

Porter Lakes Elementary School

2021-2022 CYCLE MENU

Student Breakfast= Free Student Lunch= Free Extra Milk= .50
 Adult Breakfast= \$2.50 Adult Lunch= \$4.75

HEALTHY FRUIT, VEGETABLE CHOICE & MILK CHOICES SERVED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Orange Week Mini Comdogs Seasoned Green Beans Seasonal Fruit Milk</p>	<p>Chicken Tenders Potato Wedges Steamed Carrots Seasonal Fruit Milk</p>	<p>Cheese Pizza Fresh Garden Bar Steamed Broccoli Seasonal Fruit Milk</p>	<p>Baked Chicken Nuggets Mashed Potatoes/ Gravy Seasoned Green Beans Seasonal Fruit Milk</p>	<p>Bosco Sticks/ Marina Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>
<p>Green Week Grab-N-Go Turkey-N-Cracker-able Fresh Carrots/dip Seasonal Fruit Milk</p>	<p>Hog Dog/bun Baked Chips Baked Beans Seasonal Fruit Milk</p>	<p>French Toast Sticks Breakfast Sausage Hash Brown Potato Assorted Vegi Juice Seasonal Fruit Milk</p>	<p>Popcorn chicken mashed potatoes/gravy corn Seasonal Fruit Milk</p>	<p>Cheese Pizza Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>
<p>Blue Week Pizza Crunchers Fresh Garden Bar Roasted Chick Peas Seasoned Green Beans Fresh Fruit Milk</p>	<p>Panther Basket Mini Corn Dogs Hot Pretzel Bites Tater Tots Fresh Carrots/dip Seasonal Fruit Milk</p>	<p>Pancakes Breakfast Sausage Hash Brown Potato Assorted Vegi Juice Seasonal Fruit Milk</p>	<p>Chicken Tenders Potato Wedges Steamed Broccoli Seasonal Fruit Milk</p>	<p>Grab-N-Go Panther Pizza-able Seasonal Fruit Rice Krispie Treat Milk</p>
<p>Red Week Baked Chicken Nuggets Baked Beans Fresh Romaine Seasonal Fruit Milk</p>	<p>Bosco Sticks/ Marina Seasoned Green Beans Fresh Garden Bar Seasonal Fruit Milk</p>	<p>Panther Basket Hog Dog/bun Baked French Fries Fresh Carrots/dip Seasonal Fruit Milk</p>	<p>Pasta w/meat sauce Garlic Bread Steamed Broccoli Seasonal Fruit Milk</p>	<p>Cheese Pizza Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>

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:

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 Choice, (1 c.) Fruit or Fruit Juice, (1) Low / Fat Free Milk (daily choice Poptart; Yogurt; Crunch)

Monday: Pancake on a stick
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
 Menu is subject to change without notice due to price and availability of food. Holiday and Special events menus will be added respectfully.