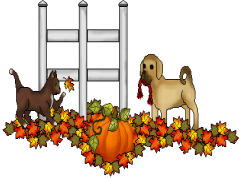






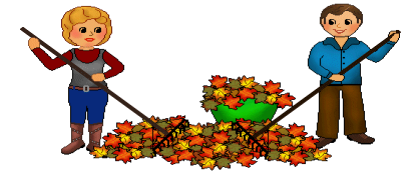


NOVEMBER | 2018

Primary & Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast: Yogurt/Crackers Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Peas Pears Milk	2 Breakfast: Toast-Cereal Juice-Fruit-Milk Lunch: BBQ Sandwich Carrots Celery sticks Juice Milk
5 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Chicken Leg Broccoli-Cauliflower Pears Dinner Roll Milk	6 Breakfast: Toast Juice-Fruit-Milk Lunch: Nacho Naturals Lettuce-Salsa Refried Beans Juice Milk	7 Breakfast: English Muffin Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Carrots Celery Jell-O with Fruit Milk	8 Breakfast: Ham/Cheese Croissant-Hash brown-Fruit Milk Lunch: Spaghetti Green Beans Peaches Milk	9 Breakfast: Toast-Cereal Juice-Fresh Fruit-Milk Lunch: Sub Sandwich Sliced Tomato-Lettuce Potato Item Juice Milk
12 Breakfast: French Toast Fruit-Fresh Fruit-Milk Lunch: Corn Dog Carrots Cucumber Fruit Cocktail Milk	13 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Shells Lettuce-Cheese-Salsa Refried Beans Juice Milk	14 Breakfast: Donut Fruit-Fresh Fruit-Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Apple Milk	15 Breakfast: Blueberry Muffin Juice-Fruit-Milk Lunch: Turkey & Dressing Mashed Potato with Gravy Peas Fruit Salad Dinner Roll Pumpkin Pie Milk	16 Breakfast: Toast-Cereal Juice- Fruit-Milk Lunch: Ham & Cheese Sandwich Vegetable Juice Milk
19 Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Cheesburger on Bun Potato Item Vegetable Fruit Milk	20 Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Refried Beans-Salas Vegetable Fruit Milk	21 Thanksgiving Break 	22 Happy Thanksgiving 	23 Thanksgiving Break 
26 Breakfast: Flapstick Fruit-Fresh Fruit-Milk Lunch: Hot Dog on Bun Baked Beans Winter Blend Applesauce Milk	27 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos-Cheese Refried Beans-Salsa Corn Fruit Milk	28 Breakfast: Ham Hashbrown Casserole Biscuit-Fresh Fruit-Milk Lunch: Stuffed Breadsticks with Sauce Broccoli-Cauliflower Jell-O with Fruit Milk	29 Breakfast: UBR Fruit-Fresh Fruit-Milk Lunch: Ham with Scalloped Potato Green Beans Peaches Dinner Roll Milk	30 Breakfast: Toast-Cereal Juice-Fruit-Milk Lunch: Chicken Nuggets Baby Carrots Celery Juice Cookie Milk

News



Be an Active Family
Physical activity is important for children and adults of all ages.

Being active as a family can benefit everyone. Adults need 2 ½ hours a week of physical activity, and Children need 60 minutes a day.

Studies show that eating School Breakfast can:

- *Lower stress levels & reduce behavioural issues
- *Boost memory & concentration
- *Improve hand-eye coordination
- *Lessen hunger throughout the day

