Upcoming Events

1st NO ECC Child Day
7th Dad’s Breakfast
8th Home Base Social
11th Tribe/ECC CLOSED
13th Policy Council Meeting
14th Family Pow-Wow
Home Base Social
Grandparent’s Breakfast
19th Library (Mashkodebízhki)
20th Library (Ma’lingan)
21st Library (Migizi)
Mom’s Breakfast
25th Fall Break: No ECC Child day
26th Fall Break: No ECC Child day
27th Fall Break: No ECC Child day
28th Tribe/ECC CLOSED
29th Fall Break: No ECC Child day

Cold & Flu Season

One of the best ways to prevent the flu is to get vaccinated annually! However, there are habits that can help you, and those around you, stay healthy during this time of year.

Cover Your Nose and Mouth

Did you know that a sneeze can travel up to 20 feet? Or that the particles from a cough can last up to 10 minutes?

The CDC recommends coughing and sneezing into a tissue—if one is not available, using the upper sleeve or elbow of your shirt is the next best option.

Wash Your Hands

Soap and water can do wonders in terminating germs! Hand sanitizer is an ‘accessory’ you may want to add to your daily wardrobe—for those unexpected moments.

Even with fantastic hand hygiene, avoid touching your mouth, nose, and eyes because they are centers for pathogens to enter—putting you at higher risk of the flu.
### Gashkadino-Giizis
(Ice is Forming Moon)
November 2019

#### School Hours - 7:45 am. to 3:00 pm.

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<th>Sunday</th>
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<td>1 No ECC Child Day Bayfield Early Release</td>
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<td>8 No Head Start Classes on Friday's</td>
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<td>WIC Pick up</td>
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<td>Tribe/ECC Closed Veterans Day</td>
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<td>No ECC Child Day No Bayfield School</td>
<td>Tribe/ECC Closed Thanksgiving Day</td>
<td>30 No Head Start Classes on Friday's</td>
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Fall Holiday Break Classes resume December 2nd
Early Head Start—31 Students

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Waabooz</td>
<td>04</td>
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<td>Amik</td>
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<td><strong>TOTAL</strong></td>
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Head Start—50 Students

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<td>Mashkodebizhiki</td>
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<td>Migizi</td>
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<td><strong>TOTAL</strong></td>
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Boozhoo Families!

The month of October has been a great month for us, our little ones are growing so fast and learning new things every day. We’ve now got walkers, crawlers and some learning to sit up. We have been enjoying having our little ones here every day, let’s keep up the good attendance!

For the month of November we will continue working with our children on their gross and fine motor development.

Just some reminders...

- Please have at least one or two sets of extra clothes for your child to have at school, some days we get messier than others.

- Weather appropriate clothing is also a good thing to have at school, as we do try to get outside when we can. Hats, mittens, jackets/snowsuits, boots/shoes. Our kids enjoy being outside exploring the playground or sitting in the buggies to take a walk.

- Please remember to call us if your child will be absent for the day, you can call and leave a message with the front office.

**Important Dates**

11/7—Dad’s Breakfast

11/11— Tribe/ECC Closed—Veteran’s Day

11/14—Grandparent’s Breakfast

Family Powwow

11/25-11/29— Fall Break, No School

Miigwech,
Miss Tiff & Miss Judy

715-779-5030 x 2524
Boozhoo! It is starting to get cold outside so please send hats, gloves, snow pants, jackets, and boots. We do try to go outside everyday. (weather permitting) This month we will be working on all about me, hibernation, and all about me. We will start dressing ourselves and learning more of our body parts. Continuing working on gentle touches and helping hands. Reminder if your child is absent please call and let us know.

Thank you! Ms. Lulu & Ms. Kelsey
Boozhoo Families,

Welcome to the month of November. Last month we were focusing on fall, apples, trees, and Halloween. This month our focus will be on All About Me and our special Thanksgiving projects. We will also still be working on potty training with our children who are interested in it. So far the kids have been loving doing art projects and enjoying playing in nature out in our school forest.

Parent Reminders:
Please remember to bring extra clothes for your child. They do get messy. :) The weather is getting colder out please dress your child in appropriate clothing. Also, please bring in hats and mittens for your child because we will still be going outside.

Thank you
Makwa Teachers

Ojibwemowin:

Giiziobida’oon- Brush your teeth

Giziiibiigininjiin- Wash your hands

Bimose – He/she walks along

Bekaa – Wait

Important Dates:

- November 1st-NO ECC CHILD DAY
- November 7th-Dad’s Breakfast
- November 11th-TRIBE/ECC CLOSED/ VETERAN’S DAY
- November 18th-22nd-Parent/Teacher Conferences
- November 22nd-Mom’s Breakfast
- November 25th-29th-NO ECC CHILD DAY/FALL HOLIDAY BREAK CLASSES RESUME DECEMBER 2ND!
November is here already! With the weather changing, please make sure that your children are coming to school with the proper clothing for outside.

This month we will be working Thanksgiving activities, clothes study unit and farm animals.

November is also Parent Teacher Conference month. Please watch for sign-up sheet with date & times for this.

-Ms. Melissa & Ms. Amber

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**Ojibwemowin**

Leaf: Aniibiish
ThanksgivingDay: Miigwechiwi-Giizhidag

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**Reminders**

11/01- No ECC School Day
11/07- Dad’s Breakfast
11/11- ECC/Tribe Closed Veterans Day
11/14- ECC family pow wow, Grandparents breakfast
11/21- Mom’s Breakfast
11/18-11/22- Parent Teacher Conference’
11/25-11/29- No ECC Fall Break
11/28- Thanksgiving

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Thank you to those that served!!
Happy Veterans Day!
Important dates:

- November 1, 2019  No child day (Bayfield Early Release)
- November 8, 2019  10:00am -noon  Home base Social @ RC Health Center
- November 14, 2019  ECC Family Pow wow
- November 25-29, 2019  No child center base classes (Fall break-classes resume December 2, 2019)

The cold weather is here, remember to keep yourself and families healthy by dressing appropriately and washing hands. Washing hands help keeps those nasty germs at bay. We are all trying to stay happy and healthy this time of year.

