


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><b>Christmas Break</b> <b>Dec. 22, 2018 - Jan. 7, 2019</b>  <b>Classes begin Jan. 8, 2019</b></p>		
<p><b>2nd Choice Daily Week 1</b> <b>Elementary</b> <b>Breakfast = Cereal</b> <b>Lunch- Tue.- Thur = Ham Sandwich</b> <b>Lunch- Friday = Pizza</b> <b>MS &amp; HS Lunch Choice</b> <b>#2 Chicken</b> <b>#3 Hamburger</b></p>	<p><b>4 Breakfast</b> Breakfast Bagel Applesauce Milk <b>Lunch</b> Beef Stew/ Vegetables Corn Bread Mixed Fruit Cottage Cheese Milk</p>	<p><b>5 Breakfast</b> Bis/Sausage Gravy Mixed Fruit Milk <b>Lunch</b> Beef Nachos Corn Peaches Tossed Salad Milk</p>	<p><b>6 Breakfast</b> Oatmeal/Cinn Toast Baked Apples Milk <b>Lunch</b> Grilled Cheese Sandwich Tomato Soup Brocc/Tom/Cuc Oranges Milk</p>	<p><b>7 Breakfast</b> Wildcat Pattie/Biscuit Banana/Milk <b>Lunch</b> BBQ Chicken Sandwich Tator Tots Baked Beans Pears Pumpkin Cookie Milk</p>
<p><b>2nd Choice Daily Week 2</b> <b>Elementary</b> <b>Breakfast -=Cereal</b> <b>Lunch -Tue. -Thur = Ham Sandwich</b> <b>Lunch - Friday = Pizza</b> <b>MS &amp; HS Lunch Choice</b> <b>#2 = Taco</b> <b>#3 = Burrito</b></p>	<p><b>11 Breakfast</b> Cinn Toast /Oatmeal Pears/Milk <b>Lunch</b> Sub Sandwich Baked Chips Dill Pickle Spear Pasta Salad/ Brocc Oranges</p>	<p><b>12 Breakfast</b> Bis/Sausage Gravy Oranges /Milk <b>Lunch</b> Chicken Quesadilla Let/Tom Refried Beans Spanish Rice Peaches Milk</p>	<p><b>13 Breakfast</b> Pancake/Stick Peaches/Milk <b>Lunch</b> Turkey &amp; Noodles Hot Roll Whip Potatoes Capri Vegetables Banana Milk</p>	<p><b>14 Breakfast</b> Eggs/Toast Pineapple Milk <b>Lunch</b> Sloppy Joe Tator Tots Baked Beans Applesauce Milk</p>
<p><b>2nd Choice Daily Week 3</b> <b>Elementary</b> <b>Breakfast = Cereal</b> <b>Lunch - Tue.- Thur. = Ham Sandwich</b> <b>Lunch - Friday = Pizza</b> <b>MS &amp; HS Lunch Choice</b> <b>#2 Deli Sandwich</b> <b>#3 Tuna</b></p>	<p><b>18 Breakfast</b> Bis/Sausage Gravy Peaches Milk <b>Lunch</b> Tuna Noodle Casserole Biscuit Green Beans Peach Cobbler Milk</p>	<p><b>19 Breakfast</b> Scrambled Egg/Ham Toast/ Applesauce/Milk <b>Lunch</b> Chicken Taco Let/Tom/Cheese Mexi Beans Chips &amp; Queso Oranges Churro</p>	<p><b>20 Breakfast</b> Breakfast Pizza Applesauce Milk <b>Christmas Lunch</b> Hot Pork Sandwich Whip Potatoes/Gravy Green Beans Wheat Roll Fruit Salad/Cake</p>	<p><b>21 Breakfast</b> Fruit Pie/Cereal Oranges Milk <b>Lunch</b> Ham &amp; Cheese Sandwich Baked Chips Pasta Salad Carrots Peaches</p>

This institution is a equal opportunity provider.

