Menu for 10/21-10/25
**Fruit/Veggie & Milk served w/lunch everyday**

**Mon:** B: Cereal, Toast, Fruit, Juice, Milk  
L: Tacos, Mini Donuts

**Tues:** B: Yogurt, Granola, Fruit, Juice, Milk  
L: Chicken Patty/Bun, Baked Beans

**Wed:** B: French Toast Stick, Yogurt, Fruit, Juice, Milk  
L: Meatballs, Mashed Potatoes/Gravy, Dinner Roll

**Thur:** B: Cereal, Toast, Fruit, Juice, Milk  
L: Hotdog/Bun, Smiley Fries

**Fri:** B: Hard Boiled Egg, WG Long John, Fruit, Juice, Milk  
L: Stuffed Crust Cheese Pizza, Cookie

Activities for the Week
10/22  Section 8A QF Football Playoff @ Waubun  
10/24  Section 8A PI Volleyball Playoff @ High Seed  
10/26  Section 8A SF Football Playoff @ Mahnomen

Cold Weather—Colder weather is here! Our students go out for recess everyday, so please make sure that your child is coming to school with the proper clothing (jacket, hat, etc) Thank you!

From the Health Office
Parents, please check your children’s heads every night. It works well to have the child read to you while you check!

Any changes to your child’s after school plans must be called in BEFORE 2:30

~Message From Phy-Ed~
As a reminder, your student needs to wear active shoes while participating in Physical Education. No sandals, No boots, No Heels. This is for your student’s safety.

Visit our school website at www.mahnomen.k12.mn.us