We are excited to work another month with you awesome families and witness the development of your amazing children. If there are any questions or any resources we can provide or help get you information please let us know.

Miigwech,

Haley (715) 779-5030  2536
Patrice (715) 779-5030  2537
Corky (715) 779-5030  2538

Ojibwe:
- Pumpkin:  okosiman
- Snow:  goon
- It is snowing:  zooglpoon
- Please:  daga
- Help me:  wiidookawishin.
- Winter:  bibbon
News and Plans........

Keep up the great attendance!! Thank you so much for letting us know if your child will not be in school. Lots of illnesses are going around. Please practice hand washing with your little ones. We could prevent lot of sickness with proper washing.

Parent Teacher Conferences are coming up at the end of the month. We will be contacting you to schedule a conference.

This month we are working on our Clothing Study.

Please remember to label your child’s outdoor gear. It is also helpful if they know what their stuff looks like. We end up with lots of stray mittens at the end of the day. We are working hard teaching the kids about putting their belongings in their cubbies when we come in. If something goes home that is not your child’s we greatly appreciate when you send them back in!

© Ms. Nadine, Ms. J, Ms. Becca and Ms. Phoebe

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<th>Ojibwemowin</th>
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<tr>
<td>Noodin- Wind</td>
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<td>Izhaadaa Agwajing- Lets go outside</td>
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<tr>
<td>Gisinaamagad- Its cold outside</td>
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<tr>
<td>Giminochige- You did it!</td>
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<td>Biinichigedaa- Lets all clean</td>
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**REMINDEERS......**

11/7 Dad’s Breakfast
11/11/---ECC/Tribe Closed
7/14 Grandparents Breakfast and ECC family Pow-Wow
11/21 Moms Breakfast
11/18-11/22 Parent Teacher Conferences, we will be contacting families to set up conferences
11/25-11/29 ECC Fall Break, classes resume 12/2
Gashkadino- Giizis

What's Happening in the Ma'iiungan Room?

Boozhoo! We would like to say Miigwech to all the families and caregivers for the cooperation, and understanding. We appreciate it so much! This month we will continue learning about feelings, emotions, turn taking, tubes, tunnels, and self help skills. We would like to remind parents to please send extra set of clothing daily, in case we get dirty or have accidents. Our day starts at 7:45am to 3pm and ATTENDANCE is SO IMPORTANT. We love to make sure children are attending our scheduled school days. We love when we get volunteers to check out our day at school, and children feel proud sharing their day with caretakers!

Miigwech, Ms. Alicia, Mrs. Sam, and Ms. Gina

Attendance Matters!! Don't forget that children thrive off routine, consistency, and boundaries. Just remember that parents are children's first teachers!!
Migizi News

We have been busy in the classroom learning our alphabet and numbers. Each day we learn shapes and colors by finding items within the classroom. We also do our calendar and classroom Pledge every morning.

This month we have been learning how to focus and keep our attention on the teachers. We have learned about the importance of wearing our seat belts and now how to cross the streets safely.

Everyone is getting excited for Halloween and trick or treating. Remember we have our Fall Festival on October 30th

If you’re thinking of sending something we enjoy healthy packaged treats.

Once again a reminder the weather is changing and getting colder daily. With all the rain our playground has many puddles (and we all know how children love puddles) it is really nice when they have water boots. We try to keep their feet dry but we can’t always do this and it’s very uncomfortable to wear wet shoes all-day.

Ms. Diann, Ms. Linda, Ms. Kahy
LUNCH & LEARN

Want to learn more about Peer Specialist Services in the community?

Come have lunch with us!

Please join us on Thursday, November 7, 2019
11 a.m.-1 p.m.

Red Cliff Community Health Center

Come meet our Certified Peer Specialists (CPS) and learn more about the referral process, services offered and learn how you or a family member can become a CPS!

For more information, call 779-3707 Ext 2263

Peer Specialist Services
APPLCATION DAY

Saturday, November 9th, 2019

10:00AM: Veterans salute at Red Cliff Veterans Park

11:00AM: Registration, Legendary Waters Convention Center

12:00PM: Program followed by feast & VFW Raffle drawing

Sponsored by Duwayne Soulley Memorial VFW Post 8239 & Auxiliary
BAYFIELD/STUDENT ATHLETE RECOGNITION

BANQUET

In recognition of all Bayfield Student/Athletes. Legendary Waters Resort & Casino would like to commend your commitment to both your academic and athletic endeavors.

Wednesday, November 6, 2019
6:00 p.m. – 8:00 p.m.
Legendary Waters Resort & Casino | Event Center

All 2019-2020 Bayfield Student/Athletes and their families are invited. Enjoy a complimentary Mexican Buffet meal prepared and served especially for you.

Located 3 miles north of Bayfield on Highway 13.
First Steps to Starting a Small Business

IN BAYFIELD COUNTY, WI

November 7, 2019
5:30 - 7:30 pm

South Shore Brewery Taphouse
532 W. Bayfield Street
Washburn, WI

Join us as we walk through the many steps involved in starting a new business. We will begin by developing a lean or visual business plan to help clarify your business idea.

Branding  Management  Market research  Developing your idea

For additional information contact Cole Rabska, Executive Director, BCEDC
Phone: 715-685-1210 or Email: info@bayfieldcountyedc.com
Indian Tacos!

- $6 per plate
- Family deal 3 or more
- 50/50 Raffle
- $5 for 2 entries!

SUNDAY
NOVEMBER 10th
FROM 12PM – 6PM

Pick up @ Red Cliff Elderly
Options for:
Pre-order or Delivery

Contact: 715-931-7285

Join us for a Kid's Christmas Fundraiser
Kid's Christmas Fundraiser

Help brighten this holiday season for our children by supporting the Kid’s Christmas Fundraiser!

