

Lewiston-Altura Schools Cardinal Newsletter

VOL. XXXV Issue 29

April 12, 2024

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

Mr. Riebel's Report

Parents of Lewiston-Altura Elementary School,

When the school district referendum and bond vote did not pass this fall, our school board directed administration to find ways to decrease the expenditures of our schools, both for this year and for future budgets. One of the needed recommendations that came forward was to eliminate the expenditures that come from the many field trips that our Elementary and High School students participate in each year. All field trips are to be eliminated unless fully funded by outside sources of revenue. Our Elementary School staff are looking to generate that source of revenue. We know that elementary students have routinely benefited from the experiences, learning and memories made from the various field trips. Whether it is to a local stop like a farm or our fire department, a regional state park, play performance, or museum, or the larger trips to Eagle Bluff Environmental Learning Center or the state capitol, we know that our students benefit from the experience of these trips. It is those field trip benefits that brings forth this letter.

Lewiston-Altura Elementary School staff are announcing a fundraising effort.

We have set a goal of \$10,000. That amount of funds will cover the costs of the student registrations and travel costs of the '23-'24 field trips that have already been done and that are yet to come this spring. Any funds collected that go over this year's costs will go into the budget for '24-'25 school year field trips. Our last elementary fundraiser was in 2019. That fundraiser helped our elementary parent group, P.L.A.Y., generate over \$12,000. We are teaming with the same company from 2019 for this spring's fundraiser.

Lewiston-Altura Elementary School has scheduled a fundraiser with:



WORLD'S FINEST CHOCOLATE - \$1 Chocolate Sale

Sale Kick-Off = Thursday, April 18, 2024, Sale Ends – Monday, May 6th, 2024.



This week's and next week's newsletters are meant to announce the fundraiser and create awareness. Specific details and directions will come directly to each student during the week of April 15-19, with the kickoff on April 18. Our elementary is looking to use Cooperation to meet the fundraiser goal. We hope you have Empathy for the worthy cause of field trips and Assertion to get involved and participate. We can be Cardinal Strong together in our fundraising efforts! Thank you in advance!

Mr. Riebel

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

P.L.A.Y. Group Notes

P.L.A.Y. will be meeting on **Monday, Apr. 29 at 6:30** (note the date change) in the elementary media center. All are welcome to come share ideas and support.

Denim and Diamond Dance

P.L.A.Y. will be hosting a dance. If your daughter and guest would like to attend, please follow the link below.

<https://docs.google.com/forms/d/e/1FAIpQLSf1mKy9FBaQywOCu1DmHtvHygFENmI3RH-SGcMJI6mMfGD2A/viewform>

As with any event, there is background help needed. If you are able to help with set up or cleanup, please follow this link. Thank you!

<https://www.signupgenius.com/go/10C0844ACAD2CA5F8C52-48636422-play>

Spirit Days

It is always fun to show school spirit. Elementary students are encouraged to celebrate our school by wearing red or Cardinal clothing on Fridays.



Jr. High Drama Presentation

The junior high students will present “Bottom of the Lake” (a collection of ghost stories) on Friday, April 12th at 7:00 at the high school. This performance may be scary and not appropriate for students under fourth grade so parental discretion is advised.

Cardinal Club Registration Preschool Enrollment

Cardinal Club registration for the summer and 2024-2025 school year is open now. Forms were sent by email to current families. Paper copies will be available outside the Cardinal Club room, or email cardinalclub@lewalt.k12.mn.us

Preschool enrollment forms for half day and extended care are also available. Forms will be sent

home with current families. To request a paper copy, email vgreden@lewalt.k12.mn.us Families will be notified by April 15th of their child's placement.

Upcoming Events

Apr. 12 - EC Spring Shopping Event 5-7:30
Apr. 12 – Jr. High Play – 7:00. HS, Grades 4 and up
Apr. 22 - Potato Characters Due
Apr. 22 – Math Night, 5:30-7:00, See flyer
Apr. 26 – PJ/Comfy Clothes Spirit Day
Apr. 29 – P.L.A.Y. Meeting, Elem Media Center
May 7 – Careers on Wheels
May 18 – Denim & Diamonds Dance, 6-8 pm
May 23- Concerts – See flyer

Parenting Tip

I recently tried something...bold.
I put my child “in charge” of his own screen time.

