



# March 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 Cheese Enchiladas Spanish Rice Garden Salad	2 Pizza Garden Salad Seasonal Fruit
5 Baked Ziti French Bread Garden Salad	6 Chicken Fried Rice with Veggies Seasonal Fruit	7 Haystack Seasonal Fruit	8 Hard Shell Tacos Spanish Rice Seasonal Fruit	9 Pizza Garden Salad Seasonal Fruit
12 Alfredo Ziti French Bread Garden Salad	13 Tostada Spanish Rice	14 Pizza Bagel Garden Salad Seasonal Fruit	15 Scrambled Eggs Waffles Seasonal Fruit	16 Pizza Garden Salad Seasonal Fruit
19 Quesadilla Spanish Rice Seasonal Vegetables	20 Grinder Chips Seasonal Fruit	21 Haystack Seasonal Fruit	22 Lasagna Garden Salad French Bread	23 Pizza Garden Salad Seasonal Fruit
26 	<b>Spring Break!</b>			30 

*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](http://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**