

"This institution is an Equal Opportunity Provider"

SEPTEMBER 2021

LE MARS COMMUNITY SCHOOL

LUNCH



School Information: CALORIES K-5 550-650
6-8 600-700
9-12 750-850

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Taverns 1
Diced Carrots
French Fries
Peaches
HS Entrée: Shredded Pork

Meatball Subs/ sauce 2
With Mozzarella Cheese
Bake Beans
Pineapple
HS Entrée: Mr Ribb

Grill Chicken 3
Mixed Vegetables
Lettuce
Mandarin Oranges
HS Entrée: Hot Ham

Labor Day 6

Chicken Fajitas 7
Lettuce, cheese
Green Beans
Pineapple
HS Entrée: Taco Wrap

Pull Pork Sandwich 8
Broccoli, Lettuce Salad
Mixed Fruit
HS Entrée: Taverns

Chili, Crackers 9
Corn, Celery
Peaches
Cinnamon Rolls
HS Entrée: Soup

Chicken Nuggets 10
Whip Potatoes / Gravy
Carrots
Mandarin Oranges
HS Entrée: Shrimp Poppers

Cheese Pizza 13
Carrots
Lettuce salad
Pineapple
HS Entrée: Pepperoni Pizza

Mr Ribb Sandwich 14
Corn
French Fries
Applesauce
HS Entrée: Hotdogs

Crispitos w/ Chili 15
Peas
Lettuce
Fritos w/ Salsa
Hs Entrée: Burrito

Orange Chicken 16
With Pasta
Carrots / Celery
Pears
HS Entrée: Chicken Teriyaki

Sausage, Egg & Cheese 17
On a Bun
Green Beans / Tri Taters
Apple Slices
HS Entrée: Grill Cheese

Chicken Tenders 20
Whip Potatoes w/
gravy
Broccoli
Pineapple
HS Entrée: Shrimp Poppers

Hot Ham and Cheese 21
Diced Carrots
Lettuce
Peaches
HS Entrée: cheeseburgers

First Day of Fall 22
Taco Burgers
Lettuce, Cheese
Refried Beans
Pears
HS Entrée: Italian chicken

Chicken Noodle Soup 23
Green Beans & Carrot
Sticks
Bread
Applesauce
HS Entrée: Tomato Soup

National Horchata Day 24
Beef Lasagna
Corn
Celery
Mandarin oranges
HS Entrée: Chicken Lasagna

Cheese Sticks with 27
Sauce
Mixed Vegetables
Carrots
Pears
HS Entrée: Pepperoni Pizza

Cowboy Cavatini 28
Broccoli
Lettuce Salad
Fruit
HS Entrée: Chicken alfredo

Grill Chicken 29
Bake Beans
Carrots
Mixed Fruit
HS entrée: Cheeseburger

Deli Turkey Wrap 30
Lettuce, Cheese
Chips
Diced Carrots
Peaches