

May 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



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Tuesday

Wednesday

Thursday

Friday

Wild Mike Cheese Bites **3**
Green Beans
Lettuce Salad
Mix Fruit

Mr Ribbs **4**
Lettuce Salad
Broccoli
Peaches

Breaded Chicken Patty **5**
Lettuce
Bake Beans
Pears

Cheeseburgers **6**
Peas
Carrot Sticks
Lettuce
Pineapple

Ham Wrap **7**
Carrot Sticks
Lettuce
Fresh Fruit
Doritos

Chicken **10**
Tea Roll
Whip Potatoes
Mix Vegetables
Mix Fruit

Shredded Beef Sandwich **11**
Mozzarella Cheese
Green Beans
Carrot Sticks
Applesauce

Taco Burgers **12**
Lettuce
Refried Beans
Pears

Breaded Pork Patty **13**
Potatoes
Broccoli
Peaches

Grill Cheese **14**
Diced Carrots
Lettuce
Pineapple

Chicken **17**
Tea Roll
Broccoli
Mixed Fruit

Lasagna **18**
Bread
Corn
Lettuce
Applesauce

Taverns **19**
Mixed Vegetables
Carrot Sticks
Pears

Mr Ribb Sandwich **20**
Lettuce
Diced Carrots
Peaches

Cheeseburgers **21**
Lettuce
Bake Beans
Fresh Fruit

Cheese Pizza **24**
Corn
Carrot Sticks
Mixed Fruit

Hotdogs **25**
Bake Beans
Lettuce Salad
Pears

Cooks Surprise **26**
From the Kitchen

Turkey /Cheese Wrap **27**
Lettuce
Carrot Sticks / Celery
Applesauce

28
SCHOOL'S OUT FOR
SUMMER

31

