

Le Mars Communnity School

December 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5
Pancake
Cereal
Juice
Fruit
Milk

6
Poptart
Cereal
Juice
Fruit
Milk

7
Toast
Cereal
Juice
Fruit
Milk

8
Cinni Minni
Cereal
Juice
Fruit
Milk
2Hr early out

9
Muffin
Cereal
Juice
Fruit
Milk

10
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

16
Poptart
Cereal
Juice
Fruit
Milk

17
Toast
Cereal
Juice
Fruit
Milk

18
Donut
Cereal
Juice
Fruit
Milk

19
NO SCHOOL

20
NO SCHOOL

21

22

23

24

25

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™