

# Lions Roar



4/8/23

## Staff Announcements

If you are a student that is bringing food from home, it must be ready to be eaten. We've had some students coming with food that needs to be prepared and we do not offer that type of service. We will not be "heating up" anyone's food, nor will we be cooking a meal for them. They need to pack a thermos for their hot food because we will not make our staff prepare your food from home. If students are in need of having their food prepared, we will provide a school lunch. Students will be charged for the school lunch unless they are on our Free & Reduced Lunch Program.

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Order your 2022-2023 YEARBOOK for \$35  
<https://www.strawbridge.net/>  
Online Code: YB26166

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SPRING BREAK is HERE!  
No school on April 7 and 10th!!  
Enjoy the long weekend!

## Sports Corner

Monday April 10th  
Baseball: Junior High Scrimmage  
Vs. Albert Lea  
@ Albert Lea Hammer Complex  
4:30 pm

Friday April 14th  
Track & Field: Varsity Meet  
Vs. Multiple Schools  
@ Triton High School  
4:30 pm





# Middle School Dance

Theme is Spring

Friday, April 14<sup>th</sup>, 2023

6:00-7:30 pm

Lyle Gym

Sign up ahead of time in the office

With a food shelf donation.... \$1

Without a food shelf donation...\$2

Show up that night

With a Food Shelf Donation...\$2

**Without a Food Shelf Donation...\$3**





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4/8/23



## *Community Seed Library*

coming soon to

Lyle Public School

*Opening March 23<sup>rd</sup>*



- Do you believe cost of food is getting ridiculous?
- Do you want to eat healthier?
- Are you finding it harder and harder to have the time to go get fresh produce?
- Ever thought about starting your own garden?
- Would you like to spruce up your landscaping?

If you said YES to any or all these questions, let us help you get started. The Seed Library will have a variety of produce and flower seeds that will be available on a first come basis with limited supplies available. These will be "checked out" but no returns needed. Please "check out" only what you can use this year. Cost is FREE

**AND**

If you're not sure where to start with a produce garden or a flower garden, check out the upcoming Community Ed classes with a Master Gardener who is willing to share his wisdom and help you get started. There are also some resource materials to help you along the way.





# Lyle Public Schools Breakfast Menu

**April  
202  
3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Cheesy Ham Melt  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>4</b> Blueberry Loaf Cheese Stick  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>5</b> Coffee Cake  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>6</b> Blueberry Breakfast Bark  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>7</b> <b>Spring Break</b>
<b>10</b> <b>Spring Break</b>	<b>11</b> Mini Donut Yogurt Cup  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>12</b> Strawberry Cream Cheese Filled Bagel  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>13</b> Scrambled Egg Mini Breakfast Loaf  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>14</b> Breakfast Burrito  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk
<b>17</b> Chocolate Chip Muffin Cheese Stick  Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection  1% Milk	<b>18</b> Sausage Breakfast Biscuit  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>19</b> Sausage Breakfast Pizza  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>20</b> Cinnamon Roll  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>21</b> Breakfast Banana Split Yogurt Parfait  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk
<b>24</b> Brekkie  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>25</b> Chocolate Chip Muffin Cheese Stick  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>26</b> Plain Long John  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>27</b> Breakfast Bowl  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk	<b>28</b> Pancakes Syrup  Choice of Cereal Graham Crackers  Vegetable Selection Fruit or Juice Selection  1% Milk
			This is for Food 4 Thought	

## PRICES

Breakfast	\$2.50
Extra Milk	\$0.50
Adult Breakfast	\$2.65

## EXTRA INFO

Milk choice of 1% White, Skim or Chocolate  
 Skim or Water is included with Lunch. For  
 questions or comments please contact Melissa  
 Armstrong at (507) 325-2201 ext 3006 or  
 marmstrong@lyle.k12.mn.us

## HARVEST OF



## THE MONTH

Your **MENUS** plus more  
 information on our app  
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# Lyle Elementary Lunch Menu

**April  
2023**

Fresh Fruit and Veggie Bar Served with all Lunches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Crispy Chicken Tenders Whole Grain Dinner Roll Deli Sub Sandwich  Roasted Broccoli Baby Carrots Diced Peaches Banana	<b>4</b> Meatballs and Gravy Whole Grain Dinner Roll Deli Sub Sandwich  Mashed Potatoes & Gravy Baby Carrots Mixed Canned Fruit Banana	<b>5</b> Mini Corn Dogs Deli Sub Sandwich  Baked Beans Baby Carrots Pineapple Tidbits Banana Mini Rice Krispie Treat	<b>6</b> Ham & Cheese on a Bagel Deli Sub Sandwich  Tater Tots Baby Carrots Applesauce Banana	<b>7</b> <b>Spring Break</b>
<b>10</b> <b>Spring Break</b>	<b>11</b> Meatball Marinara Sub Honey Mustard Ham Wrap  Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Pear	<b>12</b> Ham Egg & Cheese Bagel Honey Mustard Ham Wrap  Roasted Broccoli Cucumber Slices Pineapple Tidbits Fresh Pear Chocolate Chip Cookie	<b>13</b> Beef Chili Cornbread Honey Mustard Ham Wrap  Potato Wedges Cucumber Slices Applesauce Fresh Pear	<b>14</b> Pizza Parlor Honey Mustard Ham Wrap  Steamed Carrots Cucumber Slices Diced Pears Fresh Pear
<b>17</b> Mini Corn Dogs Deli Sub Sandwich  Coleslaw Cherry Tomato Diced Peaches Fresh Grapes	<b>18</b> Beef Hot Dog on a Bun Baked Beans Deli Sub Sandwich  Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes Cookie	<b>19</b> Orange Chicken Brown Rice Deli Sub Sandwich  Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Grapes	<b>20</b> Pancakes Easy Egg Bake Deli Sub Sandwich  Potato Wedges Cherry Tomato Applesauce Fresh Grapes	<b>21</b> Tater Tot Casserole Garlic Toast Deli Sub Sandwich  Roasted Broccoli Cherry Tomato Diced Pears Fresh Grapes
<b>24</b> Turkey BLT Flatbread Crispy Chicken Wrap  Parsley Potato Baby Carrots Diced Peaches Banana	<b>25</b> Italian Pasta Bake Garlic Breadstick Crispy Chicken Wrap  Roasted Broccoli Baby Carrots Mixed Canned Fruit Banana Homemade Brownie	<b>26</b> BBQ Pulled Pork Sandwich Crispy Chicken Wrap  Steamed Carrots Coleslaw Pineapple Tidbits Banana	<b>27</b> Chicken Fajitas Spanish Rice Crispy Chicken Wrap  Spiced Pinto Beans Baby Carrots Pineapple Tidbits Banana	<b>28</b> Pizza Parlor Crispy Chicken Wrap  Buttered Peas Red/Orange Bell Pepper Diced Pears Banana

PRICES	EXTRA INFO
Elementary Lunch	\$
Extra Entree	\$1.50
Extra Milk	\$.50
Adult Lunch	\$4.95

Milk choice of 1% White, Skim or Chocolate  
 Skim or Water is included with Lunch. For  
 questions or comments please contact Melissa  
 Armstrong at (507) 325-2201 ext 3006 or  
 marmstrong@lyle.k12.mn.us



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# Lyle Secondary School Lunch Menu

Fresh Fruit and Veggie Bar Served with all Lunches

April  
1  
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Crispy Chicken Tenders Whole Grain Dinner Roll Cheeseburger on a Bun Deli Sub Sandwich  Roasted Broccoli Baby Carrots Diced Peaches Banana	<b>4</b> Meatballs and Gravy Whole Grain Dinner Roll Crispy Chicken Nuggets Whole Grain Dinner Roll Deli Sub Sandwich  Mashed Potatoes & Gravy Baby Carrots Mixed Canned Fruit Banana	<b>5</b> Corn Dog Chicken Tacos Lettuce, Tomato and Cheese Deli Sub Sandwich  Baked Beans Baby Carrots Pineapple Tidbits Banana Mini Rice Krispie Treat	<b>6</b> Ham & Cheese on a Bagel Crispy Chicken Sandwich Deli Sub Sandwich  Tater Tots Baby Carrots Applesauce Banana	<b>7</b> <b>Spring Break</b>
<b>10</b> <b>Spring Break</b>	<b>11</b> Meatball Marinara Sub Crispy Chicken Nuggets Whole Grain Dinner Roll Honey Mustard Ham Wrap  Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Pear	<b>12</b> Ham Egg & Cheese Bagel Beefy Nachos Honey Mustard Ham Wrap  Roasted Broccoli Cucumber Slices Pineapple Tidbits Fresh Pear Chocolate Chip Cookie	<b>13</b> Beef Chili Cornbread Crispy Chicken Sandwich Honey Mustard Ham Wrap  Potato Wedges Cucumber Slices Applesauce Fresh Pear	<b>14</b> Pizza Parlor Teriyaki Chicken Strips Fried Rice Honey Mustard Ham Wrap  Steamed Carrots Cucumber Slices Diced Pears Fresh Pear
<b>17</b> Mini Corn Dogs Cheeseburger on a Bun Deli Sub Sandwich  Coleslaw Cherry Tomato Diced Peaches Fresh Grapes	<b>18</b> Beef Hot Dog on a Bun Baked Beans Crispy Chicken Nuggets Whole Grain Dinner Roll Deli Sub Sandwich  Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes	<b>19</b> Orange Chicken Brown Rice Carnita Nachos Deli Sub Sandwich  Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Grapes	<b>20</b> Pancakes Easy Egg Bake Crispy Chicken Sandwich Deli Sub Sandwich  Potato Wedges Cherry Tomato Applesauce Fresh Grapes	<b>21</b> Tater Tot Casserole Garlic Toast Pizza Parlor Deli Sub Sandwich  Roasted Broccoli Cherry Tomato Diced Pears Fresh Grapes
<b>24</b> Turkey BLT Flatbread Cheeseburger on a Bun Crispy Chicken Wrap  Parsley Potato Baby Carrots Diced Peaches Banana	<b>25</b> Italian Pasta Bake Garlic Breadstick Crispy Chicken Nuggets Whole Grain Dinner Roll Crispy Chicken Wrap  Roasted Broccoli Baby Carrots Mixed Canned Fruit Banana	<b>26</b> BBQ Pulled Pork Sandwich Soft Beef Tacos Lettuce, Tomato and Cheese Crispy Chicken Wrap  Steamed Carrots Coleslaw Pineapple Tidbits Banana	<b>27</b> Chicken Fajitas Spanish Rice Crispy Chicken Sandwich Crispy Chicken Wrap  Spiced Pinto Beans Baby Carrots Pineapple Tidbits Banana	<b>28</b> Pizza Parlor Toasted Cheese Sandwich Homemade Tomato Soup Kettle Potato Chips Crispy Chicken Wrap  Buttered Peas Red/Orange Bell Pepper Diced Pears Banana
			This is for Food 4 Thought	

## PRICES

Secondary Lunch	\$3.35
Extra Entree	\$1.50
Extra Milk	\$.50
Staff Lunch	\$4.95

## EXTRA INFO

Milk choice of 1% White, Skim or Chocolate  
Skim or Water is included with Lunch. For  
questions or comments please contact Melissa  
Armstrong at (507) 325-2201 ext 3006 or  
marmstrong@lyle.k12.mn.us

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## THE MONTH

Menus and nutrition  
our app  
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## SPRING CLEANING GARAGE SALE

APRIL

22

Where and when  
can I donate  
my items?

- In the big box at the front of LPS,  
April 17th-April 20th  
8 am- 7pm

HAVE STUFF TO GET RID  
OF?

DONATE TO THE SENIOR CLASS SALE!

Where do the  
proceeds  
go?

-All proceeds go to any  
events seniors partake in  
such as prom, graduation  
fun, or events that needs a  
donation.

Where will the  
sale be held?

- Depending on weather:  
The LPS parking lot or  
the LPS multi purpose room



# Lions Roar



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## KEEGAN COOK VOLLEYBALL CAMP

Minnesota Training Camp  
Camp 1: July 7-9th  
Camp 2: July 14-16th

Positional and Boys Camp  
July 10-11th

Volley School  
July 10-11th

Beginner Skills Camp  
July 12

Prospect Camp  
July 12-13th

For additional information:



open to any and all  
[keegancookvolleyball.com](http://keegancookvolleyball.com)

TRAIN LIKE  
A GOPHER





# Lions Roar



4/8/23



For Girl Scouts, every new adventure is an opportunity to grow. From planting pollinator gardens to exploring the night sky, Girl Scouts sow the seeds of curiosity and friendship as they bloom into the confident, passionate leaders they were born to be.

For a limited time, join Girl Scouts for \$35 and keep blooming through September of 2024!

All girls entering grades K-12 are invited to join.  
*Financial assistance is available.*

Join by June 1 to receive a free welcome kit and access to summer camps and events, including Girl Scouts Night at the ~~Movie~~ **Aurora FC**.

*\*Space is limited and available while supplies last.*



Explore troop options and register today at [girlscoutsrvalleys.org/join](https://girlscoutsrvalleys.org/join)

We offer troop options that support and center the unique experiences of Black, Indigenous, and People of Color (BIPOC) youth and families. Learn more by visiting us online at [GirlScoutsRV.org/CommunityEngagement](https://GirlScoutsRV.org/CommunityEngagement).

**girl scouts**  
river valleys

# MICHELE FRANK

Mrs. Frank studied at Winona State in Rochester. She's been teaching for 17 years. She has 3 kids - Grant, Grace, and Seth. She has been married to Dan for 17 years. As a family they enjoy riding R2k, sports, and going on vacations. Mrs. Frank's favorite childhood memory is walking across the road to her great grandparents to visit and have snacks. She became a teacher because she loves helping children learn and being a positive person in their life. Her favorite memory while teaching is hearing the kids tell stories. One thing on her bucket list is R2K riding in Colorado.



First Grade Teacher at Lyle Public  
Schools for 12 years

***THE LION'S STAFF SPOTLIGHT***



# HEATHER SMALL

Heather worked as an admin assistant in Austin for 7 years. She has two boys ages 15 and 13 and has been married for 18 years. She has a large family - 3 brothers and 3 sisters with 17 nieces and nephews. Her favorite childhood memory is going on vacation with her parents and brother to many states. She chose this position because she loves working with kids. Her favorite part of her position is the variety of people that she works with and also that her coworkers are like family. One thing on her bucket list is to go to Europe someday.



Administrative Assistant for 8 years

*THE LION'S STAFF SPOTLIGHT*

