

Porter Lakes Elementary School

2024-2025 CYCLE MENU

Student Breakfast= \$1.95 Reduced Breakfast= \$0.30 Extra Milk= .75

Student Lunch= \$2.95 Reduced Lunch= .40

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

HEALTHY FRUIT, VEGETABLE & MILK CHOICES SERVED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Orange Week</p> <p>Bosco / Marina Fresh Garden Bar Roasted Chick Peas 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>Spaghetti Dinner Roll Fresh Garden Bar Seasonal Fruit Milk</p>	<p>Cheese or Pepperoni Pizza Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>
<p>Green Week</p> <p>Breaded Chicken Leg Baked Beans Dinner Roll Broccoli Fresh Garden Bar Seasonal Fruit Milk</p>	<p>Cheese Quesadilla Black Beans Salsa, lettuce, sour cream, Seasonal Fruit Milk</p>	<p>Baked Chicken Tenders Potato Wedges Seasoned Green Beans Fresh Carrots & Celery Seasonal Fruit Milk</p>	<p>Hog Dog/bun Baked Beans Fresh Carrots & Celery Seasonal Fruit Milk</p>	<p>Hamburger or Cheeseburger Baked French Fries Broccoli Fresh Garden Bar Seasonal Fruit Milk</p>
<p>Blue Week</p> <p>Build your own Sub Fresh Garden Bar Seasonal Fruit Mini Rice Krispie Milk</p>	<p>French Toast Sticks Hash Breakfast Sausage 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>Cheese or Pepperoni Pizza Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>
<p>Red Week</p> <p>Pizza Crunchers Fresh Garden Bar Roasted Chick Peas Seasonal Fruit Milk</p>	<p>Beef or Chicken Tacos Black Beans Salsa, lettuce, sour cream, Seasonal Fruit Milk</p>	<p>Baked Chicken Tenders Potato Wedges Seasoned Green Beans Fresh Carrots & Celery Seasonal Fruit Milk</p>	<p style="text-align: center;">Stir-Fri-Day</p> <p>Oriental Chicken Rice Peas/Carrots Fortune Cookie Seasonal Fruit Milk</p>	<p>Mini Corndogs Seasoned Green Beans Fresh Garden Bar 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 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

September 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

Breakfast Menu

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

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

October 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		

November 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

December 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
 Menu is subject to change without notice due to price and availability of food. Holiday and Special events menus will be added respectfully.