

LAKE FOREST NORTH ELEMENTARY

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 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).



Available on Daily: SPECIAL ENTRÉE, CHEF SALAD WITH CRACKERS, SUB/SANDWICH/WRAPPS, PIZZA, AND YOGURT WITH CRACKERS.

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 Chicken Patty on Whole Wheat Roll <u>ALLOWED BOTH:</u></p> <p>½ cup Green Beans ½ cup Raw Broccoli ~ Low Fat Dip <u>SELECT ONE:</u> ½ cup Peaches or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Aug 29 Soft Taco with Cheese And Taco Meat <u>ALLOWED BOTH:</u></p> <p>1 cup Tossed Salad with Low Fat Dressing 2/3 cup Baked Beans <u>SELECT ONE:</u> ½ cup Pears or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Aug 30 Cheese Pizza with Whole Wheat Crust <u>ALLOWED BOTH:</u></p> <p>½ cup Beets ½ cup Smiley Face Potatoes <u>SELECT ONE:</u> ½ cup Applesauce or Plum <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Aug 31 Grilled Cheese Sandwich on Whole Wheat Bread <u>ALLOWED BOTH:</u> ½ California Veg Blend 1 cup Tomato Soup with Whole Wheat Crackers <u>SELECT ONE:</u> ½ cup Mandarin Oranges or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 1</p>  |
| <p>Sept 4</p>  | <p>Sept 5 Beef Nachos w/Cheese <u>ALLOWED BOTH:</u> ½ cup Corn ½ cup Carrot Bites with Low Fat Dip <u>SELECT ONE:</u> ½ cup Peaches or Strawberry Cup <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 6 Chicken Nuggets with Whole Wheat Roll <u>ALLOWED BOTH:</u> ½ cup Sweet Potato ½ cup Steamed Broccoli <u>SELECT ONE:</u> ½ cup Applesauce or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 7 Whole Wheat Baked Ziti/Beef-A-Roni <u>ALLOWED BOTH:</u> 1 cup Tossed Salad with Low-Fat Dressing ½ cup Peas <u>SELECT ONE:</u> ½ cup Kiwi Fruit or Plum <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 8 2 Whole Wheat Cheese Sticks With Pizza Sauce <u>ALLOWED BOTH:</u> ½ cup Raw Veggies ½ cup Green Beans <u>SELECT ONE:</u> ½ cup Pears or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> |

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| <p>Sept 11 Chicken Patty on Whole Wheat Roll <u>ALLOWED BOTH:</u> 1/2 cup Green Beans 1/2 cup Raw Broccoli ~ Low Fat Dip <u>SELECT ONE:</u> 1/2 cup Peaches or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 12 Grilled Cheese Sandwich on Whole Wheat Bread <u>ALLOWED BOTH:</u> 1/2 cup Vegetable Medley 1 cup Tomato Soup <u>SELECT ONE:</u> 1/2 cup Pears or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 13 Eggs w/Ham or Sausage Biscuit or Roll <u>ALLOWED BOTH:</u> 1/2 cup Beets 1/2 cup Tator Tots <u>SELECT ONE:</u> 1/2 cup Applesauce or Warm Apple slices <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 14 Cheeseburger on Whole Wheat Bun with Lettuce & Tomato <u>ALLOWED BOTH:</u> 1/2 cup Carrot Bites 2/3 cup Baked Beans <u>SELECT ONE:</u> 1/2 cup Mandarin Oranges or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 15 Chicken with Whole Wheat Roll or Rice <u>ALLOWED BOTH:</u> 1/2 cup Celery Sticks 1 cup Tossed Salad with Low Fat Dressing <u>SELECT ONE:</u> 1/2 cup Pineapple or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> |
| <p>Sept 18 Turkey or Ham with Cheese, Lettuce & Tomato on Whole Wheat Roll <u>ALLOWED BOTH:</u> 1/2 Cup Medley 2/3 cup Baked Beans <u>SELECT ONE:</u> 1/2 cup Pineapple or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 19 5 Chicken Nuggets with Whole Wheat Roll <u>ALLOWED BOTH:</u> 1/2 cup Mashed Potatoes ~Low-Fat Gravy 1/2 cup Steamed Broccoli <u>SELECT ONE:</u> 1/2 cup Applesauce or Orange Smiles <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 20 Pork Ribbie on Whole Wheat Bun <u>ALLOWED BOTH:</u> 1/2 cup Green Beans 1/2 cup Steamed Carrots <u>SELECT ONE:</u> 1/2 cup Orange Smiles or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 21 Beef Nachos with Cheese <u>ALLOWED BOTH:</u> 1/2 cup Corn 1/2 cup Carrots Bites ~Low Fat Dip <u>SELECT ONE:</u> 1/2 cup Peaches or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 22 4 Fish Shapes with Whole Wheat Roll <u>ALLOWED BOTH:</u> 1/2 cup Stewed Tomatoes 1/2 cup Kale <u>SELECT ONE:</u> 1/2 cup Pears or Plum <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> |
| <p>Sept 25 Chicken Patty on Whole Wheat Roll <u>ALLOWED BOTH:</u> 1/2 cup Green Beans 1/2 cup Raw Broccoli ~ Low Fat Dip <u>SELECT ONE:</u> 1/2 cup Peaches or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 26 Soft Taco with Cheese And Taco Meat <u>ALLOWED BOTH:</u> 1 cup Tossed Salad with Low Fat Dressing 2/3 cup Baked Beans <u>SELECT ONE:</u> 1/2 cup Pears or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 27 Cheese Pizza with Whole Wheat Crust <u>ALLOWED BOTH:</u> 1/2 cup Beets 1/2 cup Smiley Face Potatoes <u>SELECT ONE:</u> 1/2 cup Applesauce or Plum <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 28 Grilled Cheese Sandwich on Whole Wheat Bread <u>ALLOWED BOTH:</u> 1/2 California Veg Blend 1 cup Tomato Soup with Whole Wheat Crackers <u>SELECT ONE:</u> 1/2 cup Mandarin Oranges or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> | <p>Sept 29 Chicken with Whole Wheat Roll or Rice <u>ALLOWED BOTH:</u> 1/2 cup Celery Sticks 1 Cup Tossed Salad with Low Fat Dressing <u>SELECT ONE:</u> 1/2 cup Pineapple or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p> |

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