

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 Chilled Applesauce Fresh Grapes Milk	Walking Taco Lettuce, Salsa, Cheese Black Beans Seasoned Corn Chilled Peaches Milk	Cheese Pizza Slice Fresh Carrots/ dip Seasoned Green Beans Chilled Pears Apple Slices Milk	Baked Chicken Nuggets Roll Mashed Potato/gravy Seasoned Corn Chilled Mixed Fruit Assorted Fresh Fruit Milk	Bosco Stick / Marinara Sauce Fresh Romaine Salad Steamed Cal Blend Assorted Fruit Juice Chilled Peaches Milk
<p>Green Week</p> French Toast Sticks Sausage Patty Hash Brown Patty Pineapple Tidbits Assorted Fruit Juice Milk	<p style="text-align: center;">Birthday Club Snack</p> Cheese Quesadilla Refried Beans Fresh Carrot/dips Assorted Fruit Juice Milk Birthday Club Snack	Grilled Cheese Sand. Cherry Tomatoes Seasoned Green Beans Goldfish Crackers Chilled Diced Pears Applesauce Cup Milk	<p style="text-align: center;">Chix Bowl</p> Popcorn Chicken Mashed Potato /gravy Seasoned Corn Fresh Orange Smiles Applesauce Milk	<p style="text-align: center;">Domino's Pizza Day</p> Domino's Cheese Pizza Fresh Romaine Salad Applesauce Milk
<p>Blue Week</p> <p style="text-align: center;">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 Chilled Peaches Milk	Pepperoni Pizza Steamed Broccoli Fresh Romaine Salad Chilled Pineapple Fresh Grapes Milk	Chicken Rings Baked Beans Steamed Cal Blend Mandarin Oranges Fresh Apple Slices Milk	<p style="text-align: center;">Grab - N - Go</p> PB&J Pack Fresh Celery / dip Fresh Romaine Salad Assorted Fruit Juice Milk
<p>Red Week</p> Pancake Dog Hash brown Patty Orange Slices Assorted Fruit Juice Milk	Nachos w/meat Refried Beans Fresh Celery / Peanut butter Chilled Mixed Fruit Milk	Mozz Stick w/marinara Butter Noodles Apple Slices Assorted Fruit Juice Milk	Chicken Leg & Roll Sliced Cucumbers / dip Seasoned Green Beans Chilled Applesauce Milk	<p style="text-align: center;">Pizza Hut Day</p> Pizza Hut Cheese Pizza Fresh Garden Bar Cherry Tomatoes Assorted Fruit

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

August

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		

September

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

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

October

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				

November

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		

December

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
24/31	25	26	27	28	29	30

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.