Let me tell you more.

Like most families, we want to set healthy boundaries for our kids around screen time. And, we also want to avoid the constant battles and pleas for 10 more minutes or just one more episode.

And so, this is what we did:

I sat down with my 7-year-old and explained that a lot of apps, games, and even shows are created to keep us glued to them.

We also discussed how too much screen time means we don't have time for other things we love.

Together we made a list of all the activities he loves that he would miss out on if he spent all his free time looking at a screen.

And then, I asked the big question:

“How much screen time a day do you think is a good amount for you?”

He replied, “Two episodes.”

We agreed on one hour a day, and he has stuck with this!

Now, he sets our kitchen timer for one hour and when it goes off, he stops watching. No more battles. It helped a lot that he felt like part of the decision.

I love how this approach helps him learn the **increasingly important skill of managing his own screen time.**

So, this week, take the opportunity to have a similar conversation with your child.

Teaching Your Child to Manage ≧ Screen Time Independently ≦

When your child seems to want a lot of screen time, it's important to start good habits early. Here's how you can empower your child to manage their own screen time effectively:

Talk About Our Limited Time:

Sit down with your child and discuss how much time they spend on screens. Make a list together of other fun things they like to do. Help them see that too much screen time can take away from these other activities.

Discuss Screen Influence:

Explain to your child that apps, websites, and shows are made to keep them interested. Tell them how these companies make money when they use their stuff a lot. This can help them make smarter choices.

Set Limits Together:

Ask your child how much screen time they think is fair each day. Let them help decide the limit. They might surprise you and suggest a good balance!



Use Tools:

Decide together how you'll keep track of screen time, like using a timer or a separate tracker. If they have trouble sticking to the limit, talk about it again. This helps them understand that this topic can be ongoing until you find a solution that works for both sides.

Encourage Independence:

As they get older, let your child be in charge of their screen time. When the time is up, trust them to stop without reminders. This helps them learn to be responsible.

By involving your child in these decisions, you teach them important skills like managing time and setting limits. They'll learn to balance screen time with other activities to create healthier habits for the future.

Source: Nir Eyal, an instructor at Stanford University

Lewiston-Altura Early Childhood Program Spring Shopping Event

April 12th
5:00-7:30pm

Spring

Shop Local Vendors

- ✿ Paper Pie
- ✿ Norwex
- ✿ SJ Creations
- ✿ Jamie Becker, Author
- ✿ CalAid Crafts
- ✿ Candles, soap, and more
- ✿ MamaMade4you by Melissa

Free Art and
Craft activities

Lewiston-Altura Elementary School
115 Fremont Street
Lewiston, MN 55952

Lewiston-Altura Drama presents



April 12th at 7:00 pm
at Lewiston-Altura High School
Free Admission- Donations Welcome

Tenth Annual Potato Book Character Show



Lewiston-Altura Elementary Library

Use your **imagination** to transform an ordinary potato into your favorite book character!

Open to all pre-K to 4th grade students plus staff.

April 22th—Bring your potato book characters to the elementary library to be on display in the elementary library until April 26th. They will also be posted on our Facebook page.

Rules for this voluntary show are as follows:

1. Buy a potato at the grocery store
2. Decorate your potato as any **book character** you want. You may decorate with any other materials you wish but the main part of the character must be a potato.
3. If your potato will not stand on its own, include a “stand” for your potato so it stays upright while on display .
4. Using an index card, fold it in half. On one side write the character name and the book title. On the other side, write your name and your class.

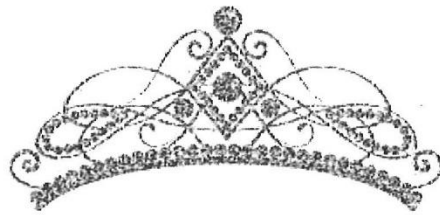
If questions, please contact Ms. Manley (smanley@lewalt.k12.mn.us)

APPLICATIONS OPEN FOR

LITTLE MISS

LEWISTON

Scholarship Pageant



Open to Current 2-4th Graders!

