

EWING-NORTHERN CCSD #115 website: ewinggradeschool.org

MENU (Menus are subject to change) & CALENDAR OF EVENTS

Week of October 31-November 5, 2022

MONDAY-31									
Breakfast Juices Include: Apple, Orange & Grape.	Waffles or Cereal, Fruit, Juice & Milk	Lunch	Crispito, Black Beans, Fruit & Milk	EVENTS	Spirit Week-- Halloween Themed Attire	Halloween Parade @ 1pm	Pre-K Field Trip-- No PM Pre-k Classes	JV/Var Basketball Practice 4:30-5:30pm	5th Grade Basketball Practice 5:30-6:30pm
TUESDAY-1									
Breakfast Juices Include: Apple, Orange & Grape.	Oatmeal or Cereal, Fruit, Juice & Milk	Lunch	Corn Dog, Tator Tots, Fruit & Milk	EVENTS	Spirit Week-- Warrior Day (Red & White)	Basketball Game vs Akin @ Home 6pm. 7th/8th Band performs National Anthem			
WEDNESDAY-2									
Breakfast Juices Include: Apple, Orange & Grape.	Scrambled Eggs or Cereal, Fruit, Juice & Milk	Lunch	Chicken Patty, Green Beans, Fruit & Milk	EVENTS	2pm Dismissal	Spirit Week--Color Blast	Basketball Game vs Zeigler-Royalton @ Home 6pm		
THURSDAY-3									
Breakfast Juices Include: Apple, Orange & Grape.	Yogurt or Cereal, Fruit, Juice & Milk	Lunch	Ham & Cheese, Broccoli, Fruit & Milk	EVENTS	Spirit Week-- Flannel Day	JV/Var Basketball Practice 4:30-5:30pm	5th Grade Basketball Practice 5:30-6:30pm		
FRIDAY-4									
Breakfast Juices Include: Apple, Orange & Grape.	Biscuits & Gravy or Cereal, Fruit, Juice & Milk	Lunch	Grilled Cheese, Carrots, Fruit & Milk	EVENTS	Spirit Week-- Pajama Day	Cheer Practice 3-4:30pm			
SATURDAY-5									
				EVENTS	Basketball Pinckneyville 204 Tournament				

*Cereals include: Frosted Flakes, Honey Nut Cheerios, Fruit Loops, Golden Grahams, Lucky Charms, Cocoa Puffs, Apple Jacks, and Captain Crunch.

*Condiments Include: Ketchup, Mustard, Mayonnaise, BBQ Sauce, Sweet & Sour Sauce, Marinara Sauce, Fat Free Ranch, Margarine Cup & Syrup.

*In Accordance with Federal Law & USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex age, or disability. (Not all programs).

*To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W SW, Washington DC 20250-9410

or call (202) 720-5964. (Voice & TDD) USDA is an equal opportunity provider and employer. All food is subject to change.