

Lewiston-Altura Schools **Cardinal Newsletter**

VOL. XXXV Issue 18

January 19, 2024

Visit our Website at www.lewalt.k12.mn.us



WE NEED YOUR INPUT!

We want to hear from you!

The Lewiston-Altura School District is seeking the community's feedback on how to address budget challenges and the critical facility needs. Click the link below to take the survey!

https://isginc.qualtrics.com/jfe/form/SV_24undHEZE7QwtRI

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

Spirit Days

Spirit days are often associated with sporting events. However, it is always fun to show school spirit. Elementary students are encouraged to celebrate our school by wearing red or Cardinal clothing on Fridays.



Upcoming Events

Jan. 22 – P.L.A.Y Meeting, 6:30, Elem.

Jan. 25 – Bell Museum Program

Feb. 9 – RSS Chili Tasting Fund Raiser

Feb. 21 – School Dental Sealant Day

P.L.A.Y. Meeting

P.L.A.Y will meet on Monday, January 22, at 6:30 in the elementary media center. Everyone is welcome and encouraged to join.

After School Reminder

If it is necessary for your child to go someplace other than their usual destination after school, a note must be sent to school letting us know where and/or with whom. A bus pass is given to students needing to ride a different bus or for getting off at a different stop than normal. Thanks for helping us get your children safely home.

Late Start Breakfast

Please have your children eat breakfast at home or daycare on 2 hours late start days. Breakfast is not served at school on those days.

School Readiness

School Readiness is opening a new preschool class on Tuesday and Thursday afternoons 12:30-3 starting Jan 16th. This class is for children ages 3-5. Please call Nancy at 523-2191 option 1, or email vgreden@lewalt.k12.mn.us to enroll your child.

There are still some openings, please call today.

Early Childhood

Early Childhood drop-in days will start Jan 18th from 9-10:30. This is for **childcare providers** and families with children ages birth to K. Come play with us! Circle time, activities, and gym time provided. No RSVP required.

Early Childhood also offers **family classes** on Tuesdays 9-10:30am. This class is for children and their parent(s) or guardian to stay and play together. Circle time, activities, snack and gym time provided. Email vgreden@lewalt.k12.mn.us to sign up.

Join us for one session or all 3! Winter session: Now-Feb 6, Spring session: Feb 27-April 30, and late Spring: May 7-21

Lunch Menu Changes

Jan. 22 – Roasted Turkey over Mashed Potatoes

Parenting Tip

Bedtime struggles are real, especially when everyone's tired at the end of the day.


Here's what works for us: routine and connection. We stick to a similar bedtime routine every night. It helps my sons feel more comfortable because they know what's coming next.

We also make sure to connect with them before bed. It helps them relax and feel safe as they get ready for sleep.

This week's **Bedtime Connection** printable is about helping you find the right balance of *routine and connection* with your child.

You both can pick a couple of ideas from the guide to add to your bedtime routine and connect more before sleep.

This printable also has a beautiful poster that you can put by your child's bed to remind them of your strong bond.

Take a look! 

Practice a
guided meditation



Calms emotions
& improves focus

Journal together



Helps you understand
yourselves better

Laugh together



Fights stress & makes
you feel good

Practice gratitude
together



Boosts your sense of
happiness & well-being

Small Ways FOR Parent & Child TO CONNECT BIG AT Bedtime

Read to
each other



Develops your
language abilities
& imagination

Practice active listening



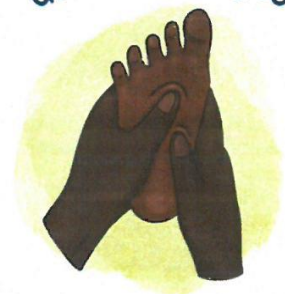
Builds empathy
& trust

Share stories
from your day



Improves memory &
strengthens your bond

Give massages



Helps fight stress &
promotes relaxation

P.L.A.Y.