THURSDAY JUNE 20, 2024 7 PM

THE CROSSINGS CENTER LEWISTON, MN

All Contestants will Receive a Sash and Crown!

Stop in the Elementary Office for an Application

Applications Due May 1st, 2024

NO EXCEPTIONS



KIDS ESSAY

CONTEST



WHO

Anyone under the age of 18



WHEN

For the month of February –
April



HOW

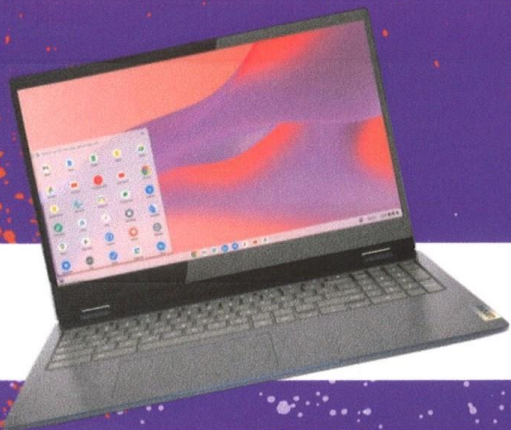
Check below



Share your thoughts on improving oral health in a short 3-paragraph essay. Drop off your entry at our Winona or Cochrane office, and on ~~Feb 29th~~ *April 30th*, we'll be reading through your fantastic entries to pick a winner! Let's hear your unique take on keeping those smiles healthy and bright!

WIN A LAPTOP!

April 30th



CONTEST ENDS ~~FEB. 29TH~~

APRIL 30TH!

readyschoolwinona.org



**ONLINE
APPLICATIONS
OPEN!**

APRIL 15-MAY 31

APPLY NOW!



**ASSISTANCE WITH SCHOOL SUPPLIES
FOR THE FALL 2024-'25 YEAR**

WINONA COUNTY K-12 STUDENTS

Families that qualify for food support, housing/rent subsidy, and/or TANF benefits are eligible to apply.

Minnesota Firearms Hunter Safety Class

Sponsored by

The Lewiston Sportsmen's Club

Classroom to be held at the Lewiston Sportsmen's Club 6:00 PM to 9:00 PM.
June 17th, 18th, 19th, and 20th. Field Day will be held at The Lewiston Sportsmen's
Club June 22th time depends on number of students.

Must be 11 yrs old by June 17th to attend, anyone born after December 31, 1979 is required to have a DNR
Firearms Safety Certificate to purchase a hunting license in Minnesota.

For more information or to sign up
contact Chuck Perry (507) 689-4563
chuckperry1@charter.net

Our instructors have varied backgrounds in law
enforcement, competition shooting, hunting, military, and
the 2017 Minnesota Firearms Safety Instructor of the
Year.



The Lewiston Sportsmen's Club has been providing Firearms Safety Training to Lewiston and the surrounding
communities since 1956 and has one of the longest running sponsored classes in Winona County.

MINNESOTA DEER HUNTERS Assoc. YOUTH FIREARMS TRAINING

JULY 15 – 20, 2024

MONDAY thru THURSDAY – 6:00pm to 9:00pm

Classroom

Lewiston Community Center - Lewiston

SATURDAY – 7:00am to ?

Field Day

25077 Almon Dr. - Lewiston (7 miles East of Lewiston
off County Rd. 25)

For More Information; Contact Duane LaRocque at (507)523-2629



SUPPORT THE CARDINAL FOUNDATION TODAY!

*a strong, financially stable
public school benefits all
members of the community*

The Cardinal Foundation is committed to partnering with parents, students, staff, alumni, community members, and local business owners, who are dedicated to enhancing and enriching the educational and extracurricular opportunities for students, staff and community members within the Lewiston-Altura School District.

LEARN MORE



www.cardinalfoundation857.org



cardinalfoundation857@gmail.com



Follow Us on Facebook:
Cardinal Foundation



WHY DONATE?

