

**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.

**CIS**  
**FEBRUARY 2020**



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, February 03, 2020	Tuesday, February 04, 2020	Wednesday, February 05, 2020	Thursday, February 06, 2020	Friday, February 07, 2020
<b>West Indian Chicken Curry</b> with brown/white rice blend, and steamed veg <b>Cayman Style Beef</b> with brown/white rice blend, and steamed veg <b>Cold Lunch:</b> Ranch Chicken Wrap with veggie sticks <b>Soup:</b> Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	<b>Spaghetti with Turkey Bolognese - sauce optional</b> with garlic bread <b>Mild Escovitch Fish</b> with brown/white rice blend, and steamed veg <b>Cold Lunch:</b> Ham and Cheddar on Whole Wheat with veggie sticks <b>Soup:</b> Chicken with whole grain dinner roll	<b>Mild Jerk Chicken</b> with rice & beans, and plantain <b>Beef Stew</b> with rice & beans, and plantain <b>Cold Lunch:</b> Honey Mustard Chicken Tender Sub with veggie sticks <b>Soup:</b> Tomato (v) with grilled cheese sandwich on whole wheat	<b>Sweet &amp; Sour Chicken</b> with brown/white rice blend, and steamed veg <b>Vegetable Curry Korma (v)</b> with brown/white rice blend, and steamed veg <b>Cold Lunch:</b> Ranch Bacon and Chicken Sub with veggie sticks <b>Soup:</b> Chicken Noodle with whole grain dinner roll	<b>HALF DAY NO LUNCH SERVICE</b>
Monday, February 10, 2020	Tuesday, February 11, 2020	Wednesday, February 12, 2020	Thursday, February 13, 2020	Friday, February 14, 2020
<b>BBQ Chicken</b> with brown/white rice blend, and coleslaw <b>Roast Beef</b> with brown/white rice blend, and coleslaw <b>Cold Lunch:</b> Ranch Chicken Wrap with veggie sticks <b>Soup:</b> Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	<b>Roasted Chicken Breast</b> with creamy mashed potatoes, and steamed veg <b>Baked Mac and Cheese (v)</b> with veggie sticks <b>Cold Lunch:</b> Ham and Cheddar on Whole Wheat with veggie sticks <b>Soup:</b> Chicken with whole grain dinner roll	<b>Cheese Pizza (v)</b> whole wheat/white flour blend and low fat cheese. With veggie sticks <b>Turkey Pepperoni Pizza</b> whole wheat/white flour blend and low fat cheese. With veggie sticks <b>Cold Lunch:</b> Honey Mustard Chicken Tender Sub with veggie sticks <b>Soup:</b> Red Bean & Beef with grilled cheese sandwich on whole wheat	<b>Chicken Quesadilla</b> with low-fat sour cream, salsa, and corn salad <b>Spaghetti in Marinara Sauce (v)- sauce optional</b> with veggie sticks <b>Cold Lunch:</b> Ranch Bacon and Chicken Sub with veggie sticks <b>Soup:</b> Chicken Noodle with whole grain dinner roll	<b>Chicken Enchiladas</b> with Mexican rice, and steamed veg <b>Fish Sticks</b> with French fries, and green peas <b>Cold Lunch:</b> Chicken Caesar Wrap with veggie sticks <b>Soup:</b> Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, February 17, 2020	Tuesday, February 18, 2020	Wednesday, February 19, 2020	Thursday, February 20, 2020	Friday, February 21, 2020
<b>West Indian Chicken Curry</b> with jasmine rice, and steamed veg <b>Beef Lasagna</b> with garlic bread <b>Cold Lunch:</b> Ranch Chicken Wrap with veggie sticks <b>Soup:</b> Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	<b>Sweet &amp; Sour Chicken</b> with mashed potatoes, and steamed veg <b>Yakisoba (v)</b> - with noodles, red peppers, carrots, and fresh herbs <b>Cold Lunch:</b> Ham and Cheddar on Whole Wheat with veggie sticks <b>Soup:</b> Chicken with whole grain dinner roll	<b>Grilled Chicken</b> with rice & beans, and plantain <b>Mild Escovitch Fish</b> with rice & beans, and plantain <b>Cold Lunch:</b> Honey Mustard Chicken Tender Sub with veggie sticks <b>Soup:</b> Tomato (v) with grilled cheese sandwich on whole wheat	<b>Chicken &amp; Vegetable Stir Fry</b> with fried rice <b>Meatballs in Marinara Sauce</b> with bowtie pasta, and steamed veg <b>Cold Lunch:</b> Ranch Bacon and Chicken Sub with veggie sticks <b>Soup:</b> Chicken Noodle with whole grain dinner roll	<b>Premium Turkey Dog</b> with fries, and veggie sticks <b>BBQ Wings</b> with fries, and veggie sticks <b>Cold Lunch:</b> Chicken Caesar Wrap with veggie sticks <b>Soup:</b> Pumpkin (v) with grilled cheese sandwich on whole wheat
Monday, February 24, 2020	Tuesday, February 25, 2020	Wednesday, February 26, 2020	Thursday, February 27, 2020	Friday, February 28, 2020
<b>MID TERM BREAK</b>	<b>MID TERM BREAK</b>	<b>PUBLIC HOLIDAY SCHOOL CLOSED</b>	<b>MID TERM BREAK</b>	<b>MID TERM BREAK</b>

## 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](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.**

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