

SEPTEMBER 2018

LE MARS COMMUNITY SCHOOLS

CALORIE TARGET: average over a week
 K-5 550-650
 6-8 600-700
 9-12 750 -850

Monday

Tuesday

Wednesday

Thursday

Friday

**KITCHEN
CLOSED**

3

CHICKEN FAJITA WRAP
 LETTUCE / CHEESE / SALSA
 STEAMED CARROTS
 PINEAPPLE
 CHIPS
 HS ENTRÉE: SOFT SHELL TACO

4

GRILL TURKEY SANDWICH
 LETTUCE
 PEAS
 PEARS
 HS ENTRÉE: CHEESEBURGER

5

CHILI / CHEESE
 CORN
 PEACHES
 CINNAMON ROLL
 HS ENTRÉE: CRISPITO

6

POPCORN CHICKEN
 GREEN BEANS
 LETTUCE SALAD
 MANDARIN ORANGES
 RICE PILAF
 HS ENTRÉE: SHRIMP POPPERS

7

CHEESE PIZZA
 BROCCOLI NORMANDY
 PINEAPPLE
 CARROT STICKS
 HS ENTRÉE: PEPPERONI

10

MR RIBB SANDWICH
 CORN
 LETTUCE SALAD
 APPLESAUCE
 HS ENTREE: GRILL CHICKEN

11

TAVERNS
 BAKE BEANS
 CELERY WITH RANCH
 PEARS
 HS ENTRÉE: MR RIBB

12

MINI CORN DOGS
 CARROTS
 LETTUCE SALAD
 PEACHES
 HS ENTRÉE: CHICKEN STRIPS

13

EGG PATTY SANDWICH
 FRESH FRUIT
 TRI TATERS
 GREEN BEANS
 HS ENTRÉE: SAUSAGE/EGG
 SANDWICH

14

CHICKEN STRIPS
 WHIPPED POTATOES
 DICED CARROTS
 MIXED FRUIT
 TEA ROLL
 HS ENTRÉE: SHRIMP POPPERS

17

CRISPITO & CHILI
 BROCCOLI
 APPLESAUCE
 CHIP
 HS ENTREE: CHICKEN CRISPITO

18

BEEF TORTILLA WRAP
 LETTUCE, CHEESE,
 FRITOS, CHIPS
 PINEAPPLE
 REFRIED BEANS
 HS ENTRÉE: FAJITA CHICKEN WRAP

19

CHICKEN NOODLE SOUP
 GREEN BEANS, CARROT STICKS
 PEACHES
 BREAD
 HS ENTRÉE: TOMATO SOUP
 & GRILL CHEESE

20

BEEF LASAGNA
 GARLIC TOAST
 CORN & CELERY
 MANDARIN ORANGES
 HS ENTRÉE: PEPPERONI PIZZA

21

BREADED MOZZARELLA STICKS
 SAUCE
 BROCCOLI
 CARROT STICKS
 PEARS
 HS ENTRÉE: PIZZA

24

TERIYAKI CHICKEN
 WITH RICE
 PEAS/ CARROTS
 TEA ROLL
 APPLESAUCE
 HS ENTRÉE: BURRITO

25

GRILL CHICKEN SANDWICH
 BAKE BEANS
 LETTUCE
 MIX FRUIT
 HS ENTRÉE: CHEESEBURGER

26

CREAM TURKEY
 WHIP POTATOES
 GREEN BEANS
 PEACHES
 HS ENTRÉE: SHREDDED BEEF

27

HOTDOGS
 FRENCH FRIES
 CARROTS
 APPLES
 HS ENTRÉE: MR RIBB

28



"This institution is an equal opportunity provider"

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE