



The Wildcat Report

Maquoketa valley Community School District



Web Site: <http://www.maquoketa-v.k12.ia.us>

August, 2020

Administration Office

Dave Hoeger,
Superintendent
112 3rd St., PO Box 186
Delhi, IA 52223-0186
Phone (563)-922-9422
Fax (563)-922-9502

M.V. High School

Troy Osterhaus,
Principal
107 South St. PO Box
186 Delhi, IA 52223-
0186 Phone (563)-922-
9411 Fax (563)-922-
9502

M.V. Middle School Delhi Elementary

Troy Osterhaus, MS
Principal
Tiersa Frasher,
Delhi Elem.
112 3rd St., PO Box 186
Delhi, IA 52223-0186
Phone (563) 922-9411
Fax (563) 922-9502

Earlville Elementary

Brenda Becker,
Principal
226 Prospect Street
Earlville, IA 52041
Phone (563)-923-3225
Fax (563) 926-3305

Johnston Elementary

Brenda Becker,
Principal
131 Culver Road
Hopkinton, IA 52237
Phone (563)-926-2701
Fax (563) 926-2093

Board of Directors

Donna Kunde - Area 1
Doug Dabroski - Area 2
Chris Huber - Area 3
Mike Feldmann - Area 4
John Zietlow - Area 5

Welcome Back By Superintendent Dave Hoeger

Dear Parents, Staff, and Community Members,
Welcome to the 2020-2021 school year at Maquoketa Valley. We ended the last school year in a very unusual way and this fall looks like it is going to be interesting as well. I am very honored to be your Superintendent of the Maquoketa Valley and North Linn School Districts. Maquoketa Valley is doing amazing work and I plan to spend time learning about the district by meeting and talking to staff and community members. I am excited to work with others to continue to build upon the great things that are taking place for our students. I would like to share a little about myself. I grew up in Dyersville and attended Western Dubuque High School. After college, I taught 9 years in Dubuque and then took a math position at Western Dubuque in 1998. I taught for 6 more years and then became an administrator at WD for 12 years before becoming a Superintendent in Montezuma. I was there for 3 years before moving back to the area to be your Superintendent at Maquoketa Valley. My wife, Jane and I have 3 adult children. My 2 daughters live in San Diego and my son lives in Scottsdale, Arizona. We do not yet have any grandchildren but hope that changes soon. The kids all live in great areas but Jane and I hope they make their way back to the midwest so we can see them more often.

As I mentioned above, this promises to be a very interesting fall for school districts across Iowa and the nation. Our goal at Maquoketa Valley is to have the students and staff in the building every day because we believe that gives up the best opportunity to educate our students. Due to the COVID virus, that may or may not be a reality. We continue to have conversations with our county and state health officials, the Department of Education, and our Area Education Agency to discuss how to safely educate our students. With information constantly changing we want to wait as long as possible before finalizing our plan for the fall. We will be sharing additional information with you as soon as possible.

My motivation comes from trying to continually improve our schools to provide as many opportunities as possible and meeting the needs of all of our students. There is very strong community support for our school and that is tremendously important. My goal is to learn as much as possible about the district and then find ways to constantly improve. I am very excited to be the superintendent of both Maquoketa Valley and North Linn and I am motivated to stay in this position for many years. I look forward to meeting staff and community members so please stop and introduce yourself.

Finally, I would like to thank Doug Tuetken for his many years of service at MV. He has been an important part of the success of this school district and has been very helpful to me during my transition into this role. I wish Doug all the best in his retirement.

Free or Reduced Meal Information

This notice is for families who have been receiving free or reduced benefits prior to March 16, 2020. The Iowa Department of Human Services has announced a good assistance program called P-Ebt (Pandemic Electronic Benefit Transfer). Each child in a family receiving free or reduced benefits will receive a P-EBT card to be used to purchase food supplies. If you are already on Food Assistance, the benefits will be added to your regular EBT card. For those not on Food Assistance but receiving free or reduced meals, a card will be mailed to you between July 14 and July 21. For more information, please go to: https://dhs.ioa.gov/P-EBT_FAQ_Page If you are unable to log in to this site and have additional questions, please email Laurie Kramer at lkramer@maquoketa-v.k12.ia.us or call her at 563-920-9863.

Using Revtrak to Pay Online Fees

1. Go to www.maquoketa-v.k12.ia.us
2. Select RevTrak link
3. On the top of the page, select Login. You will be then creating a new account. You must have an account to place fees and place money in lunch accounts
4. You will place your own information in the first section of creating an account, then select at the bottom CREATE
5. You will then be directed to list your children's full names, grade level, and student ID. This is listed at the bottom of the page. You will also need to put in a valid credit card/debit card. The credit card may be a Discover, MasterCard, or Visa issued credit or debit card.
6. To make a payment or purchase items,
 - a. Click a category button on the homepage or select a group from the "browse" menu on the left side of the screen. Select the item you wish to purchase, enter any requested information, and click the add to shopping cart button.
 - b. Click the Go to Checkout button to proceed to checkout or the Continue Shopping button and add additional items to your cart.
 - c. At the checkout screen, if this is your first purchase in the Web Store, enter a valid email address and click the continue button. This email address will serve as your Web Store account login on subsequent visits. If you are a returning customer, enter the email address and password you established on your first visit and click the sign in button.
 - d. Complete billing and account information, if applicable
 - e. Verify information and click the complete order button. Your order will be processed, and you may then view and print your receipt, if desired.
7. The final step of your checkout process produces a printable receipt. In addition, a confirmation email is sent immediately to the email address you provide during checkout. If you do not receive the confirmation email, check your SPAM filter as it may have been filtered by your email client. In addition, any time after you complete your purchase, you may click the my account button from the menu on the left and login using the email address you provided. From there, you can check your purchase history to verify that your order was correctly placed.
8. Please direct questions concerning online fee payments to Erika Imler (erikaimler@maquoketa-v.k12.ia.us)
9. Questions regarding lunch accounts or ID information to Laurie Kramer (lauriekramer@maquoketa-v.k12.ia.us)



Registration and School Fees For 2020-2021



Registration of students and payment of fees must be completed online beginning on Wednesday, July 22nd. If you are unable to complete this process online, please call the high school office (563.922.2091) to set up an appointment. We are asking that there are no walk-ins at this time for registration assistance unless an appointment has been made prior to arriving. Instructions for registering current MV students and/or new to the district and paying fees will be mailed to you. If you do not receive this information by August 1st, please contact Sarah Lown at 563.922.2091 or at sarahlown@maquoketa-v.k12.ia.us.

For those families who apply for free/reduced meals, the form will be mailed to you with the other registration information. As a reminder, the forms for applying need to be turned into Morgan Manternach in the middle school office PRIOR to paying. Applying does not necessarily mean acceptance.

The first day of school is Wednesday, August 12th. The school day will start at 8:00am and conclude at 1:05pm from August 12th to August 21st due to teacher professional development. Beginning on August 24th, the school day will then conclude at 3:20pm. Please refer to the school calendar online for more information.

As in the past, through the PowerSchool link, parents are asked to update information at home for all children enrolled at school. It is especially important for parents to update email addresses and phone numbers as notices of early dismissals, make-up information, etc. are communicated electronically. Text alerts will be sent from the high school office number (562.922.2091) while emails will be sent from mvalerts@maquoketa-v.k12.ia.us. If phone numbers and emails are incorrect in PowerSchool, you will not receive these messages.

Student Materials/Rental Fees

Student Materials Fee (PS)	\$20.00
Student Materials Fee (JK-5)	\$60.00
Student Materials Fee (6-12)	\$75.00
Technology Fee (9-12)	\$25.00
Musical Instrument Rent	\$50.00
Second Musical Instrument Rent	\$25.00
Music Uniform Cleaning	\$25.00
Instrument Music Lesson Book	Our Cost



Breakfast & Lunch Prices



Breakfast is served in all Maquoketa Valley School buildings before classes every day (beginning at 7:45 AM) and lunch is served between 11:30 AM and 12:30 PM. The menus will appear each month in the on line newsletter and at our web site. Any amount may be sent with your child and/or deposited in your meal account.

New Prices Are:

Student Lunch (K-5)	\$2.45
Student Lunch (6-12)	\$2.70
7-12 Second Entrée	\$1.80
Reduced Price Student Lunch	State Determines
Extra Carton of Milk	\$0.60
Adult Lunch	\$3.85
Student Breakfast	\$1.85
Reduced Price Student Breakfast	State Determines
Adult Breakfast	\$2.75
Ala Carte Items	Market Price

The same application form for Free or Reduced price meals you received in the mail is also here in this newsletter or can be obtained off the schools web site. By using the guidelines chart below, you can determine if your total household gross income is within the reduced limits or lower. If so, please complete the form, mail it to MV School before August 12th, or see Morgan Manternach in the middle school office. You may also qualify for a student fee waiver. If you choose the waiver, sign and date the waiver statement which is located at the bottom of the second page of the Free or Reduced meals application. Also, on the application, you can check on children's health insurance offered by the State of Iowa called hawk-i.

Household Size	Reduced Price Meals				
	Yearly	Yearly	Yearly	Yearly	Yearly
1	23,606	23,606	23,606	23,606	23,606
2	31,894	31,894	31,894	31,894	31,894
3	40,182	40,182	40,182	40,182	40,182
4	48,470	48,470	48,470	48,470	48,470
5	56,758	56,758	56,758	56,758	56,758
6	65,046	65,046	65,046	65,046	65,046
7	73,334	73,334	73,334	73,334	73,334
8	81,622	81,622	81,622	81,622	81,622
For each additional family member add:	8,288	8,288	8,288	8,288	8,288

Regular Board Meeting

June 15, 2020

The regular meeting of the Maquoketa Valley Board of Education was called to order by President Donna Kunde at 5:30 p.m. in the High School Library in Delhi, Iowa. All motions carried unanimously unless otherwise noted. Four board members were present. There were seven staff present and one visitor. The agenda and consent items were approved.

Athletic Director, Trevor Arnold, gave the Board an update on the softball and baseball program and the safety precautions the teams are taking for the summer. Mr. Arnold also updated the Board on open gym procedures. Decisions for weight room and other school activities will be made on July 1st.

Brenda Becker and Tiersa Frasher updated the Board on the Return to Learn Plan which will be submitted to the state by July 1st. In the fall, the District will be one-on-one in regards to technology. Students in grades JK-2 will be using Chromebooks and students in grades 3-12 will be using MacBook's. The District was able to secure a grant from Delaware County with the help of Donna Boss in the amount of \$32,876.39 to purchase the additional technology. The District also received a donation in the amount of \$990 from Earlville United Parish for some elementary technology needs. The Board expressed their appreciation to both Delaware County and Earlville United Parish for the continued support of Maquoketa Valley.

Board secretary, Erika Imler, was authorized to pay bills owed yet this fiscal year prior to June 30th.

The following personnel recommendations were approved:

Brian Wegmann – resignation as Assistant Wrestling Coach
Heidi Hoeger – resignation as Middle School Volleyball Coach
Jett Kuhens – employed as Assistant Wrestling Coach

Three open enrollment out requests were approved and three open enrollment requests in were approved.

The Board approved the 2020-2021 Managed Service Contract from Infrastructure Technology Solutions.

The 2020-2021 Faculty, Staff and Parent Handbooks were approved.

The Board approved an increase in the substitute teacher pay rate from \$110 per day to \$125 per day.

The Board approved the 2020-2021 Life Connections School-Based Health Services Contract.

Student fees and prices for the 2020-2021 school year were reviewed. A \$25.00 technology fee was added for all students in grades 9-12. All other fees will remain the same for the 2020-2021 school year. The following food service and student fees were set for the 2020-2021 year:

Student Lunch (K-5)	\$2.45
Student Lunch (6-12)	\$2.70
7-12 Second Entrée	\$1.80
Reduced Price Student Lunch	State Determines
Extra Carton of Milk	\$0.60
Adult Lunch	\$3.85
Student Breakfast	\$1.85
Reduced Price Student Breakfast	State Determines
Adult Breakfast	\$2.75
Ala Carte Items	Market Price

Student Materials Fee (PS)	\$20.00
Student Materials Fee (JK-5)	\$60.00
Student Materials Fee (6-12)	\$75.00
Technology Fee (9-12)	\$25.00
Musical Instrument Rent	\$50.00
Second Musical Instrument Rent	\$25.00
Music Uniform Cleaning	\$25.00
Instrument Music Lesson Book	Our Cost

Student Athletic Punch Pass	\$30.00
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The Board approved a \$50 per month cell phone reimbursement stipend to Mrs. Frasher.

The Board reviewed the IASB Legislative Action Priorities and will begin the process of choosing the District's top five priorities for 2020-2021.

Donna Kunde, Board President, presented Supt. Tuetken with a Five Star Award for his exceptional leadership during the shutdown and COVID pandemic. The Board also took several minutes to thank Supt. Tuetken for his dedication and leadership to the Maquoketa Valley Community School District during his tenure. This was Supt. Tuetken's final board meeting as the Superintendent of Schools.





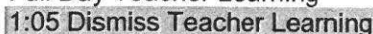


The meeting adjourned at 6:44 p.m.

MV - 2020-2021 School Calendar

Summary of Calendar:

Days in classroom: 89
 First Semester 87
 Second Semester 87
TOTAL DAYS: 176

CALENDAR LEGEND

Begin/End 
 Quarter 
 Holidays 
 Vacation Days 
 Full Day Teacher Learning 
 1:05 Dismiss Teacher Learning 
 1:05 Dismiss 

HOLIDAYS:

Labor Day (9/7)
 Thanksgiving Day (11/26)
 Christmas Day (12/25)
 New Year's Day (1/1)
 Memorial Day (5/31)

Snow Make-up Days:
 May 28
 June 1 - 4

School Contact Numbers:

High School Office: 563-922-2091
 Delhi ES/MS Office: 563-922-9411
 Earlville Office: 563-923-3225
 Johnston Office: 563-926-2701

August 2020					
M	T	W	Th	F	
17	18	19	20	21	
24	25	26	27	28	
31					
September 2020					
	1	2	3	4	
7	8	9	10	11	
14	15	16	17	18	
21	22	23	24	25	
28	29	30			
October 2020					
			1	2	
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	
November 2020					
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30					
December 2020					
	1	2	3	4	
7	8	9	10	11	
14	15	16	17	18	
21	22	23	24	25	
28	29	30	31		
January 2021					
				1	
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
25	26	27	28	29	
February 2021					
1	2	3	4	5	
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
March 2021					
1	2	3	4	5	
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29	30	31			
April 2021					
			1	2	
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	
May 2021					
3	4	5	6	7	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	
31					
June 2021					
	1	2	3	4	
7	8	9	10	11	

Aug. 13 New Teachers to the District
 Aug. 14 New & 2nd Year Teachers to District
 Aug. 17-21 Teacher Learning/Workdays
 Aug. 24 Begin 1st Semester - 1:05 Dismiss - Teacher Learning
 August 25 1:05 Dismiss Teacher Learning

Sept. 7 Labor Day (No School)
 Sept. 23 No School - Teacher Learning

Oct. 7 1:05 Dismiss - Teacher Learning
 Oct. 21 No School - Teacher Learning
 Oct. 30 1:05 Dismiss - End 1st Qtr.

Nov. 3 1:05 Dismiss - PT Conf. 3:00-7:00
 Nov. 5 1:05 Dismiss - PT Conf. 3:00-7:00
 Nov. 6 No School
 Nov. 18 1:05 Dismiss Teacher Learning
 Nov. 24 1:05 Dismiss
 Nov. 25-27 No School - Thanksgiving Holiday

Dec. 9 No School - Teacher Learning
 Dec. 22 1:05 Dismiss
 Dec. 23-Jan. 1 Winter Break (No School)

Jan. 4 Resume 2nd Semester
 Jan. 13 1:05 Dismiss - Teacher Learning
 Jan. 15 End 1st Semester
 Jan. 18 No School - Teacher Workday
 Jan. 18 Martin Luther King Day
 Jan. 19 Begin 2nd Semester
 Jan. 27 1:05 Dismiss - Teacher Learning

Feb. 10 1:05 Dismiss - Teacher Learning
 Feb. 15 President's Day - No School
 Feb. 24 1:05 Dismiss - Teacher Learning

Mar. 10 No School - Teacher Learning
 Mar. 19 End 3rd Qtr.
 Mar. 25 1:05 Dismiss PT Conf. 3:00-7:00
 Mar. 30 1:05 Dismiss PT Conf. 3:00-7:00
 Mar. 31 No School

Apr. 1 No School
 Apr. 2 No School - Good Friday
 Apr. 14 1:05 Dismiss - Teacher Learning
 Apr. 28 1:05 Dismiss - Teacher Learning

May 12 1:05 Dismiss - Teacher Learning
 May 19 Graduation
 May 27 1:05 Dismiss - LAST DAY
SCHOOL
 May 31 Memorial Day

Back to School Nights

No Back-To-School Night will be Held

With regret, the decision has been made to cancel the Back to School Night that would normally be held before school starts. We know that our Back to School Night has been very popular in the past and brings in large numbers of people. In order to prevent the spread of germs and keep our schools as safe as possible, we are limiting the number of people allowed into our facilities. This has caused us to cancel our Back to School Night for this year. We appreciate your understanding as we work through these unprecedented times.



