



The Wildcat Report

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

Twitter #maquoketavalley

November 2021

The Keys to Success in School & Beyond

Every parent wants their kids to be successful. As parents, we want them to be successful in school, extra-curricular activities, and eventually their career. Our staff at Maquoketa Valley is dedicated to providing a high quality education to ensure success for all students. At Maquoketa Valley our staff works diligently to achieve our mission, which is: **“Maquoketa Valley Community School District ensures high levels of learning to empower all students for lifelong success.”**

So what are the keys to success in school & beyond? What can you as parents do to help ensure your student(s) succeed in school & their career? As I list some keys to success, please note that these tie directly to our employability skills.

- 1. Perseverance:** Refusing to give up in the face of adversity, no matter how difficult the task. As parents, continue to encourage your student(s) to work through tough assignments, difficult conversations with peers & adults, and the emotional toll that comes with being a student. Remind them to accept and learn from their mistakes, and that mistakes will continue to happen throughout their life. Give them the courage to try, even though they may be afraid of failing.
- 2. Respect:** Being courteous to others through actions and words, and treating others the way you want to be treated. I believe that no parent wants to raise a disrespectful kid. As a parent, support the school and decisions made when addressing disrespectful student behavior. Please reach out to the school to discuss concerns so that we can work together to teach your student(s) the same message in regards to respect. At Maquoketa Valley we teach students to take pride in themselves, greet others with respect, calmly share disagreements, use appropriate language, and to accept the decisions of those in authority.
- 3. Responsibility:** Keeping promises, meeting obligations, and being accountable for your actions. At Maquoketa Valley we teach students to come prepared to class and complete work on time, ask for help when needed, communicate with teachers in a timely manner when absent, take care of your property and the property of others, and to be a TEAM player. As parents, you can teach responsibility by holding them accountable. Hold them accountable for their homework, actions, and obligations. Remember, we are preparing them for their future so we need to hold them to their promises and obligations so they can reach their full potential. (Continued on next page)

Administration Office

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

M.V. High School

Troy Osterhaus,
Principal
107 South Street
P.O. Box 186, Delhi
Phone (563) 922-2091
Fax (563) 922-3026

M. V. Middle School Delhi Elementary

Troy Osterhaus,
MS Principal
Tiersa Frasher,
Elem. Principal
112 3rd St., Box 186
Delhi, IA 52223
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) 923-3305

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

**Maquoketa Valley Community School District
Ensures High Levels of Learning to Empower All Students For Lifelong Success.**

(Continued from front page)**The Keys to Success in School & Beyond**

4. **Motivation:** Being eager to act and work appropriately. At Maquoketa Valley we teach students to be productive in the classroom environment, attend class regularly and on time, to get involved in extracurricular activities, and exhibit body language that displays positive energy. As a parent, ensure your student is in school and on time for school. Teach your student(s) the value of hard work and dedication.

5. **Integrity:** Using an internal set of ethical values to guide the decision-making process. At Maquoketa Valley we teach students to keep their word and commitments, be truthful, to bring the best out of the people around them, and do the right thing when no one is looking.

So you may ask, what about academics? When these employability skills are in place, students will receive the most out of their education. Students will be able to receive and understand the high levels of instruction that occur in our classrooms. Students will develop confidence in their abilities and become more independent as they progress through school. We are very fortunate to have such a great staff and supportive parents & community in order to achieve at high levels. Last spring, our High School ranked #6 out of all the High Schools in the State of Iowa, our Middle School received the National Blue Ribbon Award in 2020, and just recently, our Middle School ranked #10 of all the Middle Schools in the State of Iowa, and Delhi Elementary ranked #4! We are extremely proud of our tremendous staff, students, and parental & community support of our schools which has led to these great achievements.

Teaching perseverance, respect, responsibility, motivation, and integrity have played an important role in being able to accomplish these achievements. Our staff will continue to work diligently to achieve our mission: “**Maquoketa Valley Community School District ensures high levels of learning to empower all students for lifelong success.**”

Troy Osterhaus
6-12 Principal Maquoketa Valley CSD

MV Fine Arts Boosters

Welcoming ALL parents who want to be involved
with their kids!

You are already a member and it is free!
Supporting kids from **Band, Choir, Speech,**
Drama,
and any other fine arts at Maquoketa Valley.

