

LE MARS COMMUNITY SCHOOL



November 2023



What is a librarian's favorite vegetable?

Quiet Peas

School information:

Calories K-5 (550-650)

6-8 (600-700)

9-12 (750-850)

STUDENT COST K-12 \$2.60

ADULT COST \$ 4.84

MENU SUBJECT TO CHANGE
WITHOUT NOTICE

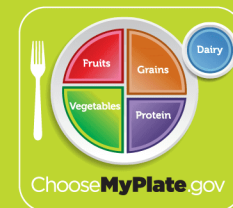
What am I?

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
		Grill cheese 1 sandwich Tomato soup Corn Green beans Strawberry	Beef spaghetti 2 Garlic bread Lettuce salad Carrots Slushie	Chicken tender 3 Waffle Coleslaw Melon
Pancakes 6 Sausage Potato Apple	Hotdog 7 Cheetos Bake beans Bananas	2hr early out 8 Popcorn chicken Carrot Coleslaw Mix fruit	Quesadilla 9 Cucumber Lettuce Orange	Chilli 10 Cinnamon roll Corn Peaches
Sloopy Joe 13 Bun Green Salad Corn Apple	Orange chicken 14 Rice Steam vegetable Bananas	Chicken Lasagna 15 Garlic bread Carrots pears	Beef potato/wrap 16 Refried beans Salsa Orange	Turkey & Gravy 17 Mashed potato Tea roll - cookie Green beans Cranberry/or pumpkin
Chicken tender 20 Waffle Bake beans Apple	Lunchable 21 Carrots Lettuce salad Bananas	NO SCHOOL 22	NO SCHOOL 23 Thanksgiving	NO SCHOOL 24
Beef pretzel 27 Salad Corn Apple	Hot Ham sandwich 28 Bake beans Lettuce Banana	French Toast 29 Yogurt Spinach salad Fresh fruit salad	Sub meatball 30 Lays Sweet potato Orange	



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!

