

# Ganado Unified School District Newsletter

## November 13-17, 2023

DISTRICT WIDE (928) 755-1000  
School Alert System (844) 771-7190  
Security (928) 755-1110  
24 hour (928) -205-7666

### Lunch Menu

#### Monday

Chicken Nuggets  
Mixed Vegetables  
Carrot sticks  
Dinner roll  
Fresh Fruit  
Choice of Milk

#### Tuesday

Native Taco w/  
WG Fry Bread  
Shred Lettuce,  
Tomato  
Mild Salsa  
Fruit Mix  
Choice of Milk

#### Wednesday

WG Corn dog  
French Fries  
Baked Beans  
Celery Sticks  
Fresh Apple  
Choice of Milk

#### Thursday

Hot Turkey Roast  
Mashed Potato/Gravy  
Green Beans  
WG Lunch Roll  
Cranberries  
Fresh Fruit  
Pumpkin Pie

#### Friday

Beef Taco's  
Shred Lettuce, Tomato  
Spanish Rice  
Black Beans  
Fresh Apple  
Choice of Milk

### Upcoming Events

**November 16** - Special Board Mtg.  
at 6pm

**November 7 & 8** - Parent/Teacher  
Conferences

**November 10** - Veterans Day  
(No School/Work)

**November 14** - IEC/PAC Mtg. @6pm

**November 29** - Professional  
Development Day (Half Day)

**December 12** - IEC/PAC Meeting at  
5:30 pm

**December 14** - Regular Board Mtg.  
at 6pm

## HAPPY Thanksgiving

Ya'at'eeh Staff, Parents, & Community Members,

During this season of Thanksgiving, I have been reflecting on the things I am most grateful for. Primarily among them is our talented group of employees. Thank you for the work you do to make Ganado Unified School District great. Without your commitment, creativity, and high standards, we would not be improving as a district.

I want to let you know how much your guidance and support has meant to me this year. I truly appreciate how you've taken the time to invest in our students, and how your encouragement has helped our community grow. I am so grateful for the time and patience you give while teaching your students.

Thank you for all that you do as teachers, support staff, parents, and community members. The District looks forward to continually giving you the best. We're thankful for having you on our team.

May your heart be as full as your plate this Thanksgiving. As the saying goes, "Gobble 'til you wobble!"

*Happy Thanksgiving from the Ganado USD Leadership family to yours!*

Respectfully,

Dr. Thomas, GUSD Superintendent

### Benchmark Testing SY' 2023-2024

**Benchmark Tests are specifically for Math and ELA.**

#### Benchmark 1 Beginning Of the Year (BOY):

November 13-17, 2023 PS & MS

November 27-December 1, 2023 IS & HS

#### Benchmark 2 Middle Of the Year (MOY):

February 26-March 1, 2024 PS & MS

March 4-8, 2024 IS & HS

#### Benchmark 3 End Of the Year (EOY):

May 6-10, 2024 PS & MS

May 13-17, 2024 IS & HS



## GANADO PRIMARY SCHOOL

755-1200/755-1202 FAX

Mrs. Dr. Jacquelyne Wauneka, Principal

### IMPORTANT THINGS TO REMEMBER

- Class starts at 8:30am and ends at 3:20pm. Breakfast is served at 7:45am–8:30am. It is important that your child be at school on time, prepared, and ready to learn!
- Pre-Kindergarten check-in time is at 7:50am–2:30pm. Classes are Monday thru Friday.
- The weather is getting colder, please send your child in warm coats, hats, and mittens. Please label belongings with your child's name.
- NO BUS PASSES!! please send a note with your child, or email, or fax to (928)755-1202; no later than 12:00pm. We will not accept phone. No check outs after 2:30pm
- If your child is coughing, sneezing, complaining of body aches or has a runny nose, please DO NOT send them to school.
- If you have any questions, please contact the Primary School Front Office at (928)755-1200.

