



## North Mac CUSD #34

### Elementary School Information

217/965-5424

Today is Thursday, January 9th, 2020

### News:

- Julie Metos stated in an article for the University of Utah's Health Newsletter reasons to drink plenty of fluid in the winter.
  - 1) You might have a slight fever, which makes your need for water go up.
  - 2) If you have a cold and you have all that mucous in your head or lungs, it helps thin out the mucous.
  - 3) Put a steamer in your room or drink more water. All of those are good for making you feel just a little bit better.

### Reminders:

- 1/20/2020 – Martin Luther King, Jr. Observance – NO SCHOOL
- 1/27/2020 – Skatetime School Program® permission slip and skate size are due. North Mac School District will pay the student skate rental fee.
- Box Tops for Education program change – did you read the information sheet that was sent home?
- Remember to send your child with gloves/mittens, hats and warm coats. It is important to be prepared for an outside recess.
- 2/4/2020 – The Physical Education in-house skating program (Skatetime School Programs®) will begin.

### Week at a Glance:

- Report Cards go Home – January 10

### Week's Menu:

Thursday, 1/9 –

Breakfast – Pancake Bites (optional sugar free syrup), Fruit, Juice and Milk

Lunch – Chicken Patty Sandwich, Garden Salad, Fruit and Milk

Friday, 1/10 –

Breakfast – Donut Holes, Fruit, Juice and Milk

Lunch – Pizza, California Blend Veggie, Sorbet, Milk

Monday, 1/13/2020

Breakfast - Breakfast Bar, Fruit, Juice and Milk

Lunch – Turkey & Cheese Sandwich, Baked Beans, Carrot Sticks with Ranch, Fruit and Milk

Tuesday, 1/14 –

Breakfast – French Toast, Fruit, Juice, Milk

Lunch – Cook's Choice

Wednesday, 1/15 –

Breakfast – Cinnamon Roll, Fruit, Juice, Milk

Lunch – Mostaccioli, Garlic Bread, Corn, Fruit, Milk