



# TIGER TIME

Home of the Young Tigers

Nov. 8th - Nov. 12th

Inman Elementary  
712-623-6635



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.*

- 11/8: French Toast Sticks or Cereal w/Muffin Square
- 11/9: Breakfast Pizza or Cereal w/Cinnamon Toast
- 11/10: Donut or Cereal w/Cheese Stick
- 11/11: Tot n Egg Casserole or Cereal w/Toast
- 11/12: Fruit Biscuit or Cereal w/Yogurt

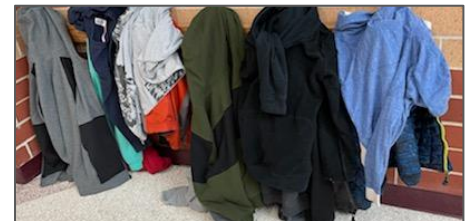
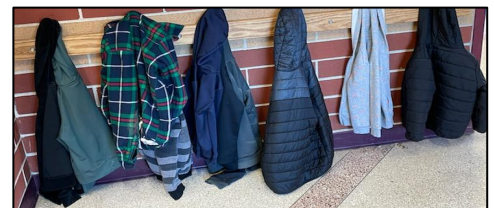
### Lunch

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

- 11/8: Hot Dog or Cobb Salad w/Italian Bread
- 11/9: Taco Joe Sandwich or Taco Salad w/Cornbread
- 11/10: Ham & Cheese Pinwheel or Chicken Caesar Salad w/Italian Bread
- 11/11: Roast Turkey w/gravy or Chicken Bacon Ranch Salad w/Roll
- 11/12: Italian Pizza or BLTE Salad w/Pinapple Muffin

## LOST & FOUND....

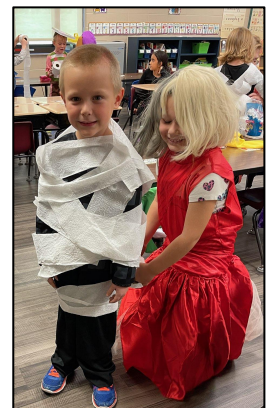
Now that the weather is changing, please send appropriate clothing (coats, hats, gloves/mittens) with your child. If your child is missing a jacket/coat, have them check our main hallway see if it is there. Also please send water bottles, we do not have a supply of cups or water bottles.



## COMMUNITY EVENTS.....



## SNAPSHOTS OF THE WEEK



American Heart  
Association.

**KIDS  
HEART  
CHALLENGE™**

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**

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

## 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!

