



# OCTOBER 2017

## LE MARS COMMUNITY SCHOOLS

This institution is an equal opportunity provider"

Middle School and High School will have a fruit and Vegetable bar daily, Adults have a salad option (contact the kitchen)

CALORIE TARGET

K-5 550-650

6-8 600-700

9-12 750-850

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

### Monday

Breaded Pork chop **2**  
Bun  
Whip Potatoes / Gravy  
Carrot Sticks  
Pears  
HS Entrée: Grill Chicken

Egg & Cheese Sandwich **9**  
Hash Brown Potatoes  
Broccoli  
Mixed Fruit  
HS Cookie  
HS Entrée: French Toast & Eggs

Chicken Fajitas Wrap **16**  
Lettuce, Cheese  
Salsa  
Broccoli  
Mandarin Oranges  
HS Entrée: Taco Wrap

Chicken Crispito **23**  
Lettuce, Cheese, Salsa  
Mexican Beans  
Peaches  
Rice  
HS Entrée: Beef Burrito

Grill Turkey Sandwich **30**  
Bake Beans  
Lettuce  
Peaches  
HS Entrée: Shredded Pork

### Tuesday

Spaghetti with Meat Sauce **3**  
Green Beans  
Applesauce  
WG Bread Stick  
HS Entrée: Chicken Alfredo

Brd. Chicken Sandwich **10**  
With lettuce  
Bake Beans  
Applesauce  
HS Entrée: Fish Sandwich

Chili With Cheese **17**  
Saltine Crackers  
Corn  
Applesauce  
Cinnamon Roll  
HS Entrée: Chicken Tortilla Soup

Pepperoni Pizza **24**  
Mixed Vegetables  
Lettuce Salad  
Applesauce  
HS Entrée: Cheese Pizza

Halloween **31**  
Tailwaggers in a Coffin  
Spider Webs  
Edible Roots  
Bobbie Heads  
HS Entrée: Grave Sandwich

### Wednesday

Taco Burger **4**  
Lettuce  
Cheese  
Refried Beans  
Pineapple  
Chips  
HS Entrée Pulled Pork

Italian Pasta Bake **11**  
Steamed Baby Carrots  
WG Bread  
Mandarin Oranges  
HS Entrée: Tuna Bake

Early Out **18**  
Mac & Cheese  
Little Smokies  
Diced Carrots  
Pears  
HS/MS Bread  
HS Entrée: Chicken Fries

Chicken Nuggets **25**  
Whip potatoes & Gravy  
Broccoli  
Mixed Fruit  
HS Bread  
HS Entrée: Mini Corn Dogs

### Thursday

Cheesy Chicken Burrito **5**  
Lettuce  
Cheese  
Broccoli Normandy  
Peaches  
Chips  
HS Entrée: Taco Burger

Mr Ribb Sandwich **12**  
Carrot Sticks & Ranch  
Broccoli  
Peaches  
HS Roast Beef Sandich

Beef Patty with Gravy **19**  
Whip Potatoes  
Mixed Vegetables  
Peaches  
Tea Roll  
HS/ MS Cookie  
HS Entrée: Cream Turkey

Fish Sandwich **26**  
Lettuce / Cheese  
French Fries  
Pineapple  
HS Entrée: Brd. Pork Sandwich

### Friday

Hot Ham Sandwich **6**  
Steamed Carrots  
Scallop Potatoes  
Oranges  
HS Entrée: Italian Chicken

Cheeseburgers **13**  
Green Beans  
Lettuce  
Pineapple  
HS/MS Brownie  
HS Entrée: BBQ Pork

Taverns **20**  
Green Beans  
Carrot Sticks  
Pineapple  
HS Entrée: BBQ Pork

Cheeseburger **27**  
Lettuce / Tomato  
Diced Carrots  
Apples  
Cake  
HS Entrée: Grill Chicken