Join us at the next Fine Arts Booster Meeting,
November 8, @ 5:30 PM in the HS Cafeteria
and see what we are all about!!

Athletic Boosters Need YOU!!!

The Maquoketa Valley Athletic Boosters are looking for members who would like to be involved in helping organize and run our events. The Athletic Boosters meet the **first Wednesday of every month** (except July) at 6:30 p.m. at Delhi Landing in the back room. Please consider sharing your time & talents so that we may continue to provide the needed assistance to our athletic programs.

Regular Board Meeting
October 18, 2021

The regular meeting of the Maquoketa Valley Board of Education was called to order by President Donna Kunde at 5:30 p.m. at Johnston Elementary in Hopkinton, Iowa. All motions carried unanimously unless otherwise noted. Four board members were present. There were eight staff members and three visitors present. The agenda and consent items were approved.

Dawn Bries and Carolyn Anderson shared information with the Board regarding the new literacy curriculum and how they are implementing this in their classrooms.

One open enrollment in request was approved.

The following personnel recommendations were approved:

CeAnn Palmer – resignation as TLCS Content Team Lead

Board Policy 800 Series was reviewing and approved on the first official reading.

Supt. Hoeger updated the Board regarding the upcoming Revenue Purpose Statement vote which will take place on November 2nd in conjunction with the school board elections. Information and a short video has been posted on the school website.

The Districts Attendance and Course Enrollment Data was shared with the Board. This report details attendance and course enrollment for different subgroups of students.

Enrollment for the 2021-2022 school year was certified on October 15th. It appears the district will see a slight increase in enrollment of .90 students. The 2020-2021 certified enrollment number was 676.6 and the 2021-2022 certified enrollment is 677.5.

Post Prom will be doing several additional fundraisers this year which include a 50/50 raffle, a donated prize raffle and cookie kit sales. These fundraisers were not listed on the initial fundraising activities list that the Board approved in September.

The meeting was adjourned at 6:24 p.m.

Maquoketa Valley Activity Calendar

This can be found on the website. Please check that for all activities. Cancellations will be updated on the Maquoketa Valley Website.

November 2021

WHAT IS HAPPENING IN KINDERGARTEN?

Earlville
Kindergarten
enjoying a
surprise ride
on the fire
trucks!



Shelby Buttkofer
practicing
counting objects
in math.

It has been such a great start to the school year for our littlest Wildcats. The Kindergarteners at Earlville Elementary have already learned so much this year, and we can't wait to see how much they continue to grow. Throughout the first quarter, our kiddos have learned all of their letter sounds. They have done such a great job applying these sounds when reading short books, and writing their own words.

We have also learned to write numbers 0-10 in Math. We will continue to work on adding more and showing one less.

Science

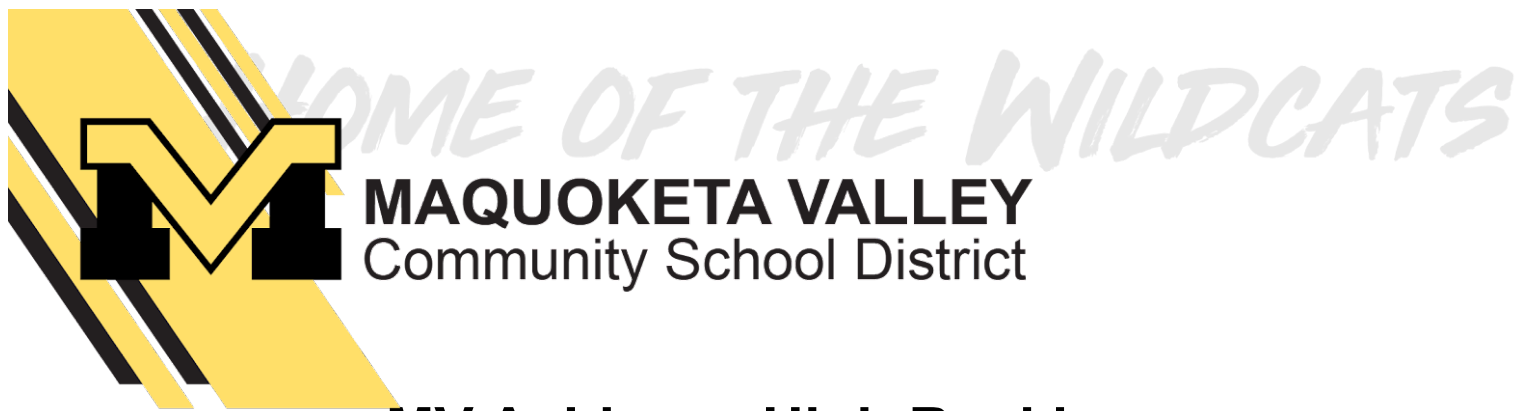
Our big word in Kindergarten is **observe**. We have spent the first quarter adopting our very own tree, and we will spend the year observing how it changes through the four seasons. Below you will see Hailey Klima drawing a picture of what our adopted tree looked like this summer.



