

"This institution is an Equal Opportunity Provider"

September 2020

LE MARS COMMUNITY SCHOOL

LUNCH



**CALORIES**

K-5 550-650    6-8 600-700    9-12 750-850  
**STUDENT COST: \$2.50    ADULT COST: \$3.85**

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.



Reference: USDA MyPlate

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

NO SCHOOL 7

Pork Sandwich 1  
 Coleslaw, Broccoli  
 Applesauce  
 HS Entrée: Italian Chicken

Taverns 2  
 Diced Carrots  
 Fench Fries  
 Peaches  
 HS Entrée: Shredded Pork

Meatball Subs/ sauce 3  
 With Mozzarella Cheese  
 Bake Beans  
 Pineapple  
 HS Entrée: Mr Ribb

Grill Chicken 4  
 Mixed Vegetables  
 Lettuce  
 Mandarin Oranges  
 HS Entrée: Hot Ham

NO SCHOOL 7

Chicken Fajitas 8  
 Lettuce, cheese  
 Green Beans  
 Pineapple  
 HS Entrée: Taco Wrap

Pull Pork Sandwich 9  
 Broccoli, Lettuce Salad  
 Mixed Fruit  
 HS Entrée: Taverns

Chili, Crackers 10  
 Corn, Celery  
 Peaches  
 Cinnamon Rolls  
 HS Entrée: Soup

Popcorn Chicken 11  
 Whip Potatoes / Gravy  
 Carrots  
 Mandarin Oranges  
 HS Entrée: Shrimp Poppers

Cheese Pizza 14  
 Broccoli  
 Lettuce salad  
 Pineapple  
 HS Entrée: Pepperoni Pizza

Mr Ribb Sandwich 15  
 Corn  
 French Fries  
 Applesauce  
 HS Entrée: Hotdogs

Crispitos with Chili 16  
 Peas  
 Lettuce  
 Peaches  
 HS Entrée: Burrito

Orange Chicken 17  
 With Pasta  
 Carrots / Celery  
 Pears  
 HS Entrée: Chicken Teriyaki

Sausage, Egg & Cheese 18  
 On a Bun  
 Green Beans / Tri Taters  
 Apple Slices  
 HS Entrée: Grill Cheese

Chicken Tenders 21  
 Whip Potatoes w/ gravy  
 Broccoli  
 Pineapple  
 HS Entrée: Shrimp Poppers

Hot Ham and Cheese 22  
 Diced Carrots  
 Lettuce  
 Peaches  
 HS Entrée: cheeseburgers

Taco Burgers 23  
 Lettuce, Cheese  
 Refried Beans  
 Pears  
 HS Entrée: Italian chicken

Chicken Noodle Soup 24  
 Green Beans & Carrot Sticks  
 Bread  
 Applesauce  
 HS Entrée: Tomato Soup

Beef Lasagna 25  
 Corn  
 Celery  
 Applesauce  
 HS Entrée: Chicken Lasagna

Cheese Sticks with Sauce 28  
 Mixed Vegetables  
 Carrots  
 Pears  
 HS Entrée: Pepperoni Pizza

Cowboy Cavatini 29  
 Broccoli  
 Lettuce Salad  
 Fruit  
 HS Entrée: Chicken alfredo

Grill Chicken 30  
 Bake Beans  
 Carrots  
 Mixed Fruit  
 HS entrée: Cheeseburger

