



# October 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 Baked Ziti French Bread Garden Salad	2 Sub Sandwich Fries Seasonal Fruit	3 Haystack Seasonal Fruit	4 Mac n' Cheese Chicken Patty Seasonal Vegetables	5 Pizza Garden Salad Seasonal Fruit
8 Breakfast Bagel Seasonal Fruit	9 Burger Fries Seasonal Fruit	10 Quesadilla Spanish Rice Seasonal Vegetables	11 Spaghetti w/ Marinara French Bread Garden Salad	12 Pizza Garden Salad Seasonal Fruit
15 Tostada Spanish Rice	16 Beef & Cheese Sliders Fries Seasonal Fruit	17 Alfredo Ziti French Bread Garden Salad	18 Chow Mein Stir Fry with Veggies Seasonal Fruit	19 Pizza Garden Salad Seasonal Fruit
22 Chicken Fried Rice with Veggies Seasonal Fruit	23 Cheese Enchiladas Spanish Rice Garden Salad	24 Scrambled Eggs Potatoes Seasonal Fruit	25 Three Cheese Melt Fries Seasonal Vegetables	26 Pizza Garden Salad Seasonal Fruit
29 Grinder Chips Seasonal Fruit	30 Sloppy Joe Fries Seasonal Fruit	31 Haystack 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](http://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