noodle with whole grain dinner roll	<b>Soup:</b> Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019	Friday, January 25, 2019
<b>Teriyaki Salmon</b> with brown/white rice blend, and steamed veg	<b>Penne Primavera Pasta (v)</b> with steamed veg	<b>Cheese Pizza (v)</b> whole wheat/white flour blend and low fat cheese. With veggie sticks	<b>Beef Quesadillas</b> with low-fat sour cream, salsa, and corn salad	<b>Premium Turkey Dog</b> with potato wedges, and veggie sticks
<b>Coconut Crusted Chicken</b> with brown/white rice blend, and steamed veg	<b>Herb Crusted Chicken Breast</b> with roasted potatoes, and steamed veg	<b>Turkey Pepperoni Pizza</b> whole wheat/white flour blend and low fat cheese. With veggie sticks	<b>Grilled Chicken</b> with brown/white rice blend, and steamed veg	<b>BBQ Chicken</b> with mashed potatoes, and steamed veg
<b>Cold Lunch:</b> Ranch Chicken Wrap with veggie sticks	<b>Cold Lunch:</b> Ham and Cheddar on Whole Wheat with veggie sticks	<b>Cold Lunch:</b> Turkey and Swiss Wrap with veggie sticks	<b>Cold Lunch:</b> Chicken Salad on Whole Wheat with veggie sticks	<b>Cold Lunch:</b> Chicken Caesar Wrap with veggie sticks
<b>Soup:</b> Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	<b>Soup:</b> Chicken with whole grain dinner roll	<b>Soup:</b> Tomato (v) with grilled cheese sandwich on whole wheat	<b>Soup:</b> Chicken Noodle with whole grain dinner roll	<b>Soup:</b> Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	
<b>PUBLIC HOLIDAY NATIONAL HEROES' DAY</b>	<b>Turkey Lasagne</b> with veggie sticks	<b>Sweet &amp; Sour Chicken</b> with fried rice, and steamed veg	<b>West Indian Chicken Curry</b> with brown/white rice blend, and steamed veg	
	<b>Rotisserie Chicken</b> with brown/white rice blend, and steamed veg	<b>Beef &amp; Broccoli Stir Fry</b> with fried rice, and steamed veg	<b>Mild Escovitch Fish</b> with brown/white rice blend, and steamed veg	
	<b>Cold Lunch:</b> Ham and Cheddar on Whole Wheat with veggie sticks	<b>Cold Lunch:</b> Turkey and Swiss Wrap with veggie sticks	<b>Cold Lunch:</b> Chicken Salad on Whole Wheat with veggie sticks	
	<b>Soup:</b> Chicken with whole grain dinner roll	<b>Soup:</b> Red Bean & Beef with grilled cheese sandwich on whole wheat	<b>Soup:</b> 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 (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
- Tropicana Orange Juice:** \$1.50
- Envy 100% Juice (6oz):** \$1.50
- CapriSun 100% Juice:** \$1.00
- Honest Kids Organic Juice (6.75oz):** \$1.00

**Snacks:**

- Frozen Yogurt:** \$2.50
- Fruit Salad:** \$2.00
- Large Jello Fruit Cup:** \$2.00

**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](https://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](mailto:admin@catering.ky) with the date and reference number visible. For credit and debit card payments, please contact [admin@catering.ky](mailto: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. Cancellations: 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](mailto:admin@catering.ky)**

Mise en Place is not responsible if students use the canteen beyond their parents specifications.

**Veggie Sticks & Dip:** \$2.50  
**Popcorn/Goldfish/Pretzels:** \$1.00  
**Baked Chips:** \$1.25  
**Cheese Curls:** \$1.50  
**Brownie:** \$1.50  
**Fresh Baked Cookies:** \$1.00  
**Assorted Muffins (chocolate, banana, and vanilla):** \$1.50

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