

NOVEMBER 2021

Le Mars Community School



CALORIES: K-5 (550-650) 6-8 (600-700)
9-12 (750-850)
Student Age 18 and under FREE
Adult cost \$3.85

MEU IS SUBJECT TO CHANGE WITHOUT NOTICE



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich

MONDAY

Hamburger
French Fries
Lettuce
Applesauce
HS Entrée: Chciken Patty

TUESDAY

Tangerine chicken **2**
Rice
Broccoli
Banana
HS Entrée: Cook choice

WEDNESDAY

Grill Chicken Sandwich **3**
Bake beans
Carrots
Pear
HS Entrée: Breadded Pork

THURSDAY

Beef meatballs **4**
Doritos
Carrots
Orange
HS Entrée: Cook choice

FRIDAY

Beef Patty **5**
Mashed Potato
Lettuce
Applesauce
HS Entrée: Cook Choice

Chicken Nachos **8**
Lettuce
Corn
Mixed fruit
HS Entrée: cook choice

Hotdog **9**
Fritos
Bake beans
Lettuce salad - Pineapple
HS Entre: Cook Choice

Chicken Spaghetti **10**
Cookie
Lettuce
Pear
HS Entrée: Cook choice

Chicken drumstick **11**
Rice
Tea roll
Carrots - sidekick
HS Entre: Cook choice

Cheeseburger **12**
French Fries
Lettuce Salad
Peaches
Hs Entrée: Cook Choice

Chicken nuggets **15**
Chips
Bake beans
Carrots – Apple sauce
HS Entrée: Cook Choice

Cheese Quesadilla **16**
Corn
Lettuce
Bananas
HS Entrée: Cook Choice

Sweet & sour Chicken **17**
Rice
Broccoli
Pear
HS Entrée: Chicken Teriyaki

Chicken Sandwich **18**
Carrots
Cookie
Orange
HS Entrée: Pork Patty

Beef Corn Bread Cassero **19**
Goldfish
Wedge potato
Green Bean
HS Entrée:

Sausage Patty **22**
Pancake
Potato
Carrots Pears
HS Entrée: Cook Choice

Hotdog **23**
Bake beans
Coleslaw
Pineapple
HS Entrée: Cook Choice

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **26**

Macaroni & Cheese **29**
Tea Roll
Lettuce
Broccoli – Mixed fruit
HS Entrée: Cook choice

Chicken Patty **30**
Lettuce
Carrots
Bananas
HS Entrée: Cook Choice

