

# September 2020

## LE MARS COMMUNITY SCHOOL

7:35 to 8:15 AM

### BREAKFAST



**Student Cost: \$1.75**

**Adult Cost: \$ 1.85**

**Milk Choice: 1% and Skim  
Choice of Cereal and Juice  
Fresh Fruit may vary daily**



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

1

CEREAL  
BANANA CHOCOLATE  
SNACK BREAD  
JUICE, FRESH FRUIT  
AND MILK

2

CEREAL  
MUFFIN  
JUICE, FRESH FRUIT  
AND MILK

3

CEREAL  
FRENCH TOAST  
JUICE, FRESH FRUIT  
AND MILK

4

HOLIDAY

7

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

8

CEREAL  
CINNI MINNI BAGELS  
JUICE, FRESH FRUIT  
AND MILK

9

CEREAL  
MUFFIN  
JUICE, FRESH FRUIT  
AND MILK

10

CEREAL  
PANCAKES  
JUICE, FRESH FRUIT  
AND MILK

11

CEREAL  
POP-TART  
JUICE, FRESH FRUIT  
AND MILK

14

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

15

CEREAL  
YOGURT  
FRUIT, FRESH FRUIT  
AND MILK

16

CEREAL  
MUFFIN  
JUICE, FRESH FRUIT  
AND MILK

17

CEREAL  
WAFFLES  
JUICE, FRESH FRUIT  
AND MILK

18

CEREAL  
POP-TART  
JUICE, FRESH FRUIT  
AND MILK

21

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

22

CEREAL  
APPLE FRUDEL  
FRUIT, FRESH FRUIT  
AND MILK

23

CEREAL  
MUFFIN  
JUICE, FRESH FRUIT  
AND MILK

24

CEREAL  
PANCAKES  
JUICE, FRESH FRUIT  
AND MILK

25

CEREAL  
POP-TART  
JUICE, FRESH FRUIT  
AND MILK

28

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

29

CEREAL  
MINI DONUTS  
JUICE, FRESH FRUIT  
AND MILK

30

