

SEPTEMBER

BREAKFAST

LE MARS COMMUNITY

"This Is an Equal opportunity provider"

Elementary, Middle School and High School: Breakfast Available Daily 7:45 - 8:25

MENU IS SUBJECT TO CHANGE

<p>These options below are everyday</p> <p>Milk Choice: 1% or Skim</p> <p>Choice of Juice: orange, apple, fruit blend or veg. blend (may vary)</p> <p>Fresh Fruit Choice (May vary)</p> <p>choice of Cereal: (may vary)</p>				
Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
HOLIDAY	<p>K-8 cereal, pop-tart (1) juice, fruit, milk</p> <p>9-12 cereal, poptart (2) juice, fruit, milk</p>	<p>K-8 cereal, Jamwich, juice, fruit, milk</p> <p>9-12 cereal, Jamwich, juice, fruit, milk</p>	<p>K-8 cereal, muffin, juice, fruit, milk</p> <p>9-12 cereal, muffin, string cheese, juice, fruit, milk</p>	<p>K-8 French Toast juice, fruit, milk</p> <p>9-12 French Toast cereal, juice, fruit, milk</p>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<p>K-8 cereal, 1 slice of toast juice, fruit, milk</p> <p>9-12 cereal, 2 slices toast juice, fruit, milk</p> <p>K-8 jelly or peanut butter 9-12 both</p>	<p>K-8 cereal, pop-tart (1) juice, fruit, milk</p> <p>9-12 cereal, poptart (2) juice, fruit, milk</p>	<p>K-8 cereal, Apple Frudel juice, fruit, milk</p> <p>9-12 cereal, apple frudel juice, fruit, milk</p>	<p>K-8 cereal, muffin juice, fruit, milk</p> <p>9-12 cereal, muffin, string cheese, juice, fruit, milk</p>	<p>K-8 mini pancakes juice, fruit, milk</p> <p>9-12 mini pancakes cereal, juice, fruit, milk</p>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<p>K-8 cereal, 1 slice of toast juice, fruit, milk</p> <p>9-12 cereal, 2 slices toast juice, fruit, milk</p> <p>K-8 jelly or peanut butter 9-12 both</p>	<p>K-8 cereal, pop-tart (1) juice, fruit, milk</p> <p>9-12 cereal, poptart (2) juice, fruit, milk</p>	<p>K-8 cereal, Long John juice, fruit, milk</p> <p>9-12 cereal, Long John juice, fruit, milk</p>	<p>K-8 cereal, muffin, juice, fruit, milk</p> <p>9-12 cereal, muffin, string cheese, juice, fruit, milk</p>	<p>K-8 waffles juice, fruit, milk</p> <p>9-12 mini waffles cereal, juice, fruit, milk</p>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>K-8 cereal, 1 slice of toast juice, fruit, milk</p> <p>9-12 cereal, 2 slices toast juice, fruit, milk</p> <p>K-8 jelly or peanut butter 9-12 both</p>	<p>K-8 cereal, pop-tart (1) juice, fruit, milk</p> <p>9-12 cereal, poptart (2) juice, fruit, milk</p>	<p>K-8 cereal, yogurt juice, fruit, milk</p> <p>9-12 cereal, yogurt juice, fruit, milk</p>	<p>K-8 cereal, muffin, juice, fruit, milk</p> <p>9-12 cereal, muffin, string cheese, juice, fruit, milk</p>	<p>K-8 mini pancakes juice, fruit, milk</p> <p>9-12 mini pancakes cereal, juice, fruit, milk</p>