

LE MARS COMMUNITY SCHOOL



December 2023



What is a librarian's favorite vegetable?

Quiet Peas

Informacion:

Calorias K-5 (550-650)

6-8 (600-700)

9-12 (750-850)

Costo de Estudiante K-12

\$2.60

COSTO DE ADULTO \$ 4.84

MENU SUBJECT TO CHANGE
WITHOUT NOTICE

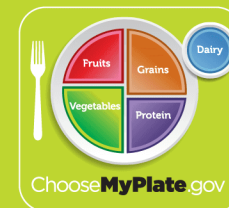
What am I?

I'm a leafy green vegetable that comes in different colors... including red! You most likely eat me in a salad or on a sandwich next to a slice of tomato.

Leaf Lettuce

This institution is an equal
opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pizza Brocoli Lechuga Pure de manzana
4 Pancakes Sausage Papas Manzana	5 Perro caliente Cheetos Frijoles horneados Platano	6 Popcorn chicken Zanahoria Ensalada de col Fruta Mixta	7 Quesadilla Pepino Lechuga Naranja	8 Chilli Cinnamon roll Elote Duraznos
11 Chicken nugget Doritos Frijoles hornedo Zanahoria manzana	12 Sandwich/pollo Camote Lechuga Platano	2hr antes salid13 Espagueti Albondiga Panecilo lechuga peras	14 Pollo a la naranj Noddles Vegetates vapor Naranja	15 Jamon hornead Pure de papa Pan Ejotes Pure de manzana
18 Macarron/queso Panecillo Broccoli Lechuga manzana	19 Pollo Pan Zanahoria Elote Platano	20 Taco de carnitas Frijol refrito Lechuga Peras	21 NO HAY CLASES Vacaciones Navidenas!	24 NO HAY CLASES
25	26	27	28	29



Choose MyPlate.gov

Make your own flavored water at home. Just add some sliced up fruit or vegetables and chill. Try cucumber or mint for a refreshing beverage!

