

SEPTEMBER

BREAKFAST

LE MARS COMMUNITY

"This Is an Equal opportunity provider"

Elementary, Middle School and High School: Breakfast Available Daily 7:45 - 8:25

MENU IS SUBJECT TO CHANGE

Monday 4		Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p>These options below are everyday</p> <p>Milk Choice: 1% or Skim</p> <p>Choice of Juice: orange, apple, fruit blend or veg. blend (may vary)</p> <p>Fresh Fruit Choice (May vary)</p> <p>choice of Cereal: (may vary)</p>					<p>Friday 1</p> <p>K-8 waffles juice, fruit, milk</p> <p>9-12 mini waffles cereal, juice,fruit,milk</p>
<p>HOLIDAY</p>		<p>K-8 cereal, pop-tart (1) juice, fruit, milk</p> <p>9-12 cereal, poptart (2) juice, fruit, milk</p>	<p>K-8 cereal, Jamwich, juice, fruit, milk</p> <p>9-12 cereal, Jamwich, juice, fruit, milk</p>	<p>K-8 cereal, muffin, juice, fruit, milk</p> <p>9-12 cereal, muffin, string cheese, juice, fruit, milk</p>	<p>K-8 French Toast juice, fruit, milk</p> <p>9-12 French Toast cereal, juice, fruit, milk</p>
Monday 11		Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p>K-8 cereal, 1 slice of toast juice, fruit, milk</p> <p>9-12 cereal, 2 slices toast juice, fruit, milk</p> <p>K-8 jelly or peanut butter 9-12 both</p>		<p>K-8 cereal, pop-tart (1) juice, fruit, milk</p> <p>9-12 cereal, poptart (2) juice, fruit, milk</p>	<p>K-8 cereal, Apple Frudel juice, fruit, milk</p> <p>9-12 cereal, apple frudel juice, fruit, milk</p>	<p>K-8 cereal, muffin juice, fruit, milk</p> <p>9-12 cereal, muffin, string cheese, juice, fruit, milk</p>	<p>K-8 mini pancakes juice, fruit, milk</p> <p>9-12 mini pancakes cereal, juice, fruit, milk</p>
Monday 18		Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>K-8 cereal, 1 slice of toast juice, fruit, milk</p> <p>9-12 cereal, 2 slices toast juice, fruit, milk</p> <p>K-8 jelly or peanut butter 9-12 both</p>		<p>K-8 cereal, pop-tart (1) juice, fruit, milk</p> <p>9-12 cereal, poptart (2) juice, fruit, milk</p>	<p>K-8 cereal, Long John juice, fruit, milk</p> <p>9-12 cereal, Long John juice, fruit, milk</p>	<p>K-8 cereal, muffin, juice, fruit, milk</p> <p>9-12 cereal, muffin, string cheese, juice, fruit, milk</p>	<p>K-8 waffles juice, fruit, milk</p> <p>9-12 mini waffles cereal, juice, fruit, milk</p>
Monday 25		Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p>K-8 cereal, 1 slice of toast juice, fruit, milk</p> <p>9-12 cereal, 2 slices toast juice, fruit, milk</p> <p>K-8 jelly or peanut butter 9-12 both</p>		<p>K-8 cereal, pop-tart (1) juice, fruit, milk</p> <p>9-12 cereal, poptart (2) juice, fruit, milk</p>	<p>K-8 cereal, yogurt juice, fruit, milk</p> <p>9-12 cereal, yogurt juice, fruit, milk</p>	<p>K-8 cereal, muffin, juice, fruit, milk</p> <p>9-12 cereal, muffin, string cheese, juice, fruit, milk</p>	<p>K-8 mini pancakes juice, fruit, milk</p> <p>9-12 mini pancakes cereal, juice, fruit, milk</p>