## GANADO INTERMEDIATE SCHOOL

755-1300/755-1302 FAX

Mrs. Corrina Begay, Principal

- The Ganado Intermediate School will be opening its doors to welcome Tutoring for their students (Mon–Tues & Thurs – Fri) and a Literacy Program (Every Tuesday).
- The Afterschool Literacy program will start on Tuesday, November 7th, 2023.
- If your child is absent more than one day please inform the Attendance/Register ([Shelia.Pete@ganado.k12.az.us](mailto:Shelia.Pete@ganado.k12.az.us)) at your child's school.
- In any event please bring in doctor's note, written note, or contact the school via email pertaining to why your child has/will miss school.
- We look forward to providing a safe and adequate environment for our students.

### Tips for Testing

- REMEMBER IMPORTANT TESTING DATES WHEN SCHEDULING MEDICAL AND DENTAL APPOINTMENTS.
- PROPER AMOUNT OF REST WILL BENEFIT THE STUDENT'S PERFORMANCE.

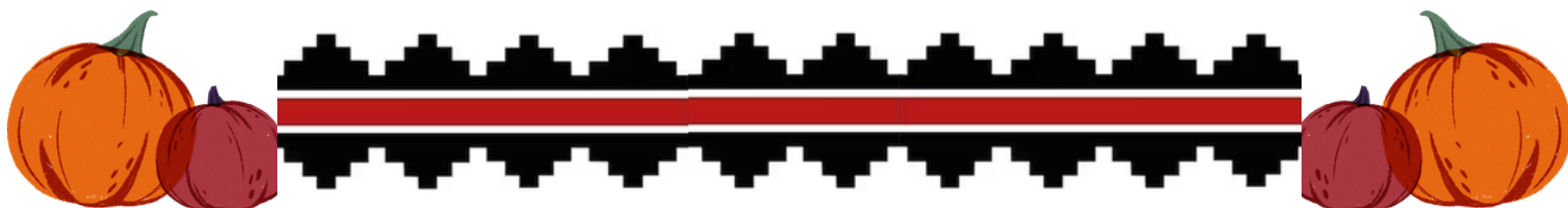
Age range	Recommended sleep
Preschoolers (3 to 5 years)	10 to 13 hours, may include a nap
School-aged kids (6 to 12 years)	9 to 12 hours
Teenagers (13 to 18 years)	8 to 10 hours

## GANADO HIGH SCHOOL

755-1500/755-1502 FAX

Mrs. Lucille Sidney, Principal

- HS Benchmark Testing will take place November 27 – December 1, 2023. Students will be testing in their Math, ELA, and Science classrooms.
- Each morning, GHS conducts a tardy sweep. All students arriving to school late without a valid written excuse are assigned to ISS for 1st period.
- Student attendance is very important to earning a grade in class. If a student has 10 or more absences (excused or unexcused) they will receive No Credit (NC) and will have to retake their course in summer school or credit recovery.
- After school tutoring and credit recovery is offered Monday, Tuesday, Thursday and Friday. Students can view the Tutoring Calendar in Hornet land to see which teachers are available. There is no tutoring/credit recovery on Early Release or Delayed Schedule days.
- Encourage students to be kind and respectful to fellow students and our dedicated staff members. If students need assistance, we have staff members who can help.
- Have a great Thanksgiving Break! November 20 – 24, 2023 – No School.



## Indian Education Committee (IEC) & Parent Advisory Committee (PAC)

IEC/PAC meetings begin at 5:30  
PM at the Administration Building  
Meeting Room.

### IEC/PAC Monthly Meeting Dates:

November 14, 2023  
December 12, 2023  
January 09, 2024  
February 13, 2024  
March 19, 2024  
April 09, 2024  
May 02, 2024  
(43rd Annual Spring Parent Day)  
May 14, 2024  
June 11, 2024  
July 09, 2024

## IEC/PAC needs your support!

**We are looking for  
members to serve on the  
parent committees.  
Join the team and help us  
serve GUSD families.**

**For more information, call  
(928) 755-1063/1148.**



1 - T'áá'á'i  
2 - Naaki  
3 - Táá'  
4 - Dji'  
5 - Ashdla'  
6 - Hastáá  
7 - Tsoosts'id  
8 - Tseebijh  
9 - Náhást'ei  
10 - Neeznáá

