

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 Comdops Seasoned Green Beans Seasonal Fruit Milk</p>	<p>Chicken Tenders Potato Wedges 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 / Marina Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>
<p>Green Week Creamy Mac-N-Cheese Dinner Roll Fresh Garden Bar Seasonal Fruit Milk</p>	<p>Hamburger/bun Baked Beans Carrots Seasonal Fruit Milk</p>	<p>Grilled Cheese and Tomato Soup Seasoned Green Beans 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 Bites Fresh Garden Bar Roasted Chick Peas Fresh Fruit Milk</p>	<p>Cheese Quesadilla Spanish Rice Refried Beans Seasonal Fruit Milk</p>	<p>Grilled Cheese and Chicken Noodle Soup Seasoned Green Beans 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 / 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

January '22

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 '22

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

Monday: Pancake on a stick
Tuesday: Mini Pancakes
Wednesday: Breakfast Sandwich
Thursday: Bagel / Cream Cheese
Friday: Cinni Mini

March '22

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 '22

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 '22

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.