FIRE STATION FUN

In early October, Earlville Elementary was invited down to the Earlville Community Fire Station. Five of the volunteer firefighters took the time to teach our kiddos about fire safety, and what they do to keep us safe during a fire. We were also surprised with a fire truck ride around the town. Thank you again to Chief Erickson and the other volunteer firefighters for this awesome experience.





MV Achieves High Rankings

The US News and World Report recently released the rankings of all K-12 schools across the nation. The Maquoketa Valley School District achieved very high rankings for their schools. The MV Elementary School ranked #4 in Iowa, the Middle School ranked #10 in Iowa and the MV High School ranked #6 in Iowa.

These high rankings are a tremendous tribute to the dedication and hard work of all of our PK-12 faculty at Maquoketa Valley. For many years, there has been a continuous effort to improve the quality of our teacher's instruction and educational performance from our students. These results indicate that our students are doing very well and we are very proud of our rankings. We also know that there are always areas to improve. We will continue to find better ways to reach all of our students and have them achieve at higher levels of success.

According to US News, the rankings used the same methodology for all included grade levels. The rankings were based on the number of students who were proficient on the math and reading/language arts assessments and how these results compared in context of the socioeconomic demographics. The top-ranked schools are high achieving for all of their students.

In 2020, the Maquoketa Valley Middle School was nominated as a National Blue Ribbon School by the United States department of Education. This is another tribute to the hard work of the students and staff at Maquoketa Valley. Our community can be proud of these awards and know that our school district will continue to hold high expectations of student learning at Maquoketa Valley.

Sincerely,

Dave Hoeger
Maquoketa Valley Superintendent

10 INTERNET SAFETY TIPS FOR PARENTS

- 1** Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2** Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4** Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5** Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6** Help your child learn to **filter** information online and navigate fact from fiction.
- 7** Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8** **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9** Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10** **Learn more:** Explore reliable resources for parents so you can educate yourself.

@kathleen_morris



www.kathleenamorris.com



Parent/Teacher Conferences

Conferences will be held in person at your child's center or by Zoom.

They will be Tuesday, November 2 and Thursday, November 4 from 3:00-7:00 both days.. The day before your scheduled conference, please download Zoom onto the device you plan to use for conferences so you can connect with your child's teacher. If you are using a mobile device, Zoom is a free download through the app store. If you are using a computer, you can download Zoom by going to www.zoom.com. The day before your conference, your child's teacher will email you a zoom link that will connect you for your conference. There will be a virtual waiting room, and the teacher will let you into the conference when it is your scheduled time. Please contact the school if you have any questions on how to download the Zoom application or if you have any questions about connecting for the conference.

*Maquoketa Valley High School
Proudly Presents*



SHREK

The MUSICAL

**NOVEMBER 5th & 6th at 7 p.m.
NOVEMBER 7th at 2 p.m.**

**Maquoketa Valley High School Auditorium
Lobby doors open 1 hour prior to performance
Auditorium doors open 30 minutes prior to performance**

**Tickets available Oct. 25th for \$5
in the HS Office or by phone reservation at (563) 922 - 2091**

Based on the DreamWorks Animation Motion Picture and the book by William Steig

Book & Lyrics by David Lindsay-Abaire Music by Jeanine Tesori

**Originally produced on Broadway by
DreamWorks Theatricals and Neal Street Productions**

"Original Production Directed by Jason Moore and Rob Ashford"

SHREK THE MUSICAL
Is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI.
www.mtishows.com

