

Lewiston-Altura Schools Cardinal Newsletter

VOL. XXXV Issue 28

April 5, 2024

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

Mr. Riebel's Report

Parents of Lewiston-Altura Elementary School,

In the classrooms and hallways throughout our school, you will see lots of bulletin boards, signs and posters that emphasize the Cardinal CARES. In addition to teaching and guiding students through lessons at their grade level academic topics, our staff work to teach and guide students in learning how to understand, show and live a set of social and emotional skills. CARES stand for Cooperation, Assertion, Responsibility, Empathy and Self-control. When developing and showing our Cardinal CARES, students are able to be a part of safe and respectful classrooms and school. I bring the idea of Cardinal CARES forward as part of the topic of this letter to parents. The CARES attributes will be needed from both students and parents in an endeavor that our elementary school is undertaking.

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.



Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

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

P.L.A.Y. Group Notes

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

[P.L.A.Y. Denim and Diamond Dance](#)

Please review the available slots below and click on the button to sign up. 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.

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 is 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
April 22 – Math Night
April 26 – PJ/Comfy Clothes Spirit Day
April 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

One day, my son returned from school and said, "Mommy, I couldn't show my project to everyone because **you** forgot to pack it."

Instead of reacting to his frustration, I took a deep breath and decided to use the situation as a teachable moment.

I explained to him that although I understood his feelings, **it was his responsibility** to ensure that he had everything he needed before leaving the house.

Together, we created a backpack checklist to help him remember all the necessary items for school. This simple exercise helped him learn the importance of personal accountability.

It's essential to teach children how to take responsibility for their actions and choices. This week's parenting guide "**Don't Let Your Child Grow Up With a Victim Mentality**" will help you do just that!

DON'T LET YOUR CHILD GROW UP WITH A VICTIM MENTALITY

If you don't want your child growing up with a **victim mentality**, or thinking life just happens to them...

TEACH THEM PERSONAL ACCOUNTABILITY

- ◆ I'm in charge of my actions.
- ◆ I'm responsible for my mistakes.
- ◆ I can take control of my life. (A scary concept for many people.)



PERSONAL ACCOUNTABILITY MEANS **HONESTY**.

"I broke that." → Mistakes happen AND we are responsible for making amends and learning from them.

PERSONAL ACCOUNTABILITY MEANS **NO EXCUSES**.

"I pushed him BUT he didn't want to move." → Anything after the BUT is often an attempt to avoid responsibility.

PERSONAL ACCOUNTABILITY MEANS **ELIMINATING *YOU* STATEMENTS**.

"YOU made me so angry." → There's no blaming others for our behavior and emotions. We take responsibility for both.

Personal accountability does NOT mean you aren't allowing your child to explain what happened. Your child explains what happened **WHILE** taking responsibility for their actions.

Tell your child — "Personal accountability is a superpower that can help you **always** be in charge of your life."

Start a **culture of accountability** in your family so your children have the skills they need to take ownership of their lives.





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!



Beverages with the School Board!

**March 26, from 8:00-9:30 a.m.
at The Rec in Lewiston**



The Lewiston-Altura School Board invites you to join Members David Baer & Dave Pringle for a cup of coffee and conversation about the schools.

This is not an official school board meeting - just an opportunity for residents to ask questions about the schools, learn about future plans, and get to know your elected school board members. Beverages with the School Board is a NEW EVENT and will be offered monthly through the end of the calendar year.

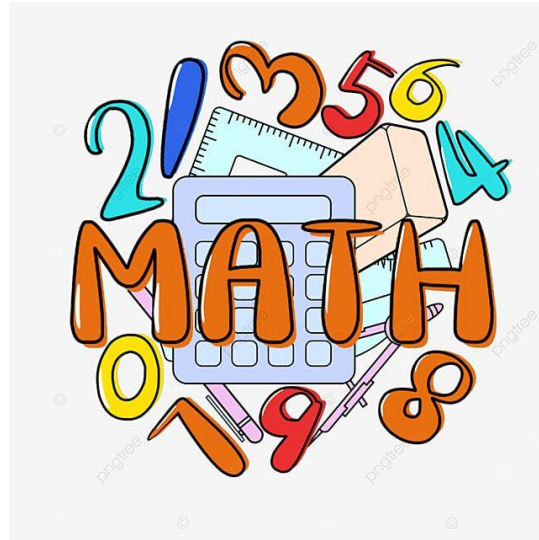
NOTE: If no one attends, board members will depart after 30 minutes (or when their coffee cup is empty)!

