

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.

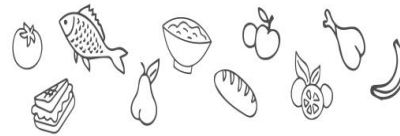
**Please keep MSA account funds current "topped up" to place orders from online account.

Follow us on instagram @miseenplaceschool

Contact admin@catering.ky / 623-2439 for account payment assistance.

CIS

MARCH 2020



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

Monday, March 02, 2020		Tuesday, March 03, 2020		Wednesday, March 04, 2020		Thursday, March 05, 2020		Friday, March 06, 2020					
HOT FOOD 1	Meatballs in Marinara Sauce with bowtie pasta, and steamed veg	Chicken Tenders with fries and veggie sticks	Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks	Rasta Pasta with Mild Jerk Chicken with garlic bread	Cheese Quesadilla with low-fat sour cream, salsa, and corn salad	HOT FOOD 2	Coconut Crusted Chicken with brown/white rice blend, and steamed veg	Teriyaki Salmon with brown/white rice blend, and steamed veg	BBQ Chicken Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks	Pepper Steak with rice and beans, and steamed veg	Fish Fingers with fries, and green peas		
VEGETARIAN	Broccoli Penne Alfredo with veggie sticks	Broccoli Penne Alfredo with veggie sticks	Broccoli Penne Alfredo with veggie sticks	Broccoli Penne Alfredo with veggie sticks	Broccoli Penne Alfredo with veggie sticks	COLD LUNCH	Ranch Chicken Wrap with veggie sticks	Ham and Cheddar on Whole Wheat with veggie sticks	Honey Mustard Chicken Tender Sub with veggie sticks	Ranch Bacon and Chicken Sub with veggie sticks	Chicken Caesar Wrap with veggie sticks		
SOUP	Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	Chicken with whole grain dinner roll	Red Bean & Beef with grilled cheese sandwich on whole wheat	Chicken Noodle with whole grain dinner roll	Pumpkin (v) with grilled cheese sandwich on whole wheat								
Monday, March 09, 2020		Tuesday, March 10, 2020		Wednesday, March 11, 2020		Thursday, March 12, 2020		Friday, March 13, 2020					
HOT FOOD 1	West Indian Chicken Curry with brown/white rice blend, and steamed veg	Baked Mac and Cheese with Beef with veggie sticks	Chicken Quesadilla with low-fat sour cream, salsa, and corn salad	BBQ Chicken with rice and beans, and plantain	Oven Baked Chicken Tenders with potato wedges, and veggie sticks	HOT FOOD 2	Cayman Style Beef with brown/white rice blend, and steamed veg	Chicken with Sweet Chili Glaze (No spice) with roasted potatoes, and steamed veg	Fish and Chips with fries and green peas	Beef Stew with rice and beans, and plantain	Turkey Chili Nachos with cheese, and corn salad		
VEGETARIAN	Yakisoba - with noodles, red peppers, carrots and fresh herbs	Yakisoba - with noodles, red peppers, carrots and fresh herbs	Yakisoba - with noodles, red peppers, carrots and fresh herbs	Yakisoba - with noodles, red peppers, carrots and fresh herbs	Yakisoba - with noodles, red peppers, carrots and fresh herbs	COLD LUNCH	Ranch Chicken Wrap with veggie sticks	Ham and Cheddar on Whole Wheat with veggie sticks	Honey Mustard Chicken Tender Sub with veggie sticks	Ranch Bacon and Chicken Sub with veggie sticks	Chicken Caesar Wrap with veggie sticks		
SOUP	Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	Chicken with whole grain dinner roll	Tomato (v) with grilled cheese sandwich on whole wheat	Chicken Noodle with whole grain dinner roll	Pumpkin (v) with grilled cheese sandwich on whole wheat								
Monday, March 16, 2020		Tuesday, March 17, 2020		Wednesday, March 18, 2020		Thursday, March 19, 2020		Friday, March 20, 2020					
