

Monday, October 9, 2023

Today is day 1

"It isn't where you came from. It's where you're going that counts."

- ELLA FITZGERALD

Menu: Chicken strips, corn, fresh veggies, watermelon, applesauce, bread slice and milk.

Line 3: Chef salad, diced ham or chicken, hard boiled eggs, black beans, yogurt, fresh veggies, watermelon, applesauce, bread slice and milk.

FIS shirts are available to order on the Henry Embroidery website through October 15th.

7th Grade Voice Lessons for today are for: GROUP 9 at 1:10pm, and GROUP 10 at 1:40pm.

There are clarinet and 8th grade percussion lessons tomorrow.

Saxophone lessons on Friday are cancelled so saxophones please come tomorrow with the flutes.