

LE MARS COMMUNITY SCHOOL

OCTOBER 2022

This institution is an equal opportunity provider

BREAKFAST



School Information: Students cost \$1.75
Adult \$1.85

Milk choice: 1% and skim Cost \$.50

Choice of cereal and Juice

MENU SUBJECT TO CHANGE WITHOUT NOTICE



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Poptart 3
Cereal
Juice
Fresh fruit
Milk

Toast 4
Cereal
Juice
Fresh fruit
Milk

Cinnimini 5
Cereal
Juice
Fresh fruit
Milk

Muffin 6
Cereal
Juice
Fresh fruit
Milk

Bagel 7
Cereal
Juice
Fresh fruit
Milk

Poptart Cereal 10
Juice
Fresh fruit
Milk

Toast 11
Cereal
Juice
Fresh fruit
Milk

Yogurt Cereal 12
Juice **2HR EARLY**
Fresh fruit **OUT**
Milk

Muffin 13
Cereal
Juice
Fresh fruit
Milk

pancake 14
Cereal
Juice
Fresh fruit
Milk

Poptart Cereal 17
Juice
Fresh fruit
Milk

Toast 18
Cereal
Juice
Fresh fruit
Milk

Donut Cereal 19
Juice
Fresh fruit
Milk

Muffin 20
Cereal
Juice
Fresh fruit
Milk

Waffle 21
Cereal
Juice
Fresh fruit
Milk

Poptart Cereal 24
Juice
Fresh fruit
Milk

Toast 25
Cereal
Juice
Fresh fruit
Milk

Bagel 26
Cereal
Juice
Fresh fruit
Milk

Muffin 27
Cereal
Juice
Fresh fruit
Milk

Cereal bar 28
Cereal
Juice
Fresh Fruit
Milk

Halloween 31
Poptart - Cereal
Juice
Fresh fruit
Milk

