

"This Institution is an Equal Opportunity Provider"

October 2020

LE MARS COMMUNITY SCHOOL

7:35 TO 8:10 AM

BREAKFAST



Students 18 and under FREE
Adult Cost: \$1.85
Milk Choice: 1% and Skim
Choice of Cereal and Juice
Fresh Fruit may vary daily



Nutrition Tip: Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off



Reference: USDA

Monday

Tuesday

Wednesday

Thursday

Friday



CEREAL 1
MUFFIN 2
JUICE, FRESH FRUIT AND MILK

CEREAL 2
WAFFLES 3
JUICE, FRESH FRUIT AND MILK

CEREAL 5
MINI DONUTS 6
JUICE, FRESH FRUIT AND MILK

CEREAL 6
TOAST 7
JUICE, FRESH FRUIT AND MILK

CEREAL 7
BLUEBERRY BAGEL 8
JUICE, FRESH FRUIT AND MILK

CEREAL 8
MUFFIN 9
JUICE, FRESH FRUIT AND MILK

CEREAL 9
PANCAKES 10
JUICE, FRESH FRUIT AND MILK

CEREAL 12
POP-TART 13
JUICE, FRESH FRUIT AND MILK

CEREAL 13
TOAST 14
JUICE, FRESH FRUIT AND MILK

CEREAL 14
GRAHAM CRACKERS 15
JUICE, FRESH FRUIT AND MILK

CEREAL 15
MUFFIN 16
JUICE, FRESH FRUIT AND MILK

CEREAL 16
FRENCH TOAST 17
JUICE, FRESH FRUIT AND MILK

CEREAL 19
POP-TART 20
JUICE, FRESH FRUIT AND MILK

CEREAL 20
TOAST 21
JUICE, FRESH FRUIT AND MILK

CEREAL 21
YOGURT 22
JUICE, FRESH FRUIT AND MILK

CEREAL 22
MUFFIN 23
JUICE, FRESH FRUIT AND MILK

CEREAL 23
PANCAKES 24
JUICE, FRESH FRUIT AND MILK

CEREAL 26
POP-TART 27
JUICE, FRESH FRUIT AND MILK

CEREAL 27
TOAST 28
JUICE, FRESH FRUIT AND MILK

CEREAL 28
BLUEBERRY BAGEL 29
FRUIT, FRESH FRUIT AND MILK

CEREAL 29
MUFFIN 30
JUICE, FRESH FRUIT AND MILK

CEREAL 30
WAFFLES 31
JUICE, FRESH FRUIT AND MILK