

FREE LUNCH PROGRAM 2010-2011

The Free Lunch Program entitles eligible participants to the daily \$2.75 Plate Lunch also referred to as the Value Meal. The menu is posted weekly on the Lake Park High School web page www.lphs.org on the *Students* or *Parents* link or at Sodexo's website www.sodexoeducation.com.

As an alternative to the \$2.75 Value Meal, you may select another entrée or meal combination but you will be responsible for charges over \$2.75. A price list is on the back of this letter and is also available in the cafeteria. Below is a list of **APPROVED** and **UNAPPROVED** foods that qualify as suggested meal combinations. If you qualify for the Free & Reduced Program you are entitled to one free **BREAKFAST** or **LUNCH** each day.

A 4 oz juice or a carton of milk is included with lunch. Each serving line also offers fresh fruits and vegetables. Nutritional information is posted to help the student make healthy choices.

APPROVED

Vegetarian or Regular Wrap, Fruit and Milk
Grilled Cheese Sandwich, Fruit and Milk
Hamburger or Cheeseburger, Fruit and Milk
Slice of Cheese Pizza, Fruit and Milk
Sub Sandwich, Fruit and Milk
Deli Sandwich, (Turkey or Ham) Fruit and Milk
Chicken Patty Sandwich, Fruit and Milk
Tuna Salad Sandwich, Fruit and Milk
Egg Salad Sandwich, Fruit and Milk
Garden Salad, Fruit & Milk (Small)
Chef Salad, Fruit and Milk (Small)
Chicken Caesar Salad, Fruit and Milk (Small)
Fruit and Vegetables from the Health Bars

UNAPPROVED

Mozzarella Sticks	Soda, Specialty Drinks
Bosco Sticks	Candy & Snacks
Regular or Stuffed Pretzels	Desserts or Ice Cream Novelties
French Fries	Other Non Specific Foods
Popcorn Chicken	Pizza Puff

The cafeteria staff, accesses the student information through the student I.D. Number. **If you loose or forget your I.D. card, please contact the School Service Office for a temporary lunch permit. The Cafeteria is not responsible for wrongful use or financial loss when this occurs.**

If you have any questions please contact the school Unit Manager or General Manager, we will be happy to assist you.

East Campus	Ellen Kucharski,	Unit Manager	630 295-5350
West Campus	Marge Wesolowski	Unit Manager	630 295-5239
East & West Campus	Patrick Thompson,	General Mgr.	630 295-5229