

Le Mars Community School



Month and Year



Why is it not wise to tell secrets in a cornfield?

There are too many ears!

Special announcement

STUDENT COST: \$1.75

ADULT COST : \$1.85

MILK CHOICE: 1% AND SKIM COST: \$0.50

Choice of cereal and Juice.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL 2	Toast 3 Cereal Juice Fresh fruit Milk	Donut 4 Cereal Juice Fresh fruit Milk	Muffin 5 Cereal Juice Fresh fruit Milk	Waffle 6 Cereal Juice Fresh fruit Milk
Poptart 9 Cereal Juice Fresh fruit Milk	Toast 10 Cereal Juice Fresh fruit Milk	2Hr Early out 11 Cinnimini Cereal Juice Fresh fruit Milk	Muffin 12 Cereal Juice Fresh fruit Milk	Bagel 13 Cereal Juice Fresh fruit Milk
Poptart 16 Cereal Juice Fresh fruit Milk	Toast 17 Cereal Juice Fresh fruit Milk	Bagel 18 Cereal Juice Fresh fruit Milk	Muffin 19 Cereal Juice Fresh fruit Milk	Pancake 20 Cereal Juice Fresh fruit Milk
Poptart 23 Cereal Juice Fresh fruit Milk	Toast 24 Cereal Juice Fresh fruit Milk	Donut 25 Cereal Juice Fresh fruit Milk	Muffin 26 Cereal Juice Fresh fruit Milk	Waffle 27 Cereal Juice Fresh fruit Milk
Poptart 30 Cereal Juice Fresh fruit Milk	Toast 31 Cereal Juice Fresh fruit Milk			



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

What am I?

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet.

Beets

This institution is an equal opportunity provider.

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