Donating to the Foundation is vital to continuing the educational and extracurricular experiences for students in the L-A school district. Your donation is tax exempt and creates an immediate and lasting impact.



WHAT IS THE MONEY USED FOR?

We help bridge the funding gap to give students, teachers, and administration the support they need to preserve the programs that provide excellence in the classroom, on stage, and on various competitive courts and fields.



WHO DECIDES WHAT IS FUNDED?

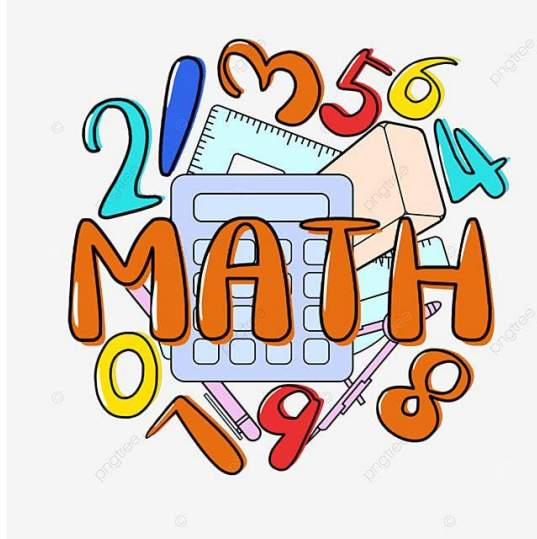
The Cardinal Foundation Board of Directors is the advisory committee responsible for making recommendations to the Winona Community Foundation for fund distributions. All grant applications received by the Cardinal Foundation will be reviewed by the seven voting members.

www.cardinalfoundation857.org

THANKS FOR YOUR SUPPORT!

You are invited to...

Family Math Night!!



FREE FUN FOR THE WHOLE FAMILY!!

Who? Lewiston-Altura K-5 students and their families

When? Monday, April 22, 2024

5:30pm - 7:00pm

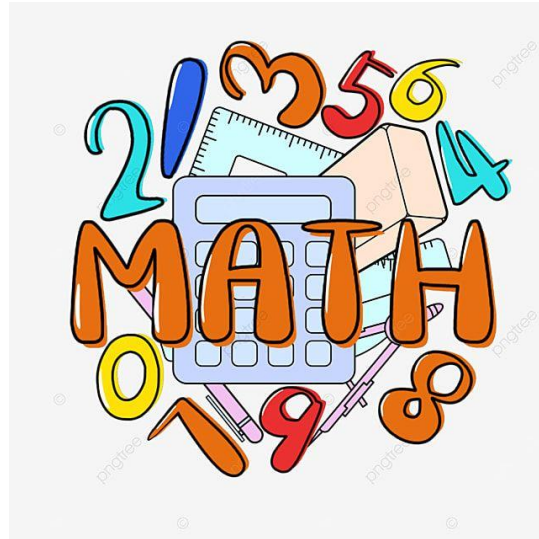
(Open house - Come when you can)

Where? Lewiston Elementary School

- Bring the entire family and enjoy a pizza dinner!*
- Fun math activities around the school!*
- Win prizes just for coming!*

Usted está invitado al...

¡Noche De Matemáticas en Familia!



¡DIVERSIÓN GRATIS PARA TODA LA FAMILIA!

