

Punamujuiku's January 2019

Tomcod Running – Frost Fish Moon



Eknti'wimk Sunday	Amskwesewey Monday	Ta'pueway Tuesday	Si'stewey Wednesday	Ne'wewey Thursday	Kweltmultimk Friday	Kespitek Saturday
		1 New Year's Day	2	3 Students return Spaghetti & Garlic Bread	4 Chicken Bowl	5
6	7 Baked Chicken Penne	8 Honey Garlic Meatballs	9 Kaiser & Chips	10 Pepperoni Pizza	11 Bowtie Chicken Pasta	12
13	14 Super Nova Coding Chicken Burgers	15 Mi'kmaq Digital Macaroni & Garlic Bread	16 Chicken Balls & Rice	17 Homemade Mac & Cheese	18 In-Service Day No School	19
20	21 Garlic Fingers & Salad	22 Tacos	23 Chicken Alfredo	24 Hamburger Gravy	25 Hamburgers	26
27	28 High School Exams Sloppy Joes	29 High School Exams Nachos & Salad	30 High School Exams Meatball Subs & Salad	31 High School Exams Crispy Chicken Wraps	1 High School Exam Make-up day	

Sacred Teaching of the Month: Courage/Bravery
Melgita't