**SAVE THE DATE: Beverages with the Board
will travel to the golf course on April 10, 7:00-8:30 p.m.**

Lewiston-Altura Public Schools | www.lewalt.k12.mn.us | 507-523-2191

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

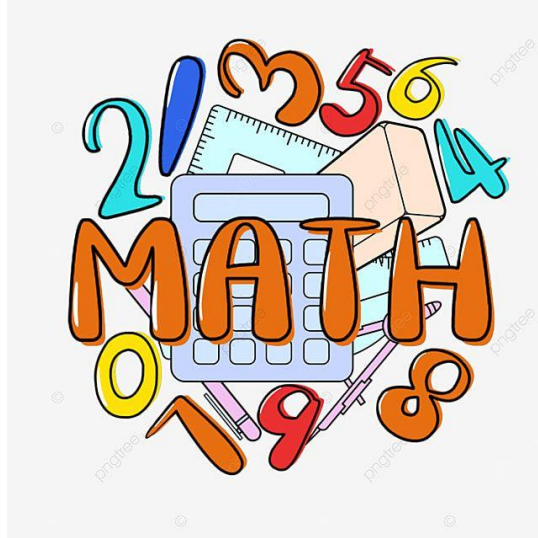
(Open house - Come when you can)

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

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

“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

THE MANY BENEFITS OF A GOOD NIGHT'S SLEEP

No, you're not dreaming.

BETTER
MOOD

IMPROVED
PHYSICAL
HEALTH

IMPROVED
MEMORY

RESTORED
ENERGY



#DeStressMonday

DeStressMonday.org

DE STRESS
MONDAY



**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



REGISTRATION FORM FOR Cardinal Club and Preschool Enrollment
June 2024-May 2025

<input type="checkbox"/> Summer
<input type="checkbox"/> School Year
<input type="checkbox"/> Both

1. Child's Name: _____ Birth Date: _____ Grade _____
2. Child's Name: _____ Birth Date: _____ Grade _____
3. Child's Name: _____ Birth Date: _____ Grade _____
4. Child's Name: _____ Birth Date: _____ Grade _____

Parent/Guardian name _____	Parent/Guardian name _____
Relationship to child _____	Relationship to child _____
Cell Phone _____	Cell Phone _____
Other: _____	Other: _____
Email _____	Email _____
Home and mailing address _____	Home and mailing address _____
_____	_____
Work phone _____	Work Phone _____
Place of Employment _____	Place of Employment _____

The student(s) lives with (Circle all that apply)
Both parents Mother Father Guardian other _____

Emergency notification if parent cannot be reached: Local if possible

Name: _____ relationship _____ Phone: _____
Name: _____ relationship _____ Phone: _____
Child's Doctor: _____ Phone: _____

Persons Authorized to take your child from Cardinal Club/Preschool:
All authorized persons may be asked to show a picture ID to pick up.

Persons **NOT** Authorized to take your child from school programs: (Please notify the Cardinal Club Director or classroom teachers if staff needs to know about an Order for Protection or Custody Order and a copy of legal documentation must be on file). _____

RECORDS RELEASE FOR PRESCHOOL, CARDINAL CLUB, AND SUMMER PROGRAMMING

I hereby authorize Lewiston-Altura to release a copy of the above named child(ren)'s most recent school records, including but not limited to: physical exam records, special needs assessments, and IEP's in order to enable the Cardinal Club program to better meet the needs of my child. YES NO

Family Name _____

Does your child/children have any food or medication allergies? If so, please list and/or describe:

If your child/ children has any allergies, please answer the following questions.

1. Description of the allergy: _____
2. Triggers to allergens: _____
3. Symptoms if an allergic reaction were to occur (What to watch for): _____
4. How to respond to an allergic reaction (Include medication & dosage): _____
5. Doctor's contact information: _____

We administer only personal prescriptions filled by a pharmacist, with a physician's label, bearing the child's name and directions for administration. Over the counter medications (Tylenol, Advil, Ibuprofen, etc.) must be in the original container labeled for that medication. The parent must give medication to staff along with completed "Authorization for Giving Medication in Schools" form (physician signature required for prescriptions) which can be picked up at Cardinal Club or main office and is also available on the Lewiston-Altura District website. Over the counter medicines taken longer than 2 weeks require a physician's signature.