November 10th @12pm-6pm,
Red Cliff Elderly
Contact Phone: 715-931-7285

All Donations Accepted
$6 Indian Tacos/Family Deal 3 or more/$5 for 2 entries 50-50 Raffle
RED CLIFF HEALTH CENTER
HEALTH FAIR

RED CLIFF COMMUNITY HEALTH CENTER
WHERE TO GO?
36745 Aiken Rd
Bayfield, WI 54814

ENJOY
FAMILY, FOOD, RAFFLES & MORE

HERE
WEDNESDAY,
NOVEMBER 13, 2019

TOUR THE
HEALTH CENTER

THERE
3 - 6 PM

EVERYWHERE

FOR MORE INFORMATION CALL
(715) 779-3707

MEET
YOUR CARE PROVIDERS & STAFF

Heidi Livingston
ext. 2261

EXPLORE COMMUNITY RESOURCES

GET YOUR FLU SHOTS
Spaghetti Benefit Fundraiser

Edwin DePerry and Family

Ed DePerry recently has been diagnosed with A.L.L. Acute Lymphoblastic Leukemia. This type of cancer is the most common childhood cancer. This type of cancer is found in blood and bone marrow that affects white blood cells. He is currently receiving medical treatment at the Mayo Clinic in Rochester, MN.

Please come out and support Ed and his family in this time of need!!!

Raffle donations are WELCOME!! Any raffle donations to be sent to Paula Bonney, upper level of Family Services Building prior to benefit or brought to LW by 10am. Cards and well wishes, or money donations to be sent to Gerald DePerry at P.O. Box 378 Bayfield WI 54814

Saturday, November 16, 2019
11am to 2pm

Legendary Waters Resort Casino Event Center

$8 Adult Plate/$5 children ages 6-12/5yrs. and under FREE

Plate includes: Homemade Spaghetti, salad, garlic bread, coffee, punch and desserts.

3 for $1.00 Raffles and 50/50 Raffle tickets will be sold day of Benefit!!
ROCK YOUR MOC'S!!!!
NOVEMBER 15, 2019

AT THE RED CLIFF OUTREACH SITE OF THE LCO COLLEGE
POT-LUCK FEAST BEGINNING AT NOON TIME

SOCIAL GAMES MIGHT BE PLAYED LIKE OJIBWE BINGO, PIRATE....
MAYBE A BLITZ GAME OR TWO!!!!

COME AND JOIN US! WEAR YOUR MOCS!!
IF YOU DON'T HAVE MOCS....COME AND JOIN US ANYWAY!
University of Wisconsin - Madison
Division of Extension
Bayfield & Ashland Counties

Job Opening

LT/PT 80% Outreach Specialist - Agriculture Extension Educator

For more information & to Apply Online visit the University of Wisconsin job site at:

https://jobs.hr.wisc.edu/en-us/job/503324/extension-educator

Application deadline is Nov. 18, 2019.

"An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements."

"La Universidad de Wisconsin-Extension, un empleador con igualdad de oportunidades y acción afirmativa (EEO/AA), proporciona igualdad de oportunidades en empleo y programas, incluyendo los requisitos del Título IX (Title IX) y de la ley para Americanos con Discapacidades (ADA)."
Free Naloxone/Narcan training for the Elderly
Wednesday, November 20, 2019 at 9:00 AM

Legendary Waters Event Center

Learn how to administer Naloxone/Narcan in case of an overdose emergency

All participants will receive Naloxone or Narcan

Snacks provided

Free Training
FOR IMMEDIATE RELEASE  
Monday, July 29, 2019  
Contact: DPI Media Line, (608) 266-3559

Income eligibility guidelines announced for school and daycare meals

MADISON — The U.S. Department of Agriculture Food and Nutrition Service updated the income eligibility guidelines for meals served at schools and day care programs based on federal poverty levels.

The income guidelines, updated annually, are effective July 1, 2019, through June 30, 2020. The guidelines apply to student eligibility for free and reduced-price school meals offered through the National School Lunch or School Breakfast Programs and milk offered through the Special Milk Program along with reimbursement for meals served in day care centers and family child care homes participating in the Child and Adult Care Food Program.

The guidelines establish that students in a household of four, with income of $33,475 per year or less, qualify for free school meals. If that family's yearly income is between $33,475.01 and $47,638, children can receive reduced-price meals. The state's participating public and private schools and day cares typically provide applications for free and reduced-price school meals during registration and in the beginning weeks of the school year. However, applications may be submitted at any time. Only one application is required per household.

"Throughout the state, nutrition professionals in schools and facilities are working hard to ensure all children have equitable access to nutritious meals," State Superintendent Carolyn Stanford Taylor said. "Providing healthy meals and snacks helps support meaningful learning opportunities and experiences."

Based on family circumstances, certain groups are automatically eligible to receive meal benefits, with eligibility based on program specifics. Those groups include children and adults who participate in or receive benefits from the following programs: Supplemental Nutrition Assistance Program (SNAP) or FoodShare in Wisconsin, Temporary Assistance for Needy Families (TANF) or Wisconsin Works (W-2) Cash Assistance in Wisconsin, some programs under Medicaid, and Food Distribution Program on Indian Reservations (FDPIR). Foster, homeless, migrant, or runaway children; children who are enrolled in Head Start, an At-Risk after-

(more)
school center, or an emergency shelter; and adults who are Supplemental Security Income (SSI) or Medicaid participants also are eligible.

All students are eligible to eat school meals in public and private schools that participate in the National School Lunch or School Breakfast programs. To receive the meals for free or reduced-price, parents or guardians complete a form, providing the names and income from all sources for all household members. All information is kept confidential. Most day care centers and all family child care homes that participate in the Child and Adult Care Food Program provide meals to all enrolled participants without any separate charge. Reimbursement to the center or child care home for meals is based on household incomes of those enrolled for care. A list of the day care centers in Wisconsin that participate in the Child and Adult Care Food Program is available online.

The goal of both school-based and child care food programs is to improve the health of students and young children and increase the opportunity for them to eat a variety of nutritious foods. The meals and snacks served meet nutrition standards set by the U.S. Department of Agriculture (USDA).

