

# Le Mars Community School



## August 2023



### Why is it not wise to tell secrets in a cornfield?

There are too many ears!

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 round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet.

Beets

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23 Bagel Cereal Juice Fresh fruit Milk	24 Muffin Cereal Juice Fresh fruit Milk	25 Cinni Minni Cereal Juice Fresh fruit Milk
28 Poptart Cereal Juice Fresh fruit Milk	29 Toast Cereal Juice Fresh fruit Milk	30 Donut Cereal Juice Fresh fruit Milk	31 Muffin Cereal Juice Fresh fruit Milk	



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