11 - La'ts'áada  
12 - Naaki ts'áada  
13 - Táá' ts'áada  
14 - Dji' ts'áada  
15 - Ashdla' ts'áada  
16 - Hastáá ts'áada  
17 - Tsoosts'id ts'áada  
18 - Tseebijh ts'áada  
19 - Náhást'ei ts'áada  
20 - Naadiin

January - Yas Nilt'ees  
February - Atsá Biyáázh  
March - Wóózheh'íjd  
April - T'áá'chil  
May - T'áá'tsoh  
June - Ya'iishjááshchili

July - Ya'iishjááshchih  
August - Bini'antááts'ózi  
September - Bini'antááts'oh  
October - Ghaaji'  
November - Níleh'its'ósi  
December - Níleh'itsoh

Sunday - Damóó  
Monday - Damóó Biiskáni  
Tuesday - Damóó dóo Naakiji  
Wednesday - Damóó dóo tági  
Thursday - Damóó dóo dí'iji  
Friday - Nida'iinish  
Saturday - Damóó Biyáázhi

East - Ha'a'ah  
South - Shádi'ááh  
West - E'e'ah  
North - Náhookos

### GUSD MISSION STATEMENT

**Our Mission is to ensure all students a quality education and to strengthen Dine' cultural values for life-long learning.**

### GUSD VISION STATEMENT

**Our Vision is to be a professional learning community that focuses on all students exceeding educational expectations.**




# Canado Primary School



**NATIVE AMERICAN HERITAGE WEEK**  
November 13, 2023 to November 17, 2023



*"Knowledge of Language is the Doorway to Wisdom"*

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<b>Four Sacred Mountains</b>  ESS, Pre-K & Kdg. (E) - White 1 <sup>st</sup> (S) - Turquoise 2 <sup>nd</sup> (W) - Yellow Staff (N) - Black	<b>'Atsii Yeel &amp; Headband Day</b> 	<b>Moccasin Day</b>  	<b>Clan T-Shirt Day</b> If you would like to order a T-shirt for your child you may contact Ms. King or Mrs. Hubbard, here at the Primary School. 	<b>Traditional Dress Up Day</b> 

## FALL CELEBRATION

**GANADO INTERMEDIATE SCHOOL**

Monday Nov 13	Tuesday Nov 14	Wednesday Nov 15	Thursday Nov 16	Friday Nov 17
<b>FALL out of balance</b>  <b>Wear Two different shoes.</b>	<b>FALL into November</b>  <b>Wear Fall Color *Turkey Trash Art*</b>	<b>FALL into Sports</b>  <b>Wear your favorite sports team.</b>	<b>FALL into your Pajama's</b>  <b>Wear your pajama's, bring a blanket and fuzzy animal.</b>	<b>FALL into a Sweater/Cardigan</b>  <b>Wear your favorite Fall sweater or cardigan</b>

\*Bring a Recycled Turkey Trash Art to share with the school. Design at home and bring it on November 14.





# NATIVE AMERICAN HERITAGE & CULTURE WEEK

## Ganado Intermediate School

It's a time to celebrate the rich histories, diverse cultures and important contributions of our nation's first people.

MONDAY - NOV. 6	TUESDAY - NOV. 7	WED - NOV. 8	THURS - NOV. 9
<b>HAIRBUN/HEADBAND and CLANSHIP DAY</b>  You are special through your family line. Show your family pride by making a button with your mother's 1 <sup>st</sup> clan on it.  <b>ÁSHIÍHÍ</b> + + + + +  <b>TÁBAQHÁ</b> + + + + +  Search: Gomyson.com and create your clan	<b>TRAVEL TO THE PHILLIPINES</b> Your class will be visiting Ms. Christine and Ms. Daylin's ESS class to receive more information about the Phillipines.    <a href="https://drive.google.com/file/d/1wbi5uvQsuxxYUYx0yZL_-H19L2mIK2iy/view">https://drive.google.com/file/d/1wbi5uvQsuxxYUYx0yZL_-H19L2mIK2iy/view</a> OR Copy and paste the address to download the booklet	<b>TRADITIONAL DRESS UP DAY</b>  Be proud and show your Native background. Dress up and show your cultural identity.    	<b>HONOR THE VETERAN ROCK YOUR MOCS!</b>  Wear your Moccasins with PRIDE and make a paper moccasin.    Coloring pages are also included to make some appreciation cards.  2:30pm GHS NATIVE CLUB will be performing for us.  