Parents for Lewiston-Altura Youth Group

Looking for New Members

P.L.A.Y. GROUP ORGANIZES THE FOLLOWING:

HOLIDAY PARTY

CARNIVAL

READING/ MATH NIGHT

EAGLE BLUFF

READY SET SCHOOL DONATION

STAFF APPRECIATION TEACHER REIMBURSEMENT MIDDLE SCHOOL FUN NIGHT

END OF THE YEAR PARTY

CONFERENCE MEALS

MEETING DATES

6:30 PM AT THE L-A LIBRARY

OCTOBER 23RD

NOVEMBER 27TH

JANUARY 22ND

FEBRUARY 26TH

MARCH 25TH

APRIL 22ND

Minnesota School Sealant Program



Parents or Guardians,

Your school will be hosting the Minnesota School Sealant Program, where your child has the opportunity to receive **FREE** or reduced cost preventive dental services at school. A licensed dental professional will be offering sealants, cleanings, and fluoride varnishes to students.

The School Sealant Day will be on: Wednesday, February 21st for grades PreK-5.

In order to be eligible to receive these services, you need to fill out this consent form with your child's information and return it to school.

The consent form is due by: Friday, January 26th.

If you have any kind of dental insurance, these services are completely FREE to you. We submit the procedures to your insurance and donate whatever portion they do not cover. If you do not have dental insurance, your child can receive these services at 70% off the usual rates.

Dental sealants, fluoride varnishes, and teeth cleanings are often provided in a public health setting due to the amazing benefits they provide at a low cost. Your child will be kept comfortable throughout these easy preventive dental services. The entire process takes less than 15 minutes. They even get to see the tooth fairy that travels with our program!

Your student is encouraged to participate in this annual program every year. If we saw your student last year, this will allow us to provide a cleaning and fluoride varnish which we recommended once every 6 months for kids. Sealants only need to be placed once for each adult molar tooth. If there is a new adult tooth erupted that needs a sealant, it will be placed. Please check all three boxes on the consent form for optimal oral health.

If you are able, we prefer that you fill out the consent form online at www.schoolsealants.com/consentform. This helps us process things quicker and more efficiently so we can help serve more students in our state that need these services. Otherwise, please complete this paper consent form today and return it to school to make sure your child will be able to benefit from this great program.

Please note that we are only at schools for a limited time and have many children to help. Checking the boxes on the following page authorizes us to perform those services, but **DOES NOT GUARANTEE** they will be completed. We provide services as time allows. We will only submit the services that we are able to complete to your insurance. These procedures may affect your insurance frequency limitations so ensure that you **let your dentist know** what procedures you had done and the date. This will ensure that they provide the appropriate services and do not duplicate procedures that may not be covered under your insurance contracts.

Please allow the MN School Sealant Program 2-6 weeks for processing all the paperwork after the program is complete. We will send you an email in 2-6 weeks with the results of your student's oral health screening, what procedures were completed and recommendations for follow up care with a dentist. If you want more information about this program, please visit www.schoolsealants.com.

School Dental Program Consent Form

Child's Information

Child's First Name _____

Child's Last Name _____

Child's Birthdate _____

School _____

Teacher _____

Race For MDH Reporting _____

Grade _____

Parent/Guardian Contact Info

Parent/Guardian Name _____

Phone Number _____

Email _____

Home Address _____

Address Line 2 _____

City _____ State _____ Zip _____

Time since child last saw a dentist _____

☐ My child has a known allergy to methyl acrylate and cannot have sealants

☐ My child has an Individualized Education Plan (IEP) or Special Health Needs For MDH Reporting

I approve the following dental treatments for my child:

☐ **Sealants** - the best way to prevent cavities in the grooves of the back teeth

*Up to four sealants may be placed on erupted permanent molars that do not already have sealants

*A sealant retention check may be done at a later date at school and sealant reapplied at no cost if needed

☐ **Fluoride Varnish** - a boost of reinforcement for helping protect the teeth

☐ **Cleaning** - helping the teeth stay clean and shiny white

The Minnesota School Sealant Program highly recommends all three treatments for optimum oral health for kids.

Parent/Guardian Signature _____ Date _____

☐ My child has dental insurance. These preventive services are billed to your insurance and are provided at NO COST TO YOU.

Policy Holder's Name _____ Group Number _____

Policy Holder's Birthdate _____ Employer _____

Insurance Carrier Name _____ Insurance Phone # _____

Insurance ID # _____ Insurance Billing Address _____

PMI # _____ City _____ State _____ Zip _____

*This section must be **FILLED OUT COMPLETELY** for your child to be eligible to receive services.