¿Quien? Los estudiantes y las familias de Lewiston-Altura

-

grados K - 5

¿Cuándo? Lunes, 22 de Abril 2024

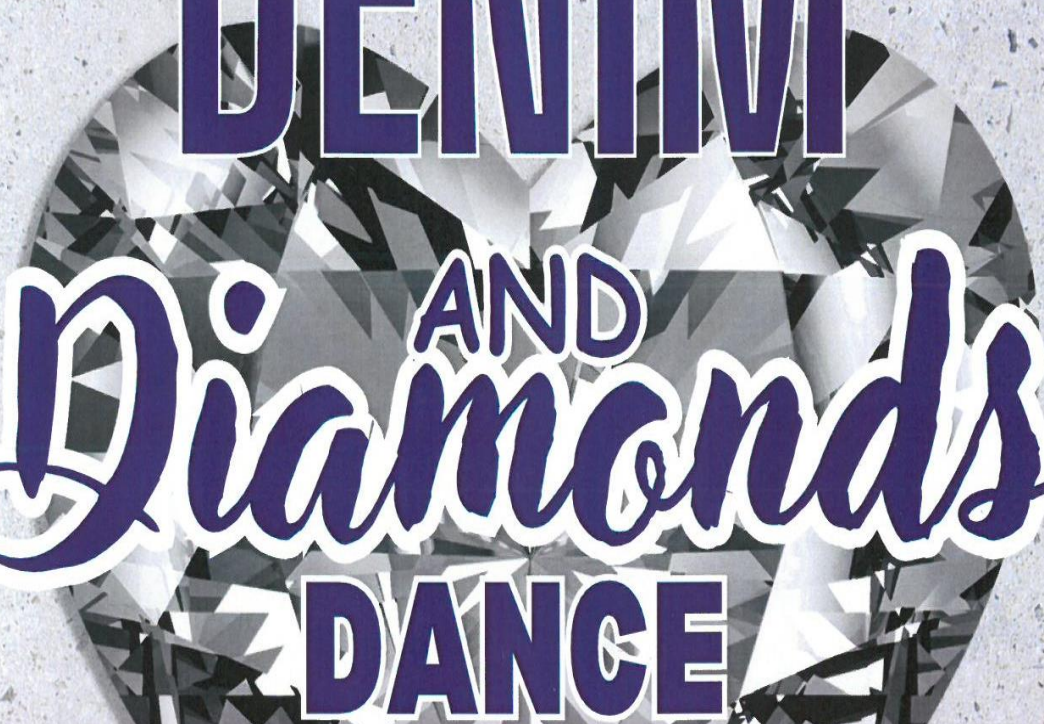
5:30pm - 7:00pm

(Casa abierta - Ven cuando puedas)

¿Donde? La Escuela Primaria en Lewiston

- ¡Traiga a toda la familia y disfrute de una cena de pizza!*
- ¡Divertidas actividades matemáticas para todas las edades!*
 - ¡Gana premios solo por venir!*

P.L.A.Y. GROUP PRESENTS



DENIM
AND
Diamonds
DANCE

Girls are invited to bring their VIP Guest

**Saturday, May 18th from 6:00-8:00 pm
Lewiston- Altura Elementary Gymnasium**

Tickets are \$20 couple/ \$5 for additional guest

Register by May 2nd

Night of registration is \$30 couple/ \$5 additional guest

[CLICK HERE TO REGISTER](#)

SAVE THE DATE

for

COW

Careers On Wheels!



May 7th 2024

9am-11am

Lewiston-Altura

Elementary School

**Please consider volunteering to help with the
2024 Careers On Wheels.**

COW makes students aware of a variety of careers, links school with the world of work, and allows students to meet positive career role models. It gives students an opportunity to examine, explore, question and learn about a variety of careers.

If you are interested in bringing a vehicle please contact Tori Todd at vtodd@lewalt.k12.mn.us

“Little Cards” Volleyball Camp June 4th-6th



Girls -- are you ready for some fun volleyball action!! Come join Coach LeJeune and Coach Kennedy for volleyball camp. Skills taught will include serving, passing, footwork, and much more. Door prizes will be awarded daily.

Cost: \$40 per camper entering 2nd grade-6th grade

Make checks payable to LA Diggers

Times: 2nd/3rd/4th grade: 12-1:30

5th and 6th grade: 1:30-3:00

Location: Lewiston-Altura High School

Registration is due by Wednesday, May 1st to receive a T-shirt.

(Cut here and return bottom portion with payment to the address below.)

