



# The WILDCAT REPORT

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

Twitter #maquoketavalley

May 2022

## What is SEL or social-emotional learning?

**Social and emotional learning (SEL) is an integral part of education and human development.** SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. -**Casel.org**



## What are the five competencies covered by Casel?

**Self-Awareness** is the ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. It is the ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence, optimism, and a "growth mindset." There are three (3) Learning Targets within this competency: Identifying Emotions, Accurate Self Perception, and Self-Confidence.

**Self-Management** includes regulating one's emotions, stress management, self-control, self-motivation, and setting and achieving goals. There are five (5) Learning Targets within this competency: Impulse Control, Stress Management, Self-Discipline and Self-Motivation, Goal Setting, and Organizational Skills.

**Social Awareness** connotes perspective-taking; empathy; respecting diversity; understanding social and ethical norms of behavior; and recognizing family, school, and community supports. There are three (3) Learning Targets within this competency: Perspective Taking and Empathy, Appreciating Diversity and Respect for Others, and Civic Engagement.

### Administration Office

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Superintendent  
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### M.V. High School

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Principal  
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P.O. Box 186, Delhi  
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### M. V. Middle School Delhi Elementary

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MS Principal  
Tiersa Frasher,  
Elem. Principal  
112 3rd St., Box 186  
Delhi, IA 52223  
Phone (563) 922-9411  
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### 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  
Rick Bojorquez- 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)

**Relationship Skills** connote building relationships with diverse individuals and groups, communicating clearly, working cooperatively, resolving conflicts, and seeking help. There are four (4) Learning Targets within this competency: Communication, Social Engagement, Relationship Building, and Teamwork.

**Responsible Decision-Making** refers to considering the well-being of self and others; recognizing one's responsibility to behave ethically; basing decisions on safety, social, and ethical considerations; evaluating realistic consequences of various actions; and making constructive, safe choices for self, relationships, and school. There are four (4) Learning Targets within this competency: Identifying Problems, Analyzing Situations and Solving Problems, Evaluating and Reflecting, and Ethical Responsibility.

The Iowa Department of Education brought together a broad mix of voices from districts, teachers, regional area education agencies, higher education, school counselors, students, other state agencies, and community organizations. These competencies were adopted in 2020. Maquoketa Valley has been incorporating these competencies throughout our schools even before the official adoption by the state. The way we are incorporating these competencies within our school are below. *—taken from the department of education website*

## How are we using these at Maquoketa Valley?

In Earlville Elementary students are currently working on self-management skills during guidance time. We have discussed whole body listening, focusing our attention, and following directions the first time given used Second Step Curriculum. Students have really enjoyed playing Follow-Follow with our puppy and snail friends as we apply these skills.

In Johnston Elementary 1st grade students are working on relationship skills by practicing personal space, listening position, when to interrupt, and having a conversation with someone within our guidance lessons. 2nd grade students are focused on responsible decision making through healthy habits such as being proactive, goal setting, thinking win-win, and seeking for understanding. Students are sharing all kinds of experiences using these skills both at school and their personal lives.

In Delhi Elementary we continue to support these competencies in our daily lessons, morning meetings, guidance lessons, peace circles, small groups, 1:1 interactions. Examples are being a social detective, recognizing others around us and ways to appropriately respond in social situations. We also have worked on relationship skills, being a good friend, choosing good friends, and self-esteem. The Casel competencies have become the way we do business at Delhi Elementary.

At Maquoketa Valley middle school we continue to support these competencies within our guidance lessons, our WIN time, 1:1 conversations, and small groups. We have worked on being socially aware of others and appropriate reactions/actions within certain settings, we have looked at friendships, perspective taking and self-esteem. This is just another piece of what makes MV middle school such an amazing place to be.

At the high school level at Maquoketa Valley, our teachers embed soft skills into their curriculum on a daily basis relating the importance of social skills to the world of work and everyday living. Along with the importance of teaching soft skills, the students are also graded on their employability skills in the classroom which ties in naturally with Casel's 5 SEL competencies (self-awareness, self-management, social awareness, relationship skills, and responsible decision-making). The five employability skills that high school students are graded on are perseverance, respect, motivation, responsibility, and integrity. Not only do our high school classroom teachers strive to guide our students to healthy positive human development, but this development is also supported by our coaches in extracurricular activities.

# SCHOOL BOARD MINUTES

## Regular Board Meeting April 11, 2022

The Board met in an exempt session at 5:15 p.m. to consider compensation adjustments for Non-Certified and Administrative staff.

The regular meeting of the Maquoketa Valley Board of Education was called to order by 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 five staff present. The agenda was approved.

At 5:31 p.m., President Donna Kunde declared this to be the time and place to hold the hearing on the proposed budget for the 2021-2022 school year. The proposed tax rate is \$9.97983. This is a decrease of \$0.01 from fiscal year 2022. The documents were reviewed and there being no comments, the Board President declared the hearing closed. Motion by Feldmann, seconded by Zietlow to approve the budget estimate as presented. A roll call vote was answered as follows: Bojorquez, Feldmann, Kunde, Zietlow; all ayes. Carried.

The consent items were approved.

