

# Le Mars Community School

## January 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**What's a penguin's favorite salad?**

Iceberg lettuce

Special announcement  
**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 SUBJECT TO CHANGE WITHOUT NOTICE**

**What am I?**

I'm a vegetable that grows under the ground and has a green top. Eating me helps you have good eyesight.

Carrot

This institution is an equal opportunity provider.



2 NO SCHOOL	3 Hotdog / Bun Cheetos Bake beans Salad Peaches	4 Chicken nachos Lettuce Cheddar Tomatoes Fresh fruit	5 Chicken Drum Elbow salad Tea roll Carrots Fresh fruit	6 Cheeseburger Fries Lettuce Applesauce
9 Chicken nugget Cookie Bake beans Carrots Pears	10 Quesadilla Corn Lettuce Banana	11 Asian Chicken Noodles Broccoli Mixed fruit	12 Chicken Patty Carrots Gogurt Fresh fruit	13 Cheese stick Marinara sauce Corn Doritos Mandarin/orang
16 Chicken tender Elbow salad Cheetos Lettuce Pineapple	17 Mac & cheese Tea roll Carrots Bananas	18 Meatball Sub Fries Green beans Peaches	19 Pork taco Refried beans Lettuce/salsa Fresh fruit	20 Spaghetti Bolognese Garlic bread Broccoli Apple sauce
23 Pancakes Sausage Potatoes Carrots Pears	24 Hotdog /Bun Bake beans Coleslaw Bananas	25 Popcorn chicken Doritos Carrots Mixed fruit	26 Quesadilla Lettuce salad Peas Fresh fruit	CHILLI 27 Cracker Cinnamon roll Corn Mandarin orange
30 Chicken Wrap Baked Beans Lettuce Pineapple	31 Spaghetti Bolognese Tea roll Lettuce salad Bananas			



Vary your veggies. Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.

