

Porter Lakes Elementary School

2017-2018 CYCLE MENU

Student Meal Deal Lunch / Milk = \$2.20 Extra Milk= .50

Student Breakfast / Milk= \$1.20 Reduced Breakfast / Milk= \$0.00 Reduced Lunch / Milk = .50

HEALTHY FRUIT, VEGETABLE CHOICE & MILK CHOICES SERVED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Orange Week</p> Mini Corndogs Fresh Romaine Salad Peas and Carrots Assorted Fruit Milk	Walking Taco Lettuce, Salsa, Cheese Black Beans Seasoned Corn Assorted Fruit Milk	Cheese Pizza Slice Fresh Carrots/ dip Seasoned Green Beans Assorted Fruit Milk	Baked Chicken Nuggets Roll Mashed Potato/gravy Seasoned Corn Assorted Fruit Milk	Bosco Stick / Marinara Sauce Fresh Romaine Salad Steamed Cal Blend Assorted Fruit Juice Milk
<p>Green Week</p> French Toast Sticks Sausage Patty Hash Brown Assorted Fruit Juice Milk	<p>Birthdays Club Snack</p> Cheese Quesadilla Refried Beans Fresh Carrot/dips Assorted Fruit Juice Milk Birthdays Club Snack	Grilled Cheese and Tomatoe Soup Seasoned Green Beans Assorted Fruit Milk	<p>Chix Bowl</p> Popcorn Chicken Mashed Potato /gravy Seasoned Corn Applesauce Milk	<p>Domino's Pizza Day</p> Domino's Cheese Pizza Fresh Romaine Salad Applesauce Milk
<p>Blue Week</p> <p>Panther Basket</p> Hot Dog /bun Baked French Fries Fresh Carrots/ dip Assorted Fruit Juice Milk	Taco/soft shell Lettuce, Salsa, Cheese Spanish Rice Seasoned Corn Assorted Fruit Milk	Pepperoni Pizza Steamed Broccoli Fresh Romaine Salad Assorted Fruit Milk	Chicken Rings Baked Beans Steamed Cal Blend Assorted Fruit Milk	<p>Grab - N - Go</p> Sub. Sandwich Fresh Celery / dip Fresh Romaine Salad Assorted Fruit Milk
<p>Red Week</p> Pancake Dog Hash brown Patty Assorted Fruit Juice Milk	Nachos w/meat Refried Beans Fresh Celery / Dip Assorted Fruit Milk	Mozz Stick w/marinara Butter Noodles Seasoned Green Beans Assorted Fruit Milk	Chicken Leg & Roll Baked Beans Steamed Broccoli Chilled Applesauce Milk	<p>Pizza Hut Day</p> Pizza Hut Cheese Pizza Fresh Garden Bar Sliced Cucumbers / dip Cherry Tomatoes Assorted Fruit Milk

FOOD SERVICE OFFICE:

Jessica Holmquest, Director
 260 S. 500 W. Valparaiso, IN 46385

LOFS 306-8600
 Valpo 476-3455
 Hebron 507-0510
 Ext. 2141

PLE Café:

Mrs. Michelle McCoy
 Manager

LOFS 306-8076
 Valpo 476-3755
 Hebron 507-0509
 Ext. 5201



Good Habits Each Day

5 or more fruits or veggies

2 hours or less of TV

1 hour exercise

0 sugary drinks

EAT SMART, MOVE MORE

January

Su	M	Tu	W	Th	Fri	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

Su	M	Tu	W	Th	Fri	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

START SMART BY FUELING YOUR MIND

Breakfast Menu

(1) Entrée (1) Fruit or Juice & Milk

Monday: Breakfast Sausage Pizza
 Tuesday: Mini Pancakes
 Wednesday: Cinni Mini
 Thursday: W/G Bagel / Cream Cheese
 Friday: Sausage Pancake Dog

March

Su	M	Tu	W	Th	Fri	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

Su	M	Tu	W	Th	Fri	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

Su	M	Tu	W	Th	Fri	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

The USDA is an equal opportunity provider and employer. All menus on line at www.ptsc.k12.in.us
 Menu is subject to change without notice due to price and availability of food. Holiday and Special events menus will be added respectfully.