

"This Institution is an Equal Opportunity Provider"

March 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: March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

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
WAFFLES
JUICE, FRESH FRUIT
AND MILK

5

CEREAL
POPTARTS
JUICE, FRESH FRUIT
AND MILK

8

CEREAL
TOAST
JUICE, FRESH FRUIT
AND MILK

9

CEREAL
CINI MINI BAGEL
JUICE, FRESH FRUIT
AND MILK

10

CEREAL
MUFFIN
JUICE, FRESH FRUIT
AND MILK

11

CEREAL
FRENCH TOAST
JUICE, FRESH FRUIT
AND MILK

12

CEREAL
POPTARTS
JUICE, FRESH FRUIT
AND MILK

15

CEREAL
TOAST
JUICE, FRESH FRUIT
AND MILK

16

CEREAL
LITTLE JOHNS
JUICE, FRESH FRUIT
AND MILK

17

CEREAL
MUFFIN
JUICE, FRESH FRUIT
AND MILK

18

CEREAL
PANCAKES
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
WAFFLES
JUICE, FRESH FRUIT
AND MILK

26

CEREAL
POPTARTS
JUICE, FRESH FRUIT
AND MILK

29

CEREAL
POPTARTS
JUICE, FRESH FRUIT
AND MILK

30

CEREAL
SNACK BREAD
JUICE, FRESH FRUIT
AND MILK

31