A Note to Fifth Grade Band



If you are a 5th grader or a parent of a 5th grader please put Beginning Band Night on your calendar! Our Beginning Band Night is scheduled for Tuesday, September 1, at 7:00 p.m. in the Middle School Commons. This meeting is for 5th grade students interested in joining the band. It is encouraged that everyone attends to see what band at Maquoketa Valley is all about! At this meeting, we will discuss the band program expectations and will be able to set up instrument rentals for the 5th graders that would like to join the band. West Music will be onsite to offer their rental program of both new and used instruments. The instruments that West Music offers are well maintained instruments that will allow your student to find success as a musician!

Please note: It is highly recommended that instruments not be purchased from discount stores or online vendors. Many low quality instruments are sold in this manner. They often have poor tone, end up costing more in the long run with repair issues, and can frustrate a new musician if it doesn't operate correctly. In some instances, poor instruments with lots of repair needs are unplayable and cannot be repaired.

Please contact Mrs. Fisher via email if you have any questions regarding band or if you have any questions about instruments you already own or would like to purchase (email allisonhesse@maquoketa-v.k12.ia.us -- I do not have my new email set up yet with my married name).

MV Cross Country

No excuses have been made by these Wildcats. Through the spring and summer, many Maquoketa Valley Cross Country runners have used their time to their advantage. As a whole, even without team practices, our weekly mileage has been higher than ever. Junior High, High School, Girls, and Boys alike will be fun to watch this fall. The High School Boys' team is coming off of a 2 year progression streak in the State Meet results and will be even better this year. The High School girls will continue to grow as a team, and will be led by 2019 State-Qualifier, Emma Doyl. Cross Country practice begins on August 10. If you are interested in joining Cross Country and would like more information, please contact Pat Meehan or Sara Dever.

MV Athletic Puch Pass

A student athletic pass is available for all MV sporting events. Only students may use the pass. The pass has 10 punches on it for \$30. Multiple students in a family may use the pass, but must come in together to get the pass punched for each admission. If interested, see Sarah Lown or Brandy Whittenbaugh in the High School Office.



Your Sports Physical



All students interested in participating in fall sports MUST have their physicals completed and turned in before the first day of practice. Forms are available at the middle School office or on the MV Website at this address www.maquoketa-v.k12.ia.us



Reminder About Dance Camp

August 3rd-4th, the current MVDT will participate in State Dance Camp. Camp will be held in the gym of Johnston elementary; times are from 7:00 am - 1:00 pm. HOCO and marching band camp is August 5th. Review camp and team photos are August 6th.

A Note from Nurse Mary:

As the summer winds down and we get ready for the 2020-21 school year, there are a few health items you need to make sure are completed. Students entering the following grades will need to have:

Preschool: A physical and current immunizations

JK/K: A physical, current immunizations, dental screening and vision screening (the "KidSight" program (that comes to school) will qualify)

7th grade: Current immunizations including the Tdap and Meningitis vaccine (Must be completed before school starts)

9th grade: Dental Screening (your dentist should have the form or you can e-mail me)

12th grade: Current immunizations including the Meningitis vaccine (one dose after age 16 or two doses if the first was given before age 16) (must be completed before school starts)

If you have questions or need any of our forms, please e-mail me (maryries@maquoketa-v.k12.ia.us). I appreciate your cooperation.



2020-21 Maquoketa Valley Athletic Pass



Passes are good for any HS/JH Athletic Event
Football, Volleyball, Basketball, Wrestling, Track, Softball, Baseball

Wildcat Activity Membership & Passes

Title	Passes Included	Cost/Donation
Platinum	8 Passes	\$800
(2) Stadium Chair Back Reserved Seats (includes FB Press Box), Name in Program for All Varsity Contests, Name Announced during Varsity Contests		
Gold	6 Passes	\$500 (\$100 Discount)
6 Passes, Name in Program, Name in Program for All Varsity Contests, Name Announced during Varsity Contests		
Silver	3 Passes	\$250 (\$50 Discount)
3 Passes, Name in Program for All Varsity Contests		
Bronze	2 Passes	\$175 (\$25 Discount)
Wildcat	1 Pass	\$100
Student Activity Pass	1 Pass	\$50
Student Punch Pass	10 Punches	\$30

Name(s) on Passes: (1) _____ (2) _____ (3) _____
(4) _____ (5) _____ (6) _____
(7) _____ (8) _____ Contact #: _____

Membership Level: (Circle One) Platinum-Gold-Silver-Bronze-Wildcat-Student-Punch

Make Checks Payable to: Maquoketa Valley Activity Fund

Return to: Maquoketa Valley CSD 107 South Street, Delhi, IA 52223

Thank You for Supporting Maquoketa Valley Athletics

School Supplies List for 2020-2021

Please note that brand name items are not a requirement, please purchase what you can. Thank you!



Earlville Elementary Center



4-yr old preschool (Ms. Ludovissy)

- 2 - 8ct. box regular size basic Crayons
- 2 Expo dry erase markers
- 4 Dixon/Ticonderoga Pencils
- 2 Elmers small purple glue sticks
- 1 set Crayola washable water color paint
- Pencil box (approx. 5 x 8)
- 1 box Kleenex tissues
- 1 container Clorox/Lysol wipes
- One oversize T-shirt for painting
- 1 full size book bag or backpack that can fit a folder
- 1 nap mat (preferably plastic, 5/8"x19x45) suggested size
- 1 complete change of clothing, labeled-including socks & underwear put into a gallon bag

Jr. Kndg. (Mrs. Freeze & Ms. Friedlein)

- 4 - 8ct boxes of regular size Crayola crayons
- 1 - 24ct box of Crayola crayons (for art class)
- 1 - box Crayola washable Markers
- 2 Expo dry erase markers
- 10 wooden #2 pencils (Dixon/Ticonderoga brand)
- 1 pencil box
- 1 large rectangular pink eraser
- 1 water color paint set
- 2 Elmers glue sticks
- 1 pair Fiskars 5" blunt scissors
- 1 container of Clorox/Lysol wipes
- 1 bottle of hand sanitizer
- 1 box 200 ct. tissues (Puffs/Kleenex brand)
- Ziplock bags (Boys - 1 box gallon size / Girls - 1 box quart size)
- 1 nap mat (preferably plastic)
- 1 book bag or backpack
- 1 large box or bag of snack crackers or pretzels
- 1 complete change of clothing (labeled - including socks & underwear) to keep at school in case of an accident

Kndg. (Mrs. Hess, Mrs. Zeitlow & Ms. Kintzle)

- 3 - 24ct boxes Crayola crayons
- 2 boxes Crayola washable markers (one for art class)
- 12 Ticonderoga #2 pencils
- 1 pair Fiskars 5" blunt scissors
- 1 pencil box
- 1 pink erasers
- 1 - 2-pocket folder
- 4 Elmers glue sticks
- 1 - 4pk Expo dry erase markers
- 1 inch 3-ring binder
- 1 box tissues 200ct. (Puffs/Kleenex)
- 1 container Lysol wipes
- 1 bottle of hand sanitizer
- 1 set of headphones (not earbuds)

- 1 box quart Hefty or Ziplock freezer bags, (boys only) slider top
- 1 box gallon Hefty or Ziplock freezer bags, (girls only) slider top
- 1 beach-size towel (for naps)
- 1 book bag or backpack
- **1 complete change of clothing (pants, shirt, socks & underwear) to keep at school in case of an accident



Johnston Center in Hopkinton



First Grade (Mrs. Bries & Mrs. Reicher)

- 1 yellow, blue, green, and red plastic, double pocket folder with holes and brads
- 4 lg. Elmers extreme glue sticks (1 for Art)
- 2 boxes 24 count Crayola crayons
- 2-10ct Crayola markers
- 24 sharpened pencils (Dixon or Ticonderoga - others do not sharpen well!)
- 4 Expo markers, (no red please)
- 2 highlighters
- 2 rectangular pink erasers
- 1 pair Fiskars 5" scissors
- 2 Mead wide ruled composition books
- 1 -1" three ring binder with clear pocket on front
- 1 pencil box
- 1 bottle hand sanitizer
- 2- 200 ct box tissues kleenex or puffs
- 1 set of headphones (not earbuds)
- 1 container Lysol/Clorox disinfecting wipes
- 1 box of gallon ziplock bags, no sliders please- Boys
- 1 box of quart ziplock bags, no sliders please- Girls
- 1 complete change of clothing (labeled-including socks & underwear) to keep at school

Second Grade (Mrs. Orr, Mrs. Fellingner & Ms. Dutra)

- 1 box of Crayola crayons
- 24 pencils (Ticonderoga)
- 10ct Crayola Markers
- 2 highlighters, any color
- 2 large erasers, (1 for Art)
- 20 pack of pencil top erasers
- 4 glue sticks
- 1 pair Fiskars scissors
- 8 Expo dry erase markers
- 1 dry erase eraser
- small dry erase board
- 3 composition notebooks Mead or Norcom brand
- 4 plastic double pocket folder (red, yellow, blue, green)
- 2 boxes 200 ct. tissues
- Hand sanitizer
- pencil box to hold supplies
- 1 set headphones or earbuds (for use in classroom)
- 1 container Clorox or Lysol disinfectant wipes
- Book bag

Delhi Elementary

Please note that brand name items are not a requirement, please purchase what you can. Thank you!



