




# September 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 Pizza Garden Salad Seasonal Fruit
4 	5 Cheese Enchiladas Spanish Rice Garden Salad	6 Mac n' Cheese Chicken Patty Seasonal Vegetables	7 Sub Sandwich Fries Seasonal Fruit	8 Pizza Garden Salad Seasonal Fruit
11 Grinder Chips Seasonal Fruit	12 Baked Ziti French Bread Garden Salad	13 Polenta Sausage Triangles Seasonal Vegetables	14 Sloppy Joe Fries Seasonal Fruit	15 Pizza Garden Salad Seasonal Fruit
18 Spaghetti w/ Marinara French Bread Garden Salad	19 Three Cheese Melt Fries Seasonal Vegetables	20 Haystack Seasonal Fruit	21 Chow Mein Stir Fry with Veggies Seasonal Fruit	22 Pizza Garden Salad Seasonal Fruit
25 Burger Truffle Fries Seasonal Fruit	26 Chicken Fried Rice with Veggies Seasonal Fruit	27 Haystack Seasonal Fruit	28 Quesadilla Spanish Rice Seasonal Vegetables	29 Pizza Garden Salad Seasonal Fruit

*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**