

Wednesday, October 11, 2023

Today is day 1

You give but little when you give of your possessions. It is when you give of yourself that you truly give."

- KAHILIL GIBRAN

Menu: Spaghetti or chicken alfredo, green beans, pineapple, apple, breadsticks and milk. Line 3: Cheesy pull apart with sauce, green beans, bacon ranch lettuce salad, fresh veggies, apple, pineapple and milk.

Check out the FIS shirts available to order through October 15th on the Henry Embroidery website!

There will be a JO volleyball meeting on Monday, October 16th at 5:30 in the Foley High School Cafeteria.

7th Grade Voice Lessons for today are for: GROUP 1 at 1:10pm, and GROUP 2 at 1:40pm.

On Thursday, October 12, Foley Child Nutrition Department is hosting a Farm to School Day with guests from Minnesota Department of Ag and Minnesota Department of Education. There will be guests walking around our cafeterias during lunch and focusing on our Farm to School Program.

Our menu on Thursday is ALL Farm to School items. We work with 9 local farmers/businesses to keep our dollars local in our community. We have also been given grant dollars to make this even possible. It is also connected to National School Lunch Week, which is "Level UP to School Lunch" and is the Nationwide Great Apple Crunch Day!

Enjoy your lunch and visit with the guests coming around our cafeterias. It is great to have them come and be part of our Statewide Farm to School Program!

Thank you,

Child Nutrition Friends

8th grade volleyball played Milaca last night. A team won and B team lost. Great job falcons!

Congrats to the 7th grade volleyball team last night. Both A and B team got a win against Milaca.

The 8th grade football team played great in their game at Little Falls last night. They won 26 to 6.

There are low brass and 5th grade percussion lessons today.

Reminder: There is no jazz band tomorrow.