



# September 2021



“Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.” —Maya Angelou

“ **Brave** means doing something with your whole heart, especially when you can't predict the outcome.” - Dr. Jody Carrinton

Eknti'wimk Sunday	Amskwesewey Monday	Ta'pueway Tuesday	Si'stewey Wednesday	Ne'wewey Thursday	Kweltmultimk Friday	Kespitek Saturday
	6 <b>Labour Day</b>	7 B:Bologna, Fried eggs & English muffin L: Cheesy Burgers & Yogurt Fruit Parfait	8 B:Sausage round & Pancakes L: Chicken Alfredo Bowties & Broccoli	9 B:Bologna, Scrambled eggs & Bagel L: Kaisers & Veggie sticks	10 B: Ham & Waffles L: Cheese Burgers, Fries & Salad	11
12	13 B:Sausage Links & Pancakes L: Chicken Burgers, Taters & Veggie Sticks	14 B:Bologna, Fried eggs & Toast L: BBQ Chicken Breast, Rice & Veggies	15 B: Ham, Scrambled eggs & Bagel L: Spaghetti, Meat sauce & Bread Sticks	16 B:Bacon & Waffles L: Meatloaf, Potatoes & Vegetables	17 B:Sausage rounds, Scrambled eggs & English Muffin L: Chinese Food	18
19	20 B:Bacon, Fried eggs & Bagel L: Hot Chicken sandwich & Vegetables	21 B:Sausage links & Waffles L: Tacos, Rice & Salad	22 B:Bologna, Scrambled eggs & English muffin L: Bacon Mac N Cheese & Yogurt Parfait	23 B:Ham & Pancakes L: Potatoes, Hamburger gravy & Vegetables	24 <b>PD DAY</b>	25
26	27 B:Ham, Fried eggs & Bagel L: Sloppy Joes & Veggie Sticks	28 B: Bacon, Scrambled eggs & English muffin L: Shake N Bake Chicken legs, Rice & Vegetables	29 B: Sausage rounds & Waffles L: Sausage & Pepper Penne	30 <b>National Day for Truth and Reconciliation</b>	1 <b>Treaty Day</b>	2
<b>Sandwich Options</b> Wow Butter, Jam, Ham, Cheese, Cheese Wiz, Bologna Combination of any above		<b>Continental Breakfast</b> Fruit, Cereal, Oatmeal, Hot Breakfast, Yogurt		<b>Ta's Ajiet?</b> sounds like dos-ah-gee-et What Time is it?		

## Sacred Teachings of the Month:

**Mlkitelsulti** - To do something that frightens you. Find your inner strength to face the difficulties of life and the courage to be yourself. Defend what you believe in and what is right for your community, family, and self. The bear represents courage because it balances play and survival. A mother bear will stand up to a larger animal to protect her cubs.



Every time we choose courage, we make everyone around us a little better and the world a little braver.