

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
JANUARY 2020



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

Monday, 6 January 2020	Tuesday, 7 January 2020	Wednesday, 8 January 2020	Thursday, 9 January 2020	Friday, 10 January 2020
		Chicken & Broccoli Penne Alfredo with veggie sticks Teriyaki Salmon with brown/white rice blend, and steamed veg Cold Lunch: Honey Mustard Chicken Tender Sub with veggie sticks Soup: Tomato (v) with grilled cheese sandwich on whole wheat	Mild Chicken Fajitas with brown/white rice blend, and steamed veg Yakisoba (v) - with noodles, red peppers, carrots, and fresh herbs Cold Lunch: Ranch Bacon and Chicken Sub with veggie sticks Soup: Chicken Noodle with whole grain dinner roll	Chicken Quesadillas with low-fat sour cream, salsa, and corn salad Fish & Chips with green peas Cold Lunch: Chicken Caesar Wrap with veggie sticks Soup: Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, 13 January 2020	Tuesday, 14 January 2020	Wednesday, 15 January 2020	Thursday, 16 January 2020	Friday, 17 January 2020
Rotisserie Chicken with brown/white rice blend, and steamed veg Mild Escovitch Fish 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	Sweet & Sour Chicken with brown/white rice blend, and steamed veg Baked Mac and Cheese with veggie sticks 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: Honey Mustard Chicken Tender Sub with veggie sticks Soup: Red Bean & Beef with grilled cheese sandwich on whole wheat	BBQ Chicken with brown/white rice blend, and steamed veg Beef Quesadillas with low-fat sour cream, salsa, and corn salad Cold Lunch: Ranch Bacon and Chicken Sub with veggie sticks Soup: Chicken Noodle with whole grain dinner roll	Chicken Tenders with potato wedges, and veggie sticks Turkey Chili Nachos with cheese, and corn salad Cold Lunch: Chicken Caesar Wrap with veggie sticks Soup: Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, 20 January 2020	Tuesday, 21 January 2020	Wednesday, 22 January 2020	Thursday, 23 January 2020	Friday, 24 January 2020
Coconut Chicken Chicken with brown/white rice blend, and steamed veg Spaghetti with Turkey Bolognese with veggie sticks Cold Lunch: Ranch Chicken Wrap with veggie sticks Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	West Indian Chicken Curry with brown/white rice blend, and steamed veg Vegetarian Lasagna (v) with veggie sticks Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken with whole grain dinner roll	Penne Primavera Pasta with veggie sticks Grilled Chicken with mashed potatoes, and steamed veg Cold Lunch: Honey Mustard Chicken Tender Sub with veggie sticks Soup: Tomato (v) with grilled cheese sandwich on whole wheat	Turkey Chili Nachos with cheese, and corn salad Chicken Stir Fry with fried Cold Lunch: Ranch Bacon and Chicken Sub with veggie sticks Soup: Chicken Noodle with whole grain dinner roll	Premium Turkey Dog with fries, and veggie sticks Beef Sliders with fries, and veggie sticks Cold Lunch: Chicken Caesar Wrap with veggie sticks Soup: Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, 27 January 2020	Tuesday, 28 January 2020	Wednesday, 29 January 2020	Thursday, 30 January 2020	Friday, 31 January 2020
<p align="center">PUBLIC HOLIDAY SCHOOL CLOSED</p>	Mild Jerk Chicken with rice & beans, and plantain Beef Stew with rice & beans, and plantain 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: Honey Mustard Chicken Tender Sub with veggie sticks Soup: Red Bean & Beef with arilled cheese sandwich on whole wheat	Chicken Tikka Masala with roasted potatoes, and steamed veg Spaghetti in Marinara Sauce (v) with veggie sticks Cold Lunch: Ranch Bacon and Chicken Sub with veggie sticks Soup: Chicken Noodle with whole grain dinner roll	BBQ Chicken Sliders with potato wedges, and veggie sticks Chili Beef & Beans with brown/white rice blend, and steamed veg Cold Lunch: Chicken Caesar Wrap with veggie sticks 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

PIP Organic Fruit Juice: \$1.00 (**Promotional Price**)

Tropicana Orange Juice: \$1.50

LaCroix Sparkling Water: \$1.50

Envy 100% Juice (8oz): \$1.50

Smart Fruit Juice: \$1.00 (**Promotional Price**)

Snacks:

Oogie's Gourmet Popcorn: \$2.00

Fig Bar: \$1.00

Frozen Yogurt: \$2.50

Fruit Cup: \$3.00

Jello Fruit Cup: \$2.00

Veggie Sticks & Dip: \$2.50

Goldfish/Pretzels: \$1.00

Lays Baked Chips: \$1.25

Luke's Organic Chips: \$1.50

Brownie: \$1.50

Fresh Baked Cookies: \$1.00

Assorted Muffins (chocolate, banana, and vanilla): \$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. 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.

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