

May

Le Mars Community Schools

Lunch

"This institution is an equal opportunity provider."

Calorie Targets: average over a week

MENU: Subject to change without notice

K-5 550-650

Middle School and High School will have a fruit and Vegetable bar daily

Adults at Grades: Option to order a salad

6-8 600-700

Protein Available as ordered: Must contact HS Kitchen

9-12 750-850

May 17th Last Day for Adult Salads and Last Day for Fruit and Veggie Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Quesadilla Chips Salsa Lettuce Salad Refried Pears Entrée: Cheese Pizza</p>	<p>2 Brd Chicken Patty / Stuffing Green Beans Lettuce Salad Oranges Entrée: brd Fish patty</p>	<p>3 Taverns / WG Bun / pickles Diced Carrots French Fries Mixed Fruit Entrée: BBQ Pork</p>	<p>4 Chicken Alfredo / Pasta Carrots Peas Peaches Tea Roll Cookie Entrée: Pasta Bake</p>	<p>5 Deli Turkey/cheese Sandwich Doritos lettuce Broccoli Mandarin Oranges Entrée: Turkey Burger</p>
<p>8 Chicken (cook's choice) Cheesy potatoes Mixed Vegetables Pineapple Tea Roll</p>	<p>9 Meatball Subs Bake Beans applesauce</p>	<p>10 Philly Sandwich Corn Carrot Sticks Apple</p>	<p>11 Teriyaki Chicken / Rice Steamed Broccoli Carrots Pears Tea Roll</p>	<p>12 Cheese Burger Green Beans Lettuce Peaches Cookie</p>
<p>15 Pizza Diced Carrots Lettuce Salad Pears Bread</p>	<p>16 Turkey Burger Lettuce Bake Beans Applesauce Rice</p>	<p>17 Chicken Fajita s W/ WG Wrap Lettuce / Cheese Chips / Salsa Green Beans Pineapple LAST DAY FOR ADULT SALADS AND FRUIT AND VEG. BAR</p>	<p>18 Breaded Pork Sandwich Lettuce Broccoli Mixed Fruit</p>	<p>19 Cook's Choice (beef, chicken, Turkey) Lettuce Corn Peaches Cookie</p>
<p>22 Egg Patty Sandwich Sausage Patty Tri Taters Broccoli Pears</p>	<p>23 Mr Ribb Green Beans Lettuce Salad Applesauce</p>	<p>24 Hotdogs Baked Beans Lettuce Fresh Fruit</p>	<p>25 Sack lunch Turkey or Ham Sandwich Celery or carrot sticks, lettuce Fresh fruit Juice chips</p>	<p>26</p>
<p>29 HOLIDAY</p>	<p>30</p>	<p>31</p>		