Third Grade (Mrs. Besler & Ms. Hoeger)



- 24 ct Crayola crayons
- 1 box of Crayola colored pencils
- 1 box of Crayola washable markers, bold tip, basic colors
- 2 black sharpies, (for Art)
- 8 Expo dry erase markers
- 1 Expo dry eraser for white board
- 1 pair Fiskars scissors 7" or larger
- 24 Ticonderoga pencils - no mechanical pencils please
- 1 big eraser
- 2 Elmers glue sticks
- 1 pencil box or bag
- 2 Kleenex tissues
- 1 pair of ear buds - good quality
- 1 - 1" 3 ring binder
- 4 - two pocket folders: red, blue, yellow, and green plastic with brads
- 1 pkg of 12 clear protector sheets
- 1 composition notebooks (Mead, or Norcom brand)
- Hand sanitizer

Fourth Grade (Mrs. Dever, Mrs. Wilson & Mrs. Jahn)

- 24 #2 pencils, Ticonderoga
- 1 ink pen, any color
- 2 large pink eraser
- 1 highlighter, any color
- 1 roll of masking tape 1" (for Art class)
- 5 Expo dry erase markers
- 1 dry eraser
- 2 spiral notebooks
- 4 double-pocket folders
- 2 packages wide-ruled loose leaf paper
- 1-1" three ring binder
- 2 - Kleenex tissues
- 2 Elmers glue sticks
- 1 bottle Elmers glue
- 24ct. Crayola crayons
- Box of Crayola colored pencils
- Crayola markers
- Pencil box or bag
- 1 -7" Fiskar scissors
- 1 container Clorox/Lysol wipes
- Hand sanitizer
- 1 pair earbuds, good quality

Fifth Grade (Ms. Naber, Mr. Helle & Mrs. Bonert)

- 24 wooden # 2 pencils, (Ticonderoga), (12 for Art class)
- 2 - erasers
- 2 red correcting pens
- 24 ct Crayola crayons
- 1 - 12ct box of presharpended, colored pencils

- 4 Expo dry erase markers (any color)
- 4 highlighters (all different colors)
- 1 "Extreme" large glue stick
- 1 - 7" Fiskars scissors
- zippered case for pencils and pens
- 4 wide ruled 70-page spiral notebooks - red, blue, black, green
- 4 - 2-pocket folders - red, blue, black, green
- 1 kleenex tissue
- 1 container Lysol/Clorox wipes
- Hand sanitizer
- 1 book bag



Middle School



Sixth, Seventh, Eighth Grades

- 24 #2 pencils, Ticonderoga
- 6 mechanical pencils
- 12ct pre-sharpended colored pencils
- 1 highlighter - any color
- 8 Expo dry erase markers
- 6 pens
- 1 large eraser
- 2 black Sharpies
- 1 Elmers glue stick
- 1 Elmers liquid glue
- Fiskars 7.25" scissors
- pencil bag
- 2 rolls of clear tape
- 12" metric/standard ruler
- 1 yellow 3-subject notebook
- 1 spiral purple notebook
- 2 pocket folders (yellow & purple)
- 2 - 1" 3-ring hardback binders (for science and math)
- 2 boxes 200 count Kleenex
- 1 Hand sanitizer
- 1 pair of ear buds
- Scientific calculator

All Seventh Grade FCS and Health Classes (Mrs. Downs)

- 1 bottle of Dawn Dish Soap
- 1 box of parchment paper
- 1 box of quart or gallon ziplock bags
- 3 glue sticks OR 1 bottle of glue or rubber cement
- 1 bottle of hand sanitizer or 1 box of Kleenex

Vocal Music (Mrs. Mueller)

7th & 8th Grade Choir

- 1-3 ring hardback binder, any color



High School



Every student please bring a box of tissues
to the office

Every family please bring one bottle of hand
sanitizer to office

Vocal Music (Mrs. Mueller)

High School
1 - 1" black 3-ring binder

Alg. A, Alg. B, Algebra, Adv. Alg., Trig.,
Statistics, Pre-Calculus, Calculus, AP Physics
High school Math students are required to
provide their own graphing calculators for the
above mentioned classes. The calculator that
is required is the Texas Instrument TI-83 Plus
or TI-84 Plus. CAS will NOT be allowed. The
calculator must have the word Plus on it. All of
the calculators are available at Walmart,
Target, and Best buy. Some good deals may
also be available on-line. If you have any
questions/concerns please contact Mr. DeVore,
Mrs. Lewin, and Mrs. Bush.

Algebra A, Algebra B, Algebra, Pre-Calculus

Along with the above items, 1 ruler or
protractor, straight edge

Geometry (Mrs. Lewin)

compass
20 sheets quarter inch graph paper
Scientific Calculator- be sure it has keys that
say sin, cos and tan-
above those keys it should say sin-1, cos-1 and
tan-1

All HS FCS and Health Classes (Mrs. Downs)

1 bottle of Dawn Dish Soap
1 box of parchment paper
1 box of sandwich, quart or gallon ziplock bags
1 bottle of hand sanitizer OR 1 box of Kleenex

Interior Design (Mrs. Downs)

Items from FCS & Health list above, also:
6 pcs. large white poster board

Fashion Design (Mrs. Downs)

1 pkg. universal sewing machine needles
2 spools all purpose thread - neutral color,
white, black, tan, brown or navy
1 - 45mm rotary blade (can get when we shop
for fabric 2nd qt.)

Comp. I (Mrs. Temple)

1.5" or bigger binder for portfolio

English I & American Lit. (Mrs. DeVore)

1 book cover
1 notebook
1 pkg. sticky notes
1 glue stick or roll of scotch tape
2 highlighters (different colors)
At least 3 different colored pencils or pens

Speech (Mrs. DeVore)

note cards
poster board for expository speech

AP-US History (Mr. Huegel)

1 - 3 ring binder
Notebook/Loose-leaf paper
Highlighter
Folder

All History / Social Studies classes - Huegel

Highlighter
Notebook/Loose-leaf paper
Folder - to be used only for Social Studies classes

English. II (Mrs. DeVore)

1 notebook
1 folder
1 pkg. sticky notes, any color
2 highlighters (different colors)
At least 3 different colored pencils or pens

English III (Mrs. Moenck)

1 folder
1 notebook
1 pkg. sticky notes
1 highlighter
1 pkg. of blank "thank you" notes, 6-8 count

For ALL Spanish Classes (Mrs. Ries)

1 notebook, for Spanish class notes only
1 folder, for Spanish class only
Loose leaf paper for Vocab. work (separate from
notes)
Note cards for Vocab. or study use

Biology (Mr. Bruening)

1 - 3 ring binder with 10 index binder dividers
1 folder

Chemistry (Mr. Bruening)

1 - 3 ring binder with 10 index binder dividers
1 folder
1 notebook
Scientific calculator

Anatomy & Physiology (Mr. Bruening)

1 - 3 ring binder with 10 index binder dividers
1 folder



Bus Routes

AM Pick Up Times for 2020-2021

Call 563-922-9411 with questions



Joe Hoeger - Bus #1-18

Derek Hoisington	6:45 AM
John Legassick	6:47 AM
Stanetta Wisley	6:50 AM
Jeff Hoefer	6:53 AM
Brad Engelken	6:55 AM
Bill Ries	6:57 AM
Seth Shaffer	7:00 AM
Bridget Dugan	7:03 AM
Grant Troester	7:07 AM
Mike Knipper	7:12 AM
Luke Knipper	7:15 AM
Curt Honkomp	7:18 AM
Taylor Hoeger	7:20 AM
Chris Wuchter	7:24 AM
Craig Schulte	7:30 AM
Stacey Schollmeyer	7:32 AM

Mike Burkle - Bus #1-20

Brian Goldsmith	6:58 AM
Brian Bush	7:03 AM
Phil Ries	7:03 AM
Chad Paris	7:03 AM
Matt Erickson	7:03 AM
Jeff Domeyer	7:05 AM
Al Otting	7:09 AM
Miek Steines	7:10 AM
Scott Langel	7:11 AM
Troy Nefzger	7:13 AM
Mitch Ronnebam	7:15 AM
Joe Goldsmith	7:25 AM
St. Joes Daycare	7:29 AM
Mark Mensen	7:31 AM