Camper Name: _____ Grade in 2024-2025 _____

Parent Name: _____ Phone Number: _____

Email: _____

T-shirt size: YS YM YL AS AM AL (circle one)

Please return bottom portion with check to:

Liza Kennedy
PO Box 97
Altura MN 55910

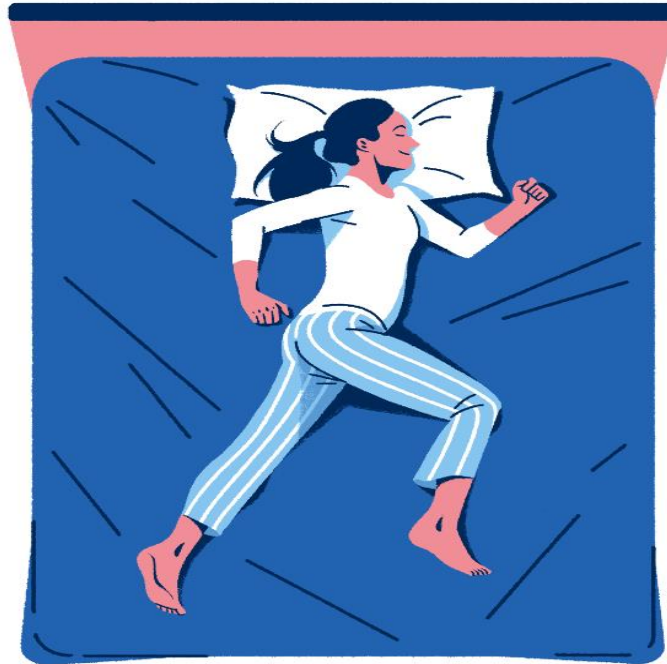
or

Lewiston-Altura Elementary Office

Falling asleep can be difficult, especially if you're stressed, anxious, or uncomfortable, but there's a natural sleep aid that's easy and accessible to everyone — exercise.

Chase away restless nights with exercise.

A well-timed workout can lead to better sleep.



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

Don't underestimate the healing properties of a good night's sleep. Scientists have studied the subject extensively, and have concluded that sleep, although a bit mysterious, plays a critical role in immune function, metabolism, memory, learning, and other vital processes.

Falling asleep can be difficult, especially if you're stressed, anxious, or uncomfortable, but there's a natural sleep aid that's easy and accessible to everyone — exercise. Research suggests that moderate physical activity can decrease instances of sleep complaints and insomnia, and can make a notable difference/improvement in sleep quality. Moderate aerobic exercise increases the amount of *slow wave sleep* (also referred to as *deep sleep*) you get each night. This category of sleep gives the brain and body a chance to rejuvenate, and can also help stabilize mood and benefit cognitive functioning.

And while exercise at all times of day is generally considered good for sleep, exercising at the right time can be even better. If the evening is your optimal exercise window, try working out at least 2 hours before bed; this gives your brain and body time to wind down. The exercise doesn't have to be especially rigorous, try some light aerobic exercise like a jog, fast-paced walk, or even some yoga, stretching, or tai chi. After 30 – 90 minutes post workout, your body's core temperature should return to normal, which makes for prime sleeping conditions.

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.

**Join now for \$35 to receive a summer welcome kit
and membership through September 2025!**

Kids entering grades K-12 are invited to join. Financial assistance is available.



Learn more at
gsrv.gs/join



**Lewiston-Altura ISD 857 Early Childhood Registration
School Readiness Preschool with Cardinal Club Extended Care
September 2024 — May 2025**

Lewiston-Altura School Readiness is a 4-Star Parent Aware rated preschool program that offers a play-inspired and educational learning environment for children ages 3 years old and up. Our Early Childhood Licensed Teachers plan daily education and care activities based on the accredited Creative Curriculum while supporting and engaging the children to develop confidence in learning while having fun and making new friends.

We provide:

- Quality, seamless, developmentally appropriate education and care 7am-5:00 pm
- New extended-day programming will provide quality developmentally appropriate activities and care designed to support families and children.

School District Transportation may be available for children who are ages 4 and up.

The preschool schedule follows the district calendar for holidays and weather related closings. Full day programming may be offered on no school days and is included in the monthly fee.

