

# Le Mars Community School



## September 2023



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

There are too many ears!

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'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
				1 Teriyaki Chicken Rice Broccoli Cauliflower Apple sauce
4 <b>LABOR DAY</b>  <b>NO SCHOOL</b>	5 Walking taco Refried Beans Lettuce Tomato Bananas	6 Popcorn Chicken Doritos Carrots Pears	7 Meatballs/gravy Tea roll Mashed potato Green beans Slushie	8 Bread sticks Marinara sauce Spinach Lettuce Apple sauce
11 Hotdog Cookie Fries Coleslaw Apple	12 Chicken nachos Refried beans Lettuce Salsa Banana	13 Mac & Cheese Tea roll Carrot Pears <b>2HR Early out</b>	14 Chicken patty/Bun Lettuce Cauliflower Orange	15 Chicken Potatoes Green beans Grapes
18 Breakfast Pizza Green salad Broccoli Cuties	19 Rib sandwich Sweet potato fries Baked beans Banana	20 Grill cheese sandwich Tomato soup Corn Green Beans Strawberry	21 Beef Spaghetti Carrots Lettuce salad Slushie	22 Chicken Waffle Coleslaw Melon
25 Pancakes Sausage Potato Apple	26 Hotdog Cheetos Baked beans Banana	27 Popcorn chicken Carrot Coleslaw Mix fruit <b>2HR Early Out</b>	28 Quesadilla Cucumber Lettuce Orange	29 Chilli Cinnamon roll Corn Peaches



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.

