

distributed 10/25/17

## *Fiesta Gardens International School*



### PARADE/DESFILE

- Tuesday October 31<sup>st</sup> / martes 31 de octubre
- 1:30-2:00pm in the back playground / 1:30-2pm en el jardín de recreo
- All students must come to school in full uniform / Todos los estudiantes deben de venir a la escuela con uniforme
- Costumes can be worn under clothing or easy to slip on / Los estudiantes pueden ponerse sus disfraces debajo de su uniforme o traer un disfracé fácil para ponerse
- Activities for non-participating students in the parade will be in the library / Actividades para los estudiantes que no participan en el desfile estarán en la biblioteca

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# Menus for November 2017

San Mateo-Foster City School District Child Nutrition Services

This institution is an equal opportunity provider. Menus are subject to change.

## PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family—YOURS!



And Thanksgiving weekend is the perfect time to start!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

### AVAILABLE DAILY

**Lunch Hot Entree's or Yogurt Basket (Yogurt, String Cheese and Crackers) or WOWBUTTER Sandwich, or Hummus Basket (Hummus, Cheese, Crackers)**  
**Fruit and Vegetable**  
**Choice of Fat Free Chocolate or 1% White Milk**  
 Menu subject to change

**Wednesday, November 1**

**Breakfast**  
Cinnamon Glazed Pancake or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Enchilada  
or  
Grilled Cheese Sandwich

**Thursday, November 2**

**Breakfast**  
Fresh Baked Muffin  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Spaghetti & Beef Meatballs  
or  
Grilled Cheese Sandwich

**Friday, November 3**

**Breakfast**  
Mini Waffle or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Pizza  
or  
Grilled Cheese Sandwich

**Monday, November 6**

**Breakfast**  
Cinnamon Roll or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Chicken Nuggets  
or  
Chicken Corn Dog

**Tuesday, November 7**

**Breakfast**  
Mini Pancakes  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Macaroni & Cheese  
or  
Chicken Corn Dog

**Wednesday, November 8**

**Breakfast**  
Breakfast Bun  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Breaded Popcorn Chicken  
w/Orange Sauce  
over Rice  
or  
Chicken Corn Dog

**Thursday, November 9**

**Breakfast**  
Fresh Baked Muffin  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Pizza  
or  
Chicken Corn Dog

**Friday, November 10**

**Veteran's Day  
No School Today**



**LIVE · LEAD · LEARN  
Elementary School**

Shoot For The Stars  
with School Lunch!

- 5 Star Meals Offered Daily
- ★ Protein
  - ★ Grain
  - ★ Fruit
  - ★ Vegetable
  - ★ Milk

**MAGIC STARS**  
 1/2 Cup of Fruit  
 1/2 Cup of Vegetable

A complete meal must have 3 or more stars  
 1 STAR must be a Magic Star



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**Monday, November 13**  
**Breakfast**  
 Banana Bread  
 or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Cheese Filled Bread Sticks  
 or  
 BBQ Beef Mini Rib Sandwich

**Tuesday, November 14**  
**Breakfast**  
 Ultra Cinnamon Toast  
 or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 BBQ Chicken Drumstick with  
 Texas Toast  
 or  
 BBQ Beef Mini Rib Sandwich

**Wednesday, November 15**  
**Breakfast**  
 Cinnamon Glazed Pancake or  
 Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Breaded Chicken Patty on a  
 Whole Grain Bun  
 or  
 BBQ Beef Mini Rib Sandwich

**Thursday, November 16**  
**Breakfast**  
 Fresh Baked Muffin  
 or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Turkey & Gravy over Mashed  
 Potatoes  
 or  
 BBQ Beef Mini Rib Sandwich

**Friday, November 17**  
**Breakfast**  
 Mini Waffle or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Cheese Pizza  
 or  
 BBQ Beef Mini Rib Sandwich

**Monday, November 20**  
**Breakfast**  
 Cinnamon Roll or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Chicken Nuggets  
 or  
 Beef Cheeseburger

**Tuesday, November 21**  
**Breakfast**  
 Mini Pancakes  
 or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Cheese Pizza  
 or  
 Beef Cheeseburger

**Wednesday, November 29**  
**Breakfast**  
 Cinnamon Glazed Pancake or  
 Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Turkey Pepperoni Stuffed  
 Sandwich  
 or  
 BBQ Beef Mini Rib Sandwich

**Thursday, November 30**  
**Breakfast**  
 Fresh Baked Muffin  
 or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Spaghetti & Beef Meatballs  
 or  
 BBQ Beef Mini Rib Sandwich

**Monday, November 27**  
**Breakfast**  
 Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 French Toast Sticks  
 Beef Sausage Patty  
 or  
 BBQ Beef Mini Rib Sandwich