HOMELESS CHILDREN AND YOUTH

(Board Policy 501.16)

The Maquoketa Valley School District believes all students should have access to a free, appropriate public education. The district will ensure that homeless children and youth have equal access to the same free, appropriate public education as other children and youth. The term "homeless children and youth" means individuals who lack a fixed, regular, and adequate nighttime residence. The term includes:

- Children and youth who are: - Sharing the housing of other persons due to loss of housing, economic hardship, or a similar reason (sometimes referred to as "doubled up"); - Living in motels, hotels, trailer parks, or camping grounds due to lack of alternative adequate accommodations; - Living in emergency or transitional shelters; or - Abandoned in hospitals.
- Children and youth who have a primary nighttime residence that is a public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings;
- Children and youth who are living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar settings; and
- Migratory children who qualify as homeless because they are living in circumstances described above.

To help ensure that homeless children and youth have a full opportunity to enroll, attend, and succeed at school, the board shall:

- Designate the middle school counselor as the local homeless children and youth liaison;
- Provide training opportunities for staff so staff may help identify and meet the needs of homeless children and youth;
- Remove barriers, including those associated with fees, fines, and absences, to the identification, enrollment, retention, attendance and/or success in school for homeless children and youth;
- Ensure collaboration and coordination with other service providers;
- Ensure transportation is provided in accordance with legal requirements;
- Provide school stability in school assignment according to the child's best interests;
- Ensure the privacy of student records, as provided by applicable law, including information about a homeless child or youth's living situation;
- Engage in the dispute resolution process for decisions relating to the educational placement of homeless children and youth as provided by applicable law; and
- Prohibit the segregation of a homeless child or youth from other students enrolled in the district.

The superintendent may develop an administrative process or procedures to implement this policy.

STUDENT DIRECTORY

(Board Policy 506.2)

Directory information is information contained in the education records of a student that would not generally be considered harmful or an invasion of privacy if disclosed. The district may disclose "directory information" to third parties without consent if it has given public notice of the types of information which it has designated as "directory information," the parent's or eligible student's right to restrict the disclosure of such information, and the period of time within which a parent or eligible student has to notify the school in writing that he or she does not want any or all of those types of information designated as "directory information." The district has designated the following as "directory information"

SAFE AND EFFECTIVE USE OF SECLUSION AND RESTRAINT

State law forbids school employees from using corporal punishment against any student. School employees may use "reasonable and necessary force, not designed or intended to cause pain" to do certain things, such as prevent harm to self or others. State law also limits school employees' abilities to restrain or confine and detain any student. If a child is restrained or confined or confined and detained, the school must maintain documentation and must provide notice to the child's parent. If you have any questions about this state law, please contact your school. The complete text of the law and additional information is available on the Iowa Department of Education's website.

ANNUAL NOTICE OF NONDISCRIMINATION

(Board Policy 102.E2)

It is the policy of the Maquoketa Valley Community Schools not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, religion in its programs, activities, or physical or mental disability in its programs, activities, or employment practices as required by the Iowa Code, Titles VI and VII of the Civil Rights Act of 1964, the Equal Pay Act of 1973, Title IX, Section 504, and the Americans with Disabilities Act. Students are educated in programs that foster knowledge of, and respect and appreciation for, the historical and contemporary contributions of diverse cultural groups, as well as men and women, to society. Students who feel they have been discriminated against are encouraged to report it to the school district Equity Coordinator. The Equity Coordinator is Dave Hoeger and can be reached at (563) 922-2091. Inquiries may also be directed in writing to Dave Hoeger, Maquoketa Valley Community Schools, P.O. Box 186, Delhi, Iowa 52223, (563) 922-9411.

CHILD ABUSE REPORTING

(Board Policy 402.2)

In compliance with state law and to provide protection to victims of child abuse, the board believes incidents of alleged child abuse should be reported to the proper authorities. All licensed school employees, teachers, coaches and paraeducators are mandatory reporters as provided by law and are to report alleged incidents of child abuse they become aware of within the scope of their professional duties. When a mandatory reporter suspects a student is the victim of child abuse, the mandatory reporter shall make an oral report of the suspected child abuse to the Iowa Department of Human Services within 24 hours of becoming aware of the abusive incident and shall make a written report to the Iowa Department of Human Services within 48 hours following the oral report. If the mandatory reporter believes the child is in immediate danger, the local law enforcement agency will also be notified. Within six months of their initial employment, mandatory reporters will take a two-hour training course involving the identification and reporting of child abuse, or submit evidence they've taken the course within the previous three years. Employees who have taken the two-hour training course will take the one-hour follow up training course every three years and prior to the expiration of their certificate.)

