

August 2017

We make every effort to accommodate your child's allergies and special diets. Please e-mail an explanation of your child's nutritional needs to the Food & Nutrition Services staff. A confirmation with your request and additional information will be emailed to you once your request is approved.

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

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

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

M	T	W	TH	F
		23 Spaghetti w/ Marinara French Bread Garden Salad	24 Three Cheese Melt Fries Seasonal Fruit	25 Pizza Garden Salad Seasonal Fruit
28 Mac n' Cheese Chicken Patty Seasonal Fruit	29 Sub Sandwich Fries Seasonal Fruit	30 Haystack Seasonal Fruit	31 Cheese Enchiladas Spanish Rice Seasonal Fruit	



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:

- Quesadilla (Q) or BRC Burrito (B) may be substituted for the main course.
- Please return the menu with the dates circled that you wish to substitute and write a Q or B in the box.

Pay Online:

- Visit www.lsak12.com
- Click on High School, Junior High or Elementary
- 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.

Please make checks payable to :

Le Chouchou Café