

December 2020

LE MARS COMMUNITY SCHOOL



calories:

K-5 550-650 6-8 600-700 9-12 750-850

Student Cost: Free Adult Cost: \$3.85



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

Italian Pasta Bake 7
Diced Carrots
Lettuce Salad
Pears
Tea Roll
HS Entrée: Tuna and Noodles

Pulled Pork sandwich 1
Chips
Green Beans
Lettuce
Applesauce
HS Entrée: Italian Chicken

Taverns 2
Potato Wedges
Mix Fruit
HS Entrée: Shredded Pork

Grill Chicken Sandwich 3
Broccoli
Lettuce
Peaches
HS Entrée: Hamburgers

Meatball Sub Sandwich 4
Bake Beans
Carrot Sticks
Mandarin Oranges
HS Entrée: Mr Ribb

Italian Pasta Bake 7
Diced Carrots
Lettuce Salad
Pears
Tea Roll
HS Entrée: Tuna and Noodles

Breaded Chicken Sandwich 8
Lettuce
Bake Beans
Applesauce
HS Entrée: Fish Sandwich

Sausage and Egg Sandwich 9
Tri – Taters
Corn
Mix Fruit
HS Entrée: French Toast

Mr Ribb Sandwich 10
Broccoli
Carrot Sticks
Peaches
HS Entrée: Shredded Beef

Cheeseburgers 11
Green Beans
Lettuce
Pineapple
HS Entrée: BBQ Pork

Chicken Nuggets 14
Diced Carrots
Cheesy Potatoes
Mixed Fruit
Bread
HS Entrée: Shrimp Poppers

Cream Turkey over a Biscuit 15
Green Beans
Applesauce
Sweet Potato Pie
HS Entrée: Beef and Gravy

Breaded Pork Patty 16
Fries
Broccoli
Pears
HS Entrée: Italian Chicken

Chili / Cheese / Crackers 17
Corn
Peaches
Cinnamon Roll
HS Entrée: Tortilla Soup

Hot Dogs 18
Bake Beans
Carrot Sticks
Pineapple
HS Entrée: Mr Ribb

Pepperoni Pizza 21
Mix Vegetables
Lettuce Salad
Applesauce
HS Entrée: Pizza

Grill Chicken Sandwich 22
Broccoli
Carrot Sticks
Peaches
HS Entrée: Hamburgers

No School 23

No School 24

No School 25

No School 28

No School 29

No School 30

No School 31

