


January

2024

Dimos Dzin (Sunday)	Landi (Monday)	Whulhnad Dzin (Tuesday)	Whulhtad Dzin (Wednesday)	Whulhdid Dzin (Thursday)	Wanderdi Dzin (Friday)	Sumdi Dzin (Saturday)
	1	2	3	4	5	6
						
7	8	9	10	11	12	13
	First Day Back to School! Brkfst: Rolled Oats & Toast Snack: Muffins	Nak'al Bun Social 6-8 pm Brkfst: Cereal & Toast Lunch: Beef Stroganoff	Brkfst: Eggs, Sausages, Hashbrowns & Toast Snack: Yogurt & Granola	Skiing – Gr. 3 & 6 Brkfst: Boiled Eggs, Muffins & Toast Lunch: Hamburger, Rice & Veggies	Skiing – Gr.4, 5 & 7 Brkfst: French Toast Snack: Meat, Cheese & Crackers	
14	15	16	17	18	19	20
	Brkfst: Cream of Wheat & Toast Snack: Banuk	Brkfst: Cereal & Toast Lunch: Shepherd's Pie	Brkfst: Eggs, Sausages, Hashbrowns & Toast Snack: Yogurt & Granola	Brkfst: Boiled Eggs, Fruit & Toast Lunch: Chicken Strips, Rice & Veggies	Cariboo Cougars Visit @ 1:00 pm Jersey Day! Skating – Gr. 2 & 5 Brkfst: Pancakes Snack: Veggies & Dip	
21	22	23	24	25	26	27
	Brkfst: Rolled Oats & Toast Snack: Granola Bar & Banana	Brkfst: Cereal & Toast Lunch: Chicken Stir-Fry	Brkfst: Eggs, Sausages, Hashbrowns & Toast Snack: Yogurt & Granola	Brkfst: Boiled Eggs, Muffins & Toast Lunch: Pierogis & Smokies	Skating – Gr. 3 & 4 Brkfst: French Toast Snack: Smoothies	
28	29	30	31			
	Heritage Week Brkfst: Cream of Wheat & Toast Snack: Cheese Sticks & Apples	Heritage Week Brkfst: Cereal & Toast Lunch: Hotdogs & Fries	Heritage Week Brkfst: Eggs, Sausages, Hashbrowns & Toast Snack: Yogurt & Granola			