

**Trojan Traits:**

- We are Responsible
- We are Respectful
- We are Safe
- We are Kind

954 E. Hemmi Road
 Everson, WA 98247
 360.398.2111
<http://www.meridian.wednet.edu/ire>

Hello IRE Families,

I am so excited that we are entering November. The first six weeks of school are focused on building relationships and helping our students settle back into school with routines and rituals. This month we have had exciting events (Spirit Week, Trojan Trot, Principals being Slimed, Snuggle Up and Read) and it is wonderful to hear the joy that fills the halls. Our community has changed and continues to grow and with that comes the ability to learn from one another and celebrate the diversity. Next week is October 31st and some families may participate in Halloween, Dia De Los Muertos or Diwali. We are asking that holidays be celebrated with your family outside of school. Please don't send your children to school in costumes or attire that would not otherwise be worn to school. Thank you for helping your children learn about our differences and celebrate what makes us a wonderfully unique community.

November is a wonderful month to be at IRE. We will get to learn from you and share with you at parent teacher conferences. It's also a time where we can press a bit more on what our students can do because they now know our routines and expectations.

Thank you for continuing to inform me about things that are going well and wonders you have about our work to best support the children of IRE. It's truly a place where learning thrives because together we can do anything!

Have a wonderful weekend,

Dawn

Inside This Issue

- ◆ Parent/Community Partnership
- ◆ School Building Information
- ◆ Staff Spotlight
- ◆ PTA
- ◆ School Lunch Menu

Administration Team:

- ◆ Dawn Christiana-Principal
- ◆ Kevin Hersom-Assistant Principal
- ◆ Adrienne Somera-Assistant Principal/Director of Teaching and Learning

School Counselors:

- ◆ Stori Robertson
- ◆ Catherine Mullet

School Hours:

- ◆ 9:00-3:35 Monday-Thursday
- ◆ 10:00-3:35-Fridays

Important Dates

October

29 Trojan Talk Time, 6:30pm

November

5 Good Citizenship Assembly, Grades K-1st
6 Good Citizenship Assembly, Grades 2nd-3rd
7 Good Citizenship Assembly, Grades 4th-5th
8 Veterans Day Program, 2:45pm
11 Veterans Day-No School
12 Dental Van-Sealants
13 School Board Meeting, 7:00pm
15 PTA Movie Night
19 Early Release at 1:15pm
20-21 Early Release at 1:15pm for Conferences
22 Normal Late Start at 10:00, School out at 3:35
25-26 Early Release at 1:15pm for Conferences
27 Early Release at 1:15pm
28-29 Thanksgiving Break-No School



PARENT/COMMUNITY PARTNERSHIP

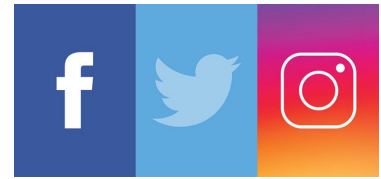
It is important for us to partner with parents and our Meridian Community. We want to provide you different ways to connect with the great things taking place at IRE.

Skyward Family Access – Skyward provides information about your student. You can check student grades, attendance homework, schedule conferences, and access the school calendar. Skyward is able to translate into over 50 different languages and can be done in your Skyward Family Access settings if needed. For families without home computers or internet access, there is a computer available in the IRE office during regular school hours for your use. Please keep your email address and phone numbers current so that you can receive important school information.

Website – Calendars, school information, staff contact (email and phone) can be found on our website at <http://www.meridian.wednet.edu/ire>

Social Media – The Meridian School District uses several forms of social media to inform community of events, accomplishments and needs in the Meridian School District.

- Facebook - <https://www.facebook.com/meridianschooldistrict505/>
- Instagram - @meridianschooldistrict505
- Twitter - @meridian505



Updating Student Information – We are asking all families to please log in to Skyward Family Access to update student and family information, update health history forms, and complete field trip permission forms. Each parent/guardian has been assigned a login and password. If you do not know your login and password, please call the school office at 398-2111.

Trojan Talk Time

Please join our Principal, Dawn Christiana, at one of the next *Trojan Talk Time* conversations. This will be an opportunity for you to get to know Mrs. Christiana, ask questions, and hear about exciting things happening at IRE.

