

Meal Prices: Milk: \$0.55
 Elementary: B'fast \$1.60, Lunch \$2.70
 Secondary: B'fast \$1.75, Lunch \$2.85
 Adult: Breakfast \$2.75, Lunch \$4.00

NOVEMBER

Shakopee Nutrition Services is located at
 1200 Town Square, Shakopee, 55379
 Hours: 7:00 am - 3: pm
 Deb- 496-5140 or Carol 496-5141

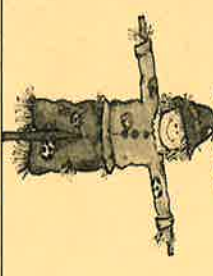




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2. B Oriental Chicken OR Anytiner Fried Rice Egg Roll Roasted Broccoli Fruit BREAKFAST Donut W/G, Yogurt, Juice	3. A Cheese Quesadilla OR Turkey Ham/Cheese Sandwich Fixings, Refried Beans Corn Fruit BREAKFAST Breakfast Bar, HB Egg, Fruit	4. B Cheese Quesadilla OR Turkey Ham/Cheese Sandwich Fixings, Refried Beans Corn Fruit BREAKFAST Breakfast Bar, HB Egg, Fruit	5. A Walking Tacos - Chips/Meat OR Pizza Anytiner Fixings, Black Beans Corn Fruit BREAKFAST Cereal, HB Egg, Juice	6. NO SCHOOL 
9. B Walking Tacos - Chips/Meat OR Pizza Anytiner Fixings, Black Beans Corn Fruit BREAKFAST Cereal, HB Egg, Juice	10. A Pulled Pork Sandwich (P) OR Turkey Sandwich Cole Slaw Curly Fries Fruit BREAKFAST Muffin, Cheese Stick, Fruit	11. B Pulled Pork Sandwich (P) OR Turkey Sandwich Cole Slaw Curly Fries Fruit BREAKFAST Muffin, Cheese Stick, Fruit	12. A Hamburger on Bun OR Cheese Sandwich Chips Baked Beans Fruit BREAKFAST Donut W/G, Yogurt, Juice	13. NO SCHOOL 
16. B Hamburger on Bun OR Cheese Sandwich Chips Baked Beans Fruit BREAKFAST Donut W/G, Yogurt, Juice	17. A Turkey Gravy OR Turkey Ham/Cheese Sandwich Mashed Potatoes Corn, Fruit, Dinner Roll BREAKFAST Breakfast Bar, HB Egg, Fruit	18. B Turkey Gravy OR Turkey Ham/Cheese Sandwich Mashed Potatoes Corn, Fruit, dinner roll BREAKFAST Breakfast Bar, HB Egg, Fruit	19. A Cheese Pizza OR PB&J Sandwich Salad Fruit and Jonny Pop BREAKFAST Cereal, HB Egg, Juice	20. B Cheese Pizza OR PB&J Sandwich Salad Fruit and Jonny Pop BREAKFAST Cereal, HB Egg, Juice
23. A Spaghetti with Meat Sauce Garlic Bread OR Turkey Sandwich Salad, Fruit BREAKFAST Muffin, Cheese Stick, Fruit	24. B Spaghetti with Meat Sauce Garlic Bread OR Turkey Sandwich Salad, Fruit BREAKFAST Muffin, Cheese Stick, Fruit	25. NO SCHOOL 	26. NO SCHOOL 	27. NO SCHOOL 
30. A Hot Dog on Bun or Turkey Ham/Cheese Sandwich French Fries Baked Beans Fruit BREAKFAST Donut W/G, Yogurt, Juice	Dec. 1 B Hot Dog on Bun or Turkey Ham/Cheese Sandwich French Fries Baked Beans, Fruit BREAKFAST Donut W/G, Yogurt, Juice	Dec. 2 A Country Fried Pork Chop (P) OR Cheese Sandwich Mashed Potatoes/Gravy Salad Fruit BREAKFAST Breakfast Bar, HB Egg, Fruit	Dec. 3 B Country Fried Pork Chop (P) OR Cheese Sandwich Mashed Potatoes/Gravy Salad Fruit BREAKFAST Breakfast Bar, HB Egg, Fruit	Dec. 4 A Haystackers (Taco Meat, Fritos) Fixings OR PB&J Rice Corn Fruit BREAKFAST Cereal, HB Egg, Juice

Elementary Menu

P=Pork

All meals include milk.

Menu subject to change daily



Parks and Recreation

SHAKOPEE YOUTH WRESTLING

The Youth Wrestling Program is for Boys and Girls Pre-K (4 yr. olds) through 5th grade. The 2020-21 season starts November 9th and concludes with the MN/USA State Tournament in early March. Your child can also extend his/her season to learn Freestyle techniques (runs late March-early May). Tournaments are available most weekends; however, tournament costs are not included with the registration fee.

Give Wrestling A Try Night!

On November 1, 2020 at from 6:00-6:40 p.m. and 6:55-7:30 p.m. at Shakopee High School Wrestling Room, the club is hosting a free night of practice for anyone that wants to try out wrestling. This practice is for kids that have never wrestled before, any age. Families must sign up via Sign Up Genius and each wrestler is allowed 1 family member to remain present. You and your wrestler must wear a mask in the building and maintain social distancing at all times. Enter Shakopee High School through door 20. A Board Member or Coach will escort you to the Wrestling Room. Here is the link for the Sign Up Genius- <https://www.signupgenius.com/go/70A0D4EAAAAA28A7F85-give>.

Our Mat Club Youth Sports Guidelines for the 2020-2021 season is posted on our website. Please review and become familiar with family and athlete responsibilities.

The information reviewed at our Parent's Night meeting will be replaced by a pre-recorded online presentation posted on our website. An online Question and Answer meeting with a Coach and a Board Member will be held on Thursday, November 5th 2020 from 6:30-7:30 p.m. via Zoom.

Registration opens soon, please visit our website to register at www.shakopeewrestling.com. Only wrestlers registered will be admitted to practice.

Practice Dates & Times: (All dates, times and location may be subject to change)

Who: PreK - K

When: Mondays and Thursdays, starting November 9th - March

Time: 6:15-7:00 pm

Who: 1st - 2nd grade

When: Mondays and Thursdays, November 9th - March

Time: 7:00-8:00 pm (Mondays) and 6:15-7:00 pm (Thursdays)

Who: 3rd - 5th grade

When: Tuesdays and Thursdays, November 10th - March

Time: 6:30-8:00 pm (Tuesdays) and 7:00-8:30 pm (Thursdays)



Where: Shakopee West Jr. High Wrestling Room

Fees: \$150 registration fee – due when registering online

\$50 **check** - refundable uniform deposit **due Thursday, November 12th**. (loaned singlet & headgear)

\$100 **check** - refundable volunteer deposit **due Thursday, November 12th**.

All registrations are completed online at www.shakopeewrestling.com. Uniform & volunteer deposits (via 2 separate checks) on November 12th at scheduled pick-up times.

1255 Fuller Street South
Shakopee, MN 55379

Phone: 952-233-9500
FAX: 952-233-3831

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