

Le Mars Community School

September 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Why aren't bananas ever lonely?

Because they
come in bunches!

				1 Pollo Teriyaki Arroz Brocoli Coliflor Pure de manzana
4 Dia de el trabajo No clases	5 Walking taco Frijoles fritos Lechuga Salsa Platano	6 Bolitas de pollo Doritos Zanahorias Peras	7 Albondigas/Gravy Panecito Pure de papa Ejotes Slushie	8 Palitos de Pan Salsa marinada Espinacas Lechuga Pure de manzana
11 Hotdog Galleta Papas fritas Ensalada de col Manzana	12 Nachos de pollo Frijoles fritos Lechuga Salsa Platano	13 Macarron / queso Panecillo Zanahoria Peras 2hr salen tempran	14 Hamburguesa/pollo Lechuga Coliflor Naranja	15 Pollo Papas Ejotes Uvas
18 Pizza Ensalada verde Broccoli Mandarinas	19 Sandwich de Costilla Camote Frijoles horneados Platano	20 Sandwich/queso Sopa de tomate Elote Ejotes Fresas	21 Spaghetti/carne Zanahorias Lechuga Slushie	22 Pollo Waffle Ensalada de col Melon
25 Pancakes Sausage Papa Manzana	26 Hotdog Cheetos Frijoles Horneado Platano	27 Bolitas de pollo Zanahoria Ensalada de col Fruta Mlxta 2hr salen tempran	28 Quesadilla Pepino Lechuga Naranja	29 Chillii Rol de canela Elote Duraznos

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.

TEAM
NUTRITION
IOWA™