

# Porter Lakes Elementary School

2023-2024 CYCLE MENU

Student Breakfast= \$1.75    Reduced Breakfast= \$0.30    Extra Milk= .75

Student Lunch= \$2.75    Reduced Lunch= .40

Adult Breakfast= \$2.75    Adult Lunch= \$4.75

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Orange Week</b></p> <p>Lasagna Roll-ups Broccoli Fresh Garden Bar Seasonal Fruit Milk</p>	<p>Pancake Bites Breakfast Sausage Hash Brown Potato Assorted Veggie Juice Seasonal Fruit Milk</p>	<p>Baked Chicken Nuggets Mashed Potatoes/ Gravy Dinner Roll Broccoli Seasonal Fruit Milk</p>	<p>Pulled Pork Sliders. Baked French Fries Baked Beans Fresh Carrots &amp; Celery Seasonal Fruit Milk</p>	<p>Bosco / Marina Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>
<p><b>Green Week</b></p> <p>Hog Dog/bun Baked Beans Fresh Carrots &amp; Celery Seasonal Fruit Milk</p>	<p>Cheese Quesadilla Black Beans Salsa, Sour Cream Seasonal Fruit Milk</p>	<p>Baked Chicken Tenders Potato Wedges Seasoned Green Beans Fresh Carrots &amp; Celery Seasonal Fruit Milk</p>	<p>Hamburger Baked French Fries Broccoli Seasonal Fruit Milk</p>	<p>Calzone Fresh Garden Bar Seasonal Fruit Milk</p>
<p><b>Blue Week</b></p> <p>Grilled Chicken Sandwich Baked French Fries Baked Beans Fresh Carrots &amp; Celery Seasonal Fruit Milk</p>	<p>French Toast Sticks Breakfast Sausage Hash Brown Potato Assorted Veggie Juice Seasonal Fruit Milk</p>	<p>Baked Chicken Nuggets Mashed Potatoes/ Gravy Dinner Roll Broccoli Seasonal Fruit Milk</p>	<p>Creamy Mac-N-Cheese Broccoli Fresh Garden Bar Seasonal Fruit Milk</p>	<p>Pizza Crunchers Fresh Garden Bar Roasted Chick Peas Fresh Fruit Milk</p>
<p><b>Red Week</b></p> <p>Mini Corndogs Seasoned Green Beans Seasonal Fruit Milk</p>	<p>Chicken Tacos Black Beans Fresh Garden Bar Salsa, Sour Cream Seasonal Fruit Milk</p>	<p>Baked Chicken Tenders Potato Wedges Seasoned Green Beans Fresh Carrots &amp; Celery Seasonal Fruit Milk</p>	<p>Pulled Pork Sliders. Baked French Fries Baked Beans Fresh Carrots &amp; Celery Seasonal Fruit Milk</p>	<p>Wolf Pizza Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>

**FOOD SERVICE OFFICE:**

Director  
Tonia Batesole  
260 S. 500 W.  
Valparaiso, IN  
46385

306-8600  
Ext. 2141

**PLE Café:**  
Carrie Saroukos  
Manager

306-8076  
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 2023						
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 2023						
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, (1c.) Fruit (1) Fat Free Milk

**Monday:** Biscuit w/ Gravy or Pop-tarts  
**Tuesday:** Mini Pancakes or Crunch  
**Wednesday:** Bagel/Cream Cheese or Parfait  
**Thursday:** Pancake Wrap or Cini. Min  
**Friday:** Breakfast Sandwich or Banana Bread

October 2023						
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 2023						
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 2023						
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

This institute 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.