

Le Mars Communnity School

May-June 2023



Why aren't bananas ever lonely?

Because they
come in bunches!

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.**

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 Poptart Cereal Juice Fruit Milk	2 Toast Cereal Juice Fruit Milk	3 Donut Cereal Juice Fruit Milk	4 Muffin Cereal Juice Fruit Milk	5 Pancake Cereal Juice Fruit Milk
8 Poptart Cereal Juice Fruit Milk	9 Toast Cereal Juice Fruit Milk	10 Cinni Minni Cereal Juice Fruit Milk	11 Muffin Cereal Juice Fruit Milk	12 Bagel Cereal Juice Fruit Milk
15 Poptart Cereal Juice Fruit Milk	16 Toast Cereal Juice Fruit Milk	17 Waffle Cereal Juice Fruit Milk	18 Muffin Cereal Juice Fruit Milk	19 Pancake Cereal Juice Fruit Milk
22 Poptart Cereal Juice Fruit Milk	23 Toast Cereal Juice Fruit Milk	24 Donut Cereal Juice Fruit Milk	25 Muffin Cereal Juice Fruit Milk	26 Waffle Cereal Juice Fruit Milk
29 HOLIDAY	30 Toast Cereal Juice Fruit Milk	31 Bagel Cereal Juice Fruit Milk	June 1 Muffin Cereal Juice Fruit Milk	



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.

