



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Tuesday, November 19th, 2019

News:

- Four Days of Healthy Habits for Children: (Tuesday-Friday; KidsHealth.com)
 - Day 1: The Many Benefits of Exercise
 - Exercise brings stronger muscles and bones; less risk of becoming overweight, a lower chance of getting type 2 diabetes and/or high blood pressure; better blood cholesterol; better attitude; quality sleep patterns, as well as the ability to better handle physical and emotional challenges — from running to catch a bus or studying for a test.
 - As an added benefit...combining this with a diet full of fresh fruits and vegetables, you are setting your child up for a great life experience. A lot of planning goes into the menus served in the school district. Each meal is carefully calculated serving healthy grains, a variety of proteins, fruits and vegetables, and dairy options. Nourished bodies are better able to learn and socially interact. See our current menu listed below.

Reminders:

- Today is the last day to bring items for “Collection for Troops!” Packages will be packed tonight!
- Today is Picture “Re-take” Day! Bring your best smile!
- Every Wednesday is School Improvement Early Dismissal at 1:20pm.
- 11/26 – Byron von Rosenberg, author of “I don’t want to kiss a llama” will be our guest at 1pm.

Week at a glance:

Tuesday, 11/19 – Picture retake day; last day to bring in items to mail to the troops.

Wednesday, 1/20 - School Improvement Early Dismissal at 1:20pm.

Thursday, 11/21 – World “Hello” Day – The children will learn that word in several foreign languages.

Friday, 11/22 – The children’s Thanksgiving meal will be served.

Lunch Menus:

- Tuesday, November 19th -
 - Breakfast – French Toast w/optional SF syrup, Fruit, Juice and Milk
 - Lunch – Cheeseburger Meatloaf, Roll, Au Gratin Potatoes, Peas, Fruit and Milk
- Wednesday, November 20th -
 - Breakfast – Cinnamon Rolls, Fruit, Juice and Milk
 - Lunch – Chicken Crispito, Salsa, Steamed Broccoli, Fruit and Milk
- Thursday, November 21st -
 - Breakfast – Cereal w/Pop Tart, Fruit, Juice and Milk
 - Lunch – Toasted Ravioli, Marinara, Carrots w/Ranch, Frozen Yogurt and Milk
- Friday, November 22nd -
 - Breakfast – Dutch Waffle w/optional SF syrup, Fruit, Juice and Milk
 - Lunch – THANKSGIVING MEAL