

October 2020

LE MARS COMMUNITY SCHOOL



CALORIES:
 K-5 (550-650) 6-8 (600-700) 9-12 (750-850)
STUDENT Age 18 and under FREE
ADULT COST \$3.85
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



Nutrition Tip: Make half your plate veggies and fruits.
 Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Pepperoni Pizza 5
 Broccoli
 Lettuce Salad
 Pineapple
 HS Entrée: Cheese Pizza

Spaghetti 6
 Green Beans
 Applesauce
 Bread
 HS Entrée: Chicken Alfredo

Breaded Chicken Sandwich 7
 Lettuce
 Bake Beans
 Pears
 HS Entrée: Fish Sandwich

Deli Turkey Wrap 1
 Lettuce, Cheese
 Chips
 Diced Carrots
 Peaches

HOMECOMING 2
 Hotdogs on a bun
 French Fries
 Green Beans
 Apples

Chicken Fajitas Wrap 12
 Lettuce & Cheese
 Rice
 Broccoli
 Pineapple
 HS Entrée: Tacos

Chili / Cheese / Crackers 13
 Corn
 Applesauce
 Cinnamon Roll
 HS Entrée: Burrito / Chili

Mac and Cheese 14
 Chicken Drumsticks
 Diced Carrots
 Pears
 Tea Roll
 HS Entrée: Mini Corn Dogs

Shredded Beef 15
 over Potatoes
 Mixed Vegetables
 Peaches
 Tea Roll
 HS Entrée: Creamed Turkey

Hot Ham and Cheese 16
 Green Beans
 Carrot Sticks
 Mixed Fruit
 HS Entrée: BBQ Pork Sandwich

Chicken Tenders 19
 Cheesy Potatoes
 Mixed Vegetables
 Pineapple
 HS Entrée: Shrimp Poppers

Crispitos & Cheese sauce 20
 Lettuce
 Diced Carrots
 Applesauce
 Chips
 HS Entrée: Burrito

Cheeseburgers 21
 Bake Beans
 Lettuce
 Mixed Fruit
 HS Entrée: Italian Chicken

Breaded Fish Sandwich 22
 Lettuce / Cheese
 French Fries
 Peaches
 HS Entrée: Brd Chicken Patty

Brd. Pork Sandwich 23
 Broccoli
 Coleslaw
 Pears
 HS Entrée: Italian Chicken

Cheese Sticks with Sauce 26
 Mixed Vegetables
 Carrot Sticks
 Peaches
 HS Entrée: Pepperoni Pizza

Hotdogs 27
 Green Beans
 French Fries
 Applesauce
 HS Entrée: Mr Ribb

Taco Haystacks 28
 Chips
 Taco meat, Lettuce, Cheese
 Refried Beans
 Pineapple
 HS Entrée: Crispito/sauce

Salisbury Steak Sandwich 29
 Whip Potatoes & Gravy
 Broccoli
 Pears
 HS Entrée: Italian Chicken

Chicken nuggets 30
 Corn
 Carrots
 Mixed Fruit
 Cookie
 HS Entrée: Mini Corn Dogs