




March 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 Pizza Garden Salad Seasonal Fruit
4 Grilled Cheese Fries Seasonal Fruit	5 Lasagna Garlic Knots Garden Salad	6 Haystack Seasonal Fruit	7 Hard Shell Taco Spanish Rice Seasonal Fruit	8 Pizza Garden Salad Seasonal Fruit
11 Waffle Scrambled Eggs Seasonal Fruit	12 Grinder Chips Seasonal Fruit	13 Chicken Fried Rice Seasonal Vegetables Seasonal Fruit	14 Enchiladas Rice Garden Salad	15 Pizza Garden Salad Seasonal Fruit
18 Spaghetti w/ marinara Garlic Knots Garden Salad	19 BBQ Chicken Mashed Potatoes Seasonal Vegetables	20 Chicken Burger Fries Seasonal Fruit	21 Tostada Spanish Rice Seasonal Fruit	22 Pizza Garden Salad Seasonal Fruit
25 	26	27	28	29 

Spring Break

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:

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 28th of the prior month to be accommodated September–June.
- ◆ 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.

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

Please make checks payable to :

Le Chouchou Café

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