

May 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: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

CEREAL
POPTARTS
JUICE, FRESH FRUIT
WITH MILK

3

CEREAL
TOAST
JUICE, FRESH FRUIT
WITH MILK

4

CEREAL
DONUT
JUICE, FRESH FRUIT
WITH MILK

5

CEREAL
MUFFIN
JUICE, FRESH FRUIT
WITH MILK

6

CEREAL
PANCAKES
JUICE, FRESH FRUIT
WITH MILK

7

CEREAL
POPTARTS
JUICE, FRESH FRUIT
WITH MILK

10

CEREAL
TOAST
JUICE, FRESH FRUIT
WITH MILK

11

CEREAL
YOGURT
JUICE, FRESH FRUIT
WITH MILK

12

CEREAL
MUFFINS
JUICE, FRESH FRUIT
WITH MILK

13

CEREAL
COOKS CHOICE
JUICE, FRESH FRUIT
WITH MILK

14

CEREAL
POPTARTS
JUICE, FRESH FRUIT
WITH MILK

17

CEREAL
TOAST
JUICE, FRESH FRUIT
WITH MILK

18

CEREAL
COOKS CHOICE
JUICE, FRESH FRUIT
WITH MILK

19

CEREAL
MUFFINS
JUICE, FRESH FRUIT
WITH MILK

20

CEREAL
COOKS CHOICE
JUICE, FRESH FRUIT
WITH MILK

21

CEREAL
POPTARTS
JUICE, FRESH FRUIT
WITH MILK

24

CEREAL
TOAST
JUICE, FRESH FRUIT
WITH MILK

25

CEREAL
COOKS CHOICE
JUICE, FRESH FRUIT
WITH MILK

26

SCHOOL'S OUT
FOR SUMMER

27

28

31

