



# SHAMROCK SHOUT OUT

## NOVEMBER 2019



### IMPORTANT EVENTS FOR NOVEMBER

1<sup>st</sup> – 15<sup>th</sup> ...NLES Student Council Food Drive  
5<sup>th</sup> ...JG School Board 7 PM  
9<sup>th</sup> ...6<sup>th</sup> Gr. BBall Tourney @ LV  
11<sup>th</sup> ...Veterans Day Program 1:00 PM

13<sup>th</sup> ...PTO Meeting 3:30 Library  
18<sup>th</sup> ...Spell Bowl Competition @NLES 5:00 PM  
19<sup>th</sup> ...John Glenn School Board 7 PM  
27<sup>th</sup> – 29<sup>th</sup> ...No School - Thanksgiving Break

### **15<sup>th</sup> Annual Community Wide Food Drive from November 1 – 15<sup>th</sup>**

Tis the season for sharing and caring! 6<sup>th</sup> Grade Student Council members will be collecting food/paper donations. Please do not send glass items. Donations may be given to homeroom teachers or placed in collection boxes at the front entry doors. Please help us make this the best food drive so far. Thank you for helping our school make a difference in our community. Contact Mrs. Houston, Student Council sponsor, for any questions.

### **6<sup>th</sup> Gr. Student Council Members need your help!**

The students will be spending quality time at Miller's Merry Manor nursing home in Walkerton. The students assist the residents by playing BINGO and visiting with them. If you would like to donate a bag of hard candy and/or trinkets such as jewelry, scarves, small lap/shoulder blankets or hand lotion as prizes for Bingo, put them in a bag and mark it for Student Council. Any questions please contact Mrs. Houston, Student Council sponsor, for any questions.

### **November 11<sup>th</sup> – Veterans Day Program @ 1:00 PM**

We would like to honor all Veterans with a certificate of service. Attached is a form to fill out so we can plan for their visit. We have a designated color for students to dress up that day. For the Veterans Day program, students in Grades K-2 wear a blue shirt, Grades 3-4 wear a white shirt and Grades 5-6 wear a red shirt. Any students in Girl and Boy Scouts will wear their uniforms that day.

### **Contact Information Updates to Office and Harmony3 Email for Winter Season**

Moving into the winter season means the possibility of school delays, cancelations and rarely early dismissals. If you would like to receive notification via School Messenger, please make sure your correct phone numbers are listed accurately in Family Harmony account. Early dismissal procedure (typically dismisses after lunch in the early afternoon due to snow blizzards) needs shared with teachers if not done already. Always want to be prepared for the winter season. Please update PO Box number for North Liberty residents due to the USPS recommendations.

### **Lost and Found**

The student's lost items are taking over the cafeteria. Please check it out to be sure your child hasn't left anything behind. All unclaimed items will be donated to charity by Thanksgiving Break. Remind your child to check the cafeteria for lost items as well.

### **Calling All KDG, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Grade Parents**

If you haven't already, Marshall County Promise is offering FREE 529 College Savings plans to our students in KDG-3rd grade. Plus \$25 incentive deposited at the end of the school year. When filling out the application, you will need the child's Social Security number and select "will send in a check" for payment. The MC Promise Foundation deposits the incentive check for you. Click on link and fill out.

<https://www.collegechoicedirect.com/home/ymca/promise.html>

NORTH LIBERTY VETERANS DAY PROGRAM

NOVEMBER 11<sup>th</sup> @1:00PM

NLES MAIN GYM

Please let us know any veteran that will be attending

*Please indicate if your veteran is a World War II Veteran.  
Invite all Veterans even if they do not have children, etc. at  
the school.*

Thank you,

North Liberty Staff

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Veteran's Name: \_\_\_\_\_

Branch of Military: \_\_\_\_\_

Wars Served in: \_\_\_\_\_

Student name: \_\_\_\_\_

Home Room Teacher: \_\_\_\_\_

# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

November 2019

North Liberty Elementary  
Melanie Heiser, Counselor

## SHORT NOTES



### Promises matter

Before you promise your child something—for instance, that you'll take him to the playground—make sure you'll be able to follow through. This teaches him that he can count on you, and he'll learn to keep promises, too. *Tip:* If needed, include contingencies. (“We'll go as long as it's not raining.”)

### Speak up about allergies

Family gatherings are good opportunities for your youngster to speak up about food allergies, whether she has one herself or is being considerate of others. She might ask the host if a casserole contains eggs or tell a cousin who's allergic to dairy that there's milk in the mashed potatoes.

