



January 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
7 Baked Potato Garden Salad	8 Teriyaki Beef Steamed Rice Seasonal Vegetables	9 Haystack Seasonal Fruit	10 Lentils Steamed Rice Seasonal Vegetables	11 Pizza Garden Salad Seasonal Fruit
14 Sloppy Joe Fries Seasonal Fruit	15 Lasagna Garlic Knots Garden Salad	16 Chow Mein Stir Fry with Veggies Seasonal Fruit	17 Breakfast Bagel (Egg & Cheese) Seasonal Fruit	18 Pizza Garden Salad Seasonal Fruit
21 	22 Three Cheese Melt Chips Seasonal Vegetables	23 Tostada Spanish Rice Seasonal Fruit	24 Mac n' Cheese Chicken Patty Seasonal Vegetables	25 Pizza Garden Salad Seasonal Fruit
28 Spaghetti w/ Marinara Garlic Knots Garden Salad	29 Carnitas & Pinto Bean- Bowl Seasonal Veggies	30 Quesadilla Spanish Rice Garden Salad	31 Breakfast Potatoes Scrambled Eggs Seasonal Fruit	

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—June. Exception: January, please send no later than January 6th, 2019
- ◆ 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
- ◆ 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.

Please make checks payable to :

Le Chouchou Café