

# December 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:** Compared to kids who don't eat yogurt, children ages 6 – 12 years old who consume yogurt consume more bone health promoting nutrients: Calcium (23% more), Vitamin D (19% more) and Potassium (8% more).

Reference: NHANES 2013 - 1016

### Monday

FREEZER CLEAN OUT  
 YOU MAY GET  
 A SURPRISE  
 MENU SUBJECT  
 TO CHANGE



### Tuesday

CEREAL  
 TOAST  
 JUICE, FRESH FRUIT  
 AND MILK

1

### Wednesday

CEREAL  
 YOGURT  
 JUICE, FRESH FRUIT  
 AND MILK

2

### Thursday

CEREAL  
 MUFFIN  
 JUICE, FRESH FRUIT  
 AND MILK

3

### Friday

CEREAL  
 FRENCH TOAST  
 JUICE, FRESH FRUIT  
 AND MILK

4

CEREAL  
 POPTARTS  
 JUICE, FRESH FRUIT  
 AND MILK

7

CEREAL  
 TOAST  
 JUICE, FRESH FRUIT  
 AND MILK

8

CEREAL  
 SNACK BREAD  
 JUICE, FRESH FRUIT  
 AND MILK

9

CEREAL  
 MUFFIN  
 JUICE, FRESH FRUIT  
 AND MILK

10

CEREAL  
 PANCAKES  
 JUICE, FRESH FRUIT  
 AND MILK

11

CEREAL  
 POPTARTS  
 JUICE, FRESH FRUIT  
 AND MILK

14

CEREAL  
 TOAST  
 JUICE, FRESH FRUIT  
 AND MILK

15

CEREAL  
 BAGEL  
 JUICE, FRESH FRUIT  
 AND MILK

16

CEREAL  
 MUFFIN  
 JUICE, FRESH FRUIT  
 AND MILK

17

CEREAL  
 WAFFLES  
 JUICE, FRESH FRUIT  
 AND MILK

18

CEREAL  
 POPTARTS  
 JUICE, FRESH FRUIT  
 AND MILK

21

CEREAL  
 TOAST  
 JUICE, FRESH FRUIT  
 AND MILK

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

28

NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL

31

