

Middle & High School Cafeteria Guidelines

Everyone at ISL is encouraged to follow a healthy, well-balanced food plan and parents are strongly encouraged to send in healthy snacks and lunches from home. The hot lunches are healthy, low in salt and low in sugar.

Refrain from bringing in sodas, energy drinks or other sugar-laden drinks
Visit our school website to sign up for a hot school lunch

All food and drink (except water bottles) is to be consumed in the Cafeteria only, during designated times only.

Before school: 8:00 - 8:25am
Lunch: 11:35 - 12:15
Afternoon Break: 13:50 - 14:10
After School: 15:30 - 15:50

We are respectful of all school rules associated with the use of the cafeteria, respect cafeteria support staff, property and help to keep it clean.

Student release time for lunch:

	Q1	Q2	Q3	Q4
G6-8	11:35	11:35	11:35	11:35
G9-10	11:30	11:40	11:30	11:40
G11-12	11:40	11:30	11:40	11:30

For safety reasons, only Grades 9-12 will be allowed to make their own coffee/tea; Grades 6-8 will need to have the Cafeteria staff serve them after purchasing.

Everyone is encouraged to limit food waste and to recycle whenever possible.

Students are expected to have their own water bottles at school that they can refill when necessary. There are no "take-away" cups for purchase.

***If you have any questions regarding these guidelines,
please speak with your Secondary School Principal.***