

Le Mars Community School

February 2023



Why aren't bananas ever lonely?

Because they
come in bunches!

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 leafy dark-green
vegetable that likes cool
weather. I can be eaten raw
or cooked. Spinach

This institution is an equal
opportunity provider.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken sandwich Mashed potato gravy Baby carrots Pears	2 Steak Salisbury Rice Carrots Strawberry	3 Cheese sticks Marinara sauce Salad Mixed fruit
6 Mac & Cheese Tea roll Lettuce Mango	7 Chicken patty Fries Carrots Bananas	8 Pork taco Lettuce Refried beans Mandarin/orange 2HR Early out	9 Chicken noodle soup Saltin Crackers Carrots Apple	10 Hamburger Cheetos Celery Lettuce Pineapple
13 Chicken tender Waffle Bake beans Coleslaw Strawberry	14 Walking Taco Lettuce Salsa Bananas	15 Alfredo chicken pasta Tea roll Broccoli Carrots Peaches	16 Mini corndogs Potatoes Salad Oranges	17 Chicken taco Lettuce Tomato Applesauce
20 NO SCHOOL PRESIDENT'S DAY	21 Hotdog Doritos Bake beans Lettuce salad Bananas	22 Beef Spaghetti Garlic bread Lettuce Mango	23 Drumstick Rice Tea roll Mixed vegetable Clementines	24 Cheeseburger Fries Lettuce Pears
27 Pancakes Sausage Potatoes Carrots Mixed fruit	28 Hotdog Bake beans Coleslaw Bananas			



The MyPlate
icon reminds us
that we need to
eat and drink
foods from the
five food
groups. Fruits,
Vegetables,
Dairy, Grains,
and Protein
Foods are
important for
good health.

