




# October 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
2 Lasagna Garden Salad French Bread	3 Cheese Enchiladas Spanish Rice Garden Salad	4 Haystack Seasonal Fruit	5 Chow Mein Stir Fry with Veggies Seasonal Fruit	6 Pizza Garden Salad Seasonal Fruit
9 Sub Sandwich Chips Seasonal Fruit	10 Street Tacos Cilantro Rice Seasonal Fruit	11 Mac n' Cheese Chicken Patty Seasonal Vegetables	12 Breakfast Bagel Seasonal Fruit	13 Pizza Garden Salad Seasonal Fruit
16 	17 Baked Ziti French Bread Garden Salad	18 Burger Fries Seasonal Fruit	19 Chicken Fried Rice with Veggies Seasonal Fruit	20 Pizza Garden Salad Seasonal Fruit
23 Spaghetti w/ Marinara French Bread Garden Salad	24 Three Cheese Melt Fries Seasonal Vegetables	25 Haystack Seasonal Fruit	26 Quesadilla Spanish Rice Seasonal Vegetables	27 Pizza Garden Salad Seasonal Fruit
30 Alfredo Ziti French Bread Garden Salad	31 Tostada Spanish Rice			

*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**