### Boost working memory

This activity improves your child's working (or short-term) memory. Have him close his eyes while you draw three emojis (cupcake, sun, leaf). Let him study the paper for five seconds, flip it over, and try to name the emojis. Repeat the activity, adding one more each time. How many can he remember?

### Worth quoting

“When you see someone without a smile, give them one of yours.”  
Zig Ziglar

## JUST FOR FUN

**Q:** What's black and white and black and white and black and white?

**A:** A penguin rolling down a hill.



## An atmosphere of learning

When families create a supportive learning environment at home, children are more successful in the classroom. Use these tips to make your home a great place for your youngster to learn.

### Stock up

Fill your house with items your child can use to explore and investigate. Visit the library regularly so you always have plenty of books. Have her set aside a drawer for math and science supplies (ruler, measuring cups and spoons, food coloring, seeds). Also, display a map or globe—when she reads or hears about a place, she can discover where it's located.

### Build on interests

Notice what your youngster is into, such as dinosaurs or music, and help her learn more about it. Read nonfiction books or watch documentaries together. Let her make a hallway gallery based on her interests. She could create and hang up posters to share interesting facts and photos with family members.



### Learn together

Learn something new as a family. You might work on American Sign Language and then practice together. Or learn to code or knit. You'll enjoy a new hobby as you expand your knowledge. Also, plan special nights where you play board games. Try ones that build language skills (Scrabble, Boggle) or involve math or logic (Monopoly, chess).♥

## I'm thankful for...

What is your family grateful for? Try this idea to find out—and teach your child about gratitude.

**Pick categories.** Choose six crayons, and assign each color a category. *Example:* red = person, blue = place, green = object, yellow = food, orange = animal, purple = your choice. Place the crayons in a bowl, and give each person a sheet of paper.

**Draw and write.** Take turns selecting a crayon, drawing a heart on your paper, and writing something you're grateful for that matches the category. Your youngster might write “My Aunt Amy” in red and “Macaroni and cheese” in yellow.

**Share.** Once everyone has a heart of every color, read what's in your “hearts” to each other. Display the papers for a nice reminder to be grateful all year long!♥

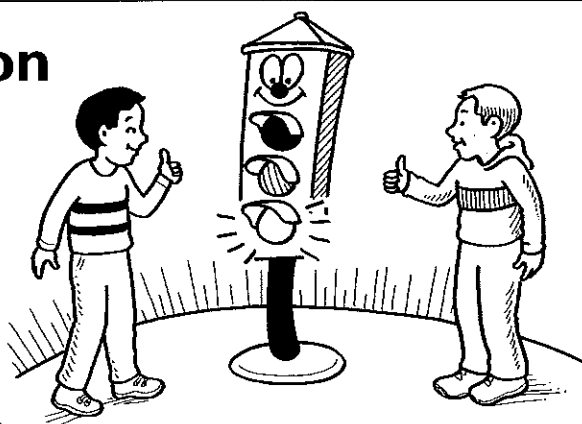


# Conflict resolution know-how

Healthy conflict resolution skills help your child maintain friendships, solve problems, and stand up for himself in positive ways. Share these strategies.

## Red light! Green light!

Problems are easier to solve when your youngster is calm. Suggest that he think of a feeling like anger or frustration as a “red light”—a signal to stop and think. Say he and a friend are arguing over the topic for their group



presentation. He might take a few deep breaths or walk away for a little while. Once he calms down (the light turns green), he may be ready to think of a solution, such as combining their ideas to create a whole new topic.

## “I” statements

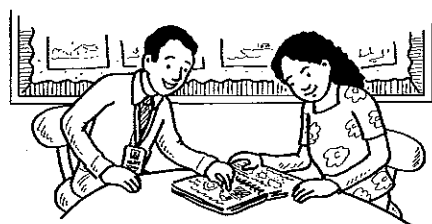
When your child is trying to resolve a conflict, suggest that he start each statement with “I” instead of “you.” Example: “I get angry when I’m yelled at” rather than “You make me angry.” He’ll put the focus on his own feelings rather than blaming the other person—which can keep the conflict from escalating.♥



## Attend parent-teacher conferences

**Q:** My son usually gets good grades and isn’t having any problems in school. Do I still need to go to a parent-teacher conference?

**A:** Yes! A conference lets you and your child’s teacher exchange information beyond what’s on his report card. Plus, meeting with the teacher is one way to keep the lines of communication open.