## Ganado Middle School

# Native American Week

November 13-17, 2023

Theme: "Strengthening Dine Culture and Education through Self Improvement."

Monday	Tuesday	Wednesday	Thursday	Friday
  <b>Wear your mocassins.</b>  	<b>Girls put your hair in a bun.</b>    <b>Boys use your headband.</b>	  <b>Wear your clan shirt.</b>	<b>Wear your jewelries.</b>  	  <b>Wear your traditional dress/clothing.</b>



# November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Jewelry Day Yoo', látsini, ildahnátjhi, K'cet'oh	2 Native Pride Design Day	3 Camouflage day 	4
5 	6 Multicultural Traditional-Dress- Up	7 Moccasin Day Kelchi/Kénitsaai	8 Camouflage day 	9 Jewelry/Clans Day Yoo', látsini, ildahnátjhi, K'cet'oh	10 Veterans Day HOLIDAY (NO SCH.) 	11
12	13 Native Pride Day  Rock your Moes week	14 Multicultural Traditional-Dress-Up  Rock your Moes week	15 Moccasin Day Kelchi/Kénitsaai Rock your Moes week Staff Cultural Luncheon 3:00 – 5:00pm	16 Camouflage day  Rock your Moes week	17 Jewelry/Clans Day Yoo', látsini, ildahnátjhi, K'cet'oh Rock your Moes week	18
19	20  No school	21  No school	22  No school	23  Happy Thanksgiving!	24  No school	25
26 	27 Jewelry/Clans Day Yoo', látsini, ildahnátjhi, K'cet'oh	28 Native Pride Day	29 Multicultural Traditional-Dress-Up	30 Moccasin Day Kelchi/Kénitsaai		

## 2023/2024 Canado High School ATHLETICS



**GANADOATHLETICS**  
BASEBALL-BASKETBALL-CROSS COUNTRY-FOOTBALL-SOFTBALL-TRACK-VOLLEYBALL-WRESTLING

Revised: 11/7/23

### GANADO HIGH SCHOOL BOY'S BASKETBALL



DATE	OPPONENT	RELEASE TIME	DEPART	FR/SO	JV	Varsity	RE
11/16	Scrimmage (Snowflake HS)	-	-	-	-	7:00	
11/18	At Page HS			5:30	4:00	7:00	
11/21	At St. Johns HS			6:00	4:30	7:30	
11/28	Many Farms Lobos			-	4:30	7:30	
12/5	At Holbrook HS			6:00	4:30	7:30	
12/7-9	Rehoboth Tournament			-	-	TBD	
12/13	At Chinle HS			1:30	4:30	7:30	
12/16	At Snowflake HS			3:30	2:00	5:00	
12/21	At Round Valley HS			4:00	5:30	7:00	
1/2/24	Window Rock Scouts			1:30	4:30	7:30	
1/4	Monument Valley Mustangs			1:30	4:30	7:30	
1/9	Alchesay Falcons			1:30	4:30	7:30	
1/18	At Hopi HS			1:30	4:30	7:30	
1/20	Chinle Wildcats			11:30	2:30	5:30	
1/23	Tuba City Warriors			1:30	4:30	7:30	
1/25	At Window Rock HS			1:30	4:30	7:30	
1/27	At Tuba City Warriors			1:30	4:30	7:30	
1/31	Page Sand Devils			1:30	4:30	7:30	
	Senior Night						
2/2	At Alchesay HS			6:30	4:30	7:30	
2/5	At Monument Valley HS			1:30	4:30	7:30	
2/8-10	3A North Regional Tournament		Window Rock HS				
	State Play-in Game						
	3A State Tournament						

See the "GHS Basketball – Travel Arrangements" file for the departure and return times.



