

Le Mars Community School

November 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

		1 Donut Cereal Juice Fruit Milk	2 Muffin Cereal Juice Fruit Milk	3 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
13 Poptart Cereal Juice Fruit Milk	14 Toast Cereal Juice Fruit Milk	15 Waffle Cereal Juice Fruit Milk	16 Muffin Cereal Juice Fruit Milk	17 Pancake Cereal Juice Fruit Milk
20 Poptart Cereal Juice Fruit Milk	21 Toast Cereal Juice Fruit Milk	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Poptart Cereal Juice Fruit Milk	28 Toast Cereal Juice Fruit Milk	29 Bagel Cereal Juice Fruit Milk	30 Muffin Cereal Juice Fruit Milk	

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.

