

# LAKE FOREST SOUTH 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](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).

**AVAILABLE DAILY ON BOTH SERVING LINES:** ENTREES, CHEESE PIZZA, TURKEY & CHEESE SANDWICH, HAM & CHEESE SANDWICH, CHEF SALAD/CRACKERS, GARDEN SALAD/CRACKERS, AND TUNA SALAD SANDWICHES. Any student or staff member can make a request by 9:30 a.m. in account form envelope.

### 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>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> 1/2 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>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>4</p> <p>Grilled Cheese Sandwich on Whole Wheat Bread</p> <p><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>5</p> <p>Chicken with Whole Wheat Roll or Rice</p> <p><u>ALLOWED BOTH:</u></p> <p>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>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> 1/2 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> 1/2 cup Corn 1/2 cup Carrot Bites with Low Fat Dip <u>SELECT ONE:</u> 1/2 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> 1/2 cup Sweet Potato 1/2 cup Steamed Broccoli <u>SELECT ONE:</u> 1/2 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 1/2 cup Peas <u>SELECT ONE:</u> 1/2 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> 1/2 cup Raw Veggies 1/2 cup Green Beans <u>SELECT ONE:</u> 1/2 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 <b><u>ALLOWED BOTH:</u></b> ½ cup Beets ½ cup Tator Tots</p> <p><b><u>SELECT ONE:</u></b> ½ cup Applesauce or Warm Apple slices</p> <p><b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>18</p> <p>Cheeseburger on Whole Wheat Bun with Lettuce &amp; Tomato <b><u>ALLOWED BOTH:</u></b> ½ cup Carrot Bites 2/3 cup Baked Beans</p> <p><b><u>SELECT ONE:</u></b> ½ cup Mandarin Oranges or Apple</p> <p><b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>19</p> <p>Chicken with Whole Wheat Roll or Rice <b><u>ALLOWED BOTH:</u></b> ½ cup Celery Sticks 1 cup Tossed Salad with Low Fat Dressing <b><u>SELECT ONE:</u></b> ½ cup Pineapple or Orange</p> <p><b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>
<p>22</p> <p>Turkey or Ham with Cheese, Lettuce &amp; Tomato on Whole Wheat Roll <b><u>ALLOWED BOTH:</u></b> ½ Cup Medley 2/3 cup Baked Beans</p> <p><b><u>SELECT ONE:</u></b> ½ cup Pineapple or Apple <b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>23</p> <p>5 Chicken Nuggets with Whole Wheat Roll <b><u>ALLOWED BOTH:</u></b> ½ cup Mashed Potatoes ~Low-Fat Gravy ½ cup Steamed Broccoli <b><u>SELECT ONE:</u></b> ½ cup Applesauce or Orange Smiles <b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>24</p> <p>Pork Ribbie on Whole Wheat Bun <b><u>ALLOWED BOTH:</u></b> ½ cup Green Beans ½ cup Steamed Carrots</p> <p><b><u>SELECT ONE:</u></b> ½ cup Orange Smiles or Apple <b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>25</p> <p>Beef Nachos with Cheese <b><u>ALLOWED BOTH:</u></b> ½ cup Corn ½ cup Carrots Bites ~Low Fat Dip <b><u>SELECT ONE:</u></b> ½ cup Peaches or Orange <b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>26</p> <p>4 Fish Shapes with Whole Wheat Roll <b><u>ALLOWED BOTH:</u></b> ½ cup Stewed Tomatoes ½ cup Kale</p> <p><b><u>SELECT ONE:</u></b> ½ cup Pears or Plum <b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>
<p>29</p> <p>Chicken Patty on Whole Wheat Roll <b><u>ALLOWED BOTH:</u></b> ½ cup Green Beans ½ cup Raw Broccoli ~ Low Fat Dip <b><u>SELECT ONE:</u></b> ½ cup Peaches or Apple <b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>30</p> <p>Soft Taco with Cheese And Taco Meat <b><u>ALLOWED BOTH:</u></b> 1 cup Tossed Salad with Low Fat Dressing 2/3 cup Baked Beans <b><u>SELECT ONE:</u></b> ½ cup Pears or Orange <b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>31</p> <p>Cheese Pizza with Whole Wheat Crust <b><u>ALLOWED BOTH:</u></b> ½ cup Beets ½ cup Smiley Face Potatoes</p> <p><b><u>SELECT ONE:</u></b> ½ cup Applesauce or Plum <b><u>SELECT ONE:</u></b> Fat Free Milk: White, Chocolate, or Strawberry</p>		

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