**GANADOATHLETICS**  
BASEBALL-BASKETBALL-CROSS COUNTRY-FOOTBALL-SOFTBALL-TRACK-VOLLEYBALL-WRESTLING

Revised: 11/7/23

### GANADO HIGH SCHOOL GIRL'S BASKETBALL

DATE	OPPONENT	RELEASE TIME	DEPART	FR/SO	JV	Varsity	RETURN
11/16	Scrimmage (Snowflake HS)	-	-	-	-	5:00	
11/18	At Page HS			7:00	4:00	5:30	
11/21	At St. Johns HS			7:30	4:30	6:00	
11/28	Many Farms Lobos			-	3:00	6:00	
12/5	At Holbrook HS			7:30	4:30	6:00	
12/13	At Chinle HS			12:00	3:00	6:00	
12/15	Holiday Hoops Invite	Payson HS	-	-	-	TBD	TBD
12/28-30	Epic Tourneys Classic	Skyline HS	-	-	-	TBD	TBD
1/2/24	Window Rock Scouts			12:00	3:00	6:00	
1/4	Monument Valley Mustangs			12:00	3:00	6:00	
1/9	Alchesay Falcons			12:00	3:00	6:00	
1/11	Snowflake Lobos			4:30	6:00	7:30	
1/18	At Hopi HS			12:00	3:00	6:00	
1/20	Chinle Wildcats			10:00	1:00	4:00	
1/23	Tuba City Warriors			12:00	3:00	6:00	
1/25	At Window Rock HS			12:00	3:00	6:00	
1/27	At Tuba City Warriors			12:00	3:00	6:00	
1/31	Page Sand Devils			12:00	3:00	6:00	
	Senior Night						
2/2	At Alchesay HS			4:30	3:00	6:00	
2/5	At Monument Valley HS			12:00	3:00	6:00	
2/8-10	3A North Regional Tournament		Window Rock HS				
	State Play-in Game						
	3A State Tournament						

For the latest schedule, scores, standings, ranking, brackets, and tournaments scan this QR Code.



The time indicated is based upon the host school time.



# 2023/2024 Ganado High School Athletics

## GANADO HIGH SCHOOL WRESTLING

N	DATE	OPPONENT	RELEASE	DEPART	EST.	
			TIME		START	RETUR
	11/14	Weight Certification	1:00	1:15	4:00	7:30
	11/22	Monument Valley HS Multi	-	5:30	9:00	TBD
	11/28	Gallup HS Dual	9:25	9:40	1:00	8:30
	12/1-2	Pat Kenny Invite, Holbrook HS	-	5:30	8:00	TBD
	12/6	St. Johns HS Multi	11:25	12:00	3:00	TBD
	12/8	Miyamura HS Dual	10:25	10:40	2:00	TBD
	12/15-16	Veteran's Memorial Invite, Window Rock HS	-	6:00	8:00	TBD
	1/10	Super Regional Invite, Mon. Valley HS	-	5:00	8:00	TBD
	1/12-13	Doc Wright Invite, Winslow HS	-	6:00	8:30	TBD
	1/16	Window Rock HS Multi	1:00	1:15	4:00	10:30
	1/17	Ganado HS Invite	-	-	3:00	-
	1/20	Millennium Invite, Goodyear, AZ	FRI	8:00	TBD	TBD
	2/3	Girl's Sectionals		TBD		
	2/10	Boy's Sectionals		TBD		
	2/15-17	3A State Tournament		TBD		



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## 2023/2024 MIDDLE SCHOOL ATHLETICS

