

LAKE FOREST HIGH SCHOOL

MEAL PRICES:

STUDENTS:
NO COST

ADULTS:
Breakfast: \$2.35
Lunch: \$3.55

~ Optional Selection

JANUARY, 2018

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).

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

Healthy Habits for Mind, Body, Soul and Spirit

Eat Real Food

Move Your Body

Prioritize **Sleep**

Play Just for Fun

Learn Something New


Avoid the Negative



Focus on the Good & Positive

Retreat to Cal the Mind & Body

Show **Love** to Others & Self

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>1</p> <p><i>No School</i></p> 	<p>2</p> <p>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>3</p> <p>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>4</p> <p>Cheeseburger on Whole Wheat Bun with Lettuce & 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>5</p> <p>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>
<p>8:</p> <p>Meatball Sub on Whole Wheat Roll</p> <p><u>ALLOWED ALL:</u> 1 cup Tossed Salad with Low Fat Dressing ½ cup Cole Slaw ½ cup Applesauce Orange</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>9</p> <p>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>10</p> <p>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>11</p> <p>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>12</p> <p>Tuna, Turkey or Ham on Whole Wheat Sub Roll With Lettuce & 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>15</p> <p><i>No School</i></p> 	<p>16</p> <p><i>No School</i></p> 	<p>17</p> <p>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>18</p> <p>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>19</p> <p>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>22</p> <p>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>23</p> <p>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>24</p> <p>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>25</p> <p>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>26</p> <p>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>29</p> <p>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>30</p> <p>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>31</p> <p>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>		

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