

Le Mars Communnity School

September 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

				1 Pancake Cereal Juice Fruit Milk
4 Labor Day No School	5 Toast Cereal Juice Fruit Milk	6 Cinni Minni Cereal Juice Fruit Milk	7 Muffin Cereal Juice Fruit Milk	8 Bagel Cereal Juice Fruit Milk
11 Poptart Cereal Juice Fruit Milk	12 Toast Cereal Juice Fruit Milk	13 Waffle Cereal Juice Fruit Milk	14 Muffin Cereal Juice Fruit Milk	15 Pancake Cereal Juice Fruit Milk
18 Poptart Cereal Juice Fruit Milk	19 Toast Cereal Juice Fruit Milk	20 Donut Cereal Juice Fruit Milk	21 Muffin Cereal Juice Fruit Milk	22 Waffle Cereal Juice Fruit Milk
25 Poptart Cereal Juice Fruit Milk	26 Toast Cereal Juice Fruit Milk	27 Bagel Cereal Juice Fruit Milk	28 Muffin Cereal Juice Fruit Milk	29 Donut Cereal Juice Fruit Milk

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.



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.

TEAM
NUTRITION
IOWA™