

Porter Lakes Elementary School

2025-2026 CYCLE MENU

Student Breakfast= \$2.25 Reduced Breakfast= \$0.30 Extra Milk= .75

Student Lunch= \$3.25 Reduced Lunch= .40

Adult Breakfast= \$3.00 Adult Lunch= \$5.00

HEALTHY FRUIT, VEGETABLE & MILK CHOICES SERVED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Orange Week Picnic Day Ham or Turkey with cheese Crackers Fresh Carrots & Celery Seasonal Fruit Milk	Cheese Quesadilla Refried beans Salsa , sour cream Seasonal Fruit Milk	French Toast Breakfast Sausage Hash Brown Potato Assorted Veggie Juice Seasonal Fruit Milk	Popcorn Chicken Smiles Seasoned Green Beans Seasonal Fruit Milk	Cheese or Pepperoni Pizza Fresh Garden Salad Seasonal Fruit Milk
Green Week Pizza Crunchers Fresh Garden Salad Seasonal Fruit Milk	Hog Dog Baked beans Fresh Carrots & Celery Seasonal Fruit Milk	Grilled Chicken Wrap Peas/Carrots Seasonal Fruit Fortune Cookie Milk	Baked Chicken Tenders Smiles Dinner Roll Seasoned Green Beans Seasonal Fruit Milk	Philly Gyro Fresh Garden Salad Seasonal Fruit Milk
Blue Week Creamy Mac-N-Cheese Fresh Garden Salad Seasonal Fruit Milk	Walking Taco Refried beans Salsa , sour cream Seasonal Fruit Milk	Pulled Pork Sliders Peas Seasonal Fruit Milk	Mini Corndogs Seasoned Green Beans Seasonal Fruit Milk	Cheese or Pepperoni Pizza Fresh Garden Salad Seasonal Fruit Milk
Red Week Bosco / Marinara Fresh Garden Salad Seasonal Fruit Milk	Hamburger or Cheeseburger Baked beans Fresh Carrots & Celery Seasonal Fruit Milk	BBQ Rib Sandwich Seasoned Green Beans Seasonal Fruit Milk	Baked Chicken Tenders Smiles Fresh Carrots & Celery Seasonal Fruit Milk	Chicken Alfredo Fresh Garden Salad Seasonal Fruit Milk

FOOD SERVICE OFFICE:

Director
Loretta Rowland
260 S. 500 W.
Valparaiso, IN
46385
Loretta.Rowland
@PTSC.K12.IN.
US

306-8600
Ext. 2141

PLE Café:
Carrie Saroukos
Manager
Carrie.Saroukos
@PTSC.K12.
IN.US

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 2025						
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

October 2025						
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 2025						
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				

November 2025						
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/ 30	24	25	26	27	28	29

START SMART BY FUELING YOUR MIND

Breakfast Menu

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

Monday: Bagel or Tiger Bites

Tuesday: Cinni Mini or Tiger Bites

Wednesday: Smoothie Loops or Tiger Bites

Thursday: Donut or Tiger Bites

Friday: Smoothie Loops or Tiger Bites

December 2025						
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.