

AUGUST 2021

"This Institution is an Equal Opportunity Provider"

LE MARS COMMUNITY SCHOOL

Serves at 7:35 to 8:15 AM

BREAKFAST



School Information:

Milk choice: 1% and skim
Choice of cereal and juice
Fresh fruit may vary daily



August 24 is National Waffle Day! You can make waffles a part of any meal. Classic waffles with syrup for breakfast, a waffle sandwich for lunch or chicken and waffles for dinner. Celebrate waffle day all day long!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

23

National Waffle Day

24

First Day of School

25

Little Johns
Cereal
Juice, Fresh fruit
Milk

26

Muffin
Cereal
Juice, Fresh fruit
Milk

27

Pancakes
Cereal
Juice, Fresh fruit
Milk

Pop-Tart
Cereal
Juice, Fresh fruit
Milk

30

Toast
Cereal
Juice, Fresh fruit
Milk

31



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LE MARS COMUNNITY SCHOOL

LUNCH



Calories: k-5 550-650
6-8 600-700
9-12 750-850
Student Cost: Free Adult Cost: \$3.85



August is National Panini Month! A panini is a sandwich made on delicious Italian bread, loaded with meat, cheese and veggies and grilled to perfection. Experiment with different toppings to find your perfect panini!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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23

National Waffle Day

24

First day of School

Cheese Pizza
Bread
Carrots
Lettuce, Pineapple
HS Entrée: Pepperoni Pizza

25

Cheeseburger
Bake Beans
Peaches
Doritos
HS Entrée: Italian Grill Chicken

26

Hotdogs
French Fries
Broccoli
Pears
HS Entrée: Deli Sandwich

27

Teriyaki Chicken
Rice
Peas
Mixed Fruit
Tea Roll
HS Entrée: Orange Chicken

30

Pork Sandwich
Coleslaw
Broccoli
Applesauce
HS Entrée: Italian Chicken

31



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23

National Waffle Day

24

Primer dia de Escuela

Pizza de Queso
pan
Zanahorias
Lechuga, Pina
HS Entrée: Pepperoni Pizza

25

Hamburguesa con queso
Frijoles Homeados
Duraznos
Doritos
HS Entrée: Italian Grill Chicken

26

Hotdogs
Papas a la Francesa
Broccoli
Peras
HS Entrée: Deli Sandwich

27

Pollo Teriyaki
Arroz
Chicharos
Fruta Mixta
Tea Roll
HS Entrée: Pollo a la Naranja

30

Pork Sandwich
Ensalada de Col
Brocoli
Pure de manzana
HS Entrée: Pollo Italiano

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