



# April 2019

And take the helmet of salvation, and the sword of the Spirit,  
which is the word of God. Ephesians 6:17

All meals are vegetarian and include your choice of 1% milk, chocolate milk, juice or 8 oz. bottled water

M	T	W	TH	F
1 Quesadilla Chips Garden Salad	2 Spaghetti w/ marinara Garlic Knots Garden Salad	3 Haystack Seasonal Fruit	4 Enchiladas Rice Garden Salad	5 Pizza Garden Salad Seasonal Fruit
8 Baked Potato Garden Salad	9 Waffle Scrambled Eggs Seasonal Fruit	10 Tostada Spanish Rice Seasonal Fruit	11 Three Cheese Melt Chips Seasonal Vegetables	12 Pizza Garden Salad Seasonal Fruit
15 Chili Beans Cornbread Seasonal Veggies	16 Baked Ziti Alfredo Garlic Knots Garden Salad	17 Chicken Fried Rice Seasonal Vegetables Seasonal Fruit	18 Mac n' Cheese Seasonal Vegetables	19 Pizza Garden Salad Seasonal Fruit
22 Veggie Grinder Chips Seasonal Fruit	23 Pizza Bagel Garden Salad Seasonal Fruit	24 Haystack Seasonal Fruit	25 Chow Mein Stir Fry with Veggies Seasonal Fruit	26 Pizza Garden Salad Seasonal Fruit
29 	30 Baked Marinara Ziti French Bread Garden Salad			

*à la carte items are available for an additional charge; including fresh fruit, salads and snack items*

951-351-1445 Ext 228 ~cafeteria@LSAK12.com

## KNIGHT Meal Plan Options

**SAME DAY feast \$6.00 - meal of the day & drink**

- ◆ Pay daily with cash or check

**ARMOUR Meal Plan \$105      \$15 savings!**

- ◆ 20 meals of the day, including a drink

**SHIELD Meal Plan \$315      \$45 savings!**

- ◆ 60 meals of the day, including a drink

**SWORD Meal Plan \$525      \$75 savings!**

- ◆ 100 meals of the day, including a drink

**KNIGHT Meal Plan \$945      \$135 savings!**

- ◆ 180 meals of the day, including a drink

Meal Plan may be used for meal of the day, including a drink  
and/or à la carte items

### Meal Substitutions:

In order to accommodate meal substitutions, please e-mail us at cafeteria@LSAK12.com.

- ◆ Meal substitution request must be received by e-mail no later than the 20th of the prior month to be accommodated September–May.
- ◆ Quesadilla or Bean & Cheese (or bean only) Burrito may be substituted for the main course.
- ◆ Please indicate the following in your e-mail:  
- Subject Line: Meal Exception: Child's Name & Grade.  
- Body of e-mail: Requested dates & substitution.

### Pay Online:

- ◆ Visit [www.lsak12.com](http://www.lsak12.com)
- ◆ Click on HS, JH or Elem. Click on **Lunch Pay**
- ◆ Choose your Meal Plan
- ◆ Please add student's name & grade under Notes to ensure proper credit to lunch account

### ◆ Cash or Check:

- ◆ Cash or Check are accepted.
- ◆ In-person payments may be dropped off at the Business Office. Please put in an envelope with your child's name & grade to ensure proper credit to lunch account.

Meal plan option payments & funds added to cafeteria accounts are non-refundable

Please make checks payable to :

Le Chouchou Café



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M	T	W	TH	F
		1 Lasagna Garlic Knots Garden Salad	2 Grilled Cheese Fries Seasonal Fruit	3 Pizza Garden Salad Seasonal Fruit
6 Baked Potato Garden Salad	7 Baked Ziti Alfredo Garlic Knots Garden Salad	8 Haystack Seasonal Fruit	9 Waffle Scrambled Eggs Seasonal Fruit	10 Pizza Garden Salad Seasonal Fruit
13 Tostada Spanish Rice Seasonal Fruit	14 Veggie Grinder Chips Seasonal Fruit	15 Chicken Fried Rice Seasonal Vegetables Seasonal Fruit	16 Enchiladas Rice Garden Salad	17 Pizza Garden Salad Seasonal Fruit
20 Quesadilla Spanish Rice Seasonal Vegetables	21 Chili Beans Cornbread Seasonal Veggies	22 Mac n' Cheese Seasonal Vegetables	23 Baked Marinara Ziti French Bread Garden Salad	24 Pizza Garden Salad Seasonal Fruit
27  MEMORIAL DAY	28 Spaghetti w/ marinara Garlic Knots Garden Salad	29 Haystack Seasonal Fruit	30 Pizza Garden Salad Seasonal Fruit	31 Pizza Garden Salad Seasonal Fruit

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