

# Porter Lakes Elementary School

## 2020-2021 CYCLE MENU

Student Meal Deal Lunch / Milk = \$2.50 Extra Milk = .50

Student Breakfast / Milk = \$1.45 Reduced Breakfast / Milk = \$0.20 Reduced Lunch / Milk = .40

**HEALTHY FRUIT, VEGETABLE CHOICE & MILK CHOICES SERVED DAILY**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Orange Week</b> Mini Corn dogs 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
<b>Green Week</b> 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	<b>Chix Bowl</b> (mashed potatoes/gravy popcorn chicken, corn) Fresh Carrots & Celery Seasonal Fruit Milk	<b>DOMINO'S PIZZA</b>  Fresh Garden Bar Seasonal Fruit Milk
<b>Blue Week</b> Pancakes Breakfast Sausage Hash Brown Potato Assorted Vegi Juice Seasonal Fruit Milk	<b>Panther Basket</b> Mini Corn Dogs Hot Pretzel Bites Tater Tots Fresh Carrots/dip 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	<b>Grab-N-Go</b> Panther Pizza-able Seasonal Fruit Rice Krispie Treat Milk
<b>Red Week</b> Cheese Pizza Fresh Romaine Steamed Carrots Seasonal Fruit Milk	Grilled Cheese and Tomato Soup Seasoned Green Beans Chilled Applesauce Milk	<b>Panther Basket</b> Hog Dog/bun Baked French Fries Fresh Carrots/dip Seasonal Fruit Milk	Hamburger Baked Beans Seasoned Green Beans Seasonal Fruit Milk	<b>DOMINO'S PIZZA</b>  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**

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
23/30	24	25	26	27	28	29

September						
Su	M	Tu	W	Th	Fri	Sa
	31	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 Sandwich

**Tuesday:** Mini Pancakes

**Wednesday:** Cinni Mini

**Thursday:** Bagel / Cream Cheese

**Friday:** Donut

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	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](http://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.