

LAKE FOREST NORTH ELEMENTARY

MEAL PRICES:

~ Optional Selection

JANUARY, 2018

STUDENTS:
NO COST

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

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.



Healthy Habits for Mind, Body, Soul and Spirit

Eat Real Food
Prioritize **Sleep**
Learn Something New
Focus on the Good & Positive
Show **Love** to Others & Self

Move Your Body
Play Just for Fun
Avoid the Negative
Retreat to Cal the Mind & Body

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>Soft Taco with Cheese And Taco Meat</p> <p><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>3</p> <p>Cheese Pizza with Whole Wheat Crust</p> <p><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>4</p> <p>Grilled Cheese Sandwich on Whole Wheat Bread</p> <p><u>ALLOWED BOTH:</u></p> <p>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>5</p> <p>Chicken with Whole Wheat Roll or Rice</p> <p><u>ALLOWED BOTH:</u></p> <p>½ cup Celery Sticks 1 Cup Tossed Salad with Low Fat Dressing <u>SELECT ONE:</u> ½ cup Pineapple or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>
<p>8</p> <p>Low Fat Hot Dog on Whole Wheat Roll <u>ALLOWED BOTH:</u> 2/3 cup Baked Beans 1 cup Tossed Salad with Low Fat Dressing <u>SELECT ONE:</u> ½ cup Mandarin Oranges or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>9</p> <p>Beef Nachos w/Cheese</p> <p><u>ALLOWED BOTH:</u></p> <p>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>10</p> <p>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>11</p> <p>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>12</p> <p>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>

<p>15</p> <p><i>No School</i></p> 	<p>16</p> <p><i>No School</i></p> 	<p>17</p> <p>Eggs w/Ham or Sausage Biscuit or Roll <u>ALLOWED BOTH:</u> ½ cup Beets ½ cup Tator Tots</p> <p><u>SELECT ONE:</u> ½ cup Applesauce or Warm Apple slices</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>18</p> <p>Cheeseburger on Whole Wheat Bun with Lettuce & Tomato <u>ALLOWED BOTH:</u> ½ cup Carrot Bites 2/3 cup Baked Beans</p> <p><u>SELECT ONE:</u> ½ cup Mandarin Oranges or Apple</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>19</p> <p>Chicken with Whole Wheat Roll or Rice <u>ALLOWED BOTH:</u> ½ cup Celery Sticks 1 cup Tossed Salad with Low Fat Dressing <u>SELECT ONE:</u> ½ cup Pineapple or Orange</p> <p><u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>
<p>22</p> <p>Turkey or Ham with Cheese, Lettuce & Tomato on Whole Wheat Roll <u>ALLOWED BOTH:</u> ½ Cup Medley 2/3 cup Baked Beans</p> <p><u>SELECT ONE:</u> ½ cup Pineapple or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>23</p> <p>5 Chicken Nuggets with Whole Wheat Roll <u>ALLOWED BOTH:</u> ½ cup Mashed Potatoes ~Low-Fat Gravy ½ cup Steamed Broccoli <u>SELECT ONE:</u> ½ cup Applesauce or Orange Smiles <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>24</p> <p>Pork Ribbie on Whole Wheat Bun <u>ALLOWED BOTH:</u> ½ cup Green Beans ½ cup Steamed Carrots</p> <p><u>SELECT ONE:</u> ½ cup Orange Smiles or Apple <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>25</p> <p>Beef Nachos with Cheese <u>ALLOWED BOTH:</u> ½ cup Corn ½ cup Carrots Bites ~Low Fat Dip <u>SELECT ONE:</u> ½ cup Peaches or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>26</p> <p>4 Fish Shapes with Whole Wheat Roll <u>ALLOWED BOTH:</u> ½ cup Stewed Tomatoes ½ cup Kale</p> <p><u>SELECT ONE:</u> ½ cup Pears or Plum <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>
<p>29</p> <p>Chicken Patty on Whole Wheat Roll <u>ALLOWED BOTH:</u> 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>30</p> <p>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> ½ cup Pears or Orange <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>31</p> <p>Cheese Pizza with Whole Wheat Crust <u>ALLOWED BOTH:</u> ½ cup Beets ½ cup Smiley Face Potatoes</p> <p><u>SELECT ONE:</u> ½ cup Applesauce or Plum <u>SELECT ONE:</u> Fat Free Milk: White, Chocolate, or Strawberry</p>		

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