

# Le Mars Community School

## Agosto 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23 Pizza de peperoni Zanahorias Ensalada Pina	24 Hamburguesa Lechuga Frijoles horneados Duraznos	25 Hotdog Papas fritas Brocoli Peras
28 Wrap de pollo Lettuce Camotes Pure de manzana	29 Albondigas Gravy Panecillo Pure de papa Platano	30 Trocitos de pescado Cheetos Frijoles horneados Morrón rojo Peras	31 Croqueta de pollo Galleta Lechuga Zanahoria Naranja	

## Why aren't bananas ever lonely?

Because they  
come in bunches!

Anuncio Especial:

Calorias K-5 (550-650)  
6-8 (600-700)  
9-12 (750-850)

ESTUDIANTE  
COSTO K-12 \$ 2.60  
ADULT COST \$ 4.84

MENU SUJETO A CAMBIO SIN  
PREVIO AVISO.

## 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.