You may also attach a scanned copy of the front and back of your insurance card.

☐ My child has no dental insurance. I would like my child to receive the services selected at the rate of \$25 per sealant (max of 4), \$25 for fluoride and \$25 for cleaning.

You save 70% off the regular fees!

Credit Card Number _____

Expiration (MM/YY) _____ CSV (3 digits) _____

*We require a credit card on file to be able to provide services at schools. No other payment methods are accepted at this time. We will only charge your card after services are completed. Max charge would be \$150 if four sealants, varnish, and a cleaning are done (a \$500 value).

Please check only one box

Programa de selladores escolares de Minnesota



Padres y tutores,

Su escuela será la anfitriona del Programa de Selladores Escolares de Minnesota, donde su hijo tiene la oportunidad de recibir servicios dentales preventivos **GRATUITOS** o de costo reducido en la escuela. Un profesional dental con licencia ofrecerá selladores, limpiezas y barnices de fluoruro a los estudiantes.

La fecha del programa será:

21 de febrero de 2024 para los estudiantes en los grados PreK - 5.

Para ser elegible para recibir estos servicios, debe completar este formulario de consentimiento con la información de su hijo y devolverlo a la escuela.

Este formulario de consentimiento se debe del: 26 de enero de 2024.

Si tiene algún tipo de seguro dental, estos servicios son completamente GRATIS para usted. Enviamos los procedimientos a su seguro y donamos cualquier porción que no cubran. Si no tiene seguro dental, su hijo puede recibir estos servicios con un 70% de descuento sobre las tarifas habituales.

Los selladores dentales, los barnices de flúor y las limpiezas de dientes a menudo se proporcionan en un entorno de salud pública debido a los sorprendentes beneficios que brindan a un bajo costo. Su hijo se mantendrá cómodo durante estos fáciles servicios preventivos dentales. Todo el proceso lleva menos de 15 minutos. ¡Incluso pueden ver al hada de los dientes que viaja con nuestro programa!

Se alienta a su estudiante a participar en este programa anual todos los años. Si vimos a su estudiante el año pasado, esto nos permitirá proporcionarle un limpieza y barniz de flúor que recomendamos una vez cada 6 meses para los niños. Los selladores solo deben colocarse una vez para cada diente molar adulto. Si hay un nuevo diente adulto en erupción que necesita un sellador, se lo colocará. Todavía marque las tres casillas en los procedimientos del formulario de consentimiento para permitirnos hacer esto.

Si puede, preferimos que complete el formulario de consentimiento en línea en www.schoolsealants.com/consentform. Esto nos ayuda a procesar las cosas de manera más rápida y eficiente para que podamos ayudar a atender a más estudiantes en nuestro estado que necesitan estos servicios. De lo contrario, complete este formulario de consentimiento en papel hoy y devuélvelo a la escuela para asegurarse de que su hijo pueda beneficiarse de este gran programa.

Tenga en cuenta que solo estamos en las escuelas por un tiempo limitado y tenemos muchos niños para ayudar. Marcar las casillas en la siguiente página nos autoriza a realizar esos servicios, pero **NO GARANTIZA** que se completarán. Brindamos servicios según lo permita el tiempo. Solo enviaremos los servicios que podamos completar a su seguro.

Por favor, espere el Programa de Sellador Escolar de MN de 2 a 6 semanas para procesar toda la documentación una vez que se complete el programa. Le enviaremos un correo electrónico en 2-6 semanas con los resultados del examen de salud bucal de su estudiante, qué procedimientos se completaron y recomendaciones para la atención de seguimiento con un dentista. Si desea más información sobre este programa, visite www.schoolsealants.com.

Formulario de consentimiento del programa dental escolar

Información del niño

Nombre del niño _____

Apellido del niño _____

Fecha de nacimiento del niño _____

Escuela _____

Maestro _____

Raza para los informes de MDH _____

Grado _____ Tiempo desde la última vez que el niño vio a un dentista _____

☐ Mi hijo tiene una alergia conocida al acrilato de metilo y no puede tener selladores

☐ Mi hijo tiene un Plan de educación individualizado (IEP) o necesidades especiales de salud para los informes de MDH

Información de contacto

Nombre del padre / tutor _____

Número de teléfono _____

Correo electrónico _____

Dirección de casa _____

Línea de dirección 2 _____

Ciudad _____ Estado _____ Código postal _____

Apruebo los siguientes tratamientos dentales para mi hijo:

☐ **Selladores:** la mejor manera de prevenir las caries en las ranuras de los dientes posteriores.

