Menu for 2/10-2/14
**Fruit/Veggie & Milk served w/lunch
**Fruit, & Juice or Milk served with breakfast
Mon:  B:  Biscuits & Gravy, Fruit, Juice, Milk
      L:  California Burger, Smiley Fries
Tues: B:  Breakfast Pizza
      L:  Breaded Chicken Drumstick, Baked Beans
Wed:  B:  Waffle, Yogurt, Fruit, Juice, Milk
      L:  Chili, Crackers, Cheese Stick, Garlic Medallion
Thur: B:  Cereal, Toast, Fruit, Juice, Milk
      L:  Chicken Strips, Brown Rice
Fri:   B:  Dutch Waffle, Egg Patty, Fruit, Juice, Milk
      L:  Italian Dunkers, Spaghetti Sauce

Activities for the Week
2/10  JH BBB @ LPA
2/11  JH BBB vs. RLCC @ Mahnomen
      BB DH @ Ada-Borup/West
      Wrestling Team Section @ High Seed
2/13  BB DH @ LPA
2/14  Wrestling Team Section-Final Four
2/15  Mini Dance Camp Dance Show @ 10:30am

Parents & Guardians
Please make sure students are dressed appropriately for the cold weather; snow pants, boots, mittens/gloves, and a warm winter jacket. Light sweatshirts are not adequate clothing for the current cold weather. Please help us keep our children safe by having your child dress appropriately.

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

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!

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.