As an agency administering USDA programs, the Wisconsin Department of Public Instruction is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity. https://dpi.wi.gov/nutrition#discrimination

###

NOTES: More information on eligibility for free and reduced-price meals can be found on the Department of Public Instruction’s Free and Reduced Meal Applications and Eligibility webpage. Click on Income Eligibility Guidelines. This news release is available electronically at https://dpi.wi.gov/news/releases/2019/income-eligibility-guidelines-announced-school-and-daycare-meals.
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<tr>
<th>Week One</th>
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<td>December 3, 10-12</td>
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<td>What is relapse &amp; ST/IT effects</td>
<td>Wellness wheel</td>
<td>Defining &amp; Developing Trust</td>
<td>How emotions impact our Recovery</td>
<td>Power of Ceremony to heal our wounded Hearts</td>
<td>Boundaries</td>
<td>Sober</td>
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<td>On brain &amp; CNS &amp; How it affects</td>
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<td>ACTIVITY Trust walk Reflection Journaling</td>
<td>Medicines for emotional Support</td>
<td>Loss/grief Activity</td>
<td>Setting boundaries</td>
<td>Christmas</td>
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<td>Our recovery efforts</td>
<td>ACTIVITY Personal Medicine Wheel</td>
<td>Meditation Exercises</td>
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<td>Letting go</td>
<td>Role playing</td>
<td>Exchange</td>
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<td>Ceremony</td>
<td>Activity</td>
<td>Games</td>
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For more information or to register for the group, call Linda Dunbar, PSF/Red Cliff AODA at the Mishomis Wellness Center, Wellness Center at 715.779.8741 ext 2408.
Bayfield Trollers

BAND FUNDRAISER

TROLLER APPAREL SALE

All funds raised will go toward the Band’s 2020 trip to San Francisco where they will have a musical and culturally enriching trip packed with activities and events.

All sales completed online. Variety of items and sizes!

Sale ends
November 18th, 2019.

SHOP ONLINE: https://fancloth.shop/CJZSK
The Food Distribution will **NOT** issue food the last working day of each month. That is when we do inventory. **NO** food will be issued on that day.
Taco-in-a-mug
Here's an easy way for your child to make her own "taco-in-a-mug." Let her put cooked shredded chicken in the bottom, then layer taco ingredients. She might add low-fat pepper jack cheese, salsa, and lettuce. She can sprinkle on crumbled baked tortilla chips and eat right out of the cup!

Playing together
What's one of the best ways to get your youngster moving and having fun? Join him! Suggest that the two of you throw a football together, or ask him to teach you how to skateboard. You'll set a good example, get some exercise, and enjoy time together.

Did you know?
Introduce your child to healthy foods at the grocery store—for free. Stores often let shoppers sample new items, such as edamame or tri-color quinoa. Say "yes" to anything nutritious that's offered and encourage her to try it. Then, add the products you both like to your shopping cart.

Just for fun
Q: What did the apple say to the sandwich?
A: Nothing. Apples can't talk!

Give peas (and carrots) a chance
Can vegetables be your child's new favorite foods? Yes! Try these ideas, and watch as veggies become something he looks forward to every day.

Featured vegetable
Think like an advertiser, and "sell" nutritious food choices to your youngster. You could post a menu with a featured vegetable. Give it a name that will make your child laugh. Maybe "Tina Turnip" will be the roasted root vegetable you'll serve with pot roast and brown rice pilaf. Tomorrow, ask him to sell you on the starring vegetable!

Vary the prep
Does your youngster prefer that vegetables have a certain texture or temperature? You might steam, roast, sauté, puree, or blanch carrots or zucchini—which way does he like best? Or if you always make cooked peas, offer cold pea salad or raw snap peas instead.

Add extras
Switch up your veggies with flavors your child likes—or may like once he tries them! Add cinnamon to butternut squash or sliced almonds to string beans. Or before cooking veggies, drizzle them with olive oil, then sprinkle on cayenne pepper or chili powder (for heat) or oregano, rosemary, and basil (for an Italian flair).

Make an activity spinner
Turn a spinner from an old board game into a fitness tool. Here's how:

1. Your child can cover each wedge of the spinner with a strip of masking tape. On each strip, have her write a fun way to move. Examples: "Hop like a frog." "Twirl like a ballet dancer." "Fly like an airplane."

2. To play, one person spins the spinner, reads the action, and calls out something in the yard to tag (perhaps a bush).

3. Everyone follows the direction (hop, twirl) on the way to the bush and back to the spinner. The first person back spins next.
Our family cookbook

This keepsake will teach your child about nutritious foods—and help you add more options to your family’s meals.

Collect. Have your youngster ask relatives for recipes they’d like to share. Look them over together, and pick out the healthier ones. For instance, your child might choose a casserole with tomato sauce rather than one with heavy cream.

Activity Corner

Pumpkin games

Anytime is the perfect time to play outdoors, and November is no exception. Try these games that use a pumpkin instead of a ball!

Roll it. Create start and finish lines. Players stand at the start line with a pumpkin at each person’s feet. At “Go,” racers roll the pumpkin along the ground with their hands. The first person to cross the finish line with his pumpkin wins.

Pass it. Everyone stands in a circle, arms length apart, with the “starter” holding a pumpkin. Turn on music, signaling the starter to pass the pumpkin to his left. When the music stops, whoever is holding the pumpkin stands still while everyone else runs around the outside of the circle once and stops in any available spot. Turn the music back on, and play again.

Q & A

Nutrition for vegetarians

Q: My daughter has decided to become a vegetarian. How can I help her get the nutrients she needs?

A: Good news: A vegetarian diet can give your daughter all the nutrients her growing body needs. Talk to the school nurse, the cafeteria manager, or her doctor for advice. They may recommend protein sources like tofu, beans, and nuts. For iron, they’re likely to mention leafy green vegetables, dried fruits, and whole grains. Dairy products are good for protein and calcium, and eggs also do double-duty—they contain iron and protein.

