

January 2021

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: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

Monday



Cheese Sticks 4
 Green Beans
 Spaghetti Sauce
 Mix Fruit
 HS Entrée: Fish Sandwich

Chicken Drumsticks 11
 Whip Potatoes
 Gravy
 Broccoli
 Mix Fruit
 HS Entrée: Salisbury Steak

Teriyaki Chicken 18
 Rice / Tea Roll
 Peas
 Carrots
 Mix Fruit
 HS Entrée: Orange Chicken

Chicken Nuggets 25
 Au gratin Potatoes
 Mixed Vegetables
 Pears
 HS Entree: Mini Corn Dogs

Tuesday



Meatball Sub Sandwich 5
 With Spaghetti Sauce
 Mozzarella cheese
 Bake Beans
 Mandarin Oranges
 HS Entrée: Mr Ribb Sandwich

Chicken Noodle soup 12
 Green Beans
 Carrot Sticks
 Applesauce
 Bread and Crackers
 HS Entrée: Tomato Soup

Italian Pasta Bake 19
 Diced Carrots
 Peaches
 Garlic Bread
 HS Entrée: Tuna Bake

Crispitos / Chili / Cheese 26
 Carrots
 Lettuce
 Applesauce
 Chips and Salsa
 HS Entrée: Burrito

Wednesday



Taco Burgers 6
 Lettuce Cheese
 Carrots
 Pears
 Chips
 HS Entrée: Pull Pork

Pizza Crunchers 13
 Spaghetti Sauce
 Diced Carrots
 Lettuce Salad
 Peaches
 HS Entrée: Mini Corn Dogs

Tacos 20
 Lettuce / Cheese
 Refried Bean
 Pears
 Chips
 HS Entrée: Crispitos

Taverns 27
 Potato Wedges
 Celery Sticks
 Mixed Fruit
 HS Entrée: Tuna Melt

Thursday



Grill Chicken Sandwich 7
 Broccoli
 Lettuce
 Peaches
 HS Entrée: Cheeseburgers

Chili With Cheese 14
 Corn
 Pineapple
 Cinnamon Roll
 Crackers
 HS Entrée: Tortilla Soup

Shredded Beef Sandwich 21
 French Fries
 Carrot Sticks
 Mandarin Oranges
 HS Entrée: Mr Ribb Sandwich

Egg, Cheese and Sausage sandwich 28
 Tri - Taters
 Corn
 Peaches
 HS Entrée: French Toast

Friday



Orange Chicken 8
 Pasta
 Corn
 Celery Sticks
 Pineapple
 HS Entrée: Teriyaki Chicken

Hotdogs 15
 Bake Beans
 Carrot Sticks
 Apple
 HS Entrée: Mr Ribb Sandwich

Breaded Pork Sandwich 22
 Coleslaw
 Broccoli
 Oranges
 HS Entrée: Fish Sandwich

Breaded Chicken Patty 29
 Broccoli
 Lettuce
 Oranges
 HS Entrée: Fish Sandwich