

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.



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

Monday, June 3, 2019	Tuesday, June 4, 2019	Wednesday, June 5, 2019	Thursday, June 6, 2019	Friday, June 7, 2019
Sweet and Sour Chicken with brown/white rice blend, and steamed veg	BBQ Chicken with roasted potatoes, and steamed veg	Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks	Mild Chicken Fajitas with brown/white rice blend, and steamed veg	Beef Sliders with fries, and veggie sticks
Cayman Style Beef with brown/white rice blend, 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	Pepper Steak with brown/white rice blend, and steamed veg	Chicken Tenders with fries, 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, June 10, 2019	Tuesday, June 11, 2019	Wednesday, June 12, 2019	Thursday, June 13, 2019	Friday, June 14, 2019
PUBLIC HOLIDAY	Rotisserie Chicken with mashed potatoes, and steamed veg	Mild Jerk Chicken with brown/white rice blend, and steamed veg	West Indian Curry Chicken with brown/white rice blend, and steamed veg	BBQ Wings with potato wedges, and veggie sticks
	Baked Mac & Cheese (v) with veggie sticks	Chili Beef and Beans with brown/white rice blend, and steamed veg	Mild Escovitch Fish with brown/white rice blend, and steamed veg	Turkey Chili Nachos with cheese, and corn salsa
	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: 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, June 17, 2019	Tuesday, June 18, 2019	Wednesday, June 19, 2019	Thursday, June 20, 2019	
BBQ Chicken with brown/white rice blend, and steamed veg	Chicken and Broccoli Penne Alfredo with veggie sticks	Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks	SCHOOL CLOSING HALF DAY END OF TERM!	
Beef Lasagna with brown/white rice blend, and steamed veg	Beef Quesadilla with low-fat sour cream, salsa and corn salad	Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With 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		
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		

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: \$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

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
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

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