**Porter Lakes Elementary School**

2022-2023 CYCLE MENU

**Student Breakfast= $1.50 Reduced Breakfast= $0.25 Extra Milk= .50**

**Student Lunch= $2.50 Reduced Lunch= .50**

**Adult Breakfast= $2.50 Adult Lunch= $4.75**

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

FOOD SERVICE

OFFICE:

Director

Tonia Batesole

260 S. 500 W.

Valparaiso, IN 46385

219-306-8600

Ext. 2141

PLE Café:

Carrie Saroukos

Manager

219-306-8076

Ext. 5201

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Orange Week**  Mini Corndogs  Seasoned Green Beans  Seasonal Fruit  Milk | Chicken Tenders  Potato Wedges  Fresh Carrots & Celery  Seasonal Fruit  Milk | Cheese Pizza  Fresh Salad w/ Tomatoes  Roasted Chick Peas  Seasonal Fruit  Milk | Pancakes  Breakfast Sausage  Hash Brown Potato  Assorted Veggie Juice  Seasonal Fruit  Milk | Sloppy Joe’s  Baked Beans  Fresh Carrots & Celery  Seasonal Fruit  Milk |
| **Green Week**  Beef Tacos  Rice  Refried Beans  Seasonal Fruit  Milk | Creamy Mac-N-Cheese  Dinner Roll  Fresh Salad w/ Tomatoes  Seasonal Fruit  Milk | Baked Chicken Nuggets  mashed potatoes/gravy  Seasoned Green Beans  Seasonal Fruit  Milk | Ham Sub  lettuce  Fresh Carrots & Celery  Seasonal Fruit  Milk | Cheese Pizza  Fresh Salad w/ Tomatoes  Roasted Chick Peas  Seasonal Fruit  Milk |
| **Blue Week**  Hog Dog/bun  Baked French Fries  Fresh Carrots & Celery  Seasonal Fruit  Milk | Chicken Tenders  Potato Wedges  Steamed Broccoli  Seasonal Fruit  Milk | **Grab-N-Go**  Panther Pizza-able  Fresh Carrots & Celery  Seasonal Fruit  Rice Krispy Treat  Milk | French Toast Sticks  Breakfast Sausage  Hash Brown Potato  Assorted Veggie Juice  Seasonal Fruit  Milk | Pulled Pork Sandwich  Baked Beans  Fresh Carrots & Celery  Seasonal Fruit  Milk |
| Red Week  Cheese Quesadilla  Spanish Rice  Refried Beans  Seasonal Fruit  Milk | Pasta w/meat sauce  Garlic Bread  Steamed Broccoli  Seasonal Fruit  Milk | Baked Chicken Nuggets  Mashed Potatoes/ Gravy  Seasoned Green Beans  Seasonal Fruit  Milk | Hamburger/bun  Baked French Fries  Fresh Carrots & Celery  Seasonal Fruit  Milk | Cheese Pizza  Fresh Salad w/ Tomatoes  Roasted Chick Peas  Seasonal Fruit  Milk |

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| **August ‘22** | | | | | | |
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| 28 | 29 | 30 | 31 |  |  |  |
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| **October ‘22** | | | | | | |
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| **September ‘22** | | | | | | |
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| **November ‘22** | | | | | | |
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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.

Breakfast Menu

(1) Entrée Choice, (1c.) Fruit (1) Fat Free Milk

**Monday:** Pancake wrap or Pop-tarts

**Tuesday**: Mini Pancakes or Crunch

**Wednesday:** Breakfast Sandwich or Cini. Min

**Thursday**: Bagel/Cream Cheese or Parfait

**Friday**: Breakfast Taco or Banana Bread

**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

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| **December ‘22** | | | | | | |
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**START SMART BY FUELING**

**YOUR MIND**

