

# LAKE FOREST HIGH SCHOOL

## MEAL PRICES:

STUDENTS:  
NO COST

ADULTS:  
Breakfast: \$2.30  
Lunch: \$3.50

~ Optional Selection

**AUGUST / SEPTEMBER 2017**

Student account balances: Sign up on the website [MYSCHOOLBUCKS.COM](http://MYSCHOOLBUCKS.COM) and you can view balances and account activity at any time or get low-balance emails for Free! There is a \$1.95 fee if you use the website to put money into your child(ren)'s account(s).

OTHER SELECTIONS EVERY DAY INCLUDES: YOGURT, HOT AND COLD SANDWICHES AND SUBS, AND ASSORTED SALADS.

## **IMPORTANT** **Meal Information**

During the 2017-2018 school year, the Lake Forest Child Nutrition Program will **NOT CHARGE FOR THE BREAKFAST OR LUNCH MEALS**

The Child Nutrition Program will operate under the Community Eligibility Provision (CEP) for the next 2 school years. CEP will allow Child Nutrition Services to provide nutritious meals at no cost to any of our students.

*Students may take all 5 components but must take 3 to complete the meal. One must be a fruit or vegetable.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Aug 28 Parmesan Chicken Sandwich on Whole Wheat Roll</p> <p><u>ALLOWED ALL:</u> ½ cup Cole Slaw 2/3 cup Baked Beans ½ cup Applesauce Orange</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>Aug 29 Nachos with Ground Beef and Cheese Sauce ½ cup Seasoned Rice</p> <p><u>ALLOWED ALL:</u> ½ cup Corn ½ cup Fresh Broccoli w/Low Fat Dip ½ cup Pears Strawberry Cup</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>Aug 30 Whole Wheat Baked Ziti ~ Whole Wheat Roll</p> <p><u>ALLOWED ALL:</u> 1 cup Tossed Salad with Low Fat Dressing ½ cup Carrots ½ cup Peaches Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>Aug 31 Cheeseburger on Whole Wheat Bun with Lettuce &amp; Tomato</p> <p><u>ALLOWED ALL:</u> ½ cup Green Beans ½ cup Beets ½ cup Pineapple Plum</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>Sept 1</p> 
<p>Sept 4</p> 	<p>Sept 5 2 Cheese Sticks with Pizza Sauce</p> <p><u>ALLOWED ALL:</u> ½ cup Broccoli ~ Low Fat Dip 1 cup Tomato Soup with Whole Wheat Crackers ½ cup Mixed Fruit Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>Sept 6 Chicken with Whole Wheat Roll</p> <p><u>ALLOWED ALL:</u> ½ cup Baked Sweet Potato ½ cup Cauliflower Orange Strawberry Cup</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>Sept 7 Whole Wheat Spaghetti with Meat Sauce ~ Whole Wheat Bread Sticks</p> <p><u>ALLOWED ALL:</u> ½ cup Green Beans 1 cup Tossed Salad with Low Fat Dressing ½ cup Peaches Plum</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>Sept 8 Tuna, Turkey or Ham on Whole Wheat Sub Roll With Lettuce &amp; Tomato</p> <p><u>ALLOWED ALL:</u> ½ cup Spicy Fries 2/3 cup Baked Beans 1 cup Orange Smiles Sliced Apples</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>

<p><b>Sept 11</b> Chicken Quesadilla</p> <p><u>ALLOWED ALL:</u> ½ cup Green Beans ½ cup Carrot Bites ½ cup Mandarin Oranges Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 12</b> Cheese Steak on Whole Wheat Bun with Lettuce and Tomato</p> <p><u>ALLOWED ALL:</u> ½ cup Spinach ½ cup French Fries ½ cup Applesauce Orange</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 13</b> Chicken Fajita with Whole Wheat Tortilla</p> <p><u>ALLOWED ALL:</u> ½ cup Broccoli 1 cup Tossed Salad with Low Fat Dressing ½ cup Apple Slices Plum</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 14</b> Soft Taco with Cheese, Lettuce and Tomato</p> <p><u>ALLOWED ALL:</u> ½ cup Kale 2/3 cup Navy Beans ½ cup Pineapple Strawberry Cup</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 15</b> Grilled Cheese Sandwich on Whole Wheat Bread</p> <p><u>ALLOWED ALL:</u> ½ cup Carrots 1 cup Tomato Soup with Whole Wheat Crackers ½ cup Pears Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>
<p><b>Sept 18</b> Chicken Cheese Steak on Whole Wheat Bun</p> <p><u>ALLOWED ALL:</u> ½ cup Potato Rounds 2/3 cup Baked Beans ½ cup Pineapple Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 19</b> Fish and Shrimp with Corn Bread</p> <p><u>ALLOWED ALL:</u> ½ cup Cole Slaw ½ cup Stewed Tomatoes ½ cup Peaches Orange</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 20</b> Popcorn Chicken with Whole Wheat Roll</p> <p><u>ALLOWED ALL:</u> ½ cup Mashed Potatoes ½ cup Succotash ½ cup Pears Plum</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 21</b> Ham and Cheese on Pretzel Bun</p> <p><u>ALLOWED ALL:</u> 1 cup Tossed Salad with Low Fat Dressing 1 cup Tomato Soup with Whole Wheat Crackers ½ cup Applesauce Strawberry Cup</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 22</b> Cheese Pizza on Whole Wheat Crust</p> <p><u>ALLOWED ALL:</u> ½ cup Carrots ½ cup Broccoli ½ cup Mixed Fruit Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>
<p><b>Sept 25</b> Parmesan Chicken Sandwich on Whole Wheat Roll</p> <p><u>ALLOWED ALL:</u> ½ cup Cole Slaw 2/3 cup Baked Beans ½ cup Applesauce Orange</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 26</b> Nachos with Ground Beef and Cheese Sauce ½ cup Seasoned Rice</p> <p><u>ALLOWED ALL:</u> ½ cup Corn ½ cup Fresh Broccoli w/Low Fat Dip ½ cup Pears Strawberry Cup</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 27</b> Whole Wheat Baked Ziti ~ Whole Wheat Roll</p> <p><u>ALLOWED ALL:</u> 1 cup Tossed Salad with Low Fat Dressing ½ cup Carrots ½ cup Peaches Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 28</b> Cheeseburger on Whole Wheat Bun with Lettuce &amp; Tomato</p> <p><u>ALLOWED ALL:</u> ½ cup Green Beans ½ cup Beets ½ cup Pineapple Plum</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p><b>Sept 29</b> Chicken Nuggets with Whole Wheat Roll</p> <p><u>ALLOWED ALL:</u> ½ cup Stewed Tomatoes ½ cup Spinach ½ cup Mixed Fruit Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>

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