These meetings will be held each month in various locations and at various times. We hope that you will find a time that works well for you to join us.

The next meeting will be held at **6:30pm** on Tuesday, **October 29** at the Cordata Presbyterian Church at 400 Meadowbrook Court. Please contact the IRE office if you have any questions about this, or future meetings.

Dads of Great Students (D.O.G.S)

Watch D.O.G.S. kick-off night took place on October 1st where we had over 75 fathers attend. The "D.O.G.S" stands for "Dads of Great Students" and is a nationally recognized structured program designed to specifically get positive male figures involved during the school day. We need ALL the dads who signed up to now go to meridianpta.org, click *Watch D.O.G.S.* then sign up under "SignupGenius." Fathers and father figures can volunteer in the classroom, cafeteria, and playground- we need you! This can be a half day or a whole day, once a week or once a month. All participants must complete the WATCH form, which is available at the IRE office. For more information contact assistant principal Kevin Hersom at khersom@meridian.wednet.edu

Community Playground

We are excited to share an opportunity that our school was given to partner with the community. Have you heard of the [Star Park in Ferndale](#)? That park was designed to be an inclusive playground where all children can find joy. The designers of that park collaborated with children from Ferndale to design that special place. Laurel is about to get our own inclusive playground! The Northside Community Church has a large property that they are turning into an inclusive playground that will be open to the public and a place where all of our students can play. They asked us to partner by having our students help design the playground! Earlier this month packets were passed out to students. Students were invited to draw a picture of what their ideal playground would look like. The playground designer flew in to town and met with teachers and students to talk about their ideas. As we get more information about when the park will open we will be sure to share it with our families.

SCHOOL BUILDING INFORMATION

Kindergarten	
Student Name	Teacher Name
▶Chance Hoglund ▶Dominik Nienaber ▶Ryder Thom	Mrs. Beatty ↓
▶Nevaeh Bobadilla Rodriguez ▶Kimberly Miguel Juan ▶Henry Santos Mendoza	Mrs. Eining ↓
▶Sammy Amador ▶Bowen McConnell-Heller ▶Sofia Zavala	Ms. Gardella ↓
▶Jameson Cahill ▶Adam Manookin ▶Parker York	Ms. Lammie ↓
▶Sophia Brummett ▶Olivia Hegarty ▶Nikita Ridley	Ms. Palmer ↓
▶Jared Manookin ▶Kallen Ruzicka ▶Arielle Yang	Mrs. Williams ↓
1st Grade	
Student Name	Teacher Name
▶Miliani Foster ▶Leonardo Mendoza Mendoza ▶CJ Robertson	Mrs. Anderson ↓
▶Teagan Carlson ▶Brooklyn Taylor ▶Nathan Yang	Mrs. Goering ↓
▶Piper Flaherty ▶Jimmy Lopez Chavez ▶Reigan Mattingley	Mr. Lane ↓
▶Ashlin Barajas ▶Easton Connell ▶Lucas Weden	Mrs. Li ↓
▶Finley LaBrooy ▶Aurora Seimears ▶Axel Wolven	Ms. Trower ↓
▶Rowe Abel ▶Valeria Aldama ▶Ella Duersch	Mr. Van Dyken ↓
2nd Grade	
Student Name	Teacher Name
▶Anthony Barbarino Willis ▶Mason Hayes ▶Anna Kovalenko	Mrs. Ballard ↓
▶Emma Lange ▶Logan Radke ▶Jordan Simon	Ms. Hammack ↓
▶Sophia Guzman ▶Harleen Jhanjar ▶Noah McGee ▶Travis Vanweerdhuizen	Mrs. Otten ↓
▶Vincent Bernardy ▶Emily Del Cid ▶Brinkley Tieri	Ms. Pederson ↓
▶William Larkin ▶William Mendoza Mendoza ▶Gracie Turpin	Mrs. Rhodes ↓

Congratulations to our Good Citizenship Award Recipients For October 2019

The Trojan Trait for October is kindness.

