

Le Mars Community School

May-June 2023



How do you fix a broken tomato?

Tomato paste

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 beautiful red fruit that grows in early summer. I taste sweet and you can eat me in a smoothie, in your cereal, or all by myself.

Strawberry

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken tender Bake beans Cheetos Green salad Peaches	2 Walking Taco Cheddar Lettuce Salsa Bananas	3 Beef Spaghetti Garlic bread Lettuce Strawberry cup	4 Corn Dog Fries Coleslaw Orange	5 Taco DAY!! Beef /Cheddar Lettuce Salsa Applesauce
8 Chicken nugget Cookie Bake beans Grape tomato Mixed fruit	9 Chicken quesadilla Corn Lettuce Banana	10 2hr early out Asian Chicken Rice Broccoli Cauliflower Berries cup	11 Pork Rib Sandwich Carrots Doritos Cuties	12 Cheese bread Marinara sauce Corn Green salad Peaches
15 Sloopy Joe/ Bun Cheese Lettuce Corn Pineapple	16 Orange Chicken Noodles Broccoli Cauliflower Banana	17 Spaghetti/meatball Tea roll Carrots Slushie	18 Beef burrito Refried beans Lettuce Salsa Apple slices	19 Sub meatball Potatoes Green beans Pears
22 Chicken nugget Cheetos Lettuce salad Bake beans Applesauce	23 Hotdog Cookie Bake beans Coleslaw Banana	24 Crispitos Chilli beans Lettuce salad Pears	25 Cheeseburger Fries Lettuce Orange	26 Chilli Cinnamon roll Corn Crackers Mandarin Orange
29 HOLIDAY NO SCHOOL	30 Pepperoni Pizza Green salad Marinara sauce Bananas	31 KITCHEN SURPRISE!	June 1st CHARCUTERIE BOX!!! Enjoy de summer!	



As a family create caterpillar kabobs! Assemble chunks of melon, apple, orange and pear on skewers for a fruity kabob. For a veggie version, try zucchini, cucumber, sweet peppers, or tomatoes.

