

# DECEMBER 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**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Poptart  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **6**

Toast  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **7**

Cinniminni  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **8**

Muffin  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **9**

Bagel  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **10**

Poptart  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **13**

Toast  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **14**

Yogurt  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **15**

Muffin  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **16**

Pancake  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **17**

Poptart  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **20**

Toast  
 Cereal  
 Juice  
 Fresh Fruit  
 Milk **21**

**NO SCHOOL** **22**

**NO SCHOOL** **23**

Merry  
 Christmas!!! **24**

**NO SCHOOL** **27**

**NO SCHOOL** **28**

**NO SCHOOL** **29**

**NO SCHOOL** **30**

Happy New Year!! **31**