



## Nutrition for Learning RVS

**September  
2017**

Welcome back from Sundre & District Nutrition for Learning! Our first snack day of the year will be September 12. Our program runs Monday, Tuesday and Friday mornings. Please let me know if you are interested in volunteering your time! [h.hicks@sundrenutrition.org](mailto:h.hicks@sundrenutrition.org) \*While we do our best to stick to this menu, changes can be made without notice.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> Labor Day	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b> Fresh fruit	<b>13</b>	<b>14</b>	<b>15</b> Veggies & Dip	<b>16</b>
<b>17</b>	<b>18</b> Muffins	<b>19</b> Jerky	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> Parfait cups	<b>26</b> Carrots	<b>27</b>	<b>28</b>	<b>29</b> Popcorn	<b>30</b>



# Nutrition for Learning RVS

## October 2017

Like & Follow us on Facebook! Sundre & District Nutrition for Learning Society  
\*While we do our best to stick to this menu, changes can be made without notice.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Salsa & Chips	<b>3</b> Cereal Bowls	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> THANKSGIVING	<b>10</b> Beef Jerky	<b>11</b>	<b>12</b>	<b>13</b> Fresh Fruit	<b>14</b>
<b>15</b>	<b>16</b> IGA Bakery Snack	<b>17</b> Fruit cups	<b>18</b>	<b>19</b>	<b>20</b> Veggies & Dip	<b>21</b>
<b>22</b>	<b>23</b> Parfait Cups	<b>24</b> Trail mix	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> Muffins	<b>31</b> Halloween* No NFL snack will be given this day*				



## Nutrition for Learning RVS

**November  
2017**

Looking for ways to help? We love our volunteers! Contact us for information. Not all jobs need to be done during school hours. [h.hicks@sundrenutrition.org](mailto:h.hicks@sundrenutrition.org)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b>	<b>3</b> Popcorn	<b>4</b>
<b>5</b>	<b>6</b> IGA bakery snack	<b>7</b> Fruit Cups	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> REMEMBRANCE DAY
<b>12</b>	<b>13</b>	<b>14</b> Salsa & Chips	<b>15</b>	<b>16</b>	<b>17</b> Veggies & Dip	<b>18</b>
<b>19</b>	<b>20</b> Parfait Cups	<b>21</b> Fresh Fruit	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Muffins	<b>28</b> Fresh Fruit	<b>29</b>	<b>30</b>		



## Nutrition for Learning RVS

**December  
2017**

Season's Greetings from NFL: In this season of giving maybe consider donating to a local charity in lieu of gifts!

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Popcorn	<b>2</b>
<b>3</b>	<b>4</b> IGA Bakery Snack	<b>5</b> Cereal Bowls	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> Parfait Cups	<b>12</b> Fresh Fruit	<b>13</b>	<b>14</b>	<b>15</b> Veggies & Dip	<b>16</b>
<b>17</b>	<b>18</b> No snack will be served this week	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> Christmas	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						