

# March 2021

## LE MARS COMMUNITY SCHOOL

# LUNCH



**calories:**

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

**Student Cost: Free Adult Cost: \$3.85**



**Nutrition Tip:** March is National Nutrition Month! To celebrate, try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

### Monday

Mr Ribb Sandwich  
Corn  
French Fries  
Applesauce  
Entrée: Hotdogs

1

### Tuesday

Popcorn Chicken  
Whipped Potatoes Gravy  
Diced Carrots  
Mandarin Oranges  
Tea Rolls  
Entrée: Shrimp Poppers

2

### Wednesday

Soft Shell Tacos  
Chips, Cheese, Lettuce  
Refried Beans  
Pears  
Salsa  
Entrée: Pull Pork

3

### Thursday

Hot Ham Sandwich  
With Cheese  
Broccoli  
Lettuce  
Peaches  
Entrée: Cheeseburger

4

### Friday

Egg, sausage, cheese  
Sandwich  
Green Beans  
Lettuce salad  
Mixed Fruit  
Entrée: Grill cheese

5

Teriyaki Chicken  
Rice / Tea Rolls  
Broccoli  
Carrot Sticks  
Peaches  
Entrée: Orange Chicken

8

Grill Chicken Sandwich  
Baked Beans  
Lettuce  
Applesauce  
Entrée: Hot Ham Patty

9

Taverns  
Corn  
French Fries  
Mixed Fruit  
Entrée: Brd. Chicken Patty

10

Cheeseburger  
Mixed Vegetables  
Lettuce  
Pears  
Doritos  
Entrée: Breaded Pork Patty

11

Cheese Pizza  
Bread  
Steamed Carrots  
Lettuce Salad  
Pineapple  
Entrée: Pepperoni Pizza

12

Chicken Tenders  
Tea Rolls  
Whipped potato / Gravy  
Diced Carrots  
Mixed fruit  
Entrée: Shrimp Poppers

15

Lasagna  
Bread  
Corn  
Lettuce  
Applesauce  
Entree: Chicken Lasagna

16

Breaded Chicken Patty  
Lettuce  
Bake Beans  
Pears  
Entrée: Breaded Pork Patty

17

Crispito  
Chili  
Cheese Lettuce  
Chips salsa  
Peaches  
Entrée: Burrito

18

French Toast Sticks  
Little Smokies  
Broccoli  
Hash Browns  
Mandarin Oranges  
Entrée: Egg Omelet

19

Chicken Fajitas  
Lettuce, Cheese, Salsa  
Green Beans  
Rice Pilaf  
Pineapple  
Entrée: Soft Shell

22

Nachos  
Taco Meat, Lettuce,  
Cheese, Salsa  
Diced Carrots  
Applesauce  
Entrée: Grill Cheese

23

Mini Corn Dogs  
Fritos  
Bake Beans  
Lettuce Salad  
Peaches  
Entrée: Mr Ribbs

24

Chicken Alfredo  
Broccoli  
Celery  
Sidekicks  
Garlic Toast  
Entrée: Spaghetti

25

Fish Sandwich  
Cheese / Lettuce  
Cheesy Potatoes  
Mandarin Oranges  
Entrée: Cheese Omelet

26

Orange Chicken with  
Pasta / Tea Roll  
Diced Carrots  
Lettuce  
Peaches  
Entrée: Chicken Teriyaki

29

Cream Turkey  
Whipped potatoes  
Green Beans  
Applesauce  
Tea Roll  
Entrée: Shredded Beef

30

Cheeseburgers  
Peas  
Lettuce  
Pineapple  
Tea Roll  
Entrée: Italian chicken

31