Class options:



Full care is a half day of preschool and half day of Cardinal Club care

Children ages 4 and 5, entering Kindergarten in Fall 2025

***Preference is given children enrolling in full care**



- 3x/ week afternoons only (\$120/month)
- 5x/week - mornings or afternoons (\$200/month)
- 5x/week-full days (\$280/month)

Children ages 3 and 4, entering Kindergarten in Fall 2026

***Preference is given to children enrolling in full care**



- 3x/week mornings only (\$120/month)
- 3x/week full days (\$168/month)
- 5x/week mornings only (\$200/month)
- 5 full days (\$280/month)

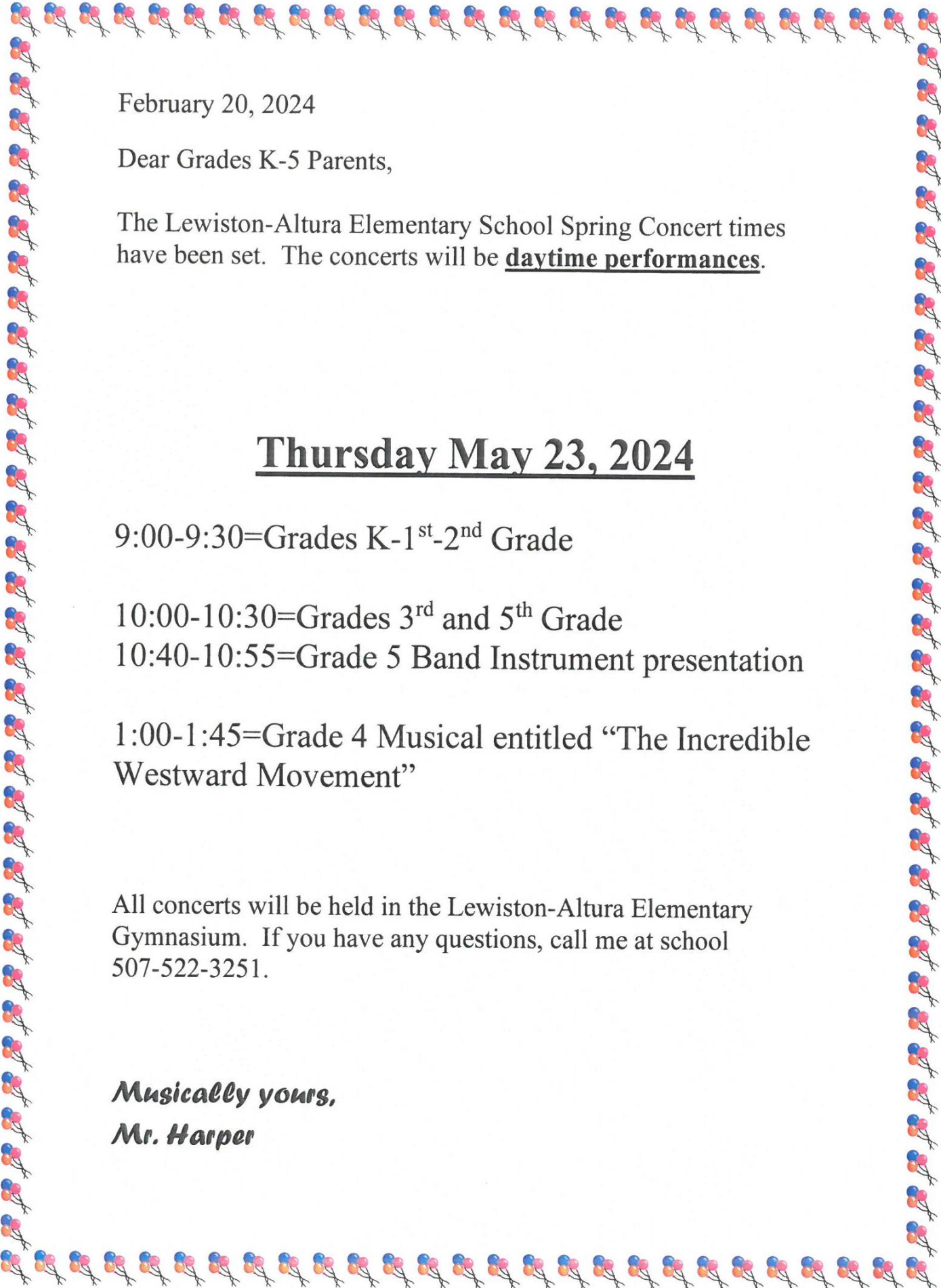
Families will be notified around April 15th of their child's placement.

