

Le mars Community School



August 2023



Where do baby apes sleep?

In apricots!



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 \$ 4.84

**MENU SUBJECT TO CHANGE
WITHOUT NOTICE**

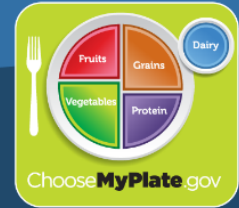
What am I?

I am a red or black fruit that
can stain your hands when you
eat me. I grow on bushes and I
taste good on your cereal.

Blackberries/raspberries

This institution is an equal
opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23 Pepperoni pizza Carrots Lettuce salad Pineapple	24 Cheeseburger Lettuce Bake beans Peaches	25 Hotdog Fries Broccoli Pears
28 Chicken Wrap Lettuce Sweet potato Apple sauce	29 Meatballs Gravy Tea roll Mashed potato Banana	30 Fish bites Cheetos Baked beans Red pepper Pears	31 Chicken nuggets Cookie Lettuce Carrots Orange	



A nutrient is something found in food that gives us energy to play hard, strengthening our bones and muscles, keeping us healthy, keeping our skin glowing. Examples of nutrients: Folate, Vitamin C, Vitamin A, Carbohydrate, Iron, Potassium, Fats, Protein, and Fiber.

