



# Lago DINING SERVICES

★ **WELL BALANCED MENU** ★  
A NEW APPROACH TO FUEL YOUR DAY

HEALTHY AND NATURAL INGREDIENTS

NO ARTIFICIAL FLAVORS OR COLORS



The program delivers a great value both healthy and financially for \$6.00



Mobile MSA APP: Add funds -  
Low balance notifications -  
Transfer funds - Pre-order lunch



All items are prepared fresh in the LCA kitchen

## WHOLE FOODS PREPARED BY HAND

## DOWNLOAD: MOBILE MSA APP



### OUR MENU

Everyday, students will receive a full entree or the option to substitute for a hand carved sandwich on whole grain bread or in a wrap. Accompanying each meal, the students will also have their choice between fresh cut fruit, salad bar, or fresh seasonal soup, as well as bottled water or low-fat milk.



### GRAB-N-GO STATION

- House-made granola
- Yogurt parfaits
- Wrap sandwiches
- Fruit and veggie cups
- Homemade whole wheat flour chocolate chip cookies.
- Izze sodas
- 100% juice boxes
- Chocolate milk
- Skinny pop
- Popchips
- Whole Fruit

\*Lago Dining Services is a tree-nut and peanut FREE kitchen