

Porter Lakes Elementary School

2019-2020 CYCLE MENU

Student Meal Deal Lunch / Milk = \$2.40 Extra Milk= .50

Student Breakfast / Milk= \$1.35 Reduced Breakfast / Milk= \$0.10 Reduced Lunch / Milk = .50

HEALTHY FRUIT, VEGETABLE CHOICE & MILK CHOICES SERVED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Orange Week Mini Corndogs Fresh Romaine Seasoned Green Beans Seasonal Fruit Milk	Chicken Tenders Potato Wedges Steamed Carrots Seasonal Fruit Milk	Cheese Pizza Fresh Romaine Roasted Chick Peas Seasonal Fruit Milk	Baked Chicken Nuggets Mashed Potatoes/ Gravy Seasoned Green Beans Seasonal Fruit Milk	Bosco Sticks/ Marina Steamed Broccoli Fresh Garden Bar Seasonal Fruit Milk
Green Week French Toast Sticks Breakfast Sausage Hash Brown Potato Assorted Vegi Juice Seasonal Fruit Milk	Beef Tacos Rice Refried Beans Seasonal Fruit Milk	Hot Ham and Cheese Baked French Fries Fresh Carrots/dip Seasonal Fruit Milk	Chix Bowl (mashed potatoes/gravy popcorn chicken, corn) Fresh Carrots & Celery Seasonal Fruit Milk	DOMINO'S PIZZA Fresh Garden Bar Seasonal Fruit Milk
Blue Week Pancakes Breakfast Sausage Hash Brown Potato Assorted Vegi Juice Seasonal Fruit Milk	Turkey/ veg Soup Gold Fish Crackers Fresh Garden Bar Seasonal Fruit Milk	Pizza Crunchers Fresh Garden Bar Roasted Chick Peas Seasoned Green Beans Fresh Fruit Milk	Chicken Rings Potato Wedges Steamed Carrots Seasonal Fruit Milk	Grab-N-Go Panther Pizza-able Seasonal Fruit Rice Krispie Treat Milk
Red Week Cheese Pizza Fresh Romaine Steamed Carrots Seasonal Fruit Milk	Grilled Cheese and Tomato Soup Seasoned Green Beans Chilled Applesauce Milk	Panther Basket Hog Dog/bun Baked French Fries Fresh Carrots/dip Seasonal Fruit Milk	Chicken Leg Baked Beans Seasoned Green Beans Seasonal Fruit Milk	DOMINO'S PIZZA Fresh Garden Bar Seasonal Fruit Milk

FOOD SERVICE OFFICE:

Director
Tonia Batesole
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	29

START SMART BY FUELING YOUR MIND	
Breakfast Menu	
(1) Entrée (1) Fruit or Juice & Milk	
Monday: Breakfast Sandwich	
Tuesday: Mini Pancakes	
Wednesday: Cinni Mini	
Thursday: Bagel / Cream Cheese	
Friday: Waffles	

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
24/31	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.