

JANUARY 2019

LE MARS COMMUNITY SCHOOLS

CALORIE TARGET
 K-5 550-650
 6-8 600-700
 9-12 750-850

Monday
Tuesday
Wednesday
Thursday
Friday
1

HOLIDAY

2

HOLIDAY

3

 PULL PORK SANDWICH
 GREEN BEANS
 LETTUCE SALAD
 APPLESAUCE
 CHIPS
 HS ENTRÉE: SEASONED TURKEY
 BURGER

4

 ITALIAN MEATBALLS SUB
 MOZZARELLA CHEESE
 BAKE BEANS
 PEACHES
 HS ENTRÉE: MR RIBB

7

 PEPPERONI PIZZA
 LETTUCE SALAD
 BROCCOLI
 MIX FRUIT
 HS ENTRÉE: CHEESE BREAD

8

 FISH SANDWICH / CHEESE
 BAKE BEANS
 LETTUCE
 APPLESAUCE
 HS ENTRÉE: BREADED PORK
 SANDWICH

9

 TACO BURGER
 LETTUCE / CHEESE / SALSA
 DICED CARROTS
 PEARS
 CHIPS
 NO HS ENTRÉE

10

 GRILL CHEESE
 GREEN BEANS
 CARROT STICKS
 PINEAPPLE
 NO HS ENTRÉE:

11

 ORANGE CHICKEN / PASTA
 CORN
 CELERY
 PEACHES
 TEA ROLL
 NO HS ENTRÉE

14

 CHICKEN TENDERS
 WHIPPED POTATOES / GRAVY
 BROCCOLI
 MIX FRUIT
 COOKIE
 HS ENTRÉE: SHRIMP/ STRING CHEESE

15

 CHICKEN NOODLE SOUP / CRACKERS
 GREEN BEANS / CARROT STICKS
 APPLESAUCE
 BREAD
 HS ENTRÉE: TOMATO SOUP/CHEESE
 SANDWICH

16

 PIZZA CRUNCHERS
 DICED CARROTS
 LETTUCE SALAD
 PEACHES
 HS ENTRÉE: CHEESE STUFFED
 STICKS

17

 CHILI / CRACKERS
 CORN
 PINEAPPLE
 CINNAMON ROLLS
 HS ENTRÉE: CHICKEN TORTILLA SOUP

18

 HOTDOGS ON A BUN
 BAKE BEANS
 CARROT STICKS
 FRESH FRUIT
 HS ENTRÉE: MR RIBB

21

 TERIYAKI CHICKEN / RICE
 PEAS & CARROTS
 MIX FRUIT
 TEA ROLL
 HS ENTRÉE: ORANGE CHICKEN

22

 ITALIAN PASTA BAKE
 DICED CARROTS
 PEACHES
 GARLIC TOAST
 HS ENTRÉE: TUNA BAKE

23

 MEXICAN FIESTA
 TACO MEAT / CHIPS
 LETTUCE / CHEESE / SALSA
 REFRIED BEANS
 PEARS
 HS ENTRÉE: CRISPITO

24

 PHILLY SANDWICH / CHEESE
 BAKE FRIES
 CARROT STICKS
 MANDARIN ORANGES
 HS ENTRÉE: MR RIBB

25

 BREADED PORK SANDWICH
 BROCCOLI
 COLE SLAW
 ORANGES
 HS ENTRÉE: FISH SANDWICH

28

 CHICKEN NUGGETS
 AU GRATIN POTATOES
 MIX VEGETABLES
 PEARS
 TEA ROLL
 HS ENTRÉE: MINI CORN DOGS

29

 MR RIBB SANDWICH
 BROCCOLI
 CARROT STICKS
 APPLESAUCE
 JONNY POPS
 HS ENTRÉE: PHILLY SANDWICH

30

 CHICKEN QUESADILLA
 LETTUCE SALAD
 CORN
 CHIPS / SALSA
 PEACHES
 HS ENTRÉE: CHEESE QUESADILLA

31

 CRISPITO & CHILI
 STEAMED CARROTS
 LETTUCE
 CHIPS
 MIX FRUIT
 HS ENTRÉE: ENCHILADA

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.