The teacher will talk about your son’s strengths and areas for improvement. For instance, he might say he has good work habits but could participate more in class. And you may get to see his writer’s notebook or science journal. You’ll also learn how he’s doing socially—does he get along well with others?

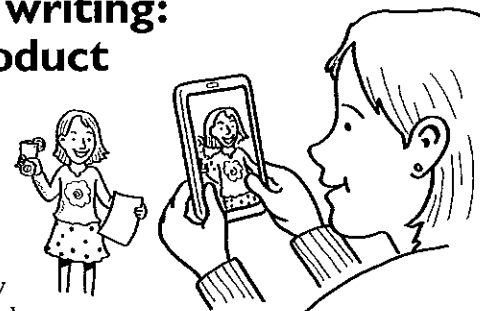
Finally, ask the teacher what you can do at home to support your son.♥



## ACTIVITY CORNER

### Persuasive writing: Buy my product

Could your child convince someone to buy a rock? What about an ice cube? This silly family activity lets her practice persuasive writing by creating a commercial for an unlikely “product.”



- 1. Decide what to sell.** Ask each family member to think of something you probably wouldn’t buy in real life, such as an empty cardboard box, a snowball, or a brick.
- 2. Write a script.** Each person should make up a commercial advertising her product. Include a vivid description of your item and convincing reasons to buy it. Example: “Introducing our smooth, perfectly square ice cube! Just this single cube will keep your small glass of lemonade nice and cool—without watering it down.”
- 3. Present your ads.** Take turns performing your commercials in your best TV-announcer voice. The advertisement voted most persuasive wins!♥

## PARENT TO PARENT

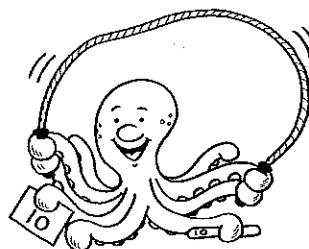
### Mix math with fitness

When my daughter Elizabeth was working on addition facts, we invented a game to help her practice—and to give all of us some exercise.

She wrote the numbers 1–10 on separate index cards, and I hid them around our yard. Then, she wrote the same numbers on separate craft sticks and put the sticks (number ends down) in a cup. We took turns drawing a stick, running to find a number card, and

adding the two numbers to get our score for that turn. So if Elizabeth drew the 10 stick and got a 6 card, her score would be 16, since  $10 + 6 = 16$ . The winner was the person with the highest score after all the sticks were used.

Our game has grown with Elizabeth. Once she mastered basic addition facts, we wrote bigger numbers to play with. And now that she’s learning multiplication, we multiply to get our score.♥



### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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www.rfeonline.com

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COLLEGE &  
CAREER



**READY**

Stephanie Reynolds  
College & Career Readiness Counselor  
Urey/North Liberty/Walkerton Elementary  
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Let's teach our children to be **GRATEFUL** even for the challenges and tough tasks that they have to conquer every day.



It is always a good time to talk as a family about the career goals of your student...

**QUESTIONS TO CHAT ABOUT:**

-What does the family think about the student's career goals?

-What career goals/ideas do the family suggest for the student?

How can the family help the student reach their career goals?

**EXPLORING**

**INTERESTS WITH YOUR STUDENT**

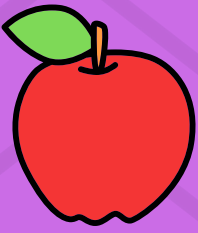
You can help your child explore their **CAREER INTERESTS** by paying attention to...

- the TV SHOWS your student likes to watch
- the BOOKS your student likes to read
- the GAMES your child likes to play
- the PLAYTIME ACTIVITIES with their friends



**GRATITUDE** can transform common days into **THANKSGIVING**, turn routine jobs into **JOY**, and change ordinary opportunities into **BLESSINGS**.





# EVERY SCHOOL DAY COUNTS



**MacKenzi Lowry**  
**Academic Attendance**  
**Coach**  
[mlowry@jgsc.k12.in.us](mailto:mlowry@jgsc.k12.in.us)

## Ways to Promote Metacognition

Teaching your child metacognition can help them become more independent and successful learners.

"Metacognition is the ability to reflect and critically analyze your own thought processes." The purpose of metacognition is to be able to plan, monitor, and assess one's understanding and performance. Essentially, it is thinking about the way you think.

### Promote Self-monitoring and Evaluation

- You can do this by having your child ask themselves open ended questions. Some examples may include:  
**1) Who can I ask for help? 2) What do I need to do first? 3) Why is this true? 4) How can I get better?**
- You can also encourage them keep a journal/diary, and make an entry each day. In that journal, have your child reflect on what they did well and what they could do better.
- Having your child set a goal that is challenging and realistic is another way to reinforce metacognition.

