

Ferndale Area Fitness and Wellness Program

NOVEMBER 2009

Lunch Menu *Menu is Subject to Change*

Mon	Tue	Wed	Thu	Fri
2 No School Parent/Teacher Conferences	3 Meatballs & Gravy Mashed Potatoes Garlic Bread Stick Fresh Fruit Milk	4 Ham & Cheese on Pretzel Bun Candied Sweet Potatoes or Baby Carrots Choice of Fruit Sunchips Milk	5 Egg & Cheese Omelet Corn Muffin Hash Brown Patty Jell-o Glazed Apple Slices Milk	6 No K4 School Pizza or Egg Salad Sandwich Cucumber & Tomato Salad Choice of Fruit Milk
9 Popcorn Chicken French Fries Choice of Fruit Fruit Snack Milk	10 Turkey Taco Grande Nachos Corn Fresh Fruit Milk	11 No School Veterans Day	12 Steak & Cheese Wrap Broccoli or Baby Carrots Choice of Fruit Bag of Pretzels Milk	13 No K4 School Max Sticks w/ Sauce Or Egg Salad Sandwich Tossed Salad w/ House Dressing Choice of Fruit Milk
16 Grilled Cheese Sandwich Tomato Soup Yellow Pepper Strips Choice of Fruit Milk	17 Chicken Patty on Bun Steamed Cauliflower or Baby Carrots Fresh Fruit Milk	18 Meatball Hoagie on Bun Baby Baker Potatoes Choice of Fruit Luigi's Sherbet Milk	19 Roast Turkey Mashed Potatoes w/ Gravy Dinner Roll Pumpkin Mousse Milk	20 No K4 School Pizza or Egg Salad Sandwich California Blend Veggies Choice of Fruit Dreamsicle Milk
23 Low Fat Hog Dog on Bun Vegetarian Beans Fresh Fruit Cookie Milk	24 Chicken Nuggets Tater Tots Orange Jell-o w/ Mandarin Oranges Milk	25 Max Sticks w/ Sauce Italian Blend Veggies or Baby Carrots Choice of Fruit Milk	26 No School Thanksgiving Vacation	27 No School Thanksgiving Vacation
30 No School Thanksgiving Vacation				

Daily Options Are as Follows

Mondays: Turkey Sandwich, Tuesdays: Ham Sandwich, Wednesdays: Peanut Butter and Jelly,
Thursdays: Bologna Sandwich, Fridays: Deli Combo Sandwich
Chef Salad lunch available daily at the High School

November 2 - No School for Students
November 2 - Parent/Teacher Conferences by appointment only : 12:00 P.M. – 2:00 P.M. and 4:00 P.M. – 7:00 P.M.
November 4 - Report Cards Go Home
November 4 - Fundraiser Delivery
November 10 - School Board Meeting
November 11 - No School for Students or Staff – Veterans Day
November 17 - Market Day Orders Due
November 23 - Market Day Pick Up 5:00P.M. – 6:00 P.M.
November 23 – PTO Meeting 6:00 P.M. – 7:00 P.M.
November 25 - 1 Hour Early Dismissal: Elementary Students Dismissed at 2:00 P.M.
November 26 - 30 - Thanksgiving Vacation

