


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Physical activity can : :Increase self esteem and capacity for learning :Help students handle stress :Build and maintain healthy bones, muscles, and joints :Help control weight</p>	<p>According to the US Dept. of Ag., there are 155 national forests covering 192 million acres in the US. Oklahoma's forest and paper industry provides over 8,000 people with jobs.</p>	<p>Christmas Break Dec. 22, 2017 - Jan. 8, 2018 Classes begin Jan. 9, 2018</p>		
<p>2nd Choice Daily Week 1 Elementary Breakfast = Cereal Lunch Tue- Wednesday = PBJ Thursday = Pizza Lunch Friday = Chicken Breast MS & HS Lunch Choice #2 Hamburger #3 Pizza</p>	<p>Nov. 28 Breakfast Boil Egg/Bacon/Toast Oranges Milk Lunch Taco Soup Cheese Stick Corn Bread Carrot Stick Peaches</p>	<p>Nov. 29 Breakfast Bis/Sausage Gravy Peaches Milk Lunch Grilled Cheese Sandwich Tomato Soup Brocc/Tom/Cuc Oranges Milk</p>	<p>Nov. 30 Breakfast Breakfast Burrito Salsa Milk Lunch Walking Taco Let/Sour Cream/Cheese Refried Beans Spanish Rice Pears</p>	<p>Dec. 1 Breakfast Yeast Donut/Cereal Pears Milk Lunch Deli Sandwich Baked Chips Let/Tom/Pickle Spear Pasta Salad Mixed Fruit</p>
<p>2nd Choice Daily Week 2 Elementary Breakfast = Cereal Lunch- Tue.- Wednesday = PBJ Thursday = Pizza Lunch- Friday = Chicken Breast MS & HS Lunch Choice #2 Chicken</p>	<p>5 Breakfast Breakfast Bagel Applesauce/Milk Lunch Beef Stew/ Vegetables Crackers Mixed Fruit String Cheese Oreo Cookie Milk</p>	<p>6 Breakfast Bis/Sausage Gravy Mixed Fruit Milk Lunch Beef Nachos Refried Beans Peaches Tossed Salad Milk</p>	<p>7 Breakfast Pancake/Stick Peaches/Milk Lunch Turkey & Noodles Hot Roll Whip Potatoes Capri Vegetables Banana Milk</p>	<p>8 Breakfast Wildcat Pattie/Biscuit Banana/Milk Lunch BBQ Chicken Sandwich Tator Tots Brocc Pears Pumpkin Cookie Milk</p>
<p>2nd Choice Daily Week 3 Elementary Breakfast =Cereal Lunch -Tue. - wednesday = PBJ Thursday = Pizza Lunch - Friday = Chicken Breast MS & HS Lunch Choice #2 = Soup</p>	<p>12 Breakfast Cinn Toast Cream of Wheat Pears/Milk Lunch Sub Sandwich Baked Chips Pasta Salad/ Brocc Mandarin Oranges Milk</p>	<p>13 Breakfast Bis/Sausage Gravy Oranges /Milk Lunch Buritto Let/Tom/Cheese Refried Beans Spanish Rice Peaches Milk</p>	<p>14 Breakfast Breakfast Pizza Applesauce/Milk Christmas Lunch Ham Golden Potatoes Refried Beans Wheat Roll Fruit Salad/Cake Milk</p>	<p>15 Breakfast Eggs/Toast Pineapple/Milk Lunch Sloppy Joe Tator Tots Baked Beans Applesauce Oreo Cookie Milk</p>
<p>2nd Choice Daily Week 4 Elementary Breakfast = Cereal Lunch - Tue.- Wednesday = PBJ Thursday = Pizza Lunch - Friday = Chicken Breast MS & HS Lunch Choice #2 Burrito #3 Taco</p>	<p>19 Breakfast Bis/Sausage Gravy Peaches Milk Lunch Tuna Noodle Casserole Biscuit Green Beans Peach Cobbler Milk</p>	<p>20 Breakfast Scrambled Egg/Ham Toast/ Applesauce/Milk Lunch Chicken Taco Let/Tom/Cheese Mexi Beans Chips & Queso Oranges Churro</p>	<p>21 Breakfast Fruit Pie/Cereal Oranges Milk Lunch Ham & Cheese Sandwich Baked Chips Pasta Salad Carrots Peaches</p>	<p>22 NO SCHOOL Start of Christmas Break !!!!</p>

This institution is a equal opportunity provider.
