

August 2018

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
20 Mac n' Cheese Chicken Patty Seasonal Fruit	21 Spaghetti w/ Marinara French Bread Garden Salad	22 Cheese Enchiladas Spanish Rice Seasonal Fruit	23 Three Cheese Melt Fries Seasonal Fruit	24 Pizza Garden Salad Seasonal Fruit
27 Chicken Fried Rice with Veggies Seasonal Fruit	28 Sub Sandwich Fries Seasonal Fruit	29 Haystack Seasonal Fruit	30 Baked Ziti French Bread Garden Salad	31 Pizza Garden Salad 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.
- ◆ For the first month of school, request must be e-mailed no later than August 15th, 2018.
- ◆ 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

September 2018

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M	T	W	TH	F
3 	4 Cheese Enchiladas Spanish Rice Garden Salad	5 Haystack Seasonal Fruit	6 Burger Truffle Fries Seasonal Fruit	7 Pizza Garden Salad Seasonal Fruit
10 Grinder Chips Seasonal Fruit	11 Baked Ziti French Bread Garden Salad	12 Scrambled Eggs Potatoes Seasonal Fruit	13 Sloppy Joe Fries Seasonal Fruit	14 Pizza Garden Salad Seasonal Fruit
17 Spaghetti w/ Marinara French Bread Garden Salad	18 Three Cheese Melt Fries Seasonal Vegetables	19 Breakfast Bagel Seasonal Fruit	20 Chow Mein Stir Fry with Veggies Seasonal Fruit	21 Pizza Garden Salad Seasonal Fruit
24 Sub Sandwich Fries Seasonal Fruit	25 Chicken Fried Rice with Veggies Seasonal Fruit	26 Haystack Seasonal Fruit	27 Quesadilla Spanish Rice Seasonal Vegetables	28 Pizza Garden Salad Seasonal Fruit

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