




June 2018

We make every effort to accommodate your student's allergies and special diets. Please e-mail an explanation of your student's nutritional needs to the cafeteria 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

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

| M | T | W | TH | F |
|---|------------------------------|--|---------------------------------|--|
| | | | | 1 Pizza Garden Salad Seasonal Fruit |
| 4 Spaghetti w/ Marinara French Bread Garden Salad | 5 Tostada Spanish Rice | 6 Quesadilla Spanish Rice Seasonal Vegetables | 7 Haystack Seasonal Fruit | 8 Pizza Garden Salad Seasonal Fruit |
|  | | | | |
| <h2>Happy Summer Break!</h2> | | | | |
| <p><i>-Food & Nutrition Services Staff</i></p> | | | | |

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

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