

November 2017



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 Haystack Seasonal Fruit	2 Chow Mein Stir Fry with Veggies Seasonal Fruit	3 Pizza Garden Salad Seasonal Fruit
6 Sub Sandwich Chips Seasonal Fruit	7 Hard Shell Tacos Spanish Rice Seasonal Fruit	8 Mac n' Cheese Chicken Patty Seasonal Vegetables	9 Breakfast Bagel Seasonal Fruit	10 Pizza Garden Salad Seasonal Fruit
13 Lasagna Garden Salad French Bread	14 Baked Ziti French Bread Garden Salad	15 Burger Fries Seasonal Fruit	16 Chicken Fried Rice with Veggies Seasonal Fruit	17 Pizza Garden Salad Seasonal Fruit
20	21	22	23	24 
Thanksgiving Break				
27 Alfredo Ziti French Bread Garden Salad	28 Tostada Spanish Rice	29 Haystack Seasonal Fruit	30 Cheese Enchiladas Spanish Rice Garden Salad	

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