Of course, your daughter’s choice means changes for you, too. Try to show support by how you prepare dinner. On spaghetti night, you might serve meatballs on the side. Or make vegetarian versions of favorite recipes, like spinach and mushroom enchiladas instead of chicken, or black bean burgers rather than beef.

In the Kitchen

Sheet-pan chicken dinners

Cooking an entire dinner for four on one sheet pan means quicker cleanup. Use 1 lb. boneless, skinless chicken breasts for each of these recipes.

Cheesy potatoes and broccoli

Drizzle the juice of one lemon on the chicken. In a large bowl, mix 1/2 lb. cubed red potatoes and 1 broccoli head cut into florets with 1 tbsp. olive oil and 2-3 crushed garlic cloves.

Add to pan and lightly season with salt, pepper, and Parmesan cheese.

Bake at 400°F for 35-40 minutes, until chicken is cooked through.

Fruit and veggie fajitas

Cut chicken into 1-inch strips, and place on cooking sheet. Add 1 sliced bell pepper, 1 sliced onion, and 1 16-oz. can pineapple chunks (in their own juice).

In a small bowl, stir together 1 tsp. each olive oil and lime juice, 1 tsp. each honey, chili powder, and cumin. Drizzle over chicken mixture. Bake at 350°F for 20 minutes.

When cooked through, serve in warmed whole-grain tortillas.
Toddlers and Biting: Finding the Right Response

Feb 22, 2016

Trying your best to understand the underlying cause of the biting will help you develop an effective response. Children bite in order to cope with a challenge or fulfill a need.

Biting is a very common behavior among toddlers, which means there are a lot of concerned parents out there. You are not alone. The good news is that there is a lot that parents and caregivers can do to reduce and, ultimately, eliminate biting.

To set the stage for effectively addressing this challenge, avoid calling or thinking of your child as a "biter" and ask others not to use this term. Labeling children can actually lead to them taking on the identity assigned to them, which can intensify biting behavior rather than eliminate it.

Shaming and harsh punishment do not reduce biting.
Children bite in order to cope with a challenge or fulfill a need. For example, your child may be biting to express a strong feeling (like frustration), communicate a need for personal space (maybe another child is standing too close) or to satisfy a need for oral stimulation. Trying your best to understand the underlying cause of the biting will help you develop an effective response. This makes it more likely that you will be successful in eliminating the behavior.

Why do toddlers bite?
There are many reasons why toddlers might bite. Some are listed below. If you think one of these reasons might apply why your child is biting, read specific strategies on how to respond later in the article. Toddlers might bite if they:

- Lack language skills necessary for expressing important needs or strong feelings like anger, frustration, joy, etc. Biting is a substitute for the messages he can’t yet express in words like: I am so mad at you, You are standing too close to me, I am really excited, or I want to play with you.
- Are overwhelmed by the sounds, light or activity level in this setting
- Are experimenting to see what will happen
- Need more active playtime
- Are over-tired
- Are teething
- Have an need for oral stimulation

What Can I Do to Prevent Biting?

Questions to Consider
As you watch your child at play, you can begin to anticipate when a bite might occur. The following questions can guide you in identifying the kinds of situations often lead to biting:

1. What happened right before the bite?
2. Who was your child playing with?
3. Who was bit? Is it always the same child, or different children each time?
4. What was your child doing?
5. Where was your child?
6. Who was caring for your child?

Strategies to Prevent Biting
If you see signs that your child might be on the verge of biting, you can:

1. Distract your child with a toy or book. Suggest looking out the window or take a walk to another room or outside. The goal is to reduce the tension and shift your child’s attention.
2. Suggest how your child might handle the situation that is triggering the need to bite. For example: _Marcus, you can tell Ana: “You are a little too close to me. I don’t like it when you touch my hair.”_ If you think your child might be biting due to a need for oral stimulation, offer your child something he can safely bite and chew—a cracker, some carrot sticks, or a teether.

3. Suggest ways to share. Take out a kitchen timer to give children a visual reminder of how long they can each play with a particular toy. In a group caregiving setting, you will want to make sure that the classroom has more than one of the most popular toys. Sharing is one of the most common triggers for biting.

4. Reading books about biting can also help. As you read, ask your child how the different characters might be feeling. If you have an older toddler, you can ask him to “read” the book to you, by telling you what is happening based on the pictures. Some titles to recommend include:

- _No Biting, Louise_ by Margie Palatini [](https://www.amazon.com/No-Biting-Louise-Margie-Palatini/dp/0060526289)

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**What Do I Do When My Toddler Bites?**
First, keep your own feelings in check. When a toddler bites, you might feel frustrated, infuriated, annoyed, embarrassed, and/or worried. All of these feelings are normal, but responding when you are in an intense emotional state is usually not a good idea. So calm yourself before you respond—count to 10, take a deep breath, or do whatever works for you.

Identifying the kinds of situations that often lead to biting will help you find the best way to prevent biting. (Credit: Issarapong Srirungpanich / Shutterstock.com

In a firm, matter-of-fact voice (but not angry or yelling), say: No biting. Biting hurts. Comment on how the other child is feeling: Look, Madison is crying. She is crying because you bit her. Biting hurts. Keep it short, simple and clear.

Next, shift your attention to the child who was bitten. Often when a child bites, adults pay a lot of attention to him or her. This is usually negative attention, but it is still very reinforcing and can actually cause the biting behavior to continue, rather than stop. When parents shift their focus and energy to the child who was bitten, they clearly communicate that biting does not result in more attention. Showing concern and sympathy for the child who was bitten also teaches empathy.

Remember, learning a new behavior takes time.

If your child is verbal and able to talk about his experiences, go back and talk with him about the different strategies he can use next time, instead of biting: If Tyler grabs your cuddly and won’t let it go, you can say:
"Tyler, that is my cuddly. Give it to me." If he won’t give it back, you can come get me and I will help you. Or: When you want to play, you can say: "Will you play with me?" Then your friend knows you are ready to play.