* Se pueden colocar hasta cuatro selladores en molares permanentes erupcionados que aún no tienen selladores

* Se puede realizar una verificación de retención del sellador en una fecha posterior en la escuela y el sellador se volverá a aplicar sin costo si es necesario

☐ **Barniz de flúor** - un impulso de refuerzo para proteger los dientes

☐ **Limpieza** : ayuda a que los dientes se mantengan limpios y de un blanco brillante

El Programa de Sellador Escolar de Minnesota recomienda los tres tratamientos para una salud bucal óptima.

☐ Mi hijo tiene seguro dental. Estos servicios preventivos se facturan a su seguro y se proporcionan SIN COSTO PARA USTED.

Nombre del titular de la póliza _____ Número de grupo _____

Fecha de nacimiento del titular de la póliza _____ Empleador _____

Nombre de la compañía de seguros _____

Número de teléfono del seguro _____ PMI # _____

Número de identificación del seguro _____

Dirección de facturación del seguro _____

Ciudad _____ Estado _____ Código postal _____

* Esta sección debe COMPLETARSE COMPLETAMENTE para que su hijo esté elegible para recibir servicios. También puede adjuntar una copia escaneada del anverso y reverso de su tarjeta de seguro.

☐ Mi hijo no tiene seguro dental. Me gustaría que mi hijo reciba los servicios seleccionados a razón de \$25 por sellador (máximo de 4), \$25 por flúor y \$25 por limpieza.

¡Ahorrar 70% de descuento en las tarifas regulares!

Número de tarjeta de crédito _____

Vencimiento (MM / AA) _____ CSV (3 dígitos) _____

* Se requiere una tarjeta de crédito en el archivo para poder prestar servicios en las escuelas. No se aceptan otros métodos de pago en este momento. Solo cobraremos a su tarjeta una vez que se completen los servicios. El cargo máximo sería de \$150 si se realizan cuatro selladores, flúor y una limpieza (un valor de \$ 500).

Nombre _____

Firma _____

Fecha _____

Solo marque una casilla

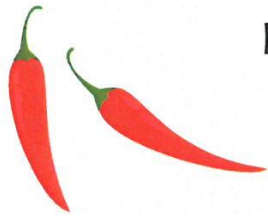


Ready set school presents the
**ANNUAL CHILI TASTING
FUNDRAISER**

FEBRUARY 9th



LUNCH 10:15 - 1 & DINNER 4:30 - 5:30



**pick-up at Steak Shop catering
301 E. Mark Street
Winona, MN 55987**



\$11/advance \$13/at door

Includes: 3 types of chili, a Bloedow's roll, a cookie, chili toppings, and utensils

**ALL PROCEEDS BENEFIT READY SET SCHOOL'S MISSION TO SUPPLY
WINONA COUNTY K-12 STUDENTS WITH THE SCHOOL SUPPLIES THEY
NEED TO START EACH SCHOOL YEAR**

**order tickets online at readyschoolwinona.org/chili/
or in person at the downtown location of WNB Financial**



Join us for
Sibshops at

Bowlocity

Entertainment Center

This is an event for kids (ages 6-12 years) who have a sibling living with chronic health, mental health, or developmental needs.

**Monday,
February 19th
9AM-3PM**

**Bowling
Arcade
Laser Tag**

**\$10 Registration
(Scholarships
available)**

**Pizza, soda &
dessert will be
provided.**

Questions? Email: mavosibshop@mavo.edu



Please complete the registration form below for your child(ren) (ages 6-12 years) to participate in Sibshops at Bowlocity on Monday, February 19, 2024.

Drop-off: 9:00 am, Pick-up: 3:00 pm

Registration forms must be postmarked by Friday, February 2nd, 2024.

