

Le Mars Community School

Febrero 2023



Why aren't bananas ever lonely?

Because they
come in bunches!

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 PREVIO AVISO.**

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 Sandwich de pollo Pure de papa Gravy Zanahorias Peras	2 Salisbury Arroz Zanahorias Fresas	3 Palitos de queso Salsa marinada Ensalada Fruta mixta
6 Mac & queso Panecillo Lechuga Mango	7 Hamburguesa de pollo Papas Zanahorias Platano	8 Taco de carnitas Lechuga Frijoles fritos Mandarina Salida 2HR temprano	9 Sopa de pollo Galleta salada Zanahorias Manzanas	10 Hamburguesa Cheetos Apio Lechuga Pina
13 Tiras de pollo Waffle Frijoles horneados Ensalada de col Fresas	14 Walking taco Lechuga Salsa Platanos	15 Pasta Alfredo con pollo Panecillo Brocoli Zanahorias Duraznos	16 Mini corndogs Papas Ensalada Naranjas	17 Taco de pollo Lechuga Jitomate Pure de manzana
20 NO SCHOOL Dia de el Presidente	21 Hotdog Doritos Frijoles horneado Lechuga Platano	22 Espaguete con carne Pan de ajo Lechuga Mango	23 Pierna de pollo Arroz Panecillo Vegetales Mandarina	24 Cheeseburger Papas Lechuga Peras
27 Pancakes Sausage Papas Zanahorias Fruta mixta	28 Hotdog Frijoles Horneado Ensalada de col Platanos			



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.