These students modeled excellent ways to show kindness to their classmates by:

- ◆ Using kind words and actions
- ◆ Including others at their tables
- ◆ Waiting for their turn patiently
- ◆ Helping classmates with school projects
- ◆ Greeting others in the hallways with a silent signal
- ◆ Including others on the playground

Assembly Information

K-1st	Nov 5th	10:00
2nd-3rd	Nov 6th	10:00
4th-5th	Nov 7th	9:20



3rd Grade	
Student Name	Teacher Name
▶Alexine Bugay ▶Jesus Guzman ▶Melissa Mendoza Mendoza	Mr. DePeralta ↓
▶Harlow Hurlbut ▶Oliver Reasoner ▶Piper Ruzicka	Mr. Lee ↓
▶Ahryanah Lockhart ▶Cliff Rensink ▶Ava Wiebe	Mrs. Manz ↓
▶Chase Hickok ▶Merlin Lopez Orantes ▶Colton Wagter	Mrs. McCarthy ↓
▶Sabina Aguilar ▶Gurneet Jhanjar ▶Tyler Woodell	Mrs. Updike ↓
▶Bentley Jackson ▶Riley Jones ▶Maddox Leath	Mrs. van der Veen ↓
4th Grade	
Student Name	Teacher Name
▶Oliver Nichols ▶Molly Pregelmann ▶Melanie Short	Ms. Binderup ↓
▶Madyn Cline-Malarz ▶Sydney Treadway ▶Bryce Wefer	Mrs. Buckley ↓
▶Phoenix LaBrooy ▶Harsukhman Mann ▶Hudson Reasoner	Mrs. Needham ↓
▶Ruben Hutchins ▶Mackenzie Nelson ▶Landon Taylor	Mrs. Sana ↓
▶Blake Morgan ▶Addy Tenkley ▶Vincent Truong	Mrs. Whitsell ↓
5th Grade	
Student Name	Teacher Name
▶Josiah Harris ▶Chloe Heinrich ▶Jarrod Smith	Mrs. Berkompas ↓
▶Emi Manookin ▶Gaby Morales-Cruz ▶Guillermo Vicente Degollado Jr.	Mrs. Fellers ↓
▶Matthias Brooks ▶Casey Clark ▶Ryan Lopez	Mrs. Hawley ↓
▶Jesse Cruz Amador ▶Jessa Klander ▶Emersyn Sobjack	Mrs. Lange ↓
▶Aaliyah Heller ▶Trigg McConnell ▶Jimmy Moran Coto	Ms. Olsen ↓

SCHOOL BUILDING INFORMATION

Parent Teacher Conferences November 20, 21 ,25 26 Early release each day at 1:15pm

Fall conference scheduling will be open in Skyward Family Access beginning on November 1st. Parents/Guardians may access Skyward Family Access to schedule their student's conference. Follow these quick steps:

- *Use your login and password to access Skyward Family Access
- *Choose the Teacher Conferences button on the left margin
- *Choose All Conferences
- *Select a Time. Your time will then be saved.

Beginning Tuesday, November 12th, teachers will be sending out assigned times to those families who do not schedule on Skyward. If you need help with your login and password, contact the school office at 360-398-2111.

If you need to change your conference time, you may change it in Skyward, contact the classroom teacher, or call the school office @ 360-398-2111.

Report cards will be distributed at conferences.

Please know that teachers have worked hard preparing for each child's conference and are looking forward to their time with you. We ask that you are mindful of the time reserved for each family, and know that in most cases teachers are unable to change the timeframe on short notice due to conferences being scheduled back to back. Thank you.

Outside Recess

The sunny days of summer are over, and the rain and wind of fall have arrived. Students play outside for recess everyday, so please make sure to send them to school with warm clothing.



Activities on October 31st

IRE will not be hosting Halloween costume parties and celebrations. Please do not send your children to school in costume or send Halloween themed treats or trinkets to school. In lieu of Halloween costumes, we invite IRE students to wear their Meridian black and gold on Thursday, October 31st.

Veterans Day Assembly

Our Veterans Day Assembly will be held on Friday, November 8th at 2:45pm. Our 3rd, 4th and 5th grade students will be participating in the assembly, and our other students will be in the audience. We would love to have Veterans attend this assembly with their families.

Computer Technology at IRE

Did you know that in addition to keyboard skills, IRE students are introduced to computer coding and science?

Computer science impacts most jobs and is changing every industry on our planet! Computer science concepts help nurture creativity and problem-solving skills to prepare students for any future career. Our students are learning how games such as Minecraft, Star Wars, Disney's Frozen and Angry Birds are programmed. Students even have the opportunity to code games themselves!

If you are interested in supporting computer science at the elementary level, we would love to hear from you! Please contact Jenni Brown at jbrown@meridian.wednet.edu

SCHOOL BUILDING INFORMATION

Tech Tips from Tech Teacher Mrs. Brown

Potentially dangerous Apps that parents should look out for on children's phones:

- **MeetMe:** A dating social media app that connects people based on location. Users are encouraged to meet in person.
- **WhatsApp:** A messaging app that allows texts, video calls, photo sharing and voicemails with users world-wide.
- **Bumble:** Similar to Tinder, but requires women to make the first contact. Law enforcement says kids and teens can create fake accounts and falsify their age.
- **Live.Me:** A live-streaming app that uses geolocation to share videos. The sheriff's office said users can earn "coins" to "pay" minors for photos.
- **Ask.FM:** The sheriff's office said this app lets users ask anonymous questions and is known for cyberbullying.
- **Grindr:** A dating app geared toward the LGBTQ community based on user location.
- **TikTok:** A new app popular with kids lets users create and share short videos. Law enforcement said the app has "very limited privacy controls" and users can be exposed to cyberbullying and explicit content.
- **Snapchat:** One of the most popular social media apps in the world, Snapchat lets users take and share photos and videos. The app also lets people see your location.
- **Holla:** This self-proclaimed "addicting" video chat app lets users meet people in seconds. Law enforcement said users have seen racial slurs and explicit content.
- **Calculator+:** Police say this is one of several apps that are used to hide photos, videos, files and browser history.
- **Skout:** A location-based dating app that is supposed to prohibit people under 17 from sharing private photos. However, police say kids can easily create an account with a different age.
- **Badoo:** A dating and social media app where users can chat and share photos and videos based on location. Police say the app is supposed to be for adults only, but they've seen teens create accounts.
- **Kik:** Police say kids can bypass traditional text messaging features using this app. Kik "gives users unlimited access to anyone, anywhere, anytime," the sheriff's office said.
- **Whisper:** An anonymous social network that lets users share secrets with strangers. Police say it also shows users' location so people can meet up.
- **Hot or Not:** The app lets users rate profiles, check out people in their area and chat with strangers. Police say the goal of the app is to hook up.

Everyone should be aware that:

1. Once a picture or video leaves your phone and is sent to someone else, it is out of your control.
2. Someone can use that picture or video against you.



- The Sarasota County Sheriff's Office

Counselor's Corner

Is it Bullying? What is It?



For the month of October, the counselors have been doing "minute meetings" with every K-5 student in the school. These have been a brief time for the counselors to ask students questions like how they are feeling about school, friendships, and home, including some fun questions like "What's your favorite flavor of ice cream?" The most important aspect of these meetings has been building relationships with students and letting them know that adults are here to help at IRE.

Next month our Trojan Trait is Respect, and the counselors will be going into classrooms to teach lessons around friendships, bullying, and relational aggression. They will give specific instruction on what makes a good friend and how to tell the difference between bullying, teasing, conflict, and being mean.

TEASING	CONFLICT
<ul style="list-style-type: none"> • Everyone is having fun • No one is getting hurt • Everyone is participating equally 	<ul style="list-style-type: none"> • No one is having fun • There is a possible solution to the disagreement • Equal balance of power
MEAN MOMENT	BULLYING
<ul style="list-style-type: none"> • Someone is being hurt on purpose • Reaction to a strong feeling or emotion • An isolated event (does not happen regularly) 	<ul style="list-style-type: none"> • Attacked physically, socially, and/or emotionally • Unequal balance of power • Happens more than once over a period of time • Someone is being hurt on purpose

Students in the older grades will receive a lesson on relational aggression. The *Helpful Counselor* has a useful blog for understanding this topic. The author says, "Relational aggression is an imbalance in perceived power and is used to manipulate someone or make them feel excluded from a social group." This is a type of bullying that can oftentimes be missed or overlooked so it's important that both educators and parents know what it looks like - and although it's sometimes hard to believe, this is not just teen behavior, but something that happens as young as elementary age. Examples of relational aggression include:

- Not allowing someone to join a group
- Leaving someone out of a group
- Refusing to share friends
- Refusing to work with a classmate
- Refusing to sit next to someone in the cafeteria
- Eye rolling
- Laughing at someone
- Sarcasm
- Giving someone the silent treatment
- Forcing a friend to pick sides in a disagreement
- Trying to stop two people from being friends
- Relaying gossip/rumors to the target of the gossip (this can be an innocent attempt to "try to help a friend", but it is far more hurtful than helpful)

For more information, visit the *Helpful Counselor's* blog here:
<https://www.thehelpfulcounselor.com/identify-relational-aggression/>

The counselors are hoping that after these lessons, students will know how to identify and report bullying, and will be able to be self-reflective on their own behavior, to see how they can be respectful and kind to others.

SCHOOL/BUILDING INFORMATION

TROJAN TRAIT TICKETS AND TROJAN TRAIT STUDENT STORE

IRE students earn Trojan Trait Tickets for following our Trojan Traits – We are Responsible, Respectful, Safe and Kind. Students practice the traits in all areas of the school – classrooms, cafeteria, hallways, playground, bus and bathrooms. Students will be able to exchange their tickets in the following ways:

Kindergarten–Student tickets will be kept in a classroom jar/container, where teachers can pull tickets for helpers/line leaders/special rewards, etc. throughout the day. Our PBIS team determined that this modification is more developmentally appropriate than asking students to hold onto tickets throughout the month, as the reinforcement comes sooner!! Each classroom will collectively dump their Trojan Tickets into a Giant Bin at each character trait assembly, while the rest of the K/1 students cheer. Three students will be chosen from the bin for a special prize from the Trojan Store. Additionally, once a month, each student will be given one ticket to go to the store, where they can choose from a chest of coupons and other tangible rewards.

1-5th grades–Students will continue to earn and save Trojan Trait tickets in their classrooms and save up monthly for prizes/coupons. The Trojan Trait Student store will be open once a month during their individual recess times for 2nd-5th grade. The first Trojan Store date for the year was Thursday, October 25th.



If your child chose a coupon (popcorn with the principal, wear PJ's to school, etc.) the rewards day for coupon redemption is Tuesday, October 29th.

Daily Lunch Schedule

Kindergarten	11:20
1st Grade	11:35
2nd Grade	12:35
3rd Grade	12:05
4th Grade	12:20
5th Grade	11:50

Lost & Found

Every school year we have hundreds of items left in the lost and found. We have a parent volunteer, Tori Brzozowski, who makes it her mission to return as many items as possible to their owners. She picks up the items on the last day of every month, takes photos and posts them on the IRE PTA Facebook page. The items that are not claimed through Facebook are then sorted and distributed among clothing banks and the Catholic Coalition that focuses on supplying winter items to those in need. Please remember to put your students name in all of their coats and sweatshirts, this is the easiest way to return items. Tori can be contacted through email at bik13@yahoo.com or (360)303-9945. Thanks for all you do Tori!

STAFF SPOTLIGHT



Cheryl Dennis, RN-District Nurse

Hello IRE Families and Friends,
I am excited to be entering my 10th year as a school nurse for the Meridian School District!

My goal is to support student success, through assessment, intervention and follow-up care for all students. I strive to provide for the safety and well-being of students and staff by integrating health solutions and partnering with parents and health care providers.

It's a pleasure to serve Meridian students and families. Please contact me if you have concerns related to your child's health and school attendance.

cdennis@meridian.wednet.edu



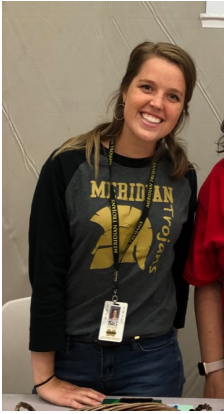
Jenny Knutson-Health Room Assistant

Hello Meridian Families,

I have been working at Irene Reither Elementary School for 5 years. The last three, I have been the health room assistant. I work with Cheryl Dennis, who is our district nurse. We see kids with a wide range of health and medical needs. On average, 35 to 40 kids come to the health room a day!

I have a Junior and a Freshman at MHS and a 6th grader at MMS. On my days off, I love to be outdoors. My favorite season is winter. I love spending my time off at Mt. Baker skiing with my family and friends. I love being a part of the Meridian Community!

STAFF SPOTLIGHT (continued)



Molly Zinkle (Family Services Coordinator)

I support students and families navigate school and community resources! This year you will find me in Building B, where I have a food, clothing and school supply pantry that students and families can access by appointment. I run the following programs: McKinney-Vento, Foster Care Support, Operation School Bell, Mobile Dental Clinic, Holiday Assistance, Vision Appointment Support, and many community referral programs! I work for our whole district so you may also see me at the Middle School, High School or MP3 if you have students who attend those schools. I'm everywhere!

When I am not at school, I enjoy playing guitar, rollerblading and spending time with my family.

If you are interested in learning how the Family Services Department can support you, I can be reached through many modes of communication!

Email: mzinkle@meridian.wednet.edu

Meridian IRE PTA

The Meridian PTA's mission is to create enthusiasm and fun in our school community while supporting the education of all students through family and faculty involvement. The Meridian PTA Board and members work together with parents, faculty, and the community to support and fund many of the IRE supplies, educational opportunities, field trips, and events. Become a PTA member, help to volunteer or chair one of this year's events. You may contact the PTA at: www.Facebook.commeridianirespta or www.MeridianPTA.org

PTA Movie Night

November 15th at 6:30pm

Please join us for movie night! Come dressed in your pajamas ready to enjoy a movie. Water and popcorn will be available to purchase. Stay tuned for the movie selection.

Box Tops for Education

The Box Tops for Education Program is changing the way we can earn cash for our school. Over the summer, participating brands have begun to change their packaging from the traditional Box Tops clip to the new Box Tops label. Instead of clipping from packages, all box tops will be earned digitally by scanning your receipt in the NEW-and-improved, user-friendly Box Tops mobile app, available now. The new app allows you to scan your store receipt, find participating products, and instantly add Box Tops to our school's earnings online. So easy! If you still have the traditional Box Top clips at home, make sure to send them to school. We will still earn cash for all clipped Box Tops until they expire. We collect these tops each month and the class with the most tops collected, wins a prize. Just clip your Box Tops and send them to class with your student. We'll handle the rest!

Trojan Trot

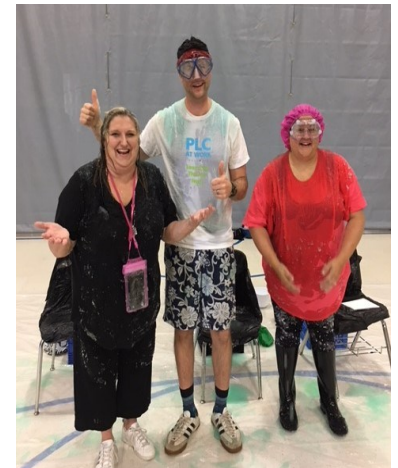
Thank you to everyone who made the Trojan Trot so successful this year. It was a wet and windy day, but there were still smiles all around. Thank you for the support from our families who came out to volunteer and cheer on our students, and to our community who gave so generously. Our students raised a whopping \$34,030.12. One of the incentives for meeting the fundraising goal was to watch our principals, Mrs. Christiana, Mr. Hersom and Mrs. Somera get slimed. These pictures show the fun that was had by all at the slime assembly on October 23rd.



Pre-Slime



Slime!!!



Post Slime

Menus for November 2019



Friday, November 1
Breakfast
 Granola Bar

WG Cheese Pizza
 WG Pepperoni Pizza
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Late Arrival



IRENE REIHER ELEMENTARY

Monday, November 4
Breakfast
 WG Granola Bar or Cereal

Crispy Chicken
 Drumstick
 Potato Smiles
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Tuesday, November 5
Breakfast
 WG Breakfast Pizza or Cereal

Max Cheese Sticks
 Caesar Salad
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Wednesday, November 6
Breakfast
 WG Sausage on Stick or Cereal

WG Cheese Pizza
 WG Pepperoni Pizza
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Thursday, November 7
Breakfast
 WG Cinnamon Bun or Cereal

Corn Dog
 Tator Tots
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Friday, November 8
Breakfast
 Granola Bar

WG PB&J Pocket
 WG Pretzel
 WG Yogurt
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Late Arrival

Available Daily Garden Bar

Veggies offered may include:
 Carrots, Broccoli, Cucumbers, Celery, Mixed Greens

Fruit offered may include:
 Apples, Oranges
 Bananas, Peaches, Pears, Strawberries, Applesauce and Pineapple.

WG = Whole Grain

Early Release Schedule

Nov 19 K-5
 Nov 20 K-8
 Nov 21 K-8
 Nov 25 K-8
 Nov 26 K-12
 Nov 27 K-12

	Breakfast	Lunch
Full Paid	\$1.50	\$2.90
Reduced K-3	No Charge	No Charge
Reduced 4-5	No Charge	.40
Free K-5	No Charge	No Charge

Online Deposits
www.mymealtime.com

THE FAMILY THAT EATS TOGETHER

Family meals don't just improve kids' nutrition - eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.

WELLNESS IS A WAY OF LIFE!

Monday, November 11
NO SCHOOL

Veterans Day

PLEASE JOIN US IN SAYING THANKS TO THOSE WHO HAVE SERVED THE CAUSE OF FREEDOM

Tuesday, November 12
Breakfast
 WG Breakfast Pizza or Cereal

Teriyaki Chicken
 WG Rice
 Fruit & Veggie Bar
 1% Skim Milk
 Non-Fat Chocolate Milk

Wednesday, November 13
Breakfast
 WG Breakfast Wrap or Cereal

French Toast Sticks
 Cheesy Omelet
 Fruit/Veggie Bar
 1% White Milk
 Non-Fat Chocolate Milk

Thursday, November 14
Breakfast
 WG Pancake on a Stick or Cereal

Turkey Gravy
 Mashed Potatoes
 Roll
 Fruit & Veggie Bar
 1% Skim Milk
 Non-Fat Chocolate Milk

Friday, November 15
Breakfast
 WG Granola Bar

WG Cheese Pizza
 WG Pepperoni Pizza
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Late Arrival

HARVEST OF THE MONTH



Monday, November 18
Breakfast
 WG Granola Bar or Cereal

Twin Mini Burgers
 Tator Tots
 Fruit & Veggie Bar
 1% Skim Milk
 Non-Fat Chocolate Milk

Tuesday, November 19
Breakfast
 WG Breakfast Pizza or Cereal

Dutch Waffle
 Savory Sausage
 Fruit/Veggie Bar
 1% White Milk
 Non-Fat Chocolate Milk

Early Release K-5

Wednesday, November 20
Breakfast
 Blueberry Waffle or Cereal

Nachos
 Fruit/Veggie Bar
 1% White Milk
 Non-Fat Chocolate Milk

Early Release K-8

Thursday, November 21
Breakfast
 WG Cinnamon Bun or Cereal

Hot Dog
 Crispy French Fries
 Fruit/Veggie Bar
 1% White Milk
 Non-Fat Chocolate Milk

Early Release K-8

Friday, November 22
Breakfast
 WG Granola Bar

WG Cheese Pizza
 WG Pepperoni Pizza
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Late Arrival

PRICES		
Full Paid	Breakfast \$1.50	Lunch \$2.90
Reduced K-3	No Charge	No Charge
Reduced 3-5	No Charge	.40
Free K-5	No Charge	No Charge

ONLINE DEPOSITS
www.mymealtime.com

Monday, November 18
Breakfast
 WG Granola Bar or Cereal

Chicken Nuggets
 WG Goldfish
 Crackers
 Fruit & Veggie
 1% Skim Milk
 Non-Fat Chocolate Milk

Early Release K-8

Tuesday, November 19
Breakfast
 WG Pancake on a Stick or Cereal

Max Cheese Sticks
 Caesar Salad
 Fruit/Veggie Bar
 1% White Milk
 Non-Fat Chocolate Milk

Early Release K-12

Wednesday, November 20
Breakfast
 WG Breakfast Pizza or Cereal

PB&J Pocket
 Mini Bagel
 String Cheese
 Fruit/Veggie Bar
 1% White Milk
 Non-Fat Chocolate Milk

Early Release K-12

No School

Thanksgiving Break

No School