Pick up with shuttle on way to Delhi

Tom McAreavy	7:56 AM
Brian Werner	7:57 AM
John Burbridge	7:57 AM

Tom McAreavy - Bus #081

Dave Hermanson	No AM
Adam Feldmann	6:50 AM
Eric Sheehy	No AM
Tom Vaske	7:05 AM
Nick Reicher	No AM
Mark Smith	7:10 AM
Steve Klaren	7:12 AM
Jamie Gray	7:14 AM
Nikki Supple	7:20 AM

Pick up on the way to Delhi

Josh Lansing	No AM
Jon Reth	7:42 AM

Tom Kramer - Bus #2-15

Zach Fishler	6:50 AM
Joe Ries	6:53 AM
Gerald Weber	6:57 AM
Lisa Reth	7:00 AM
Kevin Hoeger	7:05 AM
Dan Hoeger	7:10 AM
Derek Steffen	7:14 AM
Mike Orcutt	7:20 AM
Wade McShane	7:22 AM
Nikki Helmrichs	7:25 AM
Travis Boeckenstedt	7:25 AM
Terry Schmeucker	7:25 AM
Tom Schaul	7:25 AM
Tom Haas	7:26 AM
Les Schwandt	7:27 AM

Pick up with shuttle on way to Delhi

Harmony Leppart	7:40 AM
Tom Olson	7:42 AM
Tim Glass	7:43 AM
Mikael Haar	7:44 AM
Dewey Domeyer	7:46 AM
Kevin Nieman	7:48 AM

Larry Hillers - Bus #1-16

Tom Salow	7:00 AM
Chris Jones	7:00 AM
Ryan Kuhns	7:03 AM
Keith Zietlow	No AM
Rod Heidt	7:06 AM
Mike Mast	7:09 AM
Trent Bradley	7:12 AM
Josh Holtz	7:15 AM
Nick Eike	7:19 AM
Harold Mohr	7:23 AM
Luke Livingston	7:25 AM
Leon Glew	7:30 AM
Kurt Hatfield	7:32 AM
Russ Hunt	7:38 AM
Dan O'Connell	7:35 AM
Holly Botos	7:37 AM
Steve Wall	7:38 AM
Shannon Althoff	7:40 AM

Randy Darrow - Caravan

Mikael Haar	7:50 AM
Rachel Yoder (From Delhi)	8:30 AM

Mark Smith - Bus #1-19

Ashley Ritter	6:45 AM
Chad Bonert	6:55 AM
Jesse Thompson	7:03 AM
Brian LeClere	7:04 AM
Ryan Moriarity	7:05 AM
Nick Wilson	7:13 AM
Randi Flannagan	7:16 AM
Nick Smith	7:19 AM
Jason Begle	7:23 AM
Mike Lanning	7:24 AM
John Yoder	7:31 AM
Beau Mead	7:34 AM
Pam Slaymaker	7:35 AM
Jeff Frashier	7:36 AM
Tyler Burlage	7:38 AM
Brian Monk	7:38 AM
Brian Lahey	7:38 AM
Matt Pasker	7:38 AM
Arnie Bockenstedt	7:40 AM

Craig Wilson - Bus #1-17

Chad Beitz	6:50 AM
Ben Lansing	6:55 AM
Cory Pasker	7:00 AM
Dan Beitz	7:11 AM
William Krapfl	7:16 AM
David Zumbach	7:18 AM
Scott Crowley	7:20 AM
Tim Recker	7:21 AM
Dusty Schnitter	7:25 AM
Derek Porter	No AM
Rick Dietiker	7:30 AM
Pat Yonkovic	7:32 AM
Steve Davis	7:33 AM

Pick up with shuttle on way to Delhi

Shane Leytem	7:45 AM
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Roger Hunt - Bus #082

Chad Ries	7:22 AM
Bob Fischer	7:25 AM

Pam Slaymaker

Hunter Slaymaker	7:30 AM
Noah Slaymaker	7:30 AM

Doug Steger - Bus #061

Aaron Butikofer	7:35 AM
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Bus Shuttles

AM Pick Up Times for 2020-2021

Call 563-922-9411 with questions

Joe Hoeger - Bus #1-18 - Earlville
MS & HS students to Delhi
leave Earlville at 7:40 AM

Roger Hunt - Bus #082 - Hopkinton
Earlville Students to Hopkinton
leave Earlville at 7:45 AM

Mike Freeze 7:45 AM

Hopkinton Students to Earlville
leave Hopkinton at 8:00 AM

Tom Kramer - Bus #2-15 - Earlville
MS & HS students to Delhi
leave Earlville at 7:40 AM

Mike Burkle - Bus #081 - Johnson
Earlville students to Delhi
leave Earlville at 7:40 AM

Delhi Students to Earlville
leave Delhi at 7:55 AM

Craig Wilson - Bus #081 - Johnston
Hopkinton students to Delhi
leave Hopkinton at 7:40 AM

Delhi students to Johnston
leave Delhi at 7:55 AM

Tom McAreavy - Bus #1-13 - Johnston
MS & HS students to Delhi
leave Hopkinton at 7:40 AM



Maquoketa Valley Staff

2020-2021



School Board

Donna Kunde	Area - I
Doug Dabroski	Area - II
Chris Huber	Area - III
Mike Feldmann	Area - IV
John Zietlow	Area - V

Administration

Dave Hoeger	Superintendent
Brenda Becker	Earl/John Elem. Principal
Tiersa Frasher	Delhi Elementary Principal
Erika Imier	Business Manager
Troy Osterhaus	MS/HS Principal

Teaching Staff

Earlville Elementary

Brittini Ludovisy	PreSchool
Courtney Freeze	Junior Kindergarten
Margo Freidlein	Junior Kindergarten
Melissa Hess	Kindergarten
Macey Kintzle	Kindergarten
Beth Zietlow	Kindergarten

Johnston Elementary

Dawn Bries	First Grade
Jessica Dusek	First Grade
Tracey Reicher	First Grade
Carolyn Anderson	Second Grade
Melissa Dutra	Second Grade
Randene Orr	Second Grade
Jessica Wessels	Title I

Delhi Elementary

Jill Besler	Third Grade
Heidi Hoeger	Third Grade
Sara Dever	Fourth Grade
Hannah Jahn	Fourth Grade
Kris Wilson	Fourth Grade
Rachel Bonert	Fifth Grade

Jason Helle	Fifth Grade
Mikaela Naber	Fifth Grade
Brianna Pfeiler	Special Education

Middle School

Ron Besler	6th Grade/TAG Coord.
Jackie Moorman	6th Grade
Amity Norton	6th Grade/Special Ed
Melissa Bush	Mathematics
Daniel Cassutt	Social Studies
Michelle Grimm	English/Literature
Christina Rudd	Science
Ali Scherman	English/Technology

High School

Tim Andrews	Special Education
Trevor Arnold	Delhi Campus PE/AD
Rebecca Besler	Science
Bryan Bruening	Science
Debbie DeVore	English
Matthew DeVore	Mathematics
Karla Downs	Family/Consumer Science
Jeff Edwards	Ind. Tech/Drivers Education
Creig Dunlap	MS/HS Art
Travis Ford	MS/HS Band
Steven Huegel	Social Studies
Haley Lau	Voc. Ag./FFA
Rachel Lewin	Mathematics
Jill McDermott	MS/HS School Counselor
Audrey Moenck	English
	MS/HS Vocal Music
CeAnn Palmer	Bus Education
Jenifer Ries	Spanish
Diane Temple	English

Traveling Teachers

Amy Andregg	Title I
Eric Conner	K-12 PE
Hannah Crumpton	JK-5th Grade Art
Allison Fischer	JK-5th Grade Vocal/Band

Sally Bolsinger Groth	Special Education
Jen Jaeger	Elementary/MS Counselor
Sara Kimball	Special Education
Jill Hoeger	Earlville/Johnston Nurse

Bus Drivers

Mike Burkle	Earlville Route
Larry Hillers	Delhi Route
Joe Hoeger	Earlville Route
Tom Kramer	Delaware Route
Tom McAreavy	Hopkinton Route
Mark Smith	Delhi/Hopkinton Route

Substitute Bus Drivers

Mike Feldmann	Earlville/Delhi/Hopkinton
Joe Heffernan	Earlville/Delhi/Hopkinton
Randy Kramer	Special Ed Car Driver
Judy Reker	Earlville/Delhi/Hopkinton
Jake Reeves	Earlville/Delhi/Hopkinton

Custodians

Monica Bunn	Delhi Elem/MS
Randy Darrow	HS/MS/Van Driver
Rodger Hunt	Earlville/Bus Driver
Pete Parsons	High School
Doug Steger	Maint/Trans Coordinator
Sara Tuetken	High School
Jean Wheeler	High School
Craig Wilson	Johnston/Bus Driver

Secretaries/Aids

Rachael Arnold	Earlville Aid
Chris Bawek	MS Aide
Julie Davis	Delhi Aide
Morgan Manternach	Delhi Elem/MS Secretary
Sharon Goedken	Delhi Aide
Tracy Hansen	Delhi Aide
DeAnna Hogan	MS Library
Kim Hunt	MS Library
Pamela Jenkins	Delhi Aide

