

# Porter Lakes Elementary School

2023-2024 CYCLE MENU

Student Breakfast= \$1.85    Reduced Breakfast= \$0.30    Extra Milk= .75

Student Lunch= \$2.85    Reduced Lunch= .40

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Orange Week</u> Bosco / Marina Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk	Pancake Bites Breakfast Sausage Hash Brown Potato Assorted Veggie Juice Seasonal Fruit Milk	Baked Chicken Nuggets Mashed Potatoes/ Gravy Dinner Roll Broccoli Seasonal Fruit Milk	Spaghetti Fresh Garden Bar Seasonal Fruit Milk	Calzone Fresh Garden Bar Seasonal Fruit Milk
<u>Green Week</u> Pizza Crunchers Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk	French Toast Sticks Hash Breakfast Sausage Brown Potato Assorted Veggie Juice Seasonal Fruit Milk	Baked Chicken Tenders Potato Wedges Seasoned Green Beans Fresh Carrots & Celery Seasonal Fruit Milk	Hamburger or Cheeseburger Baked French Fries Broccoli Seasonal Fruit Milk	Hog Dog/bun Baked Beans Fresh Carrots & Celery Seasonal Fruit Milk
<u>Blue Week</u> Grilled Cheese and Tomato Soup Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk	Pancake Bites Breakfast Sausage Hash Brown Potato Assorted Veggie Juice Seasonal Fruit Milk	Baked Chicken Nuggets Mashed Potatoes/ Gravy Dinner Roll Broccoli Seasonal Fruit Milk	Creamy Mac-N-Cheese Broccoli Fresh Garden Bar Seasonal Fruit Milk	Cheese or Pepperoni Pizza Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk
<u>Red Week</u> Pizza Crunchers Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk	Carnitas Taco Black Beans Fresh Garden Bar Salsa, Sour Cream Seasonal Fruit Milk	Baked Chicken Tenders Potato Wedges Seasoned Green Beans Fresh Carrots & Celery Seasonal Fruit Milk	<b>Stir-Fri-Day</b> Oriental Chicken Rice Peas/Carrots Fortune Cookie Seasonal Fruit Milk	Mini Comdogs Seasoned Green Beans Seasonal Fruit Milk

## 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**

January 2024						
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			

March 2024						
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

February 2024						
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		

April 2024						
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	
<u>Breakfast Menu</u>	
(1) Entrée Choice, (1c.) Fruit (1) Fat Free Milk	
<b>Monday:</b> Breakfast Pizza or Pop-tarts	
<b>Tuesday:</b> Mini Pancakes or Crunch	
<b>Wednesday:</b> Egg Sandwich or Banana Bread	
<b>Thursday:</b> Pancake Wrap or Cini. Min	
<b>Friday:</b> Bagel w/ Cream Cheese or Parfait	

May 2024						
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	

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.