

# LE MARS COMMUNITY SCHOOL

## OCTOBER 2022

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

### LUNCH



**School Information:** Calories K-5 (550-650) 6-8 (600-700)  
9-12 (750-850)

**STUDENT COST K-12 \$2.60**

**ADULT COST \$4.13**

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.**



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Cheese Macaroni  
Garlic Bread  
Salad/ Dressing  
Broccoli  
Peaches  
Milk

3

Chicken Sandwich  
Peas  
Carrots  
Bananas  
Milk

4

Pork Taco  
Lettuce  
Beans  
Pineapple  
Milk

5

Chicken Noodle soup  
Tea roll  
Carrots  
Fresh Fruit  
Milk

6

Hamburger  
Chips  
Lettuce  
Celery  
Mandarin orange  
Milk

7

Chicken nugget  
Cookie  
Bake beans  
Carrots  
Pears  
Milk

10

Quesadilla  
Corn  
Lettuce  
Bananas  
Milk

11

Sweet & Sour chicken  
Rlce  
Broccoli **2HR EARLY**  
Pineapple **OUT**  
Milk

12

Chicken patty  
Carrots  
Fresh fruit  
Gogurt  
Milk

13

Bread Cheese stick  
Marinara sauce  
Mashed potato  
Applesauce  
Milk

14

Mini corndogs  
Corn  
Coleslaw  
Peaches  
Milk

17

Cheesy spaghetti  
Dinner roll  
Lettuce Salad  
Bananas  
Milk

18

Beef Walking Taco  
Refried beans  
Lettuce/ cheddar  
Pears  
Milk

19

Pork Bbq on a bun  
Carrots  
Cake  
Fresh fruit  
Milk

20

Pepperoni pizza  
Salad/ dressing  
Marinara sauce  
Mandarin orange  
Milk

21

Hamburger  
Cheetos  
Lettuce salad  
Carrots / Pears  
Milk

24

Crispitos  
Lettuce  
Refried Beans  
Bananas  
Milk

25

Turkey meatball/ Gravy  
Tea roll  
Mashed potato  
Green beans / Pineapple  
Milk

26

Chilli Beans  
Cinnamon roll  
Corn  
Fresh fruit  
Milk

27

Chicken Pasta  
Garlic Bread  
Carrots  
Fresh fruit  
Milk

28

**Halloween**  
Salisbury / Tea roll  
Mashed potato  
Green beans / Peaches  
Milk

31