Immunizations

A copy of a child's immunizations or an applicable exemption is required to be on file before a child's first attendance day. Be sure to update your immunization form as needed.

Sunscreen (summer only)

Cardinal Club will provide sunscreen, or if you prefer to purchase sunscreen for your child, sunscreen must be labeled with child's name and turned into Cardinal Club staff. Children are not allowed to carry sunscreen in their backpacks. Staff will distribute sunscreen and remind students when to apply and reapply.

Please check the appropriate space:

- Yes, Cardinal Club staff may apply sunscreen to my child.
 No, Cardinal Club may not help administer sunscreen to my child.

Signature _____

Bee Sting Treatment

The staff will observe any child that is stung. Staff will call the parent if there are any complications or call 911 if the situation is considered life-threatening.

Please check the appropriate space:

- Yes, my child has a bee sting allergy (Please fill out the allergy questions above)
 No, my child does not have a bee sting allergy.
 I do not know if my child has an allergy to bee stings because he/she has never been stung.

AGREEMENT AND AUTHORIZATION FORM

Parent's Agreement:

YES No I consent to the enrollment of my child/children in School Readiness Preschool and/or Cardinal Club School Age Childcare Program ISD #857. I give consent to have pictures of my child taken by the news media and/or district staff. I also give consent to have pictures of my child(ren) taken and posted on the Lewiston Altura School District, Cardinal Club, and/or Early Childhood Program Facebook pages.

Guardian Signature _____ Date _____

School Readiness Preschool and CARDINAL CLUB Agreement

1. I understand that I am responsible for payments of tuition and fees. A statement will be provided upon request.
2. I agree to pay for services with the rates as stated in the parent handbook. There will be a \$30.00 charge for all returned checks as a result of non-sufficient funds.
3. I understand that center hours are 7:00 am to 5:00p.m. I agree to pay a late fee of \$10.00 beginning at 5:05 p.m. This will be added to my bill. I will notify staff if I am running late as a courtesy. The phone number is 522-3245 for before and after school care.
4. I agree to supply the coordinator with a monthly schedule of our need for the program when applicable. (See handbook) Paper calendars are available for my convenience and will be emailed to me when ready. *Children enrolled in Preschool only do not need to submit a calendar.*
5. I understand that payment is required monthly. Calendars and/or payment are due by the first day of the month. If I am unable to pay at the time the payment is due, I will contact the director and we will determine a written pay schedule. There will be **no refunds** for failure to show, sickness, vacations, or changes in schedule. If the school or program closes due to weather or other emergencies, refunds will not be given. Adding my child for a day not already scheduled, may be possible when called in a day in advance depending on center activities.
6. I understand that the program reserves the right to close for any reason. Parents and guardians will be notified in advance.
7. I agree to notify the staff if anyone else will be picking up my child on a particular day.
8. I agree to pay a registration or activity fee (when applicable) that can be applied towards activities, new supplies, and/or equipment.
9. I understand that a parent or authorized person must personally come in to drop off and pick up, this is a safety issue. Please plan accordingly.

Parent/Guardian signature

Date

I have received a copy of the Parent Handbook and understand that I am responsible for the information contained in it. I recognize my responsibility to respect the rules of the programs my child is enrolled in as well as my responsibility to help my child respect the rules needed to provide a positive experience for all participants. I agree to pay for any damage my child might cause while participating in the program.

Parent's signature

Child's Signature (Age K and up)

RELEASE FORMS/TRAVEL AUTHORIZATION

I DO **I DO NOT** (circle one) give permission for my child/children to leave the School Readiness Preschool or School Age Childcare Program for trips in a car or on public transportation, to special places, walks to the park, shopping trips, etc. I understand that I will be notified before each such activity. I understand the arrangements and believe that the necessary precautions and plans for the care and supervision of the children during any scheduled trip will be taken. I also give permission for him/her to participate in field trips and will assume full responsibility for any and all medical expenses incurred during the trip.

Restrictions on such trips: **Each child riding in an automobile will be secured by a seat belt and safety seats if necessary under the state law.** Additional restrictions may be set by parents _____

Parent/Guardian Signature

Date

When YOU Shine, WE Shine!

Come share in the
HISTORY and the *FUTURE* of
Education at Winona State University.