Sally Johnson	Earlville Aide
Lisa Kramer	HS Aide
Sue Kramer	Johnston Secretary
Ssarah Lown	HS Secretary
Mary Maurer	HS Aide
Scot Moenck	SH Monitor
Dana Nauderman	Johnston Aide
Merideth Robinson	MS Aide
Dawn Smeins	Earlville Elem Secretary
Lisa Smith	Preschool Aide
Natasha Steger	John & Earl Aide
Jennifer Teymer	Johnston Aide
Linda Thomason	Earlville Aide
Brandy Whittenbaugh	HS Secretary
Kori Wright	Delhi Aide

Meal Service Personnel

Sharon Bonert	Earlville
Patti Steger	Earlville
Sherry Kramer	Johnston
Laura Begle	Delhi Centers
Rose Tymey	Delhi Centers
Bonnie Nurre	Delhi Centers
Janell Parsons	Johnston
Karlene Sellner	Head Cook
Rose Tumey	Delhi Centers
Patt Wilson	Delhi Centers



Co-Curricular Sponsors

Trevor Arnold	HS/MS Activities Director
Travis Ford	Band Director (6-12)
Matt DeVore	Musical
Debbie DeVore/Jen Teymer	Drama
Jen Ries	Spanish Club
Wyatt Rath	Vocal Director (6-12)
Hannah Crumpton, Amy Anderegg	Speech
Jeff Edwards/Haylee Lau	FFA
Diane Temple	Newspaper
Jen Teymer	Dance Team
Diane Temple	National Honor Society
Jen Teymer	Prom
Troy Osterhaus/Erika Imier	Student Council
Creig Dunlap	Yearbook

Coaching Assignments

Trevor Arnold	Head Football
Scot Moenck	Assistant Football
Eric Conner	Assistant Football
Kurt Hatfield	Assistant Football
Curt Feldt	7 & 8 Football
Steve Huegel	7 & 8 Football
Pat Meehan	HS Cross Country
Sara Dever	Assistant Cross Country
Brandy Whittenbaugh	Head HS Volleyball
Melissa Dutra	Assistabt HS Volleyball
Morgan Manternach	Assistabt HS Volleyball
Allison Hesse	7 & 8 Volleyball
Eric Conner	Head HS Boys Basketball
Dan Cassutt	Assistant Boys Basketball
Scot Moenck	Head HS Girls Basketball
Brad Huber	Assistant HS Girls Basketball
Jesse Wooten	Assistant HS Girls Basketball
Heidi Hoeger	Assistant HS Girls Basketball
Steve Huegel	7 & 8 Boys Basketball
Jason Helle	7 & 8 Girls Basketball
Ali Scherrman	7 & 8 Girls Basketball
Kurt Hatfield	HS Wrestling
Jett Kuhens	Assistant HS Wrestling
Kurt Hatfield	7 & 8 Wrestling
Tim Andrews	HS Golf

Pat Meehan	Head HS Boys Track
Curt Feldt	Assistant HS Boys Track
Sara Dever	Assistant HS Boys Track
Creig Dunlap	Head HS Girls Track
Jason Helle	Assistant HS Girls Track
Scot Moenck	7 & 8 Girls Track
Dan Cassutt	7 & 8 Girls Track
Steve Huegel	7 & 8 Boys Track
Randy Turner	Head HS Baseball
Brock Hillers	Assistant HS Baseball
Brock Hillers	7 & 8 Baseball
Macey Kintzle	Head HS Softball
Macy Anderegg	Assistant HS Softball
Ali Scherrman	7 & 8 Softball



Volunteers Welcome

Maquoketa Valley is always in need of kind, caring adults who want to give their time to be with and help the children at school. If you are interested please contact any Principal listed on the cover of this news letter.

Retired Citizens

MV offers a Senior Citizen pass to anyone who is 65 years of age or older and resides in the District (Board Policy 1007.010) This pass entitles senior citizens free admission to all Maquoketa Valley sponsored events held at the school (athletics, drama, music, art, etc.) If interested call the Mmiddle School Office at 563-922-9411



Weather Calls

MV reports their school closings and cancellations to 3 TV stations: KGAN (2), KVVW (7), and KCRG (9). They also report them to radio stations KMCH, KDST, KOEL, WMT, and KCRG. Mr. Hoeger also sends out a text alert, so if you did not get those last year, be sure to email your phone number and the name of your carrier to sarahlownd@maquoketa-v.k12.ia.us. When bad weather hits, please DO NOT call the school. Their lines will be busy contacting personnel, other schools, bus drivers, etc.



Admission for Tri-Rivers Conference High School events will be \$5.00 for adults, \$4.00 for students. Admission for Middle School events are \$2.00 for adults and students are free. Find additional information on the Maquoketa Valley Athletic Passes on the next page!



Vehicles for Sale

- 2001 – Chevy Suburban with 190,000 miles
- 2005 – Dodge Cara Van with 170,000 miles
- 2006 - Dodge Cara Van with 180,000 miles
- 2008 – IC School Bus with 165,000 miles

We have the right to refuse any bids that come in. We would appreciate all bids to be in my August 7th, 2020. If you do have any bids or questions please call Doug Steger at 563-920-3045.

Join the Club!

The Maquoketa Valley Athletic Boosters are looking for members who would like to be involved in helping organize and run over events. The Athletic Boosters meet the first Wednesday of every month, starting in August at 6:30 PM in the high school cafeteria. You may also be interested in joining the MV Fine Arts Booster Club. We welcome ALL parents and other adults who want to support students from Band, Chior, Speech, Drama, and any other Fine Arts at Maquoketa Valley Sschools. Please consider sharing your time & Talents so that we may continue to provide the needed assistance to our excellent sports and extra-curricular program.

Maquoketa Valley Community School District 2020-2021

Fall Middle & High School Events



High School Boys & Girls Cross Country

September 3rd	Tri City Golf Course	5:00 PM
September 12th	Monticello	9:00 AM
September 7th	Fillmore Fairways Golf Course	4:30 PM
September 26th	Independence	9:45 AM
September 29th	Jesup Golf and Country Club	4:15 PM
October 6th	Hart Ridge Gold Course	4:15 PM
October 10th	North Linn	4:15 PM
October 15th	Starmont	4:15 PM



Junior High Volleyball

September 10th	Home	4:00 PM
September 15th	Ed-CO	4:00 PM
September 17th	Home	4:00 PM
September 22nd	East Buchanan	4:00 PM
September 24th	Home	4:00 PM
September 29th	North Linn	4:00 PM
October 1st	Home	4:00 PM
October 6th	Springville	4:00 PM
October 8th	Home	4:00 PM



Junior High Football

September 10th	Home	4:30 PM
September 17th	Ed-Co	4:30 PM
September 24th	Home	4:30 PM
October 1st	Lisbon	4:30 PM
October 8th	Starmont	4:30 PM
October 15th	Home	4:30 PM



High School/Middle School Events

August 12th	FAB Monthly Meeting in HS Cafeteria
September 8th	NHS Bake Sale in HS Cafeteria
September 14th-18th	Homecoming Week
September 15th	UNi College Fair - Juniors Only
September 17th	Delaware County Health Care Day
September 19th	Homecoming Dance
September 26th	Kids Camp Practice
October 2nd	Advanced Manufacturing Day
October 2nd	Dance Camp Performance
October 8th	Business & Industry Day - Juniors Only
October 20th	Band Concert in MS Gym
October 24th	Princess Party at Johnston Elementary
October 27th	Real Life Academy - Seniors



High School Volleyball (F/JV/V)

September 1st	Clayton Ridge	5:30 PM	Varsity
September 3rd	Cedar Valley Christian	5:15 PM	F/JV/V
September 8th	Home	5:30 PM	Varsity
September 10th	Home	5:15 PM	F/JV/V
September 12th	West Delaware	9:00 AM	Tournament
September 17th	Ed-Co	5:15 PM	F/JV/V
September 19th	West Delaware	9:00 AM	Tournament
September 19th	Western Dubuque	9:00 AM	Tournament
September 22nd	Home	5:15 PM	F/JV/V
September 24th	Home	5:15 PM	F/JV/V
September 29th	Springville	5:15 PM	F/JV/V
October 1st	Home	5:15 PM	F/JV/V
October 3rd	Alburnett	9:00 AM	F/JV
October 6th	Central City	5:15 PM	F/JV/V
October 8th	Home	5:15 PM	F/JV/V
October 15th	TBA	4:00 PM	TRC Tournament
October 17th	TBA	10:00 AM	TRC Tournament



High School Football

August 21st	North Fayette Valley	5:30	Varsity
August 28th	Home	7:00 PM	Varsity
September 4th	Cascade	7:30 PM	Varsity
September 11th	MFL Mar Mac	5:00 PM	JV
September 11th	MFL Mar Mac	7:30 PM	Varsity
September 18th	Home	7:00 PM	Varsity
September 25th	East Buchanan	5:00 PM	JV
September 25th	East Buchanan	7:00 PM	Varsity
October 2nd	Home	5:00 PM	JV
October 2nd	Home	7:30 PM	Varsity
October 9th	Home	7:00 PM	Varsity
October 12th	Home	6:00 PM	JV
October 16th	Alburnett	7:00 PM	Varsity
October 23rd	Ed-Co	5:00 PM	JV
October 23rd	Ed-Co	7:00 PM	Varsity



IOWA ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

ARTICLE VII 36.14(1) PHYSICAL EXAMINATION.

