



September 2019

*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
2 	3 Cheese Enchiladas Spanish Rice Garden Salad	4 Taco Salad Seasonal Fruit	5 Chow Mein w/ Stir Fry Veggies Seasonal Fruit	6 Pizza Garden Salad Seasonal Fruit
9 Chicken Fried Rice with Veggies Seasonal Fruit	10 Quesadilla Spanish Rice Seasonal Vegetables	11 Bean, Rice & Veggie Bowl Seasonal Fruit	12 Baked Ziti French Bread Garden Salad	13 Pizza Garden Salad Seasonal Fruit
16 Bean, Rice & Cheese Burrito Chips Seasonal Fruit	17 Spaghetti w/ Marinara French Bread Garden Salad	18 Breakfast Bagel Seasonal Fruit	19 Sloppy Joe Fries Seasonal Fruit	20 Pizza Garden Salad Seasonal Fruit
23 Alfredo Ziti French Bread Garden Salad	24 Three Cheese Melt Fries Seasonal Vegetables	25 Taco Salad Seasonal Fruit	26 Baked Potato Garden Salad	27 Pizza Garden Salad Seasonal Fruit
30 				

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 \$6.50 - meal of the day & drink

◆ Pay daily with cash or check

ARMOUR Meal Plan \$115 **\$15 savings!**

◆ 20 meals of the day, including a drink

SHIELD Meal Plan \$345 **\$45 savings!**

◆ 60 meals of the day, including a drink

SWORD Meal Plan \$575 **\$75 savings!**

◆ 100 meals of the day, including a drink

KNIGHT Meal Plan \$1,035 **\$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.

Meal plan option payments & funds added to cafeteria accounts are non-refundable/non-transferable

Please make checks payable to :

Le Chouchou Café