

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

APRIL 2019



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

Monday, April 1, 2019	Tuesday, April 2, 2019	Wednesday, April 3, 2019	Thursday, April 4, 2019	Friday, April 5, 2019
Mild Jerk Chicken with rice and beans, and steamed veg Cayman Style Beef with rice and beans, and steamed veg Cold Lunch: Ranch Chicken Wrap with veggie sticks Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	Rotisserie Chicken with brown/white rice blend, and steamed veg Pepper Steak with brown/white rice blend, and steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken with whole grain dinner roll	Grilled Chicken with mashed potatoes, and steamed veg Meatballs in Marinara Sauce with bowtie pasta, and steamed veg Cold Lunch: Turkey and Swiss Wrap with veggie sticks Soup: Tomato (v) with grilled cheese sandwich on whole wheat	West Indian Chicken Curry with brown/white rice blend, and steamed veg Mild Escovitch Fish with brown/white rice blend, and steamed veg Cold Lunch: Chicken Salad on Whole Wheat with veggie sticks Soup: Chicken Noodle with whole grain dinner roll	Premium Turkey Dog with fries, and veggie sticks Chicken Tenders with fries, and veggie sticks Cold Lunch: Chicken Caesar Wrap with veggie sticks Soup: Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, April 8, 2019	Tuesday, April 9, 2019	Wednesday, April 10, 2019	Thursday, April 11, 2019	Friday, April 12, 2019
Turkey Chili Nachos with cheese, and corn salad Beef Stew with rice and gungo peas, and steamed veg Cold Lunch: Ranch Chicken Wrap with veggie sticks Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	Baked Mac & Cheese with veggie sticks Sweet & Sour Chicken with brown/white rice blend, and steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken with whole grain dinner roll	HALF DAY NO LUNCH SERVICE	Chicken Quesadilla with low-fat sour cream, salsa, and corn salad Beef & Vegetable Stir Fry with Mexican rice, and steamed veg Cold Lunch: Chicken Salad on Whole Wheat with veggie sticks Soup: Chicken Noodle with whole grain dinner roll	Beef Sliders with fries, and veggie sticks Fish & Chips green peas Cold Lunch: Chicken Caesar Wrap with veggie sticks Soup: Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, April 15, 2019	Tuesday, April 16, 2019	Wednesday, April 17, 2019	Thursday, April 18, 2019	Friday, April 19, 2019
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	GOOD FRIDAY PUBLIC HOLIDAY
Monday, April 22, 2019	Tuesday, April 23, 2019	Wednesday, April 24, 2019	Thursday, April 25, 2019	Friday, April 26, 2019
EASTER MONDAY	Spaghetti Bolognese with veggie sticks Coconut Crusted Chicken with brown/white rice blend, and steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken with whole grain dinner roll	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 with veggie sticks Soup: Tomato (v) with grilled cheese sandwich on whole wheat	Chicken Quesadilla with low-fat sour cream, salsa, and corn salad Teriyaki Beef with fried rice, and steamed veg Cold Lunch: Chicken Salad on Whole Wheat with veggie sticks Soup: Chicken Noodle with whole grain dinner roll	BBQ Chicken with mashed potatoes, and steamed veg Premium Turkey Dog with potato wedges, and veggie sticks Cold Lunch: Chicken Caesar Wrap with veggie sticks Soup: Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, April 29, 2019	Tuesday, April 30, 2019			
Turkey Chili Nachos with cheese, and corn salad Cayman Style Beef with brown/white rice blend, and steamed veg Cold Lunch: Ranch Chicken Wrap with veggie sticks Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	Chicken & Broccoli Penne Alfredo with steamed veg Meatloaf with Gravy with brown/white rice blend, and steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken 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 (8oz): \$1.50
- Pip Organic Juice: \$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. 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.

Smart Juice: \$2.00

Snacks:

Frozen Yogurt: \$2.50

Fruit Salad: \$2.00

Large Jello Fruit Cup: \$2.00

Veggie Sticks & Dip: \$2.50

Goldfish: \$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

Luke's Organic Chips: \$2.00

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@caterng.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