**Tuesday, November 28**  
**Breakfast**  
 Ultra Cinnamon Toast  
 or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Breaded Chicken Patty on a  
 Whole Grain Bun  
 or  
 BBQ Beef Mini Rib Sandwich

**Wednesday, November 29**  
**Breakfast**  
 Cinnamon Glazed Pancake or  
 Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Turkey Pepperoni Stuffed  
 Sandwich  
 or  
 BBQ Beef Mini Rib Sandwich

**Thursday, November 30**  
**Breakfast**  
 Fresh Baked Muffin  
 or Cereal  
 Yogurt  
 Fruit  
 100% Fruit Juice  
 Choice of Milk  
**Lunch**  
 Spaghetti & Beef Meatballs  
 or  
 BBQ Beef Mini Rib Sandwich



**HELP!**

We need folks like you to work in Child Nutrition Services. Good hours, great folks, and the chance to prepare and serve meals that help kids stay ready to learn.

**Call Barbara for more information 650-312-7392**

**Brain Ticklers**

What do you call an unhappy cranberry?

(Hold the page upside down and read it in a mirror for the answer!)

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**NOVEMBERS BIRTHDAYS**

**Highlighting the Arts!**

Stephen Crane -- Nov. 1  
 John Phillip Sousa -- Nov. 6  
 The Louvre Museum (223) -- Nov. 8  
 Georgia O'Keeffe -- Nov. 15  
 Scott Joplin -- Nov. 24  
 Mark Twain -- Nov. 30

**Prepay On-line!**

Breakfast \$1.50  
 Lunch \$2.50

mySchoolBucks.com

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## Pruebas FORCE North Futbol Club

**Las pruebas para la temporada de fútbol de otoño tendrán lugar a principios de noviembre de 2017.**

Estamos buscando chicas nacidas en 2000 - 2011 y niños nacidos en 2003 - 2011 para probar y unirse a nuestros equipos.

Lugares del campo de prueba: Bay Meadows, Hillsdale HS, Los Prados y Woodside HS. Las ubicaciones varían según el día y el grupo de edad.



**Vaya a [FORCENorth.com/tryouts](http://FORCENorth.com/tryouts) para los fechas, horarios y detalles pruebas**  
Se requiere inscripción previa



El programa de fútbol Force North en San Mateo se dedica al desarrollo de los jugadores en las habilidades técnicas, espíritu deportivo, la autoconfianza y la capacidad para trabajar en equipo. Un objetivo principal es preparar a los participantes para el futuro - tanto dentro como fuera del campo, no sólo en el fútbol sino también en otras disciplinas. Venga y aprenda de los mejores!

- Entrenamiento profesional centrado en el desarrollo individual, aplica a todos los deportes.
- El único club Península compitiendo en el más alto nivel de competición en todas las edades (NPL, Premier, Gold), y un camino claro para USDA.
- Gran equilibrio entre la competencia, la diversión y la comunidad!
- La ayuda financiera disponible para los jugadores, calificados basados en la necesidad
- Visite nuestro sitio web [forcenorth.com](http://forcenorth.com) para más información y para inscribirse para las pruebas. Si no puede ir, mande un email a [tryouts@forcenorth.com](mailto:tryouts@forcenorth.com)
- Entrenamiento en la Pre-Academia también está disponible para los jugadores de las edades de 4-8. Visite el sitio web para más detalles.

Este evento / programa no es patrocinado por el Distrito Escolar de San Mateo y Foster City

**FORCENorth.com**

FORCE North es un organización 501(c)(3)



## FORCE North Soccer Club Tryouts

**Tryouts for the Fall Soccer Season will be held during early November 2017.**

We are looking for girls born in 2000 – 2011 and boys born in 2003 – 2011 to tryout and join our teams.

Tryout Field Locations: Bay Meadows, Hillside HS, Los Prados and Woodside HS. Locations vary by day and age group.



**Go to [FORCENorth.com/tryouts](http://FORCENorth.com/tryouts) for dates, times and tryout details.**

Pre-registration is required



The San Mateo based Force North soccer program is dedicated to the development of a player's skills, sportsmanship, self-confidence, and ability to work in a team environment. A core goal is to prepare all participants for the future - both on and off the field, not only in soccer but also in other disciplines. Come out and learn from the best!!

- Professional training focused on individual development, applies to all sports.
- The only Peninsula club competing at the highest level of competition at every age (NPL, Premier, Gold), and a clear path to US Development Academy.
- Great balance between competition, fun and community!
- Financial aid available for need-based, qualified players.
- Registration required for Tryouts. Visit [forcenorth.com](http://forcenorth.com) for details and to sign up.
- If you're unable to make tryouts, please email [tryouts@forcenorth.com](mailto:tryouts@forcenorth.com)
- Pre-Academy training also available for players ages 4-8.

*This event/program is not sponsored by the San Mateo-Foster City School District*

**FORCENorth.com**

*FORCE North is a 501(c)(3) organization*