

February 2021

LE MARS COMMUNITY SCHOOL

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: Ready-to-eat cereal consumption encourages milk consumption. Among children 6-12 years old who eat ready-to-eat cereal, 53% of all daily milk consumption is with cereal.



Reference: NHANES 2015-16

Monday

Tuesday

Wednesday

Thursday

Friday

CEREAL
POPTARTS
JUICE, FRESH FRUIT
AND MILK

1

CEREAL
TOAST
JUICE, FRESH FRUIT
AND MILK

2

CEREAL
DONUT
JUICE, FRESH FRUIT
AND MILK

3

CEREAL
MUFFIN
JUICE, FRESH FRUIT
AND MILK

4

CEREAL
PANCAKES
JUICE, FRESH FRUIT
AND MILK

5

CEREAL
POPTARTS
JUICE, FRESH FRUIT
AND MILK

8

CEREAL
TOAST
JUICE, FRESH FRUIT
AND MILK

9

CEREAL
BAGEL
JUICE, FRESH FRUIT
AND MILK

10

CEREAL
MUFFIN
JUICE, FRESH FRUIT
AND MILK

11

CEREAL
WAFFLES
JUICE, FRESH FRUIT
AND MILK

12

NO SCHOOL

15

CEREAL
POPTART
JUICE, FRESH FRUIT
AND MILK

16

CEREAL
APPLE FRUDELS
JUICE, FRESH FRUIT
AND MILK

17

CEREAL
MUFFIN
JUICE, FRESH FRUIT
AND MILK

18

CEREAL
FRENCH TOAST
JUICE, FRESH FRUIT
AND MILK

19

CEREAL
POPTARTS
JUICE, FRESH FRUIT
AND MILK

22

CEREAL
TOAST
JUICE, FRESH FRUIT
AND MILK

23

CEREAL
YOGURT
JUICE, FRESH FRUIT
AND MILK

24

CEREAL
MUFFIN
JUICE, FRESH FRUIT
AND MILK

25

CEREAL
PANCAKES
JUICE, FRESH FRUIT
AND MILK

26

