



Winding River Consolidated

November 2019 Menu and Events

Main Meals include 250 ml white milk or juice (\$4.25)
with 250 ml chocolate milk (\$5.00)



Cheques made payable to Cobequid Schools Catering Society

	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	31	NOV1
Choice #1	Pancakes & Fruit	Taco Tuesday Grilled Cheese & cookie	Lasagna & Breadstick	Mummy Dogs & fruit Spookables Lunchables	Cheese Pizza & cookie
Choice #2	Pizza Wrap	Nourish your Roots 2-5pm (PICK UP)	Hot Dog & veggies	ORANGE OR BLACK DAY HALLOWEEN	Chicken Wrap
	4	5	6	7	8
Choice #1	Breakfast Sandwich	Taco Tuesday	Taco salad	Chicken Nuggets & Fries	Pepperoni Pizza
Choice #2	Grilled Cheese & cookie	Pizza Sub & fruit	Mac & Cheese	Fish & Fries REMEMBRANCE DAY SERVICE 10:45 AM	Deli Wrap
	11	12	13	14	15
Choice #1	Remembrance Day	Taco Tuesday	Spaghetti & a Breadstick	Hamburger & veggies	School Based Inservice
Choice #2	No classes for students	Pizza Sub Author Emil Shar Hannah's Suitcase (5/6)	Chicken Soup & crackers	Chicken Potato Bowl	No school ASSESSMENT AND EVALUATION DAY
	18	19	20	21	22
Choice #1	French Toast & Yougurt	Taco Tuesday	Taco Salad ~ Garlic Slice & Fruit	Chickenburger & baked Chips ~ Ham Dinner	Garlic Slice & yogurt
Choice #2	Hamburger & veggies	~ Ham & Cheese Sub	PICTURE RETAKES		BBQ Chicken Pizza
	25	26	27	28	29
Choice #1					Parent Teacher 8:30-11:00
Choice #2				Parent Teacher 5-7	Site Based PD 11:45-2:00

Choice #3 ALL MONTH – Cheese Pizza

Recess Items (when available)

Pretzels	1.00
All Fruit Slushie	1.00
Baked Chips	1.00
Freshly Baked Cookie	0.50
Frozen Yogurt	1.00
Breadstick	1.00

Other Lunch Items (available everyday)

Grilled Cheese Sandwich	2.50
Bagel with cream cheese	2.50
Bagel with butter	2.00

Beverages

250 ml white milk	0.40
250 ml chocolate milk	1.50
500 ml bottle water	1.00
Small apple juice	0.60



Messages, Minders and Thank You

A friendly reminder that ALL Parents must report to the office and get a hall pass if they wish to enter the wings of the schools.

This is to ensure the safety of ALL STUDENTS including your own. Please be advised that you may be asked if you checked into the office and if you have your hall pass. This includes ALL parents using the Pre-Primary entrance. Please drop off your child and walk around to the front of the building if you wish to speak to your teacher or enter any classroom. We appreciate this small inconvenience to ensure the safety of all students at WRC.

A reminder with the colder weather coming that all children must be dressed appropriately.

Thank you to the Home and School for organizing the WRC Home and School Halloween dance. Your hard work is greatly appreciated. We also appreciate the efforts that goes into supporting our school Nourish your Roots fundraiser !!!! A reminder that Pick Up is on Tuesday, October 29th, from 2pm-5pm

Thank you to KFC for supporting our school with the proceeds from the BIG CRUNCH on October 16.