



LUNCH

FEBRUARY 2020

LE MARS COMMUNITY SCHOOLS

ADULT BREAKFAST: \$1.85 LUNCH: \$3.75
STUDENT BREAKFAST: \$1.75 LUNCH: \$2.60

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

Monday

Tuesday

Wednesday

Thursday

Friday

3

PEPPERONI PIZZA
BROCCOLI
LETTUCE SALAD
PINEAPPLE
HS ENTRÉE: CHEESE PIZZA

4

SPAGHETTI
LETTUCE SALAD
GREEN BEANS
GARLIC TOAST
APPLESAUCE
HS ENTRÉE: CHICKEN ALFREDO

5

CHICKEN NUGGETS
WHIP POTATOES & GRAVY
BAKE BEANS
MIX FRUIT / TEA ROLL
HS ENTRÉE: SHRIMP POPPERS
& STRING CHEESE

6

TACO BURGER
LETTUCE / CHEESE
PEAS
FRITO CHIPS
PEACHES
HS ENTRÉE ITALIAN CHICKEN

7

SAUSAGE & EGG SANDWICH
TRI TATERS
DICED CARROTS
MANDARIN ORANGES
HS ENTRÉE: HAM & CHEESE
SANDWICH

10

CHICKEN FAJITAS
LETTUCE, CHEESE, SALSA
BROCCOLI
PINEAPPLE
CHIPS
HS ENTRÉE; TACO

11

PIZZA CHILI
LETTUCE SALAD
CORN
APPLESAUCE
BREAD
HS ENTRÉE: CHICKEN NOODLE SOUP

12

SHREDDED BEEF SANDWICH
LETTUCE & CHEESE
BAKE BEANS
PEARS
HS ENTRÉE: Brd Pork

13

CHICKEN ALFREDO
DICED CARROT / CELERY
SIDEKICKS
GARLIC TOAST
HS ENTRÉE: SPAGHETTI

14

FRENCH TOAST
EGG OMELETS
TRI TATERS
GREEN BEANS
FRUIT
HS ENTRÉE: EGG OMELET

17

NO SCHOOL

18

ITALIAN CHICKEN SANDWICH
STEAMED CARROTS
LETTUCE
APPLESAUCE
HS ENTRÉE: MR RIBB

19

CHEESEBURGERS
BAKE BEANS
CARROT STICKS
MIX FRUIT
HS ENTRÉE: HOT HAM SANDWICH

20

TAVERNS
FRENCH FRIES
MIX VEGETABLES
PINEAPPLE
HS ENTRÉE: TURKEY BURGER

21

PIZZA CRUNCHERS
WITH SAUCE
BROCCOLI
LETTUCE SALAD
MANDARIN ORANGES
HS ENTRÉE: CHEESE STICKS

24

CHICKEN NUGGETS
WHIP POTATOES / GRAVY
DICED CARROTS
PEARS / TEA ROLL
HS ENTRÉE: SHRIMP POPPERS
& STRING CHEESE

25

CHICKEN NOODLE SOUP
GREEN BEANS
CARROT STICS
APPLESAUCE
BREAD
HS ENTRÉE: TOMATOSOUP / GRILL
CHEESE

26

CHEESE PIZZA
LETTUCE SALAD
BROCCOLI
PINEAPPLE
HS ENTRÉE: PEPPERONI PIZZA

27

ITALIAN MEATBALLS ON BUN
MOZZARELLA CHEESE
BAKE BEANS
PEACHES
CHIPS 6-12
HS ENTRÉE: MR RIBB

28

BREADED PORK SANDWICH
MIX VEGETABLES
LETTUCE
MANDARIN ORANGES
HS ENTRÉE: BRD. CHICKEN SANDWICH

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

