

"This Institution is an Equal Opportunity Provider"

November 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: Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

CEREAL 2
LITTLE JOHNS
JUICE, FRESH FRUIT
AND MILK

CEREAL 3
TOAST
JUICE, FRESH FRUIT
AND MILK

CEREAL 4
yogurt
JUICE, FRESH FRUIT
AND MILK

CEREAL 5
MUFFIN
JUICE, FRESH FRUIT
AND MILK

CEREAL 6
FRENCH TOAST
JUICE, FRESH FRUIT
AND MILK

CEREAL 9
POP-TART
JUICE, FRESH FRUIT
AND MILK

CEREAL 10
TOAST
JUICE, FRESH FRUIT
AND MILK

CEREAL 11
PRETZEL
JUICE, FRESH FRUIT
AND MILK

CEREAL 12
MUFFIN
JUICE, FRESH FRUIT
AND MILK

CEREAL 13
PANCAKES
JUICE, FRESH FRUIT
AND MILK

CEREAL 16
APPLE FRUDEL
JUICE, FRESH FRUIT
AND MILK

CEREAL 17
TOAST
JUICE, FRESH FRUIT
AND MILK

CEREAL 18
BAGEL
JUICE, FRESH FRUIT
AND MILK

CEREAL 19
MUFFIN
JUICE, FRESH FRUIT
AND MILK

CEREAL 20
WAFFLES
JUICE, FRESH FRUIT
AND MILK

CEREAL 23
POP-TART
JUICE, FRESH FRUIT
AND MILK

CEREAL 24
TOAST
JUICE, FRESH FRUIT
AND MILK

No School 25

No School 26

No School 27

CEREAL 30
CINN. ROLL MINI CINNI'S
JUICE, FRESH FRUIT
AND MILK

