

Pesllwélstn 2023



October "fall begins"

Xetspésq̄t Sunday Breakfast	Nekwésq̄t Monday Cereal	Selésq̄t Tuesday Yogurt & Berries	Kellésq̄t Wednesday Oatmeal	Mesésq̄t Thursday Cereal	Tselkstésq̄t Friday Muffins	Teqmekstésq̄t Saturday
1	2 Truth and Reconciliation Day	3 Ravioli and Tomato Sauce	4 Chicken Burger	5 Vegetable Fried Rice	6 Harvest Feast	7
8	9 Thanksgiving	10 Pancakes	11 Chicken Fried Rice	12 Lazy Vegetable Lasagna	13 Hamburger Soup	14
15	16 Pizza (cheese) and Vegetables	17 Spaghetti and Meatballs	18 Vegetable Soup	19 Hot Dogs and Vegetables	20 Pro-D	21
22	23 Grilled Cheese and Vegetables	24 Beef Fried Rice	25 Perogies	26 Parent/Teacher Interviews Dismissal @ 1145 am	27 Vegetable Chili	28
29	30 Alfredo Macaroni	31 Chicken Fingers and Vegetables				