What
Community Open House

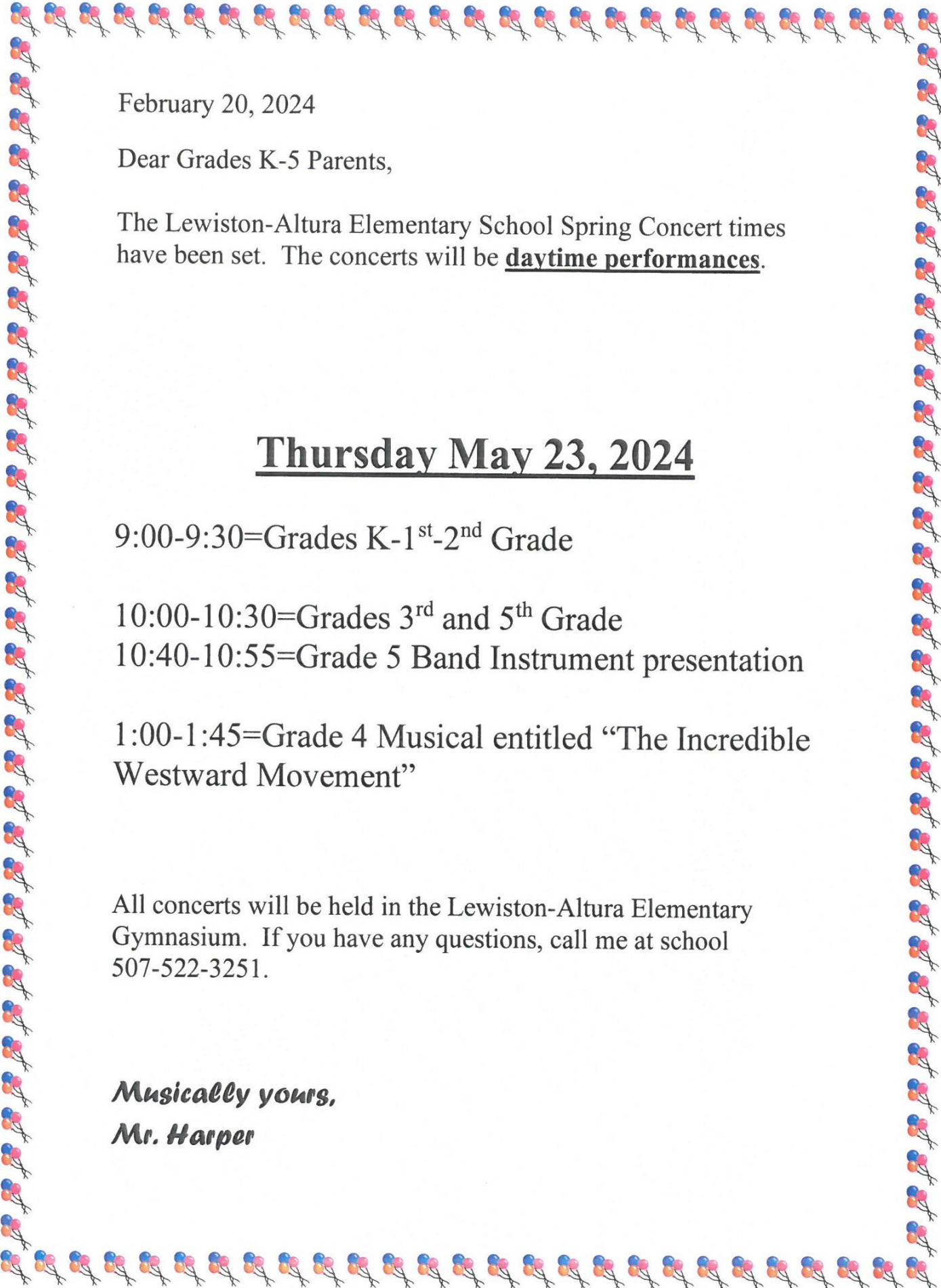
When
April 6, 2024, 10am–2pm

Free!
FREE and OPEN to the Public

Where
Education Village on WSU Campus
(8th and Lafayette Street)

Activities
Family Friendly – Fun for ALL AGES

- Storytelling
- Little Warrior Drumline Performance
- Family YOGA
- Guided Tours
- Open Climbing Wall
- Tours of the One Room Schoolhouse
- WSU Education Museum
- Reading, Math and Science Activities
- Face Painting
- Food Trucks
- Obstacle Course
- Giveaways
- Games and So Much More!



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

1 No School

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

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

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

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

Tuesday

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

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

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

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

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

Wednesday

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

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

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

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

Thursday

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

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

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

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

Friday

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

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

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

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

1

2

3



- 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