HOT FOOD 1	Meatballs in Marinara Sauce with bowtie pasta, and steamed veg	Beef Lasagna with veggie sticks	Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks	Sweet and Sour Chicken with brown/white rice blend, and steamed veg	Chicken Wings (BBQ/Regular) with fries, and veggie sticks	HOT FOOD 2	Grilled Chicken with white/brown rice blend, and steamed veg	Mild Jerk Chicken with rice and beans, and plantain	Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks	Beef and Vegetable Stir Fry with fried rice	Beef Sliders with fries, and veggie sticks		
VEGETARIAN	Vegetable Curry with brown/white rice blend, and steamed veg	Vegetable Curry with brown/white rice blend, and steamed veg	Vegetable Curry with brown/white rice blend, and steamed veg	Vegetable Curry with brown/white rice blend, and steamed veg	Vegetable Curry with brown/white rice blend, and steamed veg	COLD LUNCH	Ranch Chicken Wrap with veggie sticks	Ham and Cheddar on Whole Wheat with veggie sticks	Honey Mustard Chicken Tender Sub with veggie sticks	Ranch Bacon and Chicken Sub with veggie sticks	Chicken Caesar Wrap with veggie sticks		
SOUP	Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	Chicken with whole grain dinner roll	Red Bean & Beef with grilled cheese sandwich on whole wheat	Chicken Noodle with whole grain dinner roll	Pumpkin (v) with grilled cheese sandwich on whole wheat								
Monday, March 23, 2020		Tuesday, March 24, 2020		Wednesday, March 25, 2020		Thursday, March 26, 2020		Friday, March 27, 2020					
HOT FOOD 1	West Indian Chicken Curry with brown/white rice blend, and steamed veg	Turkey Lasagna with garlic bread	Baked Mac and Cheese with Beef with veggie sticks	BBQ Chicken with rice and beans, and plantain	HALF DAY NO LUNCH SERVICE	HOT FOOD 2	Roast Beef with brown/white rice blend, and steamed veg	Roasted Chicken Breast with brown/white rice blend, and steamed veg	Chicken Quesadilla with low-fat sour cream, salsa, and corn salad	Mild Escovitch Fish with rice and beans, and plantain			
VEGETARIAN	Spaghetti in Marinara with veggie sticks	Spaghetti in Marinara with veggie sticks	Spaghetti in Marinara with veggie sticks	Spaghetti in Marinara with veggie sticks		Spaghetti in Marinara with veggie sticks	COLD LUNCH	Ranch Chicken Wrap with veggie sticks	Ham and Cheddar on Whole Wheat with veggie sticks	Honey Mustard Chicken Tender Sub with veggie sticks	Ranch Bacon and Chicken Sub with veggie sticks		
SOUP	Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	Chicken with whole grain dinner roll	Tomato (v) with grilled cheese sandwich on whole wheat	Chicken Noodle with whole grain dinner roll		Chicken Noodle with whole grain dinner roll							
Monday, March 30, 2020		Tuesday, March 31, 2020											
HOT FOOD 1	Meatballs in Marinara Sauce with bowtie pasta, and steamed veg	Chicken Tenders with potato wedges, and veggie sticks											
HOT FOOD 2	Chicken with Sweet Chili Glaze (No Spice) with brown/white rice blend, and steamed veg	Premium Turkey Dog with potato wedges, and veggie sticks											
VEGETARIAN	Vegetable Curry with brown/white rice blend, and steamed veg	Vegetable Curry with brown/white rice blend, and steamed veg											
COLD LUNCH	Ranch Chicken Wrap with veggie sticks	Ham and Cheddar on Whole Wheat with veggie sticks											
SOUP	Chunky Vegetable (v) with grilled cheese sandwich on whole wheat	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

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

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 and banana): \$1.50

Goldfish: \$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