

LE MARS COMMUNITY SCHOOL

BREAKFAST

AUGUST 2022

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



School Information: STUDENTS COST \$ 1.75
ADULT : \$ 1.85
MILK CHOICE: 1% AND SKIM COST: \$ 0.50
CHOICE OF CEREAL AND JUICE
MENU SUBJECT TO CHANGE WITHOUT NOTICE.



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.



Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

National Watermelon Day

3

4

5

8

9

10

11

12

15

16

17

18

19

22

23

National WAFFLE Day
CEREAL
JUICE
FRESH FRUIT
MILK

24

MUFFIN
CEREAL
JUICE
FRESH FRUIT
MILK

25

PANCAKE
CEREAL
JUICE
FRESH FRUIT
MILK

26

POPTART
CEREAL
JUICE
FRESH FRUIT
MILK

29

TOAST
CEREAL
JUICE
FRESH FRUIT
MILK

30

BAGEL
CEREAL
JUICE
FRESH FRUIT
MILK

31

