

**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.



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

		Wednesday, May 1, 2019	Thursday, May 2, 2019	Friday, May 3, 2019
		Sweet and Sour Chicken with brown/white rice blend, and steamed veg	West Indian Chicken Curry with brown/white rice blend, and steamed veg	Beef Sliders with fries, and veggie sticks
		Baked Mac & Cheese (v) with veggie sticks	Mild Escovitch Fish with brown/white rice blend, and steamed veg	Chicken Tikka Masala with brown/white rice blend, and steamed veg
		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: 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, May 6, 2019	Tuesday, May 7, 2019	Wednesday, May 8, 2019	Thursday, May 9, 2019	Friday, May 10, 2019
Mild Jerk Chicken with rice and peas, and steamed veg	Rotisserie Chicken with mashed potatoes, and steamed veg	Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks	Coconut Crusted Chicken with Mexican rice, and steamed veg	Fish & Chips with green peas
Beef Stew with rice and peas, and steamed veg	Spaghetti in Marinara (v) with steamed veg	Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks	Teriyaki Beef with Mexican rice, and steamed veg	Chicken Tikka Masala 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	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, May 13, 2019	Tuesday, May 14, 2019	Wednesday, May 15, 2019	Thursday, May 16, 2019	Friday, May 17, 2019
BBO Chicken with brown/white rice blend, and steamed veg	Roast Beef with rice and beans, and steamed veg	Grilled Chicken with brown/white rice blend, and steamed veg	West Indian Chicken Curry with brown/white rice blend, and steamed veg	<b>SCHOOL CLOSSES HALF DAY STAFF IN-SERVICE</b>
Cayman Style Beef with brown/white rice blend, and steamed veg	Baked Mac & Cheese (v) with veggie sticks	Turkey Chili Nachos with cheese, and corn salad	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: Tomato (v) with grilled cheese sandwich on whole wheat	Soup: Chicken Noodle with whole grain dinner roll	
Monday, May 20, 2019	Tuesday, May 21, 2019	Wednesday, May 22, 2019	Thursday, May 23, 2019	Friday, May 24, 2019
<b>PUBLIC HOLIDAY</b>	Spaghetti in Marinara (v) with veggie sticks	Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks	Mild Chicken Fajitas with mashed potatoes, and steamed veg	Turkey Chili Nachos with cheese, and corn salad
	Meatloaf with gravy with brown/white rice blend, and steamed veg	Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks	Pepper Steak with mashed potatoes, and steamed veg	Fish & Chips with fries, and 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: 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, May 27, 2019	Tuesday, May 28, 2019	Wednesday, May 29, 2019	Thursday, May 30, 2019	Friday, May 31, 2019
Mild Jerk Chicken with rice and gungo peas, and steamed veg	Turkey Lasagne with veggie sticks	Chicken Quesadilla with low-fat sour cream, salsa and corn salad	Sweet and Sour Chicken with brown/white rice blend, and steamed veg	Premium Turkey Dog with potato wedges, and veggie sticks
Beef Stew with rice and gungo peas, and steamed veg	Rotisserie Chicken with brown/white rice blend, and steamed veg	Beef & Broccoli Stir Fry with fried rice, and steamed veg	Mild Escovitch Fish with brown/white rice blend, and steamed veg	BBQ Chicken Sliders 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: 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

**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

**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.**

PIP Organic Juice: \$1.50  
La Croix Sparkling Water: \$1.00  
Smart Juice: \$2.00  
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

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.

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