**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 CorndogsSeasoned Green BeansSeasonal FruitMilk | Chicken Tenders Potato WedgesFresh Carrots & CelerySeasonal FruitMilk | Cheese PizzaFresh Salad w/ TomatoesRoasted Chick PeasSeasonal Fruit Milk | PancakesBreakfast Sausage Hash Brown PotatoAssorted Veggie JuiceSeasonal FruitMilk | Sloppy Joe’sBaked BeansFresh Carrots & CelerySeasonal FruitMilk |
| **Green Week**Beef TacosRiceRefried BeansSeasonal Fruit Milk | Creamy Mac-N-CheeseDinner RollFresh Salad w/ TomatoesSeasonal Fruit Milk | Baked Chicken Nuggets mashed potatoes/gravySeasoned Green BeansSeasonal FruitMilk | Ham SublettuceFresh Carrots & CelerySeasonal Fruit Milk | Cheese PizzaFresh Salad w/ TomatoesRoasted Chick PeasSeasonal Fruit Milk |
| **Blue Week**Hog Dog/bunBaked French FriesFresh Carrots & CelerySeasonal Fruit Milk  | Chicken TendersPotato WedgesSteamed BroccoliSeasonal FruitMilk |  **Grab-N-Go**Panther Pizza-ableFresh Carrots & CelerySeasonal Fruit Rice Krispy TreatMilk | French Toast Sticks Breakfast Sausage Hash Brown PotatoAssorted Veggie JuiceSeasonal FruitMilk | Pulled Pork SandwichBaked BeansFresh Carrots & CelerySeasonal FruitMilk |
| Red WeekCheese QuesadillaSpanish RiceRefried BeansSeasonal Fruit Milk | Pasta w/meat sauceGarlic BreadSteamed BroccoliSeasonal FruitMilk | Baked Chicken Nuggets Mashed Potatoes/ GravySeasoned Green BeansSeasonal FruitMilk | Hamburger/bunBaked French FriesFresh Carrots & CelerySeasonal Fruit Milk | Cheese PizzaFresh Salad w/ TomatoesRoasted Chick PeasSeasonal Fruit Milk |

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| **August ‘22** |
| **Su** | **M** | **Tu** | **W** | **Th** | **Fri** | **Sa** |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
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| **October ‘22** |
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| **September ‘22** |
| **Su** | **M** | **Tu** | **W** | **Th** | **Fri** | **Sa** |
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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** |
| **Su** | **M** | **Tu** | **W** | **Th** | **Fri** | **Sa** |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
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**START SMART BY FUELING**

**YOUR MIND**

