

JANUARY 2022

LE MARS COMMUNITY SCHOOL



School Information: Calories k-5 (550-650) 6-8 (600-700)
9-12 (750-850)
Student age 18 and under FREE
Adult Cost \$3.95
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

3

Beef hotdog
Chips
Bake benas
Lettuce salad/Peaches
Hs Entrée: Cook choice

4

Chicken spaghetti
Dinner roll
Lettuce/ Carrots
Pears
Hs Entrée: Cook choice

5

Chicken Bbq Drumstick
Rice
Tea Roll
Carrots/ Mandarin orange
Hs Entrée: Cook choice

6

Cheeseburger
Chips
Lettuce
Applesauce
Hs Entrée: Cook choice

7

Chicken Nuggets
Cookie
Bake Beans
Carrots/ Peaches
Hs Entrée: Cook choice

10

Cheese quesadilla
Corn
Lettuce
Mixed fruit
Hs Entrée: Cook choice

11

Chicken tangerine
Rice
Broccoli
Bananas
Hs Entrée: Cook choice

12

Chicken Patty
Carrots
Oranges
Gogurt
Hs Entrée: Cook choice

13

Beef casserole
Mashed Potato/Gravy
Green Beans
Corn Bread/ Mandarin Orange
Hs Entrée: Cook choice

14

Chicken Bbq Drumstick
Rice
Chips
Lettuce/ Applesauce
Hs Entrée: Cook choice

17

Macaroni & Cheese
Carrots
Celery
Pears
Hs Entrée: Cook choice

18

Sub Meatball
Lettuce
Corn
Bananas
Hs Entrée: Cook choice

19

Chicken Taco
Refried Beans
Lettuce/ Salsa
Peaches
Hs Entrée: Cook choice

20

Beef spaghetti
Dinner roll
Broccoli
Apples
Hs Entrée: Cook choice

21

Pancakes &
Sausage in stick
Potato
Carrots / Pears
Hs Entrée: Cook choice

24

Hotdog
Bake beans
Coleslaw
Pineapple
Hs Entrée: Cook choice

25

Popcorn chicken
Chips
Carrots
Bananas
Hs Entrée: Cook choice

26

Cheese quesadilla
Lettuce
Celery
Peaches
Hs Entrée: Cook choice

27

Chilli
Cinnamon Roll
Corn
Apples
Hs Entrée: Cook choice

28

Chicken tender Wrap
Lettuce
Bake beans
Pineapple
Hs Entrée: Cook choice

31