One open enrollment request out was approved.

The following personnel recommendations were approved:

- Allison Fisher – resignation as Fall Musical Director
- Noah Tiegs – resignation as Fall Musical Director
- Melissa Bush – resignation as Middle School Math Teacher
- Megan McCrary – employed as High School Vocal Teacher
- Robert Arnold – employed as Middle School Baseball Coach
- Jon Orr – employed as Assistant High School Football Coach
- John Burbridge – employed as Earlville Custodian

The Board was presented with information regarding the 2022-2023 collective bargaining settlement and approved the 2022-2023 collective bargaining settlement which equated to a 3.67% increase.

The following salary adjustments for the 2022-2023 school year were also approved:

- Administrative Staff – 3.67% TP increase
- Classified Staff – 3.0% increase plus step movement

The Board discussed nominees for the 2022 Five Star award. The selected recipient will be presented with an award during the graduation ceremony.

Supt. Hoeger gave the Board a brief update on the Tri-Rivers Conference.

The Academic Excellence Banquet will be held on May 4<sup>th</sup> at 6:30 p.m. Senior Awards and Dollars for Scholars will be held on May 15<sup>th</sup> at 3:00 p.m. and graduation will be held on May 18<sup>th</sup> at 7:30 p.m.

The meeting was adjourned at 6:18 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.**



### 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, **Wednesday, May 9th , @ 5:30 PM** in the HS Library and see what we are all about!!



### Middle School Concert

The Spring Middle School Concert is on Tuesday, May 17th in the High School Auditorium at 4 p.m. The concert features the 6th grade band, 7/8th grade band, and 7/8th grade choir.



### Text Alert System

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.

## Calendar Changes Due to Weather

**May 24 - Dismiss at 1:05- last day**

We missed 3 days of school but have plenty of extra hours built into our school calendar. **Therefore, we will not make up any instruction days for students.**

Our teachers will add 3 professional development days which will take place on Wednesday, 5/25, Thursday, 5/26 and Friday 5/27.

## Note About Lunch

As of Monday, May 2, charging will not be allowed on lunch accounts. You must have money in your account or pay cash to eat. Also, all negative balances **must be paid by Tuesday, May 10th.**

## Summer Hours

The Maquoketa Valley Administration will be working throughout the summer. Hours will be 8:00 AM until 4:00 PM each week, Monday through Thursday. The school office will be CLOSED on Fridays during the summer.

## Next School Year

2022/2023

The Maquoketa Valley school calendar for next year is now available on our website at :

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

The first day of school for 2022/2023 is

**August 23rd, 2022**

**DEADLINE SOON**

**EPI**

## School Supply Sale



- Teacher Approved
- Delivered Before the First Day of School
- Save Time & Money

**SHOP  
NOW**

Main Order  
Deadline **5/30**

Our School ID  
**MAQ003**

[www.EducationalProducts.com/ShopPacks](http://www.EducationalProducts.com/ShopPacks)



# **Speech and Drama Awards Night**

The Speech and Drama Awards Night will be held Tuesday, May 10th at 6:30 p.m. in the high school auditorium. Students who were involved with the musical, large group speech, individual speech, and/or the spring play will be recognized. Family members are more than welcome and encouraged to attend! We hope to see you there to help us celebrate an amazing year!!

**Freshmen & sophomores are asked to bring a dessert.  
Juniors are asked to bring a gallon jug of Hawaiian Punch.**

## **WHAT IS HAPPENING AT AWARDS NIGHT?**

- **Senior and senior parent recognition**
- **Presentation of certificates for**  
***Shrek: the Musical* and *Clue: On Stage***
- **Presentation of certificates and medals for division I and II ratings at the state level of contest speech**
- **Presentation of certificates and medals for**  
**All-State contest speech participation**
- **Presentation of *Defining Performance Awards***
- **Presentation of drama awards**
- **Dessert Bar to conclude the evening**



**2nd Annual**

# **MV Market**

**Wed. May 4th 2-6 pm**

**Delhi City Park**



**Student Made  
Products!**

**Industrial  
Arts**

**Ag Ed**

**Business**

**FCS**



**Baccalaureate**  
**Sunday, May 15th, 2022**  
2:00 p.m.  
High School Auditorium

**Academic Excellence Banquet**

On May 4th, the High School will be celebrating and recognizing those students that have excelled in the classroom and have displayed the established pillars of scholarship, service, leadership and character. The banquet will begin at 6:30 in the high school cafeteria and then after supper the awards will be presented in the high school auditorium.

**SENIOR AWARDS CONCERT**

The Senior Awards Concert is on TUESDAY, May 3rd at 7 p.m in the Middle School Gym. The concert features the high school band and choir, and includes a ceremony to recognize the seniors graduating from each ensemble.



**CONGRATULATIONS  
TO THE  
CLASS OF 2022!  
Commencement:  
May 18th - 7:30  
High School  
Gymnasium**



**DFS  
SENIOR AWARDS**

Maquoketa Valley High School Senior Awards will be held in the Middle School Multipurpose Room on **Sunday, May 15, 2022, at 3 p.m.** Dollars for Scholars scholarships and other awards and scholarships will be presented at this time.

