



TIGER TIME



Home of the Young Tigers

Inman Elementary
712-623-6635

Nov. 15th - Nov. 19th

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.

- 11/15: Donut or Cereal w/Cheese Stick
- 11/16: Egg, Bacon, and Cheese Bagel or Cereal w/ Toast
- 11/17: French Toast Sticks or Cereal w/Yogurt
- 11/18: Western Egg 'N' Bacon Sandwich or Cereal w/Cinnamon Toast
- 11/19: Biscuits and Gravy w/sausage or Cereal w/Muffin Square

Lunch

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

- 11/15: Chicken Nuggets or Sweet and Sour Chicken Salad w/ Italian Bread
- 11/16: Meatball Sub or Taco Salad w/Cornbread
- 11/17: Mini Corn Dogs or BLTE Salad w/Blueberry Muffin
- 11/18: Chicken Patty or Ballpark Salad w/Hot Roll
- 11/19: Cheese Pizza or Chicken Bacon Ranch Salad w/Banana Bread Squares

COMING UP.....

THANKSGIVING WEEK SCHEDULE:

- Wed 11/24 - No School
- Thurs 11/25 - No School, Happy Thanksgiving
- Fri 11/26 - No School



You Are Invited

Who: Inman Elementary Title Reading Students and their families

What: Title 1 Reading Literacy Game Night

When: Thursday, Nov. 18th -5:30 p.m.-6:30 p.m.

Where: Inman Elementary Gym

Why: To celebrate our love of literacy with GAMES that you can play and TAKE HOME!!!

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!

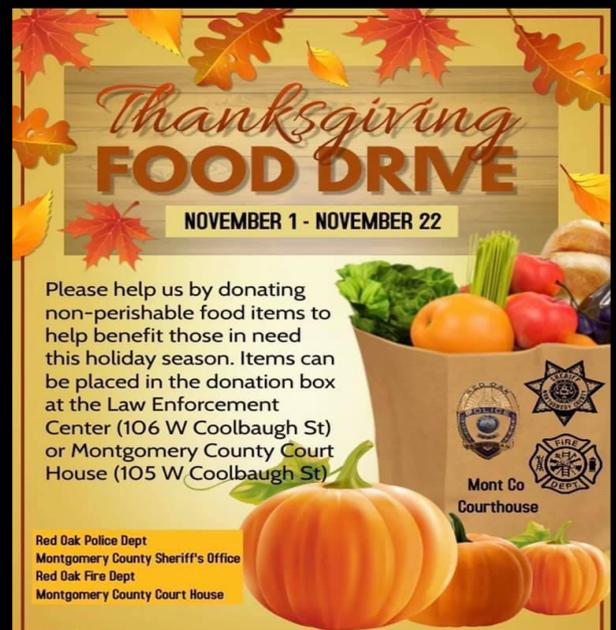
Most of the added sugar in our diets comes from what we drink, not what we eat!

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



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Thanksgiving FOOD DRIVE

NOVEMBER 1 - NOVEMBER 22

Please help us by donating non-perishable food items to help benefit those in need this holiday season. Items can be placed in the donation box at the Law Enforcement Center (106 W Coolbaugh St) or Montgomery County Court House (105 W Coolbaugh St)

Red Oak Police Dept
Montgomery County Sheriff's Office
Red Oak Fire Dept
Montgomery County Court House

Mont Co Courthouse

Mobile Food Pantry

the mobile pantry is available to you free of charge!

Questions: Call 712-623-6491

Wednesday, November 17th 2021

Distribution Time: 3:30pm (NO LINE UP before 2pm)
Location: ROCSD Football Field/Fairgrounds Parking Lot
1798 N 1st Street, Red Oak, IA 51566

- No Cost
- One day distribution
- Anyone in need is welcome
- No documentation needed
- Please stay in your vehicle with the trunk open

thank you to our Volunteers:

Montgomery County Memorial Hospital + Clinics
Live Well Montgomery County

FIRST COVENANT CHURCH - RED OAK

Follow Live Well Montgomery County on Facebook for more details!



SNAPSHOTS OF THE WEEK

