



# TIGER TIME



## Home of the Young Tigers

Inman Elementary  
712-623-6635

Nov. 29th - Dec. 3rd

900 Inman Drive  
Red Oak, IA

### ON THE MENU ...



Daily there will be Milk, Fruit and Vegetables

### Breakfast (breakfast ends @7:55am)

*When you see "OR", this means the students will have a choice on which main meal option they want.*

- 11/29: Donut or Cereal w/Yogurt
- 11/30: Scrambled Eggs or Cereal w/Toast & Jelly
- 12/01: Waffles or Cereal w/Muffin Square
- 12/02: Breakfast Nachos or Cereal w/Cinnamon Toast
- 12/03: Biscuits and Gravy or Cereal w/Cheese Stick

### Lunch

*When you see "OR", this means the students will have a choice on which main meal option they want.*

- 11/29: Turkey and Cheddar Melt or Chicken Caesar Salad w/Italian Bread
- 11/30: BBQ Pork on Bun or Taco Salad w/Cornbread
- 12/01: Italian Pizza or Parmesan Chicken Sandwich or BLTE Salad w/Pineapple Muffin
- 12/02: Hot Dog or Turkey & Cheese Sandwich or Sweet & Sour Chicken Salad w/Blueberry Muffin
- 12/03: Chicken Patty or Meatloaf or Chicken Caesar Salad w/Roll

*Check the APP or website for any possible changes.*

<https://redoakschooldistrict.nutrislice.com/menu/inman-elementary>

### COMING UP.....

**REMINDER:**  
Thanksgiving  
break Nov. 24th -  
26th

3rd & 4th Grade Music  
program, Thursday Dec. 9th  
@7:00 pm  
Red Oak JR/SR High School  
Auditorium



**CHRISTMAS BREAK:**  
Dec. 23rd - 31st  
Returning Monday Jan  
3rd, 2022

**NEWSLETTER:** All future newsletters will be posted to Facebook and our school website. If you would like a copy emailed to you directly, please email Elaine at [pelzere@redoakschools.org](mailto:pelzere@redoakschools.org), or call 623-6625.

# COMMUNITY EVENTS.....



## JOIN US FOR **NO SODA NOVEMBER**

Kids consume enough sugary drinks each year to fill a bathtub!



On average, children are consuming more than **30 gallons** of sugary drinks every year.

That's **10 times** the recommended amount!

Most of the added sugar in our diets comes from what we drink, not what we eat!

It's time to rethink your drink! Give up soda for the month of November and take charge of your heart health!

[heart.org/sugar](http://heart.org/sugar)

<sup>1</sup><https://www.heart.org/news/american-academy-of-pediatrics-and-american-heart-association-endorse-suite-of-policies-to-reduce-kids-consumption-of-sugary-drinks>



**REGISTER ONLINE!**  
[www.MCYMCA.com/Register](http://www.MCYMCA.com/Register)

## SCORE POINTS ON COURT, ACHIEVE GOALS IN LIFE

**YOUTH BASKETBALL**  
3rd - 6th Grade Basketball  
MONTGOMERY COUNTY FAMILY YMCA

It's time for some Youth Basketball! This program will last from mid-November to mid-February. It may involve away/travel games on weekends. Typically there will be at least one practice during the week and a practice/game on weekend. Coaches will contact you with practice info.

**COST:**  
**FREE** - Family Membership  
\$30.00 - Youth Membership  
\$50.00 - Non Members  
*Additional fees may be required for uniforms, entry fees, etc.*

**REGISTRATION DEADLINE:**  
\*\*EXTENDED\*\* Saturday, November 27th

**PROGRAM SCHOLARSHIPS ARE AVAILABLE - APPLY @ THE Y!**

MONTGOMERY COUNTY FAMILY YMCA  
103 E. Cherry St., Ball Oak, VA 21556  
P 712-623-2161 F 712-623-4520 [www.mcyymca.com](http://www.mcyymca.com)  
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### SNAPSHOTS OF THE WEEK