ANTI-BULLYING/HARASSMENT

(Board Policy 104)

The Maquoketa Valley Community School District is committed to providing all students, employees, and volunteers with a safe and civil school environment in which all members of the school community are treated with dignity and respect. Bullying and/or harassing behavior can seriously disrupt the ability of school employees to maintain a safe and civil environment, and the ability of students to learn and succeed. Bullying and/or harassment of or by students, employees, and volunteers is against federal, state, and local policy and is not tolerated by the board. Accordingly, school employees, volunteers, and students shall not engage in bullying or harassing behavior while on school property, while on school-owned or school-operated vehicles, while attending or participating in school-sponsored or sanctioned activities, and while away from school grounds if the conduct materially interferes with the orderly operation of the educational environment or is likely to do so. Complaints may be filed with the superintendent or superintendent's designee pursuant to the regulation accompanying this policy. Complaints will be investigated within a reasonable time frame. A school employee, volunteer, or student, or a student's parent or guardian who promptly, reasonably, and in good faith reports an incident of bullying or harassment, in compliance with the procedures in the regulation, to the appropriate school official designated by the school district, shall be immune from civil or criminal liability relating to such report and to participation in any administrative or judicial proceeding resulting from or relating to the report. Retaliation Prohibited Individuals who knowingly file false bullying or harassment complaints and any person who gives false statements in an investigation may be subject to discipline by appropriate measures. Any student found to have violated or retaliated in violation of this policy shall be subject to measures up to, and including, suspension and expulsion. Any school employee found to have violated or retaliated in violation of this policy shall be subject to measures up to, and including, termination of employment. Any school volunteer found to have violated or retaliated in violation of this policy shall be subject to measures up to, and including, removal from service and exclusion from school grounds. Definitions For the purposes of this policy, the defined words shall have the following meaning: • "Electronic" means any communication involving the transmission of information by wire, radio, optic cable, electromagnetic, or other similar means. "Electronic" includes but is not limited to communication via electronic mail, internet-based communications, pager service, cell phones, and electronic text messaging. "Harassment" and "bullying" mean any repeated or potentially repeated electronic, written, verbal, or physical act or other ongoing conduct toward an individual based on any trait or characteristic of the individual which creates an objectively hostile school environment that meets one or more of the following conditions: (1) Places the individual in reasonable fear of harm to the individual's person or property. (2) Has a substantial detrimental effect on the individual's physical or mental health. (3) Has the effect of substantially interfering with the individual's academic or career performance. Has the effect of substantially interfering with the individual's ability to participate in or benefit from the services, activities, or privileges provided by a school. • "Trait or characteristic of the individual" includes but is not limited to age, color, creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status, or familial status. • "Volunteer" means an individual who has regular, significant contact with students.

Weather Calls

MV reports their school closings and cancellations to 3 TV stations: KGAN (2), KWWL (7) , and KCRG (9), by 6:25 a.m. They also report them to these radio stations: KMCH and KDST When bad weather hits, please turn to one of these TV or radio stations. Please DO NOT call the school. Their lines will be busy contacting personnel, other schools, bus drivers, etc.

Text Alert System

The text alert system has been changed. We will be using your information in Power School to alert you. It is important to have your current phone number and email updated. If you have any questions or issues, please call Sarah Lown in the high school office, 563-922-2091.

LOOKING for KINDERGARTNERS

We ask your assistance in compiling our list of children that will be entering kindergarten in the fall of 2022. Remember a child must be five years old on/before September 15, 2022 in order to be eligible to attend Kindergarten or Junior Kindergarten next fall. All of our Kindergarten and Junior Kindergarten students attend school at Earlville Elementary. Please list your own youngster and those of any of your friends or neighbors you believe may have not received this newsletter form. Please complete the form and drop it off or mail it to Maquoketa Valley Schools, 226 Prospect Street Earlville, IA 52041. Thank you!

