

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
MARCH 2019



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

Monday, March 4, 2019				Tuesday, March 5, 2019				Wednesday, March 6, 2019				Thursday, March 7, 2019				Friday, March 8, 2019			
STAFF IN-SERVICE SCHOOL CLOSED				STAFF IN-SERVICVE SCHOOL CLOSED				ASH WEDNESDAY PUBLIC HOLIDAY				MID-TERM BREAK SCHOOL CLOSED				MID-TERM BREAK SCHOOL CLOSED			
Turkey Chili Nachos with cheese, and corn salad				Swedish Meatballs with bowtie pasta, and steamed veg				Cheese Pizza (v) 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				Premium Turkey Dog with potato wedges, and veggie sticks			
Mid Jerk Chicken with brown/white rice blend, and steamed veg				Sweet & Sour Chicken with brown/white rice blend, and steamed veg				Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks				West Indian Chicken Curry with brown/white rice blend, and 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, March 11, 2019				Tuesday, March 12, 2019				Wednesday, March 13, 2019				Thursday, March 14, 2019				Friday, March 15, 2019			
BBQ Chicken with brown/white rice blend, and steamed veg				Baked Mac & Cheese (v) with veggie sticks				Grilled Chicken with brown/white rice blend, and steamed veg				Teriyaki Beef with fried rice, and steamed veg				BBQ Chicken Sliders with fries, and veggie sticks			
Pepper Steak with brown/white rice blend, and steamed veg				Rotisserie Chicken with brown/white rice blend, and steamed veg				Beef Stew with brown/white rice blend, and steamed veg				Chicken & Vegetable Stir Fry with fried rice, and steamed veg				Fish & Chips with fries, and garden peas			
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: 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, March 18, 2019				Tuesday, March 19, 2019				Wednesday, March 20, 2019				Thursday, March 21, 2019				Friday, March 22, 2019			
Turkey Chili Nachos with cheese, and corn salad				Chicken & Broccoli Penne Alfredo with steamed veg				Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks				Homemade Fish Sticks with mashed potatoes, and steamed veg				Beef Sliders with potato wedges, and veggie sticks			
Mid Jerk Chicken with brown/white rice blend, and steamed veg				Meatloaf with gravy with roasted potatoes, and steamed veg				Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks				Mild Chicken Fajitas with mashed potatoes, and 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, March 25, 2019				Tuesday, March 26, 2019				Wednesday, March 27, 2019				Thursday, March 28, 2019				Friday, March 29, 2019			
Turkey Chili Nachos with cheese, and corn salad				Chicken & Broccoli Penne Alfredo with steamed veg				Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks				Homemade Fish Sticks with mashed potatoes, and steamed veg				Beef Sliders with potato wedges, and veggie sticks			
Mid Jerk Chicken with brown/white rice blend, and steamed veg				Meatloaf with gravy with roasted potatoes, and steamed veg				Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks				Mild Chicken Fajitas with mashed potatoes, and 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			

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 (8oz): \$1.50
- CapriSun 100% Juice: \$1.00

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. 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.

Honest Kids Organic Juice (6.75oz): \$1.00

Snacks:

Frozen Yogurt: \$2.50

Fruit Salad: \$2.00

Large Jello Fruit Cup: \$2.00

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

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@caterying.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