



Turkey Trot

On November 22nd, our sixth grade will be participating in our Annual Mason Middle School Turkey Trot. We will be raising money and awareness for our Project Healthy Schools Program. After our students do the “trot,” we will be having a Trail mix bar where students can make their own healthy snack. *We are looking for donations for our Trail mix.* Below are some suggestions, however anything you think is appropriate will be greatly appreciated.

Suggested items are:

Nuts (almonds, walnuts, peanuts)

Dried fruit: Raisins, cran-raisins...

Chocolate chips/ M&M’s

Pretzels

Granola

Cereal (Chex...)

Mini marshmallows

Pumpkin seeds

Popcorn

Plastic Cups

Please send all items to the MASON MAIN OFFICE by Friday, November 18th

Thanks so much!!