(Circle One) Child's Name _____

_____ Boy or Girl

Date of Birth _____

Parent's Names _____

Address _____

Phone _____



LOOKING for 4-Year Olds

We also need your assistance in compiling a list of children that will be FOUR years old on/before September 15, 2022 in order to be eligible for Maquoketa Valley's Pre-School program to start next fall. All of our Pre-School students attend school at Earlville Elementary. Please list your own youngster and if you know of any other families that have a 4-year-old, please contact them. Simply complete this form and drop it off or mail it to Maquoketa Valley Schools, 226 Prospect Street, Earlville, IA 52041. Thank you!

(Circle One) Child's Name _____

_____ Boy or Girl

Date of Birth _____

Parent's Names _____

Address _____

Phone _____

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

The Mixed-up Plate



Fall is the time for mixed dishes—salads, casseroles, stir fries, soups, and stew—in which everything is tossed together. This is how to make mixed dishes healthy and delicious.

First, make sure to include at least three different food groups from [MyPlate](https://myplate.gov/), myplate.gov/.

Then add color: Brightly colored fruits and vegetables add visual appeal as well as flavor and texture to casseroles and stews. Add sautéed vegetables to your grilled cheese sandwich. Toss in dried berries and roasted vegetables to your salad. Or sauté your favorite vegetables (such as bell peppers, mushrooms, or onions), add eggs, and bake.

Mix it up. Look for recipes in which half the ingredients are nuts, seeds, fruits, vegetables, or beans. Use whole-grain pastas. Have meat play a supporting role.

Change up your protein. Try different types of ground meats in meat loaf and in pasta sauce. Add seafood (like shrimp, tuna, or salmon) to a stir-fry or pasta dish. Mix up your chili with beans and vegetables in place of ground meat.

Source: Adapted from [Tufts University Health](https://tufts.edu/health) and [Nutrition Letter](https://nutritionletter.com), bit.ly/3mig0gC.

IOWA STATE UNIVERSITY
Extension and Outreach

Words on Wellness



www.extension.iastate.edu

Food Safety Tips for Your Thanksgiving Turkey

1. Thaw your turkey safely: Plan ahead, since thawing may take days in the refrigerator. Do NOT thaw it on the counter, in a bathtub, on the porch, or in the garage.
2. Handle your turkey safely: Before touching the turkey, wash your hands for 20 seconds. Do not wash or rinse the turkey. This may spread poultry juice to other foods and lead to foodborne illness. Use a clean cutting board. Wash the board with warm soapy water after use and before preparing the next item.
3. Cook your turkey safely: Set oven temperature to at least 325°F. Cook to a minimum internal temperature of 165°F. Find cooking times at USDA Food Safety and Inspection Service, bit.ly/3kZeP6D. Use a food thermometer to check in at least two of the thickest parts of the breast, thigh, and wing joint. After cooking, the turkey should rest for 20 minutes to let juices settle.
4. Chill your turkey safely: Divide leftovers into small portions and refrigerate or freeze within two hours after cooking. Use refrigerated leftovers within 3–4 days and frozen cooked turkey in 2–6 months for best quality.

For more Thanksgiving-friendly food safety tips, visit FoodSafety.gov.

Source: FoodSafety.gov, bit.ly/3A55oqt.

Tai Chi for Health



If you're looking for a way to reduce stress, consider tai chi (tie-chee). Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Practicing tai chi helps to improve balance and stability in older people and in those with Parkinson's disease. It reduces back pain and improves quality of life in people with heart disease, cancer, and other chronic illnesses.

Although you can rent or buy videos and books about tai chi, consider seeking guidance from a qualified tai chi instructor to gain the full benefits and learn proper techniques. To find a class near you, contact local fitness centers, health clubs, and senior centers.

Sources: [Mayo Clinic](https://MayoClinic.org), mayoclinic.org/3a0qfDiu, [NIH](https://NIH.gov), bit.ly/3u0mh10.