### GANADO

### MIDDLE SCHOOL

### VOLLEYBALL

### 2023

TUES. 10/24	ROCK POINT	HOME	4PM/5PM
WED. 10/25	BMS-KAYENTA	AWAY	4PM/5PM
MON. 10/30	TCJHS	AWAY	4PM/5PM
WED. 11/1	SANDERS	HOME	4PM/5PM
FRI/SAT 11/3-4	BMS TOURNAMENT	KAYENTA	TBD
MON. 11/6	CHINLE	AWAY	4PM/5PM
WED. 11/8	ST. MICHAELS	HOME	4PM/5PM
FRI. 11/10	GMS TOURNAMENT	GANADO	TBD
MON. 11/13	TUBA CITY BOARDING	HOME	4PM/5PM
WED. 11/15	PINON	AWAY	4PM/5PM
SAT. 11/18	JV TOURNAMENT	PINON	TBD
MON. 11/20	TSEHOOTSODI	HOME	4PM/5PM
SAT. 12/2	VARSITY TOURNAMENT	PINON	TBD
WED. 12/6	HOPI	AWAY	5PM/6PM
WED. 12/13	NAIC PLAYOFFS	GANADO	TBD
SAT. 12/16	NAIC CHAMPIONSHIP	GANADO	TBD



### GANADO

### MIDDLE SCHOOL

### WRESTLING

### 2023

SAT. 11/4	TMS JOE DROLL INVITE	9AM
THUR. 11/9	HOPI ROUND ROBIN	4PM
SAT. 11/18	GANADO INVITE	9AM
TUES. 11/28	BAKER MIDDLE SCHOOL COLT INVITE	9AM
SAT. 12/2	DENNEHOTSO TAKEDOWN	TBD
FRI/SAT. 12/8-12/9	TUBA CITY BOARDING SCHOOL INVITE	TBD
THUR. 12/14	NAIC CHAMPIONSHIP @ TUBA CITY BOARDING SCHOOL	TBD

Current schedule subject to change.







**Menus for November 2023**

Ganado Unified School District #20

*This institution is an equal opportunity provider and employer.*

**DON'T 4GET!**

To make a lunch, choose at least one

Fruit/Juice or Veggie

Grains Milk Protein

Fruit/Juice and 3-5 items total Vegetables

GUSD DISTRICT CHILD NUTRITION SERVICES

**YOU'RE GOOD**

**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

GUSD FOOD SERVICE NUTRITION SERVICES

**Wednesday, November 1**

**Breakfast**  
Banana Muffin, Assorted Yogurt, Banana, Choice of Milk

**Lunch**  
Chili Mac, Steamed Carrots, Celery Sticks, WG Garlic Bread Stick, Fresh Fruit, Choice of Milk, HS, MS Alternate Choice

**Thursday, November 2**

**Breakfast**  
WG Pancakes, Syrup, Sausage Patty, Cinn. Apple Slices, Choice of Milk

**Lunch**  
Chicken Bowl, Mashed Potato, WG Slice Bread, Green Peas, Fruit Mix, Choice of Milk, HS, MS Alternate Choice

**Friday, November 3**

**Breakfast**  
Sausage Gravy Over WG Biscuits, Fresh Fruit, Choice of Milk

**Lunch**  
Cheesburger on WG Bun, French Fries, Gr. Leaf/Tomato, Fresh Fruit, Choice of Milk, HS, MS Alternate Choice

**Don't Forget to Set Your Clock Back 1 Hour**

**Sunday, Nov. 5**

Every complete meal we serve comes with your choice of lowfat or nonfat milk!

**Monday, November 6**

**Breakfast**  
Egg & Sausage Sandwich, Fresh Fruit, Choice of Milk

**Lunch**  
Pig in a Blanket, Baked Beans, French Fries, Celery Sticks, Fresh Fruit, Choice of Milk, HS, MS Alternate Choice

**Tuesday, November 7**

**Breakfast**  
Hot or Cold Cereal, WG Toast, Fresh Banana, Choice of Milk

**Lunch**  
Grill Chicken Sandwich, Green Leaf, Tomato, Coleslaw, Mayonnaise PC, Fresh Fruit, Choice of Milk, HS, MS Alternate Choice

**Wednesday, November 8**

**Breakfast**  
PBJ Sandwich, Assorted Juice, Fruit Cup, Choice of Milk

**Lunch**  
Bean Burrito, Mexicali Corn, Romaine Salad, Ranch Dressing, Fresh Fruit, Choice of Milk, HS, MS Alternate Choice