Every year each student (grades 7-12) shall present to the student's superintendent a certificate signed by a licensed physician and surgeon, osteopathic physician and surgeon, osteopathic advanced registered nurse practitioner (ARNP), physician's assistant or qualified doctor of chiropractic, to the effect that the student has been examined and may safely engage in athletic competition. This certificate of physical examination is valid for the purposes of this rule for one (1) calendar year. A grace period, not to exceed thirty (30) days, is allowed for expired certifications of physical examination.

QUESTIONNAIRE FOR ATHLETIC PARTICIPATION (Please type or neatly print this information)

Student's Name _____ Male ____ Female ____ Date of Birth _____ Grade _____

Home Address (Street, City, Zip) _____ School District _____

Parent's/Guardian's Name _____ Date _____ Phone # _____

Family Physician _____ Phone # _____

HEALTH HISTORY (The following questions should be completed by the student-athlete with the assistance of a parent or guardian. A parent or guardian is required to sign on the other side of this form after the examination.)

Yes	No	Does this student have / ever had?	Yes	No	Does this student have / ever had?
1. _____	_____	Allergies to medication, pollen, stinging insects, food, etc.?	20. _____	_____	Head injury, concussion, unconsciousness?
2. _____	_____	Any illness lasting more than one (1) week?	21. _____	_____	Headache, memory loss, or confusion with contact?
3. _____	_____	Asthma or difficulty breathing during exercise?	22. _____	_____	Numbness, tingling or weakness in arms or legs with contact?
4. _____	_____	Chronic or recurrent illness or injury?	*****		
5. _____	_____	Diabetes?	23. _____	_____	Severe muscle cramps or illness when exercising in the heat?
6. _____	_____	Epilepsy or other seizures?	*****		
7. _____	_____	Eyeglasses or contacts?	24. _____	_____	Fracture, stress fracture or dislocated joint(s)?
8. _____	_____	Herpes or MRSA?	25. _____	_____	Injuries requiring medical treatment?
9. _____	_____	Hospitalizations (Overnight or longer)?	26. _____	_____	Knee injury or surgery?
10. _____	_____	Marfan Syndrome?	27. _____	_____	Neck injury?
11. _____	_____	Missing organ (eye, kidney, testicle)?	28. _____	_____	Orthotics, braces, protective equipment?
12. _____	_____	Mononucleosis or Rheumatic fever?	29. _____	_____	Other serious joint injury?
13. _____	_____	Seizures or frequent headaches?	30. _____	_____	Painful bulge or hernia in the groin area?
14. _____	_____	Surgery?	31. _____	_____	X-rays, MRI, CT scan, physical therapy?
*****			*****		
15. _____	_____	Chest pressure, pain, or tightness with exercise?	32. _____	_____	Has a doctor ever denied or restricted your participation in sports for any reason?
16. _____	_____	Excessive shortness of breath with exercise?	33. _____	_____	Do you have any concerns you would like to discuss with your health care provider?
17. _____	_____	Headaches, dizziness or fainting during, or after, exercise?			
18. _____	_____	Heart problems (Racing, skipped beats, murmur, infection, etc.?)			
19. _____	_____	High blood pressure or high cholesterol?			

Yes	No	Family History:
34. _____	_____	Does anyone in your family have Marfan syndrome?
35. _____	_____	Has anyone in your family died of heart problems or any unexpected/unexplained reason before the age of 50?
36. _____	_____	Does anyone in your family have a heart problem, pacemaker or implanted defibrillator?
37. _____	_____	Has anyone in your family had unexplained fainting, seizures, or near drowning?
38. _____	_____	Does anyone in your family have asthma?
39. _____	_____	Do you or someone in your family have sickle cell trait or disease?

Use this space to explain any "YES" answers from above (questions #1-38) or to provide any additional information:

40. Are you allergic to any prescription or over-the-counter medications? If yes, list: _____

41. List all medications you are presently taking (including asthma inhalers & EpiPens) and the condition the medication is for:
A. _____ B. _____ C. _____

42. Year of last known vaccination: Tetanus: _____ Meningitis: _____ Influenza: _____

43. What is the most and least you have weighed in the past year? Most _____ Least _____

44. Are you happy with your current weight? Yes _____ No _____ If no, how many pounds would you like to lose or gain?
Lose _____ Gain _____

FOR FEMALES ONLY:

1. How old were you when you had your first menstrual period? _____

2. How many periods have you had in the last 12 months? _____

PHYSICAL EXAMINATION RECORD (To be completed by a licensed medical professional as designated in Article VII 36.14(1). *This evaluation is only to determine readiness for sports participation. It should NOT be used as a substitute for regular health maintenance examinations.*

Athlete's Name _____ Height _____ Weight _____
Pulse _____ Blood Pressure _____ / _____ (Repeat, if abnormal _____ / _____) Vision R 20/ _____ L 20/ _____

	<u>NORMAL</u>	<u>ABNORMAL FINDINGS</u>	<u>INITIALS</u>
1. Appearance (esp. Marfan's)			
2. Eyes/Ears/Nose/Throat			
3. Pupil Size (Equal/Unequal)			
4. Mouth & Teeth			
5. Neck			
6. Lymph Nodes			
7. Heart (Standing & Lying)			
8. Pulses (esp. femoral)			
9. Chest & Lungs			
10. Abdomen			
11. Skin			
12. Genitals - Hernia			
13. Musculoskeletal - ROM, strength, etc. (See questions 24-31)			
14. Neurological			

Comments regarding abnormal findings: _____

LICENSED MEDICAL PROFESSIONAL'S ATHLETIC PARTICIPATION RECOMMENDATIONS

____ **FULL & UNLIMITED PARTICIPATION**

____ **LIMITED PARTICIPATION** - May **NOT** participate in the following (checked):

____ Baseball ____ Basketball ____ Bowling ____ Cross Country ____ Football ____ Golf ____ Soccer
____ Softball ____ Swimming ____ Tennis ____ Track ____ Volleyball ____ Wrestling

____ **CLEARANCE PENDING DOCUMENTED FOLLOW UP OF** _____

____ **NOT CLEARED FOR ATHLETIC PARTICIPATION DUE TO** _____

____ **Licensed Medical Professional's Name (Printed)**

____ **Date of PPE**

____ **Licensed Medical Professional's Signature**

____ **Phone**

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I hereby **verify** the accuracy of the information on the opposite side of this form and **give my consent** for the above named student to engage in approved athletic activities as a representative of his/her school, except those activities indicated above by the licensed professional. I also **give my permission** for the team's physician, certified athletic trainer, or other qualified personnel to give first aid treatment to my son or daughter at an athletic event in case of injury.

____ **Name of Parent or Guardian (Printed)**

____ **Signature of Parent or Guardian**

____ **Address (Street/PO Box, City, State, Zip)**

____ **Phone Number**

This form has been developed with the assistance of the Committee on Sports Medicine of the Iowa Medical Society and has been approved for use by the Iowa Department of Education, Iowa High School Athletic Association, and Iowa Girls High School Athletic Union. Schools are encouraged NOT to change this form from its published format. Additional school forms can be attached to this form.

2020-2021 Iowa Application for Free & Reduced Price School Meals/Milk

Return completed form to:

Morgan Manternack

Complete one application per household. Please use a pen (not a pencil). This application cannot be approved unless complete eligibility information is submitted.

STEP 1 List ALL Household Members who are infants, children, and students up to and including grade 12 (If more spaces are required for additional names, attach the supplemental worksheet.)

Definition of Household Member: "Anyone who is living with you and shares income and expenses, even if not related." Children in Foster care and children who meet the definition of Homeless, Migrant or Runaway are eligible for free meals. Read How to Apply for Free and Reduced Price School Meals for more information.

Child's First Name	MI	Child's Last Name	Date of Birth	Student? Yes No	Child's School	Grade	Foster Child	Homeless, Migrant, Runaway
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>

Check all that apply

STEP 2 Do any Household Members (including you) currently participate in one or more of the following assistance programs: Food Assistance, FIP, or FDIPIR? Circle one: Yes / No No, go to STEP 3. If you answered Yes, write a case number here then go to STEP 4 (Do not complete STEP 3).

