

November 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
			1 Mac n' Cheese Chicken Patty Seasonal Vegetables	2 Pizza Garden Salad Seasonal Fruit
5 Tostada Spanish Rice Seasonal Fruit	6 Baked Ziti Garlic Knots Garden Salad	7 Haystack Seasonal Fruit	8 Chicken Fried Rice with Veggies Seasonal Fruit	9 Pizza Garden Salad Seasonal Fruit
12 Teriyaki Beef Steamed Rice Seasonal Vegetables	13 Sloppy Joe Fries Seasonal Fruit	14 Lasagna French Bread Garden Salad	15 Grinder Chips Seasonal Fruit	16 Pizza Garden Salad Seasonal Fruit
19 	20 Thanksgiving Break			23 
26 Alfredo Ziti French Bread Garden Salad	27 Burger Fries Seasonal Fruit	28 Haystack Seasonal Fruit	29 Breakfast Bagel Seasonal Fruit	30 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.
- ◆ 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