



February 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

 **Fitness Tip:** Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni Pizza Lettuce Broccoli Pineapple HS: Cheese Pizza 1	Spaghetti Garlic Toast Green Beans Lettuce Salad Applesauce HS: Chicken Alfredo 2	Taco Burger Lettuce Cheese Peas Peaches HS: Italian Chicken 3	Egg, Sausage, Sandwich Hash brown potato Diced Carrots Sidekicks HS: Egg Omelet wrap 4	Breaded Chicken nuggets Whipped Potatoes / Gravy Bake Beans Mix Fruit HS: Shrimp Poppers / String Cheese 5
Chicken Fajitas Lettuce / Cheese / Salsa Refried Beans Chips Pineapple HS: Soft Shells 8	Pizza Chili Lettuce Salad Corn Applesauce Bread HS: Chicken Noodle Soup 9	Chicken Alfredo Steamed Carrots Celery Sidekicks Garlic Toast HS: Spaghetti 10	Mr Ribb Sandwich Lettuce Salad Broccoli Peaches HS: Shredded Beef Sandwich 11	French Toast Sausage Patty Tri- Taters Green Beans Fresh Fruit HS: Egg Patty 12
No School 15	Grill Chicken Sandwich Diced Carrots Lettuce Applesauce HS: Mr Ribb Sandwich 16	Cheeseburgers Bake Beans Carrot Sticks Mix Fruit HS: Hot Ham Sandwich 17	Taverns French Fries Mix Vegetables Pineapple HS: Italian Chicken 18	Cheese Sticks Spaghetti Sauce Broccoli Lettuce Salad Mandarin Oranges HS: Cheese Bread 19
Chicken Drumstick Whipped Potatoes/Gravy Diced Carrots Pears HS: Shrimp Poppers/ Cheese 22	Chicken Noodle Soup Green Beans Carrot Sticks Applesauce Bread HS: Tomato Soup 23	Pork Patty Sandwich Mix Vegetables Lettuce Mandarin Orange HS: Breaded Chicken Sandwich 24	Meatball Sub Baked Beans Peaches Frito Chips HS: Mr. Ribb Sandwich 25	Cheese Pizza Lettuce Salad Broccoli Pineapple HS: Pepperoni Pizza 26
				

February 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



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

Pepperoni Pizza
Lettuce
Broccoli
Pineapple
HS: Cheese Pizza

1

Tuesday

Spaghetti
Garlic Toast
Green Beans
Lettuce Salad
Applesauce
HS: Chicken Alfredo

2

Wednesday

Taco Burger
Lettuce Cheese
Peas
Peaches
HS : Italian Chicken

3

Thursday

Egg, Sausage, Sandwich
Hash brown potato
Diced Carrots
Sidekicks
HS: Egg Omelet wrap

4

Friday

Breaded Chicken nuggets
Whipped Potatoes / Gravy
Bake Beans
Mix Fruit
HS: Shrimp Poppers / String Cheese

5

Chicken Fajitas
Lettuce / Cheese / Salsa
Refried Beans
Chips
Pineapple
HS: Soft Shells

8

Pizza Chili
Lettuce Salad
Corn
Applesauce
Bread
HS: Chicken Noodle Soup

9

Chicken Alfredo
Steamed Carrots
Celery
Sidekicks
Garlic Toast
HS: Spaghetti

10

Mr Ribb Sandwich
Lettuce Salad
Broccoli
Peaches
HS: Shredded Beef Sandwich

11

French Toast
Sausage Patty
Tri- Taters
Green Beans
Fresh Fruit
HS: Egg Patty

12

No School

15

Grill Chicken Sandwich
Diced Carrots
Lettuce
Applesauce
HS: Mr Ribb Sandwich

16

Cheeseburgers
Bake Beans
Carrot Sticks
Mix Fruit
HS: Hot Ham Sandwich

17

Taverns
French Fries
Mix Vegetables
Pineapple
HS: Italian Chicken

18

Cheese Sticks
Spaghetti Sauce
Broccoli
Lettuce Salad
Mandarin Oranges
HS: Cheese Bread

19

Chicken Drumstick
Whipped Potatoes/Gravy
Diced Carrots
Pears
HS: Shrimp Poppers/ Cheese

22

Chicken Noodle Soup
Green Beans
Carrot Sticks
Applesauce
Bread
HS: Tomato Soup

23

Pork Patty Sandwich
Mix Vegetables
Lettuce
Mandarin Orange
HS: Breaded Chicken Sandwich

24

Meatball Sub
Baked Beans
Peaches
Frito Chips
HS: Mr. Ribb Sandwich

25

Cheese Pizza
Lettuce Salad
Broccoli
Pineapple
HS: Pepperoni Pizza

26