Additional care from 7-8:30am and 3-5:00pm maybe available in the Cardinal Club program for an additional fee.

We offer staff and family discounts. Scholarships may be available to those that qualify.

Questions? Contact the Early Childhood Program at 523-2191 option 1
Or email vgreden@lewalt.k12.mn.us





February 20, 2024

Dear Grades K-5 Parents,

The Lewiston-Altura Elementary School Spring Concert times have been set. The concerts will be daytime performances.

Thursday May 23, 2024

9:00-9:30=Grades K-1st-2nd Grade

10:00-10:30=Grades 3rd and 5th Grade

10:40-10:55=Grade 5 Band Instrument presentation

1:00-1:45=Grade 4 Musical entitled “The Incredible Westward Movement”

All concerts will be held in the Lewiston-Altura Elementary Gymnasium. If you have any questions, call me at school 507-522-3251.

*Musically yours,
Mr. Harper*



Breakfast Menu

Apr 2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

1 No School

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

Offering #2
Sausage Link*
Waffle
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

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

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

Offering #2
Egg Scrambled*
Sausage Patty*
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

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

Offering #2
Mini Cinnis
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

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

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

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

Offering #1
Cereal Bowl
Yogurt*
Pineapple
1% Flavored
1% White
Skim White

Offering #2
Chefs Choice
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

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

Offering #2
Muffin
Sausage Link*
Juice Assorted
Pears
1% Flavored
1% White
Skim White

Offering #1
Cereal Bowl
String cheese
Juice Assorted
Oranges
1% Flavored
1% White
Skim White
Soy/Lactose-Free Milk

Offering #2
Pancake on a Stick
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

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

Offering #1
Cereal Bowl
Yogurt*
Pineapple
1% Flavored
1% White
Skim White

Offering #2
English Muffin
Sausage Patty*
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

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

Offering #2
Breakfast Burrito
Apples
Juice Assorted
1% Flavored
1% White
Skim White

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

Offering #2
Sausage Link*
Waffle
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

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

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

Offering #2
PB & J Sandwich
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

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

Offering #2
Fruitel
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

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

Offering #2
French Toast Sticks
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

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

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

Offering #2
PB & J Sandwich
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

- 2024 -

APRIL

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

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

3

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

4

Pulled Pork
~~Chicken & Waffles~~
Salad Bar
Fruit Bar
Milk

5

Macaroni and Cheese
Dinner Roll
Salad Bar
Fruit Bar
Milk

8

Chicken Nuggets
Mashed Potatoes
Dinner roll
Salad Bar
Fruit Bar
Milk

9

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

10

Meatball Sub
Marinara Sauce
Salad Bar
Fruit Bar
Milk

11

Sweet & Sour Chicken
Garlic Brown Rice
Salad Bar
Fruit Bar
Milk

12

Goulash
~~Spaghetti w/Meat sauce~~
Garlic Toast
Salad Bar
Fruit Bar
Milk

15

Hamburger w/bun
Potato fries
Salad Bar
Fruit Bar
Milk

16

Chicken Alfredo
~~Pasta Bar~~
~~Garlic brown rice~~
Dinner roll
Salad Bar
Fruit Bar
Milk

17

Ravioli in Red Sauce
Salad Bar
Fruit Bar
Milk

18

Mini Corn Dogs
Chips
Salad Bar
Fruit Bar
Milk

19

French Toast
Sausage links
Salad Bar
Fruit Bar
Milk

22

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

23

Walking Beef Taco
Shredded Cheese
Chips
Salad Bar
Fruit Bar
Milk

24

Popcorn Chicken
Dinner Roll
Salad Bar
Fruit Bar
Milk

25

Crunchy Chicken
Tender Wrap
Tortilla shell
Salad Bar
Fruit Bar
Milk

26

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

29

Pizza
Salad Bar
Fruit Bar
Milk

30

BBQ Chicken w/bun
Salad Bar
Fruit Bar
Milk