Vegetable Frittata

Serving Size: 1 slice | Serves: 4

Ingredients:

- 2 cups vegetables, chopped (mushrooms, onions, peppers, tomatoes)
- 6 eggs
- 1/4 cup nonfat milk
- 1/2 cup shredded cheese

Directions:

1. Heat an oven-proof skillet over medium heat. Spray with nonstick cooking spray.
2. Add vegetables and sauté until tender (3–5 minutes). Reduce heat to medium low.
3. While vegetables are cooking, beat eggs and milk together in a medium sized bowl.
4. Stir cheese into eggs.
5. Turn oven broiler to high.
6. Pour egg mixture over vegetables. Cover with a lid. Cook until eggs are nearly set—about 6 minutes. Do not stir and do not remove lid.
7. Remove lid from skillet and place skillet in the oven. Broil until eggs are completely set and lightly browned (2–3 minutes).

Nutrition information per serving:

190 calories, 12g total fat, 5g saturated fat, 0g trans fat, 295mg cholesterol, 210mg sodium, 5g total carbohydrate, 1g fiber, 3g sugar, 14g protein

This information is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart](https://SpendSmart.EatSmart.org), spendsmart.extension.iastate.edu.




This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. PM 2099 November 2021



NOVEMBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
1 WG PIG N BLANKET POTATO SMILES CARROTS APPLES PEACHES COMBO ON WG BUN	2 OUT AT 1:05 PM TETRAZZINI WG GARL. BREADSTICK LETTUCE PEAS TROPICAL FRUIT SAUSAGE/EGG/BISCUIT	3 OUT AT 2:05 PM BBQ PORK ON WG BUN CHEESY POTATOES BAKED BEANS COLESLAW APPLESAUCE PANCAKE ON A STICK	4 OUT AT 1:05 PM LASAGNA WG GARLIC TOAST LETTUCE CARROTS ORANGES LONG JOHN	5 NO SCHOOL TODAY
8 CHICKEN POPPERS WAFFLE FRIES CORN MIXED FRUIT BROWNIE BREAKFAST PIZZA	9 HAM BAKED POTATO CHEESE SAUCE WG DINNER ROLL BROCCOLI PEACHES WG CINNAMON ROLL	10 OUT AT 2:05 PM CORN DOG HASH BROWN PATTY PEAS & CARROTS FRESH PINEAPPLE FRENCH TOAST	11 CHICKEN FAJITA REFRIED BEANS RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES SAUSAGE EGG BISCUIT	12 TATER TOT CASSEROLE WG BUTTER SANDWICH LETTUCE YOGURT BLUEBERRIES APPLES BREAKFAST CHOICE
15 CHICKEN STRIPS WG DINNER ROLL(9-12) CURLY FRIES CORN STRAW. APPLESAUCE PANCAKE ON A STICK	16 SUB ON A WG BUN FRENCH FRIES CARROTS CRAISINS APPLES BREAKFAST WRAP	17 OUT AT 2:05 PM MR. RIB ON WG BUN STEAK FRIES CHEESY BROCCOLI PEARS APRICOTS OMELET CROISSANT	18 PIZZA DIPPERS MARINARA WINTER MIX STRAWBERRIES BREAKFAST PIZZA	19 TURKEY BREAD STUFFING MASHED POTATOES/GRAVY GREEN BEANS MANDARIN ORANGES PUMPKIN CUSTARD WAFFLES
22 PIZZA WG GARLIC BREADSTICK MARINARA LETTUCE PEACHES PINEAPPLE PANCAKES & SAUSAGE	23 OUT AT 1:05 PM CHILI WG CINNAMON ROLL CRACKERS CARROTS/CELERY PEARS LONG JOHN	24 NO SCHOOL TODAY	25 HAPPY THANKSGIVING 	26 NO SCHOOL TODAY
29 GRILLED CHICKEN/ WG BUN POTATO TRIANGLE BAKED BEANS APPLES COOKIE COMBO ON WG BUN	30 SPAGHETTI WG GARLIC BREAD LETTUCE ORANGES PINEAPPLE SAUSAGE EGG BISCUIT	PARENTS: YOUR CHILD CAN RECEIVE 1 FREE BREAKFAST AND LUNCH EVERYDAY THIS SCHOOL YEAR. STRING CHEESE, EXTRA MILK AND SECONDS (EXTRA LUNCH ENTREE) COST YOU THE PARENT.	ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR CHILD'S ACCOUNT AT ALL TIMES. (9-12) = HS ONLY WG= WHOLE GRAIN	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER EVERY MEAL IS SERVED WITH A 8 OZ. MILK ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.