

BREAKFAST

STUDENT COST: \$1.75
ADULT COST: \$1.85

FEBRUARY 2020

LE MARS COMMUNITY SCHOOL

TIME: 7:35 – 8:25
MILK CHOICE: 1% AND SKIM
CHOICE OF CEREAL AND JUICE
FRESH FRUIT MAY VARY DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
3 CEREAL, POPTART JUICE, FRESH FRUIT WITH MILK	4 CEREAL, TOAST JUICE, FRESH FRUIT WITH MILK	5 CEREAL OR BANANA CHOC. CHIP SNACK BREAD JUICE, FRESH FRUIT WITH MILK	6 CEREAL, MUFFIN JUICE, FRESH FRUIT WITH MILK	7 CEREAL, WAFFLE JUICE, FRESH FRUIT WITH MILK
10 CEREAL, POPTART JUICE, FRESH FRUIT WITH MILK	11 CEREAL, TOAST & EGGS JUICE, FRESH FRUIT WITH MILK	12 CEREAL, MINI DONUTS JUICE, FRESH FRUIT WITH MILK	13 CEREAL, MUFFIN JUICE, FRESH FRUIT WITH MILK	14 CEREAL, PANCAKES JUICE, FRESH FRUIT WITH MILK
17 NO SCHOOL	18 CEREAL, TOAST JUICE, FRESH FRUIT WITH MILK	19 CEREAL, YOGURT JUICE, FRESH FRUIT WITH MILK	20 CEREAL, MUFFIN JUICE, FRESH FRUIT WITH MILK	21 CEREAL OR FRENCH TOAST JUICE AND FRESH FRUIT WITH MILK
24 CEREAL, POPTART JUICE, FRESH FRUIT WITH MILK	25 CEREAL, TOAST & EGGS JUICE, FRESH FRUIT WITH MILK	26 CEREAL, CINI MINIS JUICE, FRESH FRUIT WITH MILKj	27 CEREAL, MUFFIN JUICE, FRESH FRUIT WITH MILK	28 CEREAL, WAFFLE JUICE, FRESH FRUIT WITH MILK

EATING BREAKFAST EVERYDAY MAKES YOU 34% LESS LIKELY TO DEVELOP TYPE 2 DIABETES.

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