### Try not to Blame

When a child acts out, ask them to think about their behavior, and how it affects their surroundings (people, environment, and themselves). Asking them to think about their behavior can help them process and navigate difficult situations in a more effective way.

### Be solution focused

Encourage your student to look at previous situations and how they they were handled, so they can handle similar situations more productively in the future.

As the academic attendance coach, I provide supplemental executive function lessons to 5th and 6th grade students who did not pass ILEARN the prior school year, as well as meet with students who have frequent unexcused absences

## Attendance Corner

At NLES, we want to make sure our students are successful. For us to accomplish this, student attendance must continue to be a priority. Although teachers are one of the most important school- related factors in a students success, they cannot impact or provide learning opportunities for children who are absent. Of course, there will be times when students must miss school, but our goal is to make sure students are only absent when necessary. **Just remember, if your child is going to be absent, always call the school so we know that your child is safe.**

### DID YOU KNOW?

Being frequently absent early on in a child's school career not only shows lower achievement in math, reading, and general knowledge, it is also a common statistic of high school dropouts.



# Registers for Girls on the Run



**Program Dates: February 24 – May 15, 2020**

## What is it?

Girls on the Run and Heart & Sole are curriculum based, after-school character development programs designed for **3rd-8th grade girls** of ALL fitness and ability levels. The 10-week curriculum inspires each girl to find and stay true to her REAL self. Groups of 8 to 15 girls meet twice a week with their trained, volunteer coaches to discuss important life lessons while playing fun running games. Girls on the Run emphasizes independent thinking, healthy choices, positive group dynamics and problem solving. Every girl is encouraged to be her best self. The program finishes with the girls running or walking in a non-competitive 5K Celebration Presented by The South Bend Clinic on May 9, 2020.



## Location:

North Liberty Christian School – a bus will take the girls from NLES to NLCC on practice days!

## Practice Day/Time:

Tuesdays and Thursdays from 3 pm to 4:30 pm

## Grades Offered:

3rd-5th grade girls!

## Who to Contact:

Jessica Cox 574-340-1721

Gwen Beem 574-279-1555

## Registration Timeline:

**January 1st - February 1st**

For more information and to register, go to

[www.girlsontherunmichiana.org](http://www.girlsontherunmichiana.org)





# Registration Checklist

Please have the following information ready to register a participant:

- \* Location of program (school/site)
- \* Child's date of birth
- \* Child's T-Shirt size
- \* Child's grade
- \* Parent/Guardian contact information
- \* Individuals authorized to pick up participant
- \* Emergency contact information
- \* Allergy/medical information
- \* Doctor's name and phone number
- \* Dentist's name and phone number

A confirmation email will be sent after the online registration is completed. ***This email does not guarantee a spot for your girl.*** Registration is not first-come, first-served. If more than 15 girls submit registrations, a lottery system will be used to randomly select girls for the team. ***Teams will be solidified February 6, 2020.***

***No girl is ever turned away for inability to pay the registration fee.***

**Standard Fee: \$160**

**Reduced Lunch Fee: \$80**

**Free Lunch Fee: \$40**

Additional scholarship may be available if the rates listed above still present a challenge. We depend on the honesty and integrity of each family to contribute as much as they can afford toward the full registration fee so our limited scholarship dollars will reach as many girls as possible.

***Together we will inspire girls to be joyful, healthy and confident!***





# heart & sole

"I learned to be strong and never give up."

- Ciondra, 6th Grade



**YOU can make a difference!**

**VOLUNTEER.** Be a coach, help at the 5K event, be a 1-day volunteer. We provide training & support.

**DONATE.** You can help ensure that any girl can participate in Girls on the Run!

Visit our website for more information:

[www.GirlsOnTheRunMichiana.org](http://www.GirlsOnTheRunMichiana.org)

# Heart & Sole is Coming!

## What We Do

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained volunteer coaches use our research-based curricula to teach foundational lessons through dynamic discussions, activities and running games. Over the course of the ten-week program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Our program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.

## Why it Matters

Girls face social pressures and conflicting messages about how they should act and who they should be. Studies show that during adolescence, girls' confidence drops about twice as much as boys', friendships become more complicated and challenging, girls' perceptions of their academic success declines, their risk for anxiety and depression goes up and their participation in physical activity plummets.

**We believe that every girl is inherently full of power and potential. As the leaders of their lives, these are the girls that will change the world.**

## Program Dates:

**February 24 - May 15, 2020**

**Location:** North Liberty Elementary School

**Grades:** 6<sup>th</sup> Grade Girls

**Practice Days/Time:** Tuesdays and Thursdays  
3 pm-4:30 pm

**Contact Name:** Gwen Beem

**Contact Email:** [gwen@docautoinc.com](mailto:gwen@docautoinc.com)  
574-279-1555 call or text

**Registration Opens: Jan 1, 2020**

**Closes:** February 1<sup>st</sup>



## Who we are

Girls on the Run® is a national 501(c)3 nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our 10-week program drives transformative, sustained change in the lives of third- to fifth-grade girls across all 50 states.

## What we do

Using an intentional curriculum that integrates physical activity, our trained coaches teach girls critical life skills and strategies they can apply to all aspects of their lives.

## Why it matters

- Girls' self-confidence begins to drop by age 9
- 50% of girls ages 10 to 13 experience bullying such as name calling and exclusion
- Physical activity levels decline at age 10 and continue to decrease throughout adolescence.

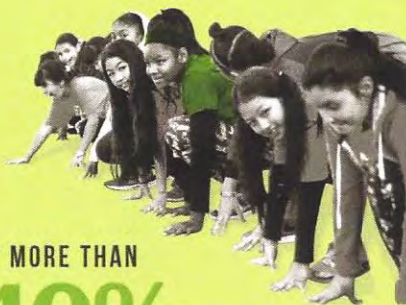
## Our results\*

**85%**  
IMPROVED IN  
CONFIDENCE  
COMPETENCE  
**CARING**  
CHARACTER  
OR CONNECTION



GIRLS WHO WERE  
**LEAST ACTIVE**  
AT THE START  
**INCREASED IN**  
PHYSICAL ACTIVITY

BY MORE THAN  
**40%**



**97%**  
LEARNED CRITICAL  
LIFE SKILLS



Girls on the Run has a **POSITIVE IMPACT** on girls during the program and **BEYOND**.

Girls on the Run makes a **STRONGER IMPACT** than organized sports or physical education programs in teaching **LIFE SKILLS**.



## Where girls made the greatest gains

### CONNECTION

How supported they felt by their peers

### CONFIDENCE

How much they liked the person they are

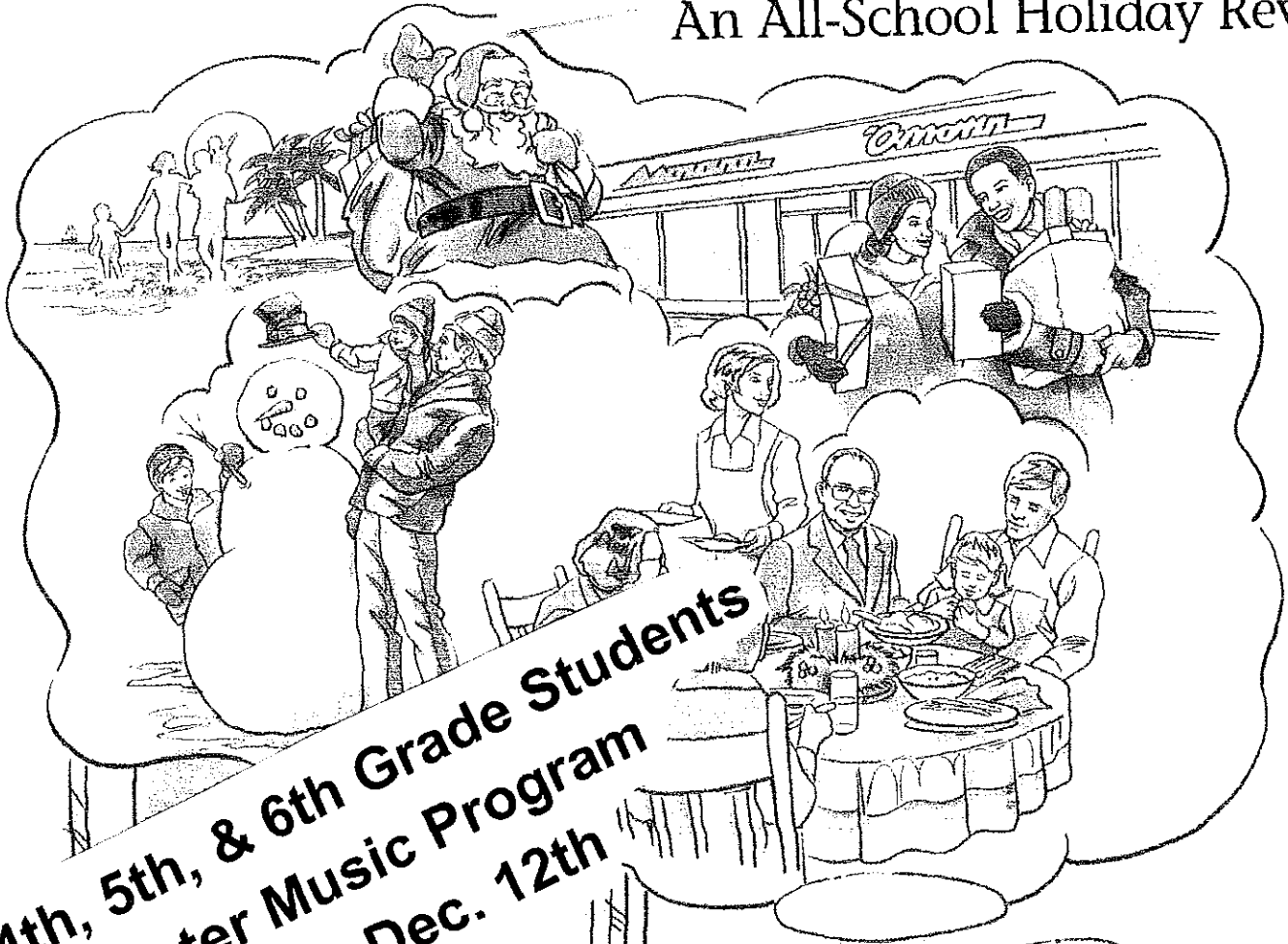


I will continue to **teach others what I learned** at Girls on the Run, and carry it with me **FOR THE REST OF MY LIFE.**

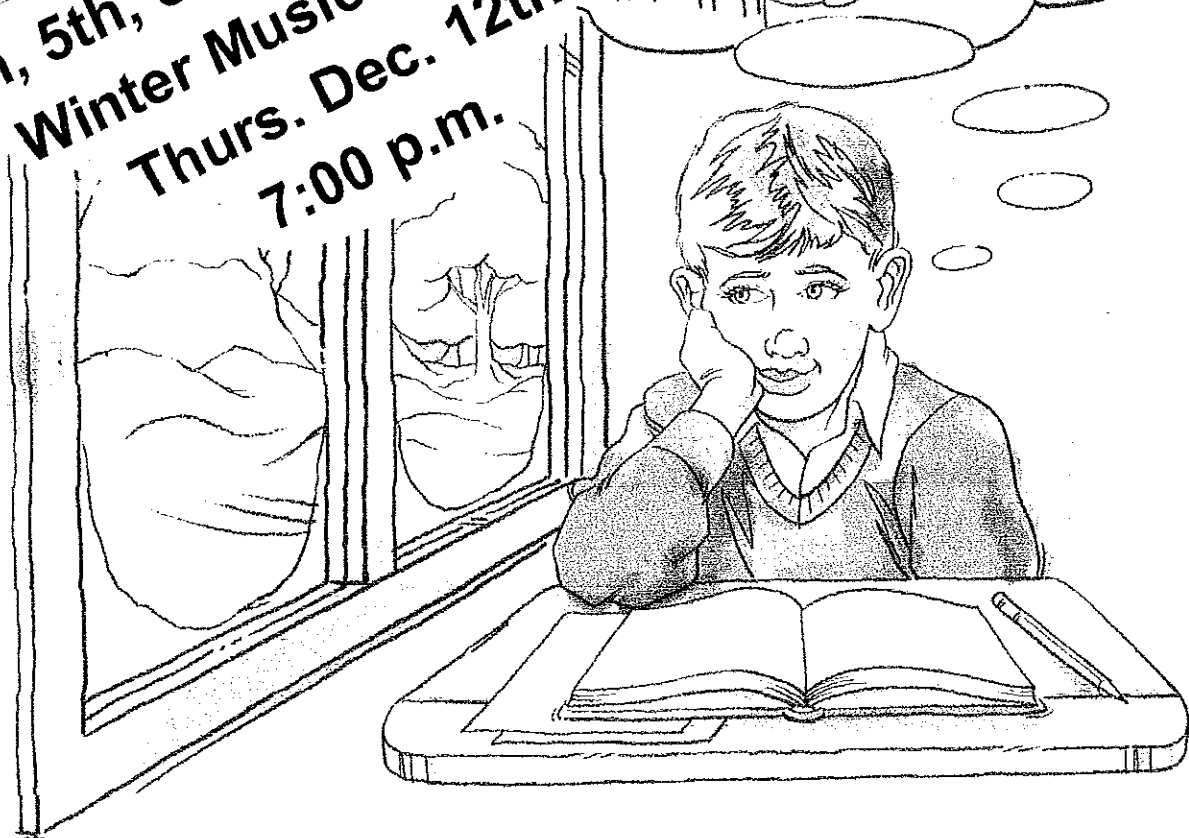
\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

