

# Kiski Area School District Elementary Breakfast

# November 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Elementary Parent Conferences!  No School!	<b>4</b> ELECTION DAY No School! K, 5, 6 Secondary Parent Teacher Conferences	<b>5</b> Asst. Cereal Graham Crackers Juice 2 % Milk	<b>6</b> Warm Bagel & Creamy Cream Cheese Juice 2 % Milk	<b>7</b> Apple Cinnamon Muffin Belly Bears Juice 2 % milk
<b>10</b> Asst. Cereal Chocolate Chip Muffin Juice 2 % Milk	<b>11</b> VETERAN'S DAY Warm Pretzel Creamy Cream Cheese Juice 2 % Milk	<b>12</b> Cereal Bar Yogurt Juice 2 % Milk	<b>13</b> Cinnamon Snack N' Waffles Juice 2 % Milk	<b>14</b> Pack of Pop Tarts Juice 2 % Milk
<b>17</b> Asst. Cereal Graham Crackers Juice 2 % Milk	<b>18</b> Apple Slice Mini Loaf Juice 2 % Milk	<b>19</b> Cereal Bar Yogurt Juice 2 % Milk	<b>20</b> Warm Bagel & Creamy Cream Cheese Juice 2 % Milk	<b>21</b> Uncrustable Juice 2 % Milk
<b>24</b> Asst. Cereal Chocolate Chip Muffin Juice 2 % Milk	<b>25</b> Super Bakery Super Donut Juice 2 % Milk	<b>26</b> Pack of Pop Tarts Juice 2 % Milk	<b>27</b> THANKSGIVING Thanksgiving Recess! No School!	<b>28</b> Thanksgiving Recess! No School!

## A La Carte

Menu subject to change.

2 % Milk & Juice offered at breakfast everyday!

Breakfast	\$ .85
Weekly	\$4.25
Reduced	\$ .30
Milk	\$ .50
Adult	\$1.55

COLLECTION FOR MEALS IS THE FIRST DAY OF THE WEEK!

START YOUR DAY WITH A NUTRITIOUS BREAKFAST!

## School News

If you qualify for free & reduced lunches-you also qualify for free & reduced breakfasts!

Earn while your children learn! Kiski Area Food Service is hiring. Contact the food service department at 724-842-0466.

## GUESS WHAT?

OUR BONES ARE ABOUT FOUR TIMES STRONGER THAN STEEL AND THEY CAN ENDURE 24,000 POUNDS OF PRESSURE PER SQUARE INCH.

WALKING SIDEWAYS BURNS 78% MORE CALORIES THAN WALKING FORWARD. LATERAL MOTION TAKES EXTRA EFFORT BY PUTTING YOUR BODY TO WORK IN UNFAMILIAR WAYS.

GUESS WHAT?

SOURCE 1 <http://fitness.families.com/blog/friday-fitness-fun-facts-did-you-know>  
 SOURCE 2 [www.walkingconnection.com/jawalking9.htm](http://www.walkingconnection.com/jawalking9.htm)