Help the children move on. Ask: What would you like to play now? It might help to offer activities, like play-dough, drawing, or playing in sand or water, that allow them to release energy in constructive ways and can help them relax. The toddler who bit and the child who was hurt should not be made to play with one another, unless they want to.

Remember, learning a new behavior takes time. Your toddler may bite again, so continue watching playtime closely. It also helps to use the same words (No biting. Biting hurts) as consistently as possible to emphasize the message.

Strategies to Respond Based on Your Child’s Development

1. Support Communication and Language Skills

If you think biting is a substitute for not having the language skills to express himself you can:

- Put into words what you guess your child might be thinking: Tanya, do you want to have a turn on the tricycle? You can ask Henry, “Can I have a turn now?”

- Help your child express his feelings in appropriate ways. If your child is really angry, you can say: Max, you are so mad! You are really, really angry. Then suggest a way to deal with these feelings: Making angry lion faces and growling, ripping up newspapers, punching the couch cushions, banging a drum, jumping up and down—whatever is acceptable to you.

- Reinforce your child when he uses words to share his feelings: You asked me for a turn blowing bubbles instead of grabbing them. Great job. Here you go.

- Give your child age-appropriate choices, for example, about what to wear or who to play with. Having choices gives children a sense of control and can reduce biting.

- Consider a speech-language assessment if you think your child’s verbal skills might be delayed.

2. Help Your Child Cope With Feeling Overwhelmed

If your child is easily overwhelmed by lights, sound, and activity, you can:

- Keep television and radio off or on low volumes.

- Avoid big crowds and high-activity settings like the mall or the playground on a sunny Saturday morning.

- Schedule activities with a lot of sensory input (like clothes-shopping or trips to dentist or doctor) for your child’s “best” times of day, when he is fed and well-rested.

- Talk with your child’s other caregivers about his difficulty managing a lot of sensory input. Brainstorm ways to reduce the stimulation in his other caregiving settings.

- Give your child a firm “bear” hug when you sense she is feeling stressed and out of control and perhaps about to bite. This can help children feel "held together" which can be very soothing.
• Create a “cozy corner” in your house with pillows, books and other quiet toys like stuffed animals, or use a playtent as a safe place to take a break. Explain that this is a place your child can go if he wants to be alone or feels out of control and needs to cool down. Ensure that your child’s other caregiving settings have a “cozy corner” as well.

3. Explain the Effects of Their Actions
If your child is experimenting to see what will happen when he bites, you can:

• Provide immediate, firm, unemotional (as best you can) feedback (No biting. Biting hurts.). Shift attention away from your child to the child who was bit.
• Help your child understand about cause-and-effect: You bit Macy and now she is crying. When you bite, it hurts your friends. Biting is never okay.

4. Provide Opportunities for Active Play
If your child needs more active play, you can:

• Set aside time each day to be active. Take a walk after breakfast. Turn music on while you are cooking dinner and have your child dance with you.
• Talk with your child’s other caregivers to ensure that active play is a part of everyday. Toddlers who bite should not be punished by losing “recess” time. This may make the problem worse.
• Build activity into your child’s everyday routines—for example, doing 10 jumping jacks before lunch or stretching before bed.

5. Address Sleep Challenges
If your child is over-tired, you can:

• Try incrementally moving her bedtime 30 to 60 minutes earlier over a few weeks.
• Set up a schedule of naps or, if she won’t nap, “quiet times” when she is in her crib or bed with a book and soft music playing.
• Avoid play-dates or other potentially stressful activities on days when she is very tired.
• Tell your child’s other caregivers when she has not slept well or is tired so they can shadow her, in order to reduce the possibility of a biting incident.

6. Support Healthy Teething
If your child is teething, you can:

• Offer him a teether or cold washcloth to bite.
• Talk to your child’s caregivers to make sure they understand he is teething and to identify appropriate teethers in the classroom.

7. Provide Oral Stimulation
If your child has a need for oral stimulation:

• Offer her crunchy (healthy) snacks at regular intervals across the day. Research has found that this intervention can actually reduce biting incidents.

When to Seek Help

While biting is very common behavior, it usually stops by age 3 to 3½. If your toddler continues to bite, or the number of bites increases instead of decreases over time, it is probably a good idea to request an assessment from a child development specialist.

This professional can help you identify the reason for the biting and develop a strategy for addressing the behavior. Remember, there is no quick fix. Over time, and with assistance, your child will stop biting and use more appropriate ways to express her needs.

What absolutely WILL NOT work to stop biting?
Shaming or harsh punishment do not reduce biting, but they do increase your child’s fear and worry—which can actually increase biting incidents. Aggressive responses like these also do not teach your child the social skills he or she needs to cope with the situations that trigger biting.

Biting your child back, which some might suggest, is not a useful response. There is no research to show this behavior reduces biting. However, it does teach your child that it’s okay to bite people when you are upset! Keep in mind that human bites can be dangerous, and biting constitutes child abuse. This is not an appropriate response to toddler biting.

Free Parenting Newsletter
Find great content like this in your inbox each month with our free parenting newsletter, From Baby to Big Kid. The topics in each issue are matched to your child’s age until they turn 3.


(https://my.zerotothree.org/NC__Product?id=a1B1a00000j4zoEAA)
IMPROVING THE LIVES OF CHILDREN AND FAMILIES WITH COMPLEX NEEDS WHO ARE INVOLVED WITH MULTIPLE AGENCIES.

“CST Wraparound” has become common shorthand for flexibility and comprehensiveness of service delivery, as well as for approaches that are intended to help keep children and youth in the community.

RED CLIFF CST: COORDINATED SERVICE TEAM

Coordinated Services Team (CST) centers its decision-making around the family team. The team supports the child, family and each other throughout the process. Both planning and interventions rest on the combined skills and flexible resources of this diversified, committed group of individuals. The strengths and resources of the child, family, natural supports, and most likely to meet the identified needs of the family.

