

Le Mars Community School

Enero 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

What's a penguin's favorite salad?

Iceberg lettuce

Anuncio Especial:

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

ESTUDIANTE COSTO K-12
\$ 2.60
ADULT COST \$ 4.13

MENU SUJETO A CAMBIO SIN PREVIOS AVISOS.

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 Hotdogs Cheetos Frijoles Horneados Ensalada Duraznos	4 Nachos de pollo Lechuga Cheddar Jitomates Fruta fresca	5 Pierna de pollo Ensalada de codo Panecillo Zanahoria Fruta fresca	6 Hamburguesa Papas Lechuga Pure de manzana
9 Croquetas depollo Galleta Frijoleshorneado Zanahoria Peras	10 Quesadilla Elote Lechuga Platano	11 Pollo Asiatico Pasta Brocoli Fruta mixta	12 Sandwich pollo Zanahorias Gogurt Fruta fresca	13 Palitos de queso Marinada Elote Doritos mandarina
16 Chicken tender Ensalada de codo Cheetos Lechuga Pina	17 Macarron y queso Panecillo Zanahorias Platano	18 Sub albondigas Papas fritas Ejotes Duraznos	19 Taco carnitas Frijoles fritos Lechuga/ salsa Fruta fresca	20 Spagueti bolognesa Pan de ajo Brocoli Pure de manzana
23 Pancakes Sausage Papas Zanahorias Peras	24 Hotdog / bun Frijoles horneados Ensalada de col Platanos	25 Popcorn chicken Doritos Zanahorias Fruta mixta	26 Quesadilla Ensalada verde Chicharos Fruta fresca	27 Chilli Galleta salada Cinnamon roll Elote Mandarina
30 Rollo de pollo Frijoles horneados LEchuga Pina	31 Spagueti Panecillo Ensalada de lechuga Platano			



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.

TEAM
NUTRITION
IOWA™