

DECEMBER 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
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.



Nutrition Tip: Include whole grains. 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.



Reference: USDA MyPlate

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Tenders **6**
Bake beans
Lettuce
Chips – Apple
HS Entrée: Cook Choice

Macaroni & Cheese **7**
Tea Roll
Tomatoes
Lettuce – Mixed Fruit
HS Entrée: Cook Choice

Popcorn Chicken **8**
Bread
Mashed Potato
Lettuce salad – Pears
HS Entrée: Cook Choice

Beef Spaghetti **9**
Tea roll
Carrots
Sidekick
HS Entrée: Cook Choice

Meatballs **10**
Chips
Lettuce
Corn – Peaches
HS Entrée: Cook Choice

Mini Corndog **13**
Coleslaw
Corn
Peaches
HS Entrée: Cook Choice

Cheesy Spaghetti **14**
Dinner Roll
Lettuce Salad
Pineapple
HS Entrée: Cook Choice

Chicken Chilaquiles **15**
Lettuce
Refried Beans
Applesauce
HS Entrée: Cook Choice

Pork BBQ **16**
Bun
Carrots
Mixed fruit
HS Entrée: Cook Choice

Pepperoni Pizza **17**
Salad
Mandarin Oranges
HS Entrée: Cheese Pizza

Sloppy Joe **20**
Lettuce Salad
Corn
Pineapple
Hs Entrée: Cook Choice

Turkey **21**
Mashed potato/gravy
Cranberry sauce
Green beans
HS Entrée: Cook Choice

NO SCHOOL **22**

NO SCHOOL **23**

MERRY **24**
CHRISTMAS!!

NO SCHOOL **27**

NO SCHOOL **29**

NO SCHOOL **29**

NO SCHOOL **30**

HAPPY **31**
NEW YEAR!!