

APRIL 2019

LE MARS COMMUNITY SCHOOLS

Calorie Targets: average over a week K-5 550 – 650

6-8 600 – 700 9-12 750 - 850

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	Monday	Tuesday	Wednesday	Thursday	Friday
6	POPCORN CHICKEN WHIP POTATOES / GRAVY DICED CARROTS TEA ROLL PEARS ENTRÉE: SHRIMP POPPERS	PULL PORK SANDWICH CHIPS GREEN BEANS COLESLAW APPLESAUCE ENTRÉE: GRILL CHICKEN	TAVERNS BROCCOLI CARROT STICKS MIX FRUIT ENTRÉE: BBQ PORK	CHEESEBURGERS BAKE BEANS LETTUCE PEACHES ENTRÉE: ITALIAN CHICKEN	FISH SANDWICH LETTUCE / CHEESE FRENCH FRIES MANDARIN ORANGES ENTRÉE: BRD PORK CHOPETTE
•	ORANGE CHICKEN WITH PASTA CORN Celery with dressing Pears HS ENTRÉE: TERIYAKI CHICKEN	ITATLIAN MEATBALLS ON BUN MOZZARELLA CHEESE BAKE BEANS APPLESAUCE CHIPS 6-12 HS ENTRÉE: MR RIBB	ITALIAN CHICKEN SANDWICH BROCCOLI LETTUCE PEACHES STUFFING 6-12 HS ENTRÉE: MR RIBB	TACO BURGER LETTUCE / CHEESE DICED CARROTS MANDARIN ORANGES CHIPS HS ENTRÉE: ITALIAN CHICKEN	MAC & CHEESE FISH STICK MIX VEGETABLES LETTUCE SALAD APPLE SLICES ENTRÉE: BRD. CHEESESTICKS
	CHEESEBURGER BAKE BEANS LETTUCE PEACHES ENTRÉE: ITALIAN CHICKEN	CHICKEN NOODLE SOUP GREEN BEANS CARROT STICKS APPLESAUCE BREAD ENTRÉE: TOMATO SOUP	MR RIBB DICED CARROTS FRENCH FRIES PEARS ENTRÉE: HOTDOGS	[Enter Menu Items] 18	[Enter Menu Items]
6	[Enter Menu Items] 22	CHICKEN ALFREDO GREEN BEANS DICED CARROTS APPLESAUCE GR ENTRÉE: SPAGHETTI	TAVERNS FRIES CARROT STICKS MIX FRUIT ENTRÉE: BBQ PORK	ITALIAN PASTA BAKE CORN LETTUCE SALAD PEARS TEA ROLL HS Entrée: TUNA BAKE	CHEESEBURGER BAKE BEANS LETTUCE PEACHES ENTRÉE: ITALIAN CHICKEN
e de la seconda	PHILLY SANDWICH / CHEESE BAKE FRIES CARROTS MANDARIN ORANGES HS ENTRÉE: TAVERNS	BREADED CHICKEN SANDWICH LETTUCE BAKE BEANS APPLESAUCE ENTRÉE: FISH SANDWICH	Make the Million	a destruction of the second	HARalter land a Maria

"This institution is an equal opportunity provider"