**Thursday, November 9**

**Breakfast**  
WG Bagel, Cream Cheese, Sausage Patty, Fruit Cup, Choice of Milk

**Lunch**  
Sloppy Joe, French Fries, Ketchup PC, Baby Carrot, Fruit Mix, Choice of Milk, HS, MS Alternate Choice

**Friday, November 10**

**District Close**

**Thank You**

VETERANS' DAY NOVEMBER 11

**PLEASE JOIN US FOR OUR THANKSGIVING FEAST!**

**GOBBLE AWAY!**

**November 16, 2023**



**Native American Heritage Month**

**November 2023**

**Monday, November 13**

**Breakfast**  
WG Breakfast Pizza, Cheese Stick, Fruit Cups, Choice of Milk

**Lunch**  
Chicken Nuggets, Dinner Roll, Mixed Vegetables, Carrot Sticks, Fresh Fruits, Assorted Milk, HS, MS Alternate Choice

**Tuesday, November 14**

**Breakfast**  
Corn Meal, Sausage Patty, Fresh Fruit, Choice of Milk

**Lunch**  
Native Taco w/ WG Fry Bread, Shred Lettuce, Tomato, Mild Salsa, Fruit Mix, Choice of Milk, HS, MS Alternate Choice

**Wednesday, November 15**

**Breakfast**  
Breakfast Burrito, Salsa, Asst Juice, Orange Slices, Choice of Milk

**Lunch**  
WG Corndog, French Fries, Baked Beans, Celery Sticks, Fresh Apple, Choice of Milk, HS, MS Alternate Choice

**Thursday, November 16**

**Breakfast**  
WG English Muffin, Hash Brown, Sausage Patty, Banana, Choice of Milk

**Lunch**  
Hot Turkey Roast, Mashed Potato/Gravy, Green Beans, Wg Lunch Roll, Cranberries, Fresh Fruit, Pumpkin Pie

**Friday, November 17**

**Breakfast**  
Brown Rice with Raisins, Scrambled Eggs, Fresh Apple, Juice, Choice of Milk

**Lunch**  
Beef Taco's, Shred Lettuce, Tomato, Spanish Rice, Black Beans, Fresh Apple, Choice of Milk, HS, MS Alternate Choice

**BALANCING ACT.**

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits, veggies, and grains might need a daily vitamin. But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

**HAPPY THANKSGIVING!**

**SEE YOU MONDAY!**

**AVAILABLE DAILY**

**Middle & High School Daily Choice:**

Monday: Corndog  
Tuesday: Turkey Tacos  
Wednesday: Pepperoni Pizza  
Thursday: Deli Sandwich  
Friday: Cooks Choice

Menu are subject to change

**Monday, November 27**

**Breakfast**  
French Toast Sticks, Syrup, Sausage Patty, Fresh Fruit, Choice of Milk

**Lunch**  
Turkey Deli Wrap, Green Leaf, Celery Sticks, Pasta Salad, Fresh Orange, Choice of Milk, HS, MS Alternate Choice

**Tuesday, November 28**

**Breakfast**  
Yellow Cornmeal, Graham Cracker, Cinn Apple Slices, Choice of Milk

**Lunch**  
Chicken Taco's, Shred Lettuce, Tomato, Spanish Rice, Refried Beans, Fresh Apple, Choice of Milk, HS, MS Alternate Choice

**Wednesday, November 29**

**Breakfast**  
WG Toast, Jelly, Scramble Eggs, Diced Peaches, Choice of Milk

**Lunch**  
Spaghetti Noodles w/Meat Sauce, Green Beans, WG Bread Stick, Fresh Fruit, Choice of Milk, HS, MS Alternate Choice

**Thursday, November 30**

**Breakfast**  
Banana Muffin, Asst Yogurt, Apple Sauce, Orange Slices, Choice of Milk

**Lunch**  
Pork Pozole, WG Flour Tortilla, Romaine Salad, Ranch Dressing, Fresh Fruit, Choice of Milk, HS, MS Alternate Choice

Only 20 more school days 'til Winter Break!

