

"This Institution is an Equal Opportunity Provider"

January 2021

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:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

Monday



Tuesday

ON LINE LEARNING IS A PREPACKAGED BREAKFAST WITH MILK

Wednesday



Thursday

Friday

No School

1

CEREAL  
POPTARTS  
JUICE, FRESH FRUIT  
AND MILK

4

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

5

CEREAL  
SUPER BAKERY DONUT  
JUICE, FRESH FRUIT  
AND MILK

6

CEREAL  
MUFFIN  
JUICE, FRESH FRUIT  
AND MILK

7

CEREAL  
FRENCH TOAST  
JUICE, FRESH FRUIT  
AND MILK

8

CEREAL  
POPTARTS  
JUICE, FRESH FRUIT  
AND MILK

11

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

12

CEREAL  
YOGURT  
JUICE, FRESH FRUIT  
AND MILK

13

CEREAL  
MUFFIN  
JUICE, FRESH FRUIT  
AND MILK

14

CEREAL  
PANCAKES  
JUICE, FRESH FRUIT  
AND MILK

15

CEREAL  
POPTARTS  
JUICE, FRESH FRUIT  
AND MILK

18

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

19

CEREAL  
MINI CINNIS  
JUICE, FRESH FRUIT  
AND MILK

20

CEREAL  
MUFFIN  
JUICE, FRESH FRUIT  
AND MILK

21

CEREAL  
WAFFLES  
JUICE, FRESH FRUIT  
AND MILK

22

CEREAL  
POPTARTS  
JUICE, FRESH FRUIT  
AND MILK

25

CEREAL  
TOAST  
JUICE, FRESH FRUIT  
AND MILK

26

CEREAL  
BAGEL  
JUICE, FRESH FRUIT  
AND MILK

27

CEREAL  
MUFFIN  
JUICE, FRESH FRUIT  
AND MILK

28

CEREAL  
FRENCH TOAST  
JUICE, FRESH FRUIT  
AND MILK

29