

What's For Lunch ??

Lake Highland Prep 2011 - 2012

K-5

Entrée of the Day/
Vegetarian Choice
Fresh Vegetables and
Salads
Seasonal Fresh Fruit
Dessert
Choice of Milks, Juices,
or Bottled Water

Entrée Choice Substitutions:

Fresh Garden Salad
Veggie Burger
or
Whole Wheat Grilled
Cheese
Turkey and Cheese, or
Peanut Butter and
Jelly Sandwiches.

**All items for lower
school are baked**

6-12

Choice of Entrée
2 Side Choices
1 Cup of Fresh Made
Soup, Fresh Seasonal
Fruit, or Side Serving of
Salad Bar choices.
1 Dessert
20 oz. Fountain Drink w/
one refill (2 milks can be
substituted for Fountain
drink.)

Entrée Choices:

- ◆ Hot Entrée
- ◆ Grab and Go Hot and
Cold Selections
- ◆ Create your own
Salad
- ◆ Custom Order Deli
Sandwiches and Wraps

Jr. Fling Tickets

Choose from muffins,
Hash Browns, Bagels,
Cereal, or Fruit and
yogurt parfaits. Also
includes a choice of
any beverage.

Fling Tickets

Choose from break-
fast wraps, chicken
biscuits,, biscuit egg
sandwiches or any of
the Jr. Fling items.
Also includes a choice
of any beverage.



Special Points of Interest:

- Fresh seasonal fruits
are available everyday
- Upper school students
have great salad bar
options to choose from.
- Deli selections are
available on a variety of
breads, wraps, and
rolls.
- We offer Skim, 2% Low
Fat chocolate, and
whole milk
- Choices of salad dress-
ings include Fat Free
and Light
- We use 99% fat free
turkey and low sodium
cheeses.
- Our Otis Spunk Meyer
cookies have no trans-
fats.
- We use several **gluten
free** pastas

Ticket Pricing Books of 10 each

<i>Lower School Lunch</i>	<i>\$57.00</i>
<i>Upper School Lunch</i>	<i>\$70.00</i>
<i>Jr. Fling</i>	<i>\$36.00</i>
<i>Fling</i>	<i>\$46.00</i>

We greatly value your comments and suggestions so we may better serve your students, Please feel free to contact us at (407)206-1900 ext. 1187

Meal Plan Pricing

Lower School Lunch

Grades K-5

Spring Semester
\$455.00

Upper School Lunch

Grades 6-12

Spring Semester
\$550.00

Fling Plans

Grades 6-12

Fling Full Yr \$715.00
Jr. Fling Full Yr \$630.00