Participant(s) Information:

Name of participant: _____ Birthdate (m/d/y): _____ Age: _____

Name of participant: _____ Birthdate (m/d/y): _____ Age: _____

Has your child(ren) ever attended a Sibshops Event? ☐ Yes ☐ No

Does your enrolled child(ren) have any allergies, limitations, or other health restrictions that we should know about? _____

Caregiver(s) Information:

Name of parent(s)/caregiver(s): _____

Home address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: (_____) _____

Name of sibling with chronic health, mental health, or developmental needs: _____

Name or description of health concern: _____ Age: _____

I hereby give my child permission to participate in Sibshops. I also agree to hold Sibshops harmless for any and all liability incurred as a result of my child's participation. Further, I grant full permission to use any photographs, videotapes, recordings, or any other record of this program for the purpose of education and promotion of Sibshops.

Signature of parent or guardian: _____ Date: _____

☐ \$10 registration fee enclosed/has been sent in the mail to the address listed below

☐ \$10 scholarship is requested

Please mail the registration form & payment (checks are the preferred form of payment) to:

Mayo Clinic Sibshops
Child Life Program
1216 2nd St. SW
Rochester, MN 55902

Questions? Contact us at: mayosibshop@mayo.edu



girl scouts
river valleys

FIND YOUR
Friends



FIND YOUR
Fun



Girl Scouts.

With Girl Scouts, kids can thrive—
making new friends, learning new skills, and
experiencing new things as they grow into their
strongest, kindest, and most authentic selves.

Grades K-1 can join for free through March 31, 2024!
Use code 477WINTER2024 when you register.



Learn more at
gsrv.gs/join

Girl Scouts River Valleys | GirlScoutsRV.org/Join | 800-845-0787 | girlscouts@girlscoutsrv.org



girl scouts
river valleys

ENCUENTRA
Amistades



ENCUENTRA TU
Diversión



Girl Scouts.

Con las Girl Scouts, la niñez puede prosperar:
hacer nuevas amistades, aprender nuevas habilidades y
experimentar cosas nuevas a medida que se convierten
en su versión más fuerte, amable y auténtica.

**¡Los grados K-1 pueden unirse gratis hasta el 31 de
marzo de 2024!**

Usa el código 477WINTER2024 cuando te registres.



Más información
en gsrv.gs/unete



SAVE THE DATE

YMCA DAY CAMP OXBOW REGISTRATION

REGISTER JANUARY 23RD, 2024 FOR THE
2024 CAMP SEASON!

DATES: JUNE 10TH- AUGUST 16TH

Wee Backpackers: entering Kindergarten
Traditional Camp: entering 1st-6th Grade
Leaders in Training: entering 7th-9th Grade



Questions? Contact Nicole Weninger
nicole.weninger@ymcamn.org



GAMBLERS

F A S T P I T C H

<http://www.gamblerssoftball.org/>

<http://www.facebook.com/GamblersFastpitch/>

Gamblers provides an opportunity for area youth to experience fast pitch softball in a tournament atmosphere. To teach them the skills needed to play in a more competitive environment.

Athletes who choose to join will be playing games on 5-6 weekends this summer. We ask that you make every effort to attend as much as possible.

Practice is a major part of success. Practices will begin in April and will run through July. The nights and times will be based on the coaches' schedule and field availability.

Registration for the 2024 season can be completed online at <https://www.gamblerssoftball.org/signup>

February 15th is the deadline any registrations after February 1st will be assessed a \$25 late fee and enrollment is not guaranteed!

Scholarships are available.

Please contact Adam Gust if your daughter is in need of one.

507-272-0375 or thegusts654@yahoo.com



Breakfast Menu

Jan 2024

Lewiston-Altura - Lewiston-Altura - K-8th Grade

Monday

1 No School

Tuesday

2

Offering #1
Cereal Bowl
String cheese
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

Offering #2

Pancake on a Stick
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

Wednesday

3

Offering #1
Cereal Bowl
Yogurt*
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2

Breakfast Pizza
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Thursday

4

Offering #1
Cereal Bowl
String cheese
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

5

Offering #2
Breakfast Sandwich
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Friday

Offering #2

PB & J Sandwich
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

8

Offering #1
Cereal Bowl
Yogurt*
Apples
Juice Assorted
1% Flavored
1% White
Skim White

9

Offering #1
Cereal Bowl
String cheese
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2