- CST is voluntary

Referral Eligibility:
- Red Cliff Community member
- Mental Health
- Special Education
- Juvenile Justice
- Child Protective Services
- Alcohol or Other Drug Abuse Services

- Other interventions have not been successful or are difficult over time: persistent obstacles to service access: and/or there is a need for service coordination
- Children at risk for out-of-home placement
- Parent(s) are willing to be involved in the CST team process

For more information you can contact the:
Mishomis Wellness Center, North Bradum Rd., Bayfield WI 54814

(715)-779-3741 Ext. 2406 CST Intake Coordinator
Hours/days of operation: 8:00 A.M to 4:30 P.M
Monday to Friday

The Coordinated Services Team Project is based on the Wisconsin’s Children Come First Act Section 46:56
WHAT IS CCS

Comprehensive Community Services is a voluntary program that provides services to children and adults who have mental health or substance abuse issues. Services are individualized offering an array of Red Cliff Tribal and Bayfield County services. Services are client-directed, recovery-oriented, and strengths based.

The Red Cliff CCS program provides services to Red Cliff Tribal Members and Red Cliff Community Members within reservation boundaries and Bayfield County. Services are covered by Medical Assistance through Wisconsin’s Comprehensive Community Services. Services are not time limited. It is the vision of CCS to support participants to achieve maximum independence, ultimately resulting in discharge from CCS. Individualized criteria will identify what circumstance discharge should occur.

CCS Eligibility

- Red Cliff Community Member
- Eligible Medical Assistance
- Mental health and/or AODA Diagnoses
- Prescription by Physician
- Have a need for psychosocial rehabilitation services
- Eligible as determined by a Wisconsin Functional Screen

Red Cliff CCS Program contact information:
Mishomis Wellness Center at 715-779-3741 Ext: 2405 or 2406
ENCOURAGING WORDS
IN OJIBWE

Ginibwaakaa
You are smart

Gigotaamigiz
You are a good worker

Niminwendam omaa ayaayan
I am happy you are here

Gidebweyenimin
I believe in you

Giwiidookaage
You help people

Gidapiitenimin
I value you

Gidapiitendaagoz
You are important

Ginitaabizindam
You are a good listener

"Healing Prayer For The Water" Painting by LeAnne "Kalihwiyostha" Thompson
www.inkdropgallery.com/kalihwiyostha
Memendimiwi kidwinan

maamiikwendam - amazing
gwetaan kamig - awesome
mina daapin - acceptance
gnaawji - beautiful
shtataahaa - brilliant
aakide’e - brave
gchiwaawendaagozi - blessed
waaninaagozi - cute
ngajtoo - creative
aakide’ewin - courage
mina kshkiwezi - confident
aapiji gchi nendam - compassion
kshitimaawin - cheer
gchi zhiyaa - classy
taahaahaa - cool
nbwaakaa - caring
gchitwaawendaagozi - elegant
maazhii isiimgasino - flawless
minwendaagod - faith
esnaa gwetaankamik - fabulous
maandaakwe - gorgeous
miigwechiwendimowin - gratitude
gehinendmowin - gladness
maandaanini - handsome
gchi nendam - happy
naadmaage - helpful
dbasendizod - humble
kendaasa - intelligent
jaanmewzi - inspire
minwaangozi - joy
mina zhiwebzi - kind
gnaajwi - lovely
pane gwekwaadzi - loyal
zaagidwin - love
gaawin gegoo maazhii’isinnoo - perfect
bekaadziwin - peaceful
weweni naagdiwendam - positive
mnaadendaagozi - respectful
zhoomiingwenin - smile
gwetaani nishin - terrific
naagjitoo - talented
THE TRIBAL COUNCIL IS SEEKING INDIVIDUALS TO SERVE ON THE FOLLOWING COMMISSIONS, BOARDS AND COMMITTEES

Health Board (1) member

Housing Board (1) member

Utilities Commission (2) members

Human Services Committee (3) members

Business Board (3) members (Resume Preferred)

If you are interested in serving, please pick up and return an application at the Tribal Administration.

If you have any questions, please call the Administration Office at 715-779-3700.

DEADLINE: November 12, 2019, at 4:30 p.m.

"The Hub of the Chippewa Nation"
COMMUNITY THANKSGIVING GATHERING

RED CLIFF ELDERLY CENTER - NOVEMBER 28, 2019
BEGINNING ABOUT 1:00'ISH

MENU WILL CONSIST OF TURKEY, DRESSING, MASHED POTATOES WITH GRAVY, RUTABEGGIES, WILD RICE, CRANBERRIES, DINNER ROLLS, AND DESSERT

TENTATIVE SCHEDULE: 7:00 A.M. OPENING PRAYER - MEAL PREPARATION AND MONITORING PROGRESS THROUGHOUT THE MORNING

DONATIONS ACCEPTED!
- TURKEY DONATIONS BY NOVEMBER 23RD
- VEGETABLE DONATIONS BY NOVEMBER 25TH
- DESERT DONATIONS - THANKSGIVING DAY

FOR ANY INFORMATION, FEEL FREE TO CONTACT JIM PETE, AT 715/779-5782 OR GUYAUSHK2002@YAHOO.COM

OPEN TO ALL
FAMILY AND COMMUNITY ATMOSPHERE WITH VISITING, PLAYING CARDS, GAMES, NO FIGHTING!
Job Openings

Current Openings

Job Center of Wisconsin displays open job orders maintained by the Job Center of Wisconsin. 
[Link to Job Center of Wisconsin]

APPLICATION SUBMITTAL REQUIREMENTS FOR ALL POSITIONS:
The following items are required for all positions:
1. Completed Tribal Application, to include work history and references; available on the tribal website.
2. Completed Tribal Background Investigation Disclosure; available on the tribal website.
3. Cover letter and resume.
4. Post-secondary transcripts or certifications; if applicable.

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act.

