

Le Mars Community School

Why is it not wise to tell secrets in a cornfield?

There are too many ears!

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 round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet.

Beets

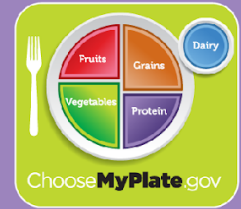
This institution is an equal opportunity provider.



February 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Muffin Cereal Juice Fresh fruit Milk	2 Waffle Cereal Juice Fresh fruit Milk
5 Poptart Cereal Juice Fresh fruit Milk	6 Toast Cereal Juice Fresh fruit Milk	7 Cinnimini Cereal Juice Fresh fruit Milk	8 Muffin Cereal Juice Fresh fruit Milk	9 Donut Cereal Juice Fresh fruit Milk
12 Poptart Cereal Juice Fresh fruit Milk	13 Toast Cereal Juice Fresh fruit Milk	14 2Hr Early out Bagel Cereal Juice Fresh fruit Milk	15 Muffin Cereal Juice Fresh fruit Milk	16 Pancake Cereal Juice Fresh fruit Milk
19 No school	20 Toast Cereal Juice Fresh fruit Milk	21 Donut Cereal Juice Fresh fruit Milk	22 Muffin Cereal Juice Fresh fruit Milk	23 Waffle Cereal Juice Fresh fruit Milk
26 Poptart Cereal Juice Fresh fruit Milk	27 Toast Cereal Juice Fresh fruit Milk	28 early out 2hr Cinnimini Cereal Juice Fresh fruit Milk	29 Muffin Cereal Juice Fresh fruit Milk	1 Donut Cereal Juice Fresh fruit Milk



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

