




 <h1 style="text-align: center;">October 2017</h1> 
<p>Sun</p> <p style="text-align: center; font-size: 2em;">22</p>	<p>***Red ribbon week October 23-31– be sure to have your child participate in the dress-up days to show they want to be drug free!!***</p>
<p>Mon</p>  <p style="text-align: center; font-size: 2em;">23</p>	<p>B: Biscuit and gravy, cereal, fruit, juice, milk L: Meatball sub, carrots and ranch, potato chips, salad bar, fruit, water/milk</p> <p>Red ribbon dress-up day: “Drugs turn you inside out”</p> <p>HS BB girls scrimmage Cimarron @ LA Ag boosters meeting 7pm @ LA 5th-6th grade BB @ Drummond 4pm– players will leave from school early</p> 
<p>Tue</p> <p style="text-align: center; font-size: 2em;">24</p>	<p>B: Waffle with toppings, cereal, fruit, juice, milk L: Chicken enchilada, Spanish rice, refried beans, chips and salsa, salad bar, fruit, water/milk</p> <p>Red ribbon dress-up day: “I mustache you to stay off drugs”</p> <p>3rd-4th FB @ Waukomis</p>
<p>Wed</p> <p style="text-align: center; font-size: 2em;">25</p>	<p>B: Toast, breakfast scramble, cereal, fruit, juice, milk L: Pineapple glazed ham, loaded mashed potatoes, green beans, dinner roll, salad bar, fruit, water/milk</p> <p>Red ribbon dress-up day: “Don’t make yourself a target– be drug free” Happy Birthday Michael Holdeman!!</p> 
<p>Thu</p> <p style="text-align: center; font-size: 2em;">26</p>	<p>B: Cinnamon roll, cereal, fruit, juice, milk L: BBQ pulled pork sandwich, French fries, salad bar, fruit, water/milk</p> <p>Red ribbon dress-up day: “Peace out to drugs”</p>
<p>Fri</p> <p style="text-align: center; font-size: 2em;">27</p> 	<p>B: Pancake on a stick, cereal, fruit, juice, milk L: Stromboli, marinara sauce, Caesar salad, salad bar, fruit, water/milk</p> <p>K-6th grade field trip to Rustic Roots @ 1:30pm ***Community send-off for football boys Main street Lamont @ 5:00pm– boys will leave at 5:10pm*** HS FB @ C/D Red ribbon dress up day: “Wear RED for drug free”</p>
<p>Sat</p> <p style="text-align: center; font-size: 2em;">28</p>	<p>This is an equal opportunity provider.</p> 