



# NOVEMBER 2017

Le Mars Community Schools

“This institution is an equal opportunity provider”

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1  
Grill Chicken Sandwich  
Corn  
Carrot Sticks  
Mixed Fruit  
Cookie  
HS Entrée: Cheeseburger

2  
Taco Haystacks  
Taco Meat / Cheese  
Lettuce  
Refried Beans  
Chips  
Pineapple  
HS Entrée: Crispito / Cheese

3  
Beef Teriyaki Dippers  
Steam Carrots  
Rice Pilaf / Tea Roll  
Lettuce Salad  
Mandarin Oranges  
HS Entrée: Chicken Drumsticks

6  
Orange Chicken  
On Pasta  
Corn / Celery  
Pears  
Tea Roll  
HS Entrée: Teriyaki Chicken

7  
Deli Ham Sandwich  
Lettuce  
Au Gratin Potatoes  
Applesauce  
HS Entrée: Fish Sandwich

8  
Taverns  
Sweet Potato Fries  
Pineapple  
Frozen fruit cup  
HS Entrée; BBQ Pork

9  
Cheesy Chicken Burrito  
Chili  
Lettuce  
Mixed Fruit  
Chips & Salsa  
HS Entrée: Burrito

10  
Mac and Cheese Casserole  
Broccoli  
Lettuce Salad  
Orange  
Bread Sticks  
HS Entrée: Chicken Alfredo

13  
Chicken Tenders  
Scallop Potatoes  
Carrots  
Mixed Fruit  
Tea Roll  
HS Entrée: Shrimp Poppers/ cheese

14  
Cream Turkey over Biscuit  
Green Beans  
Sweet Potato Pie  
Applesauce  
HS Entrée: Shredded Beef

15  
Italian Grill Chicken Sandwich  
Stuffing  
Peas  
Pineapple  
Lettuce  
HS Entrée: Breaded Pork Chopette

16  
Chili with Cheese  
Peaches  
Corn  
Cinnamon Roll and Crackers  
HS Entrée: Chicken Tortilla Soup

17  
Fiesta Pizza  
Lettuce Salad  
Refried Beans  
Chips  
Apple  
HS Entrée: Pizza

20  
Chicken Fajita Wrap  
Lettuce, Cheese, Salsa  
Rice  
Broccoli  
Mandarin Oranges  
HS Entrée: Taco Wrap

21  
Shredded beef Sandwich  
French Fries  
Carrot Sticks  
Fresh Fruit  
HS Entrée: Mr Ribb Sandwich

22  
No School

23  
No School

24  
No School

27  
Pizza Crunchers with Sauce  
Broccoli  
Carrots  
Mandarin Oranges  
HS Entrée: Cheese Stuffed Sticks

28  
Spaghetti & Meat Sauce  
Green Beans  
Lettuce  
Applesauce  
Bread Stick  
HS Entrée: Chicken Alfredo

29  
Mr Ribb Sandwich  
Lettuce Salad  
Peas  
Peaches  
HS Entrée: Taverns

30  
Chicken Noodle Soup  
Corn  
Celery  
Mix Fruit  
Cinnamon Honey Butter Bread  
Crackers  
HS Entrée: Beefy/Noodle Soup



Menu is Subject to change without notice

Calorie K-5 550-650  
6-8 600-700  
9-12 750-850

Middle School and High School have a fruit and vegetable bar daily