Current Openings for the Red Cliff Tribe

Food Processing Business Management Specialist
DEADLINE: November 5, 2019 @ 4:00pm

Substance Abuse/Mental Health Counselor
DEADLINE: November 5, 2019 @ 4:00pm

Laboratory Technician
DEADLINE: November 5, 2019 @ 4:00pm

Family Violence Administrative Assistant
DEADLINE: November 12, 2019 @ 4:00pm

ECC Education and Abilities Specialist
DEADLINE: November 13, 2019 @ 4:00pm

Tribal Law Enforcement Officer – Part Time
DEADLINE: Open Until Filled

Tribal Planner
DEADLINE: Open Until Filled

Administrative Assistant – Planning Department, Part-time
DEADLINE: Open Until Filled

Custodian – RCCHC/Mishomis
DEADLINE: Open Until Filled

Tribal Court Receptionist/Secretary
DEADLINE: Open Until Filled

Project Coordinator – Wellness Curriculum Project
DEADLINE: Open until filled.

Administrative Assistant – Project LAUNCH
DEADLINE: Open Until Filled.
Child Care Program Coordinator/Teacher - LTE
DEADLINE: Open Until Filled.

Family Violence Sexual Assault Victim Advocate
DEADLINE: Open Until Filled

Medical Assistant
DEADLINE: Open Until Filled.

Chief Financial Officer
DEADLINE: Open Until Filled.

Tribal Aging and Disability Resource Specialist
DEADLINE: Open Until Filled

Early Head Start Center Based Teacher – 1 Position
DEADLINE: Open Until Filled

Elderly Nutrition On Call Assistant Cook
DEADLINE: Applications accepted all year

ECC Substitute Assistant Teacher/Support-Staff
DEADLINE: Applications Accepted Year Round

Current Openings for the Bad River Band Of Lake Superior Chippewa Indians Tribe

Bad River Employment Listing

* * * Current Openings for Legendary Waters Resort & Casino

Click Here to view Current Legendary Waters Resort & Casino Job Openings

Bartender Deadline: Open Until Filled

Beverage Server Deadline: Open Until Filled

Cage Cashier Deadline: Open Until Filled

Casino Housekeeper Deadline: Open Until Filled

Hotel Housekeeper Deadline: Open Until Filled

Host/Hostess Deadline: Open Until Filled

Line Cook (Morning) Deadline: Open Until Filled

Surveillance Operator Deadline: Open Until Filled

Wait Staff Deadline: Open Until Filled

* * * Current Openings for Northwest Wisconsin CEP

Current Openings for Northwest Wisconsin CEP

* * * Current Openings for State of Wisconsin DOT

Wisconsin DOT - Tribal Affairs Program Manager - Career Executive

* * * Current Openings for State of Wisconsin DWD

DWD - Wisconsin Youth Apprenticeship

* * * Current Openings for CESA

Employment Opportunities at CESA #12

* * * Current Openings for Milwaukee Indian Community School

Current openings for Indian Community School of Milwaukee

* * * Current Openings for GLITC

Great Lakes Inter Tribal Council Job Postings
* * * Current Openings for GLIFWC

GLIFWC Website with Current Job Openings

ANA ENVIRONMENTAL BIOLOGIST - GLIFWC
DEADLINE: November 29, 2019 (4:00 pm CST)

* * * Current Openings for City of Ashland, WI Employment Opportunities

Click here for Available Job Vacancies at City of Ashland, WI

* * * Current Openings for School District of Bayfield, WI

Click here for Available Job Vacancies at Bayfield School

* * * Current Openings for Family Forum

Family Forum Job Openings

* * * Current Openings for the National Park Service

National Park Service

* * * Current Openings for the BIA.gov

BIA FIRE & FORESTRY JOB OPENINGS

* * * Current Openings for the University of Wisconsin-Extension

Current Opportunities for UW Extension

* * * Current Openings for the UMOS Job Openings

Current Opportunities for UMOS

* * * Current Openings for the BAY MILLS INDIAN COMMUNITY

Bay Mills Job Listings

* * * Current Openings for the Lac du Flambeau Band of Lake Superior Chippewa Indians

Lac du Flambeau Band of Lake Superior Chippewa Indians Job Openings

Current Openings for Bayfield County

Available Jobs for Bayfield County

Current Openings for Chequamegon Food Co-op

Available Jobs for Chequamegon Food Co-op

* * * Current Openings for the Forest Service

Forestry Technician (Timber Stand Improvement)
# November 2019

## Gashkadino-Giizis

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<td><strong>Menu Subject To Change</strong></td>
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<td>4B Egg Combos, Oranges, Ygt</td>
<td>5B Corn Chex, Wg Toast, Peaches, Cc</td>
<td>6B Oatmeal, Blueberries, Ygt</td>
<td>7B Rice Crispies, Banana, Ygt, Muffin</td>
<td>8B Fr Toast Stix, Blueberries, Trk Bacon</td>
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<td>S Goldfish/Milk</td>
<td>S Nutra Bar/Milk</td>
<td>S Trail Mix/Milk</td>
<td>S Triscuit/Cheese</td>
<td>S Pretzel Gj./Milk</td>
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<td>L Chix Nugget, Fries, Broccoli, Pears</td>
<td>L Ham/Scallop Pt, Pineapple, Peas</td>
<td>L Beef Sp, Cheez Wg Snd, Mango, Carrots</td>
<td>L Pork Chop, Gr Bean, Applesauce, Wg Bun</td>
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<td>13B Kix, Apples, Ygt, Muffin</td>
<td>14B Wgfr Toast Stix, Oranges, Ygt</td>
<td>15B Eggs, Wg Toast, Pb, Pears</td>
<td>18B Waffles, Berries, Ygt</td>
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<td>L Pork Chop, Applesauce, Peas, Cc</td>
<td>L Tomato Sp, Gr Cheez, Peas, Tr Fruit</td>
<td>L Bbq’s, Fries, Brocc, Cauli, Carrots, Pear</td>
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<td><strong>22B Oatmeal, Berries, Wg Toast, Pb</strong></td>
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**No ECC School** | **No ECC School** | **No ECC School** | **No ECC School Thanksgiving** | **Skim Milk Served With Meals Whole 1-2 Yr**