

# Weekly Bulletin

*Fresh salad bar and a variety of fresh and canned fruits offered daily.*

*Assorted low fat and fat free milk offered daily -- morning juice choice offered daily.*

Menu	Activities
<b>Monday, October 11, 2021</b>	
<b>Breakfast:</b> muffin, yogurt or cereal, fruit, juice, milk  <b>Lunch:</b> sweet and sour chicken, rice, asian fresh vegetables, fruit, cookie, milk	6:00 JV FB @ Ellis MCEL VB TBD
<b>Tuesday, October 12, 2021</b>	
<b>Breakfast:</b> biscuit and gravy or pop tart, cereal, fruit, juice, milk  <b>Lunch:</b> super nachos, salsa, fruit, milk	5:00 V VB here w/Great Bend & Phillipsburg 'Senior Night'
<b>Wednesday, October 13, 2021</b>	
<b>Breakfast:</b> coffee cake or pop tart, cereal, fruit, juice, milk  <b>Lunch:</b> pulled pork sandwich, baked beans fruit, milk	6:30-9:00 Lab Night in Mr. Linn's room
<b>Thursday, October 14, 2021</b>	
<b>Breakfast:</b> breakfast combo bar or breakfast burrito, pop tart fruit, juice, milk  <b>Lunch:</b> chicken strips, mashed potatoes, corn, roll, cookie, fruit, milk	4:00 Cross Country @ Lakeside 4:00 JH VB @ Oakley 5:00 JH FB @ Oakley 4:30 MCL VB @ Smith Center
<b>Friday, October 15, 2021</b>	
<b>Breakfast:</b> french toast sticks, or pop tart, cereal, fruit, juice, milk  <b>Lunch:</b> pizza roll, french fries, fruit, milk	7:00 V Football @ Ell Saline
<b>Saturday, October 16, 2021</b>	
MCL Volleyball TBD	
"This institution is an equal opportunity provider."	