Write only one case number in this space. Medicaid, Title XIX & EBT card numbers are not acceptable.

Case Number: _____

To Apply On-Line go to: (delete if NA)

STEP 3 Report Income for ALL Household Members (Skip this step if you answered 'Yes' to STEP 2)

Are you unsure what income to include here?

Please read How to Apply for Free and Reduced Price School Meals for more information. The Sources of Income for Children section will help you with the Child Income question. The Sources of Income for Adults section will help you with the All Adult Household Members section.

A. Child Income

Sometimes children in the household earn or receive income. Please include the TOTAL gross income earned by all Household Members listed in STEP 1 here. Total Child Income

\$ _____

How often?

Weekly	Bi-Weekly	2x Month	Monthly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

B. All Adult Household Members (including yourself)

List all Household Members not listed in STEP 1 (including yourself) even if they do not receive income. For each Household Member listed, if they do receive income, report total gross income (before taxes) for each source in whole dollars (no cents) only. If they do not receive income from any source, write '0'. If you enter '0' or leave any fields blank, you are certifying (promising) that there is no income to report. Applications with blank income fields will be processed as complete. If more spaces are required for additional names, attach the supplemental worksheet.

Name of Adult Household Members (First and Last)	C. Earnings from Work	D. Public Assistance/child Support/Alimony	E. Pensions/Retirement/All Other Income	How often?			
				Weekly	Bi-Weekly	2x Month	Monthly
	\$ _____	\$ _____	\$ _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	\$ _____	\$ _____	\$ _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	\$ _____	\$ _____	\$ _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

F. Total Household Members (Children and Adults)

G. Last Four Digits of Social Security Number (SSN) of Primary Wage Earner or Other Adult Household Member

X X X X X X

Check if no SSN ☐

STEP 4 Contact Information and Adult Signature

"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."

Street Address (if available)	Apt. #	City	State	Zip	Daytime Phone (optional)	Email (optional)
-------------------------------	--------	------	-------	-----	--------------------------	------------------

Printed name of adult completing the form	Signature of adult completing the form	Today's date
---	--	--------------

DO NOT WRITE BELOW THIS LINE. FOR ADMINISTRATIVE USE ONLY.

Date Received by SFA: _____

Annual income conversion: Weekly x 52; Bi-Weekly x 26; 2 Times per Month x 24; Monthly x 12

Household Income: \$ _____
 Application Approved: ☐ Income ☐ Foster Child ☐ FIP/Food Assistance ☐ Head Start (documentation required) ☐ Homeless/Migrant/Runaway-Local Official Documentation Required
 Eligibility Determination: ☐ Free ☐ Reduced ☐ Free Milk Application Denied: ☐ Incomplete ☐ Over income limits

Determining Official

Effective Date

Confirming Official

Date

Signature

OPTIONAL

Children's Racial and Ethnic Identities

We are required to ask for information about your children's race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

Ethnicity (check one): ☐ Hispanic or Latino ☐ Not Hispanic or Latino

Race (check one or more): ☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African American ☐ Native Hawaiian or Other Pacific Islander ☐ White

Low-Cost Health Insurance for Children

If your children do not have health insurance, many families getting free or reduced price meals can also get free or low-cost health insurance for their children. The law requires public schools to share your free and reduced price meal eligibility information with Medicaid & *Hawki*, the State's medical insurance program for children. Private schools, RCCIs and childcare organizations may choose to share this information. Specifically, we will give them your child's name, your name & address. Medicaid & *Hawki* can only use the information to identify children who may be eligible for free or low-cost health insurance and contact you. They are not allowed to use the information from your free and reduced meal application for any other purpose or to share it with any other entity or program. You are not required to allow us to share this information, it will not affect your child's eligibility for free or reduced price meals. **If you do NOT want your information shared with Medicaid or *Hawki*, you must tell us by completing the information below.** If you want further information, you may call *Hawki* at 1-800-257-8563. Also, if you are already receiving Medicaid or *Hawki*, please sign below. This will avoid another contact. My signature below indicates I DO NOT want school officials to share information from my free and reduced price meal application with Medicaid or *Hawki*.

Parent/Guardian Name (Printed) _____ Signature _____ Date _____

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not submit all needed information, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Food Assistance (FA), Family Investment Program (FIP) or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

USDA Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

***only use this
address if you are
filing a complaint
of discrimination**

Iowa Non-Discrimination Statement: "It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14th St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."

This institution is an equal opportunity provider.

Translated applications are available at: <http://www.fns.usda.gov/school-meals/translated-applications>

Waiver Information

1724701 1725582004

2020-2021 Iowa Application for Free and Reduced Price School Meals/Optional Supplemental Worksheet

Additional Children in Your Household (not listed on page 1)

Child's First Name	MI	Child's Last Name	Student?		Child's School	Grade	Check all that apply	Foster Child	Homeless, Migrant, Runaway
			Yes	No					

Any income earned by the above listed children should be included under Step 3 A on the first page of the application.

Additional Adults in Your Household (Not listed on page 1)

Name of Adult Household Members (First and Last)	Earnings from Work	How often?					Public Assistance/ Child Support /Alimony	How often?				Pensions/Retirement/ All Other Income	How often?			
		Weekly	Bi-Weekly	2x Month	Monthly	Annually		Weekly	Bi-Weekly	2x Month	Monthly		Weekly	Bi-Weekly	2x Month	
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Self-Employment Income Calculations

This guidance will assist you in calculating the amount to report if you engage in farming, are self-employed or have income from other sources.

Self-employed persons may use income tax records for the preceding calendar year as a base to project the current year's net income, unless the current monthly income provides a more accurate picture. Report income derived from the business venture less operating costs incurred in the generation of that income. Deductions for personal expenses such as interest on home payments, medical expenses, other similar non-business deductions are not allowed in reducing gross business income. Additional income from other kinds of employment must be treated as separate and apart from the income lost from your business venture. For example, if you operated a business at a net loss, but held additional employment for which a salary was received, the income for purposes of applying for free meals would be the income from the salary only. The loss from the business cannot be deducted from a positive income earned in other employment. For purposes of this application, it is required to report a negative income from any business venture. The least income possible is zero (no income). The necessary information for arriving at allowable income from private business operation is found on your most recent U.S. Individual Income Tax Return - Form 1040 or 1040-SR and Schedule 1. Enter the amounts reported on the following lines (for losses type a negative (-) in front of the amount).

Capital Gain or (Loss) Form 1040 or 1040-SR, LINE 6

Business Income or (Loss) Schedule 1 Part 1, LINE 3

Other Gains or (Losses) Schedule 1 Part 1, LINE 4

Rental real estate, royalties, partnerships, S corporations, trusts, etc. Schedule 1 Part 1, LINE 5

Farm Income or (Loss) Schedule 1 Part 1, LINE 6

TOTAL \$ 0.00

Computed Monthly Income \$ 0.00

Gross Annual Income Before Any Deductions.

(Gross Annual Income ÷ 12 = Computed Monthly Income.)

The computed monthly income should be reported in Step 3 on the Application for Free and Reduced Price School Meals under All Other Income.

WAIVER STATEMENT

If your child(ren) qualifies for free or reduced price meals, you may also be eligible for other benefits. If you sign this waiver, your child(ren) will be considered for a full or partial waiver of school fees. I understand that I will be releasing information that will show that I applied for free and reduced price school meals for my child(ren). I give up my rights to confidentiality for waiver of school fees ONLY. I certify that I am the parent/guardian of the child(ren) for whom application is being made. **YOU DO NOT HAVE TO COMPLETE THIS WAIVER TO GET FREE OR REDUCED PRICE SCHOOL MEALS.**

Signature of Parent/guardian _____ Date _____

AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday
24 OUT AT 1:05 CHICKEN STRIPS WG SCHOOL ROLL (9-12) FRENCH FRIES CARROT STICKS APPLESAUCE MINI PANCAKES	25 OUT AT 1:05 SUB ON WG BUN SUN CHIPS CELERY STRAWBERRIES WG CINN. ROLL	26 CORN DOG TATER TOTS CORN PEACHES STR. CREAM CHEESE BAGEL	27 MR. RIB/WG BUN STEAK FRIES BAKED BEANS ORANGES COMBO/WG BUN	28 CHEESY BRDSTIKS/PIZZA DIPPERS MARINARA FRESH BROCCOLI PEARS SAUSAGE/EGG/BISCUIT
31 CHEESEBURGER/WG BUN FRENCH FRIES CARROT STICKS FRUIT COCKTAIL PANCAKE ON A STICK		ATTENTION PARENTS IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR STUDENTS ACCOUNT AT ALL TIMES THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.	ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME. EVERY MEAL IS SERVED WITH AN 8 OZ. MILK WG= WHOLE GRAIN (9-12) = HS ONLY	