# I Need a <sup>LITTLE CHRISTMAS</sup> Vacation

An All-School Holiday Revue



All 4th, 5th, & 6th Grade Students  
Winter Music Program  
Thurs. Dec. 12th  
7:00 p.m.



Winter Break Enrichment 2019

Dear parents,

Registration for the sixth winter Break Enrichment is just starting. Enrichment will be at North Liberty Elementary on Dec 23, 26, 27, 30 and Jan 2&3. **We will be CLOSED on Tuesday Dec 24 and Wednesday Dec 25.** Our program will be open from 6:00am until 6:00pm. The cost of the program will be \$20 a day. Payments are to be made in full by December 6, 2019 to guarantee a spot in the enrichment. Please write in on the days you plan on using. Due to rising cost, the program must have at the **minimum 12 children daily** or we will not be open that day. To assure the quota you will need to submit the days you will need by Dec 2, 2019. If there are days not filled, B&A will be forced to close that day of enrichment. Having the schedule by Dec 2 will allow B&A to let parents know ahead of time if plans need to be changed. Thank you for your help in this matter.

Sincerely  
Charman Dreessen

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Childs' name \_\_\_\_\_  
Age \_\_\_\_\_ Grade \_\_\_\_\_  
Parents' Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone: \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Contact (name) \_\_\_\_\_  
(other than parent)  
Emergency Phone \_\_\_\_\_  
**ALL Allergies** \_\_\_\_\_

Dentist (name & phone) \_\_\_\_\_

Doctor (name & phone) \_\_\_\_\_

|        |                  |                  |        |        |
|--------|------------------|------------------|--------|--------|
| Dec 23 | Dec 24<br>CLOSED | Dec 25<br>CLOSED | Dec 26 | Dec 27 |
| Dec 30 | Dec 31<br>CLOSED | Jan 1<br>CLOSED  | Jan 2  | Jan 3  |

# NOVEMBER | 2019



## John Glenn School Corp Breakfast

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| 28 Apple Cinnamon Tx Toast<br>Fruit<br>Fruit Juice | 29 Yogurt<br>Assorted Muffins<br>Fruit<br>Fruit Juice                | 30 French Tst Sticks<br>Syrup<br>Fruit<br>Fruit Juice | 31 Scrambled Eggs<br>w/w Toast<br>Fruit<br>Fruit Juice | 1 Cinn Blueberry Bread Stick<br>Fruit<br>Fruit Juice    |
| 4 Sausage Pizza<br>Fruit<br>Fruit Juice            | 5 Hard Boiled Egg<br>½ Bagel w/ cream cheese<br>Fruit<br>Fruit Juice | 6 Pancake Wrap<br>Fruit<br>Fruit Juice                | 7 Apple Frudel<br>Fruit<br>Fruit Juice                 | 8 Breakfast Burrito<br>Fruit<br>Fruit Juice             |
| 11 Egg & Bacon Pizza<br>Fruit<br>Fruit Juice       | 12 Banana Bread<br>Fruit<br>Fruit Juice                              | 13 Cheese Omelet<br>w/w Toast<br>Fruit<br>Fruit Juice | 14 Chicken & Biscuit<br>Fruit<br>Fruit Juice           | 15 Yeast Donut<br>String Cheese<br>Fruit<br>Fruit Juice |
| 18 Apple Cinnamon Tx Tst<br>Fruit<br>Fruit Juice   | 19 Yogurt<br>Assorted Muffins<br>Fruit<br>Fruit Juice                | 20 French Tst Sticks<br>Syrup<br>Fruit<br>Fruit Juice | 21 Scrambled Eggs<br>w/w Toast<br>Fruit<br>Fruit Juice | 22 Cinn Blueberry Bread Stick<br>Fruit<br>Fruit Juice   |
| 25 Sausage Pizza<br>Fruit<br>Fruit Juice           | 26 Banana Bread<br>Fruit<br>Fruit Juice                              | 27 No School  | 28 No School   | 29 No School  |

### News

Reduced Breakfast: \$.30  
Full Pay Breakfast \$1.30

Milk is included with all meals.

Assorted cereal choices are also available daily.

Each student needs to take at least 3 options with one of them being a fruit.

Menus are subject to change.

# NOVEMBER | 2019



## North Liberty Elementary School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|  |  |  |  |   |
|--|--|--|--|---|
| <b>28</b> Tangerine Chicken/rice<br>Sweet Peas<br>Roasted Baby Carrots<br>Pineapple Tidbits                        | <b>29</b> All Beef Hot Dog/bun<br>Garden Bar<br>Baked Beans<br>Applesauce<br>Snack Bag/Frito Corn Chips          | <b>30</b> Hamburger/bar<br>Oven Baked Fries<br>Steamed Broccoli<br>Strawberry Cup                      | <b>31</b> Chicken Nuggets<br>Dinner Roll<br>Mashed Potatoes/gravy<br>Green Beans<br>Mandarin Oranges<br>Halloween Cookie   | <b>1</b> Pepperoni Calzone<br>Garden Bar<br>Golden Corn<br>Fruit                                      |
| <b>4</b> Crispy Breaded Pork Sand<br>Sweet Potato Fries<br>Creamy Cole Slaw<br>Sweet Peas<br>Baked Cinnamon Apples | <b>5</b> Walking Dorito Taco/ cheese<br>Refried Beans<br>Golden Corn<br>Baby Carrots<br>Diced Pears              | <b>6</b> Chicken Patty/bun<br>Garden Bar<br>Oven Baked Curly Fries<br>Diced Peaches<br>Confetti Cookie | <b>7</b> Pasta and meat sauce<br>Garlic Bread<br>Steamed Broccoli<br>Carrot Coins<br>Mixed Fruit   | <b>8</b> Cheese Stuffed Bread St Bites<br>Cup of Tomato Soup<br>Lettuce Salad<br>Green Beans<br>Fruit |
| <b>11</b> Chicken Drumstick<br>Mashed Potatoes/gravy<br>Green Beans<br>Mandarin Oranges<br>Blueberry muffin        | <b>12</b> Deli Sub Sandwich<br>Sun Chips<br>Carrot/celery/dip<br>Baked Beans<br>Diced Pears                      | <b>13</b> Cheese Pizza<br>Golden corn<br>Garden Bar<br>Strawberry Cup                                  | <b>14</b> <u>Brunch for Lunch</u><br>Cheese Omelet<br>Biscuit Stick (2)/Saus Gravy cup<br>Crispy cubed potatoes<br>Fresh Veggies<br>Baked Cinnamon Apples<br>Wango Mango Juice | <b>15</b> Grilled Chicken Patty/bun<br>Steamed Broccoli<br>Garden Bar<br>Fruit<br>Rice Krispie Treat  |
| <b>18</b> BBQ Pulled Pork Sand<br>Sweet Potato Fries<br>Creamy Cole Slaw<br>Sweet Peas<br>Diced Pears              | <b>19</b> Crispy Chicken Tenders<br>w/w Bread/butter<br>Roasted Butternut Squash<br>Green Beans<br>Diced Peaches | <b>20</b> Cup of Chili<br>Rich's Cheese Crunchers (2)<br>Golden Corn<br>Garden Bar<br>Applesauce       | <b>21</b> Oven Roast Turkey<br>Dinner Roll<br>Mashed Potatoes/gravy<br>Cranberry Sauce<br>Carrot Coins<br>Fruit Cocktail<br>Orange or Strawberry Gelatin                       | <b>22</b> Cheese or Pepperoni Pizza<br>Lettuce Salad<br>Mixed Vegetables<br>Fruit<br>Carnival Cookie  |
| <b>25</b> Tangerine Chicken/rice<br>Sweet Peas<br>Carrot Coins<br>Pineapple Tidbits                                | <b>26</b> All Beef Hot Dog/bun<br>Corn<br>Baked Beans<br>Applesauce<br>Snack Bag/Frito Corn Chips                | <b>27</b> No School  | <b>28</b> No School<br>Happy Thanksgiving  | <b>29</b> No School   |

### News

Reduced Lunch: \$.40  
Full Pay Lunch: \$2.10

Milk is included with all meals.

Each student needs to take at least 3 options with one of them being a fruit or vegetable. Students are encouraged to take all 5 options.

Parents remember you can make lunch payments and check your students account on Myschoolbucks.com

This institute is an equal opportunity provider.

Menu is subject to change.