Fruited
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

10

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

Offering #2

Breakfast Pizza
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

11

Offering #1
Cereal Bowl
String cheese
Juice Assorted
Strawberries
1% Flavored
1% White
Skim White

12

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

Friday

Offering #2

Chef's Choice
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

15

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

16

Offering #1
Cereal Bowl
String cheese
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2

French Toast
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

17

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Offering #2

Breakfast Pizza
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

18

Offering #1
Cereal Bowl
String cheese
Juice Assorted
Pears
1% Flavored
1% White
Skim White

19

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Pears
1% Flavored
1% White
Skim White

Friday

Offering #2

Biscuit
Sausage Gravy*
Juice Assorted
1% Flavored
1% White
Skim White

22

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Pears
1% Flavored
1% White
Skim White

23

Offering #1
Cereal Bowl
String cheese
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

Offering #2

Pancake on a Stick
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

24

Offering #1
Cereal Bowl
Yogurt*
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2

Breakfast Pizza
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

25

Offering #1
Cereal Bowl
String cheese
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

26

Offering #2
Breakfast Sandwich
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Friday

No School

29

Offering #1
Cereal Bowl
Yogurt*
Apples
Juice Assorted
1% Flavored
1% White
Skim White

30

Offering #1
Cereal Bowl
String cheese
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2

Fruited
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

31

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

Offering #2

Breakfast Pizza
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

1

Offering #1
Cereal Bowl
String cheese
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

2

Offering #2
Breakfast Sandwich
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Friday

No School

- 2024 -

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

K-12 Lunch Menu

Please understand due to distribution, and snow days:

Menus are subject to change without Notice.

Productions records will show the changes.

Milk offered:

1%

1% Chocolate

Skim

Lactose free upon written request

Students have a choice of one milk. Students will be charged extra for more than one or if they bring a cold lunch. One milk is free only with a full meal.

All grain products are whole grain. Such as: breads, pastas, buns, chips, Waffles, French toast, pizza crust and Breading's.

Serving sizes and items will vary by age group. Productions records will show this change.

Calorie limit for K-8 = 600-700

Calorie limit for 9-12 = 750-850

1

No School

2

Pasta Bar
Garlic Brown rice
Dinner roll
Fruit Bar
Milk

3

Ravioli in Red Sauce
Salad Bar
Fruit Bar
Milk

4

Mini Corn Dogs
Chips
Salad Bar
Fruit Bar
Milk

5

French Toast
Sausage links
Salad Bar
Fruit Bar
Milk

8

Chicken Patty w/bun
Mashed potatoes
Salad Bar
Fruit Bar
Milk

9

Walking Beef Taco
Shredded Cheese
Chips
Salad Bar
Fruit Bar
Milk

10

Popcorn Chicken
Dinner Roll
Salad Bar
Fruit Bar
Milk

11

Crunchy Chicken
Tender Wrap
Tortilla shell
Salad Bar
Fruit Bar
Milk

12

Beef Hot Dog w/bun
Chips
Salad Bar
Fruit Bar
Milk

15

Pizza
Salad Bar
Fruit Bar
Milk

16

BBQ Chicken w/bun
Salad Bar
Fruit Bar
Milk

17

Sloppy Joe Mac
Goulash meat and
Elbow Macaroni
Salad Bar
Fruit Bar
Milk

18

Beef Stroganoff
Dinner Roll
Penne Pasta
Salad Bar
Fruit Bar
Milk

19

Chicken & Waffles
Salad Bar
Fruit Bar
Milk

22

Meatballs
Mashed Potatoes
Fresh Bread
Salad Bar
Fruit Bar
Milk

23

Beef Nacho's
Round Tortilla chips
Shredded Cheese
Salad Bar
Fruit Bar
Milk

24

Pizza Burger w/bun
Marinara Sauce
Shredded Mozzarella
Salad Bar
Fruit Bar
Milk

25

Calzone
Salad Bar
Fruit Bar
Milk

26

No School

29

Chicken Nuggets
Mashed Potatoes
Dinner roll
Salad Bar
Fruit Bar
Milk

30

Sloppy Joe's w/bun
Chips
Salad Bar
Fruit Bar
Milk

31

Meatball Sub
Marinara Sauce
Salad Bar
Fruit Bar
Milk

