

Ferndale Area Fitness and Wellness Program

**NOVEMBER 2009**

Lunch Menu \*Menu is Subject to Change\*

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
2 <b>No School</b>  <b>Parent/Teacher Conferences</b>	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 <b>No K4 School</b> 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 <b>No School</b>  <b>Veterans Day</b>	12 Steak & Cheese Wrap Broccoli or Baby Carrots Choice of Fruit Bag of Pretzels Milk	13 <b>No K4 School</b> 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 <b>No K4 School</b> 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 <b>No School</b>  <b>Thanksgiving Vacation</b>	27 <b>No School</b>  <b>Thanksgiving Vacation</b>
30 <b>No School</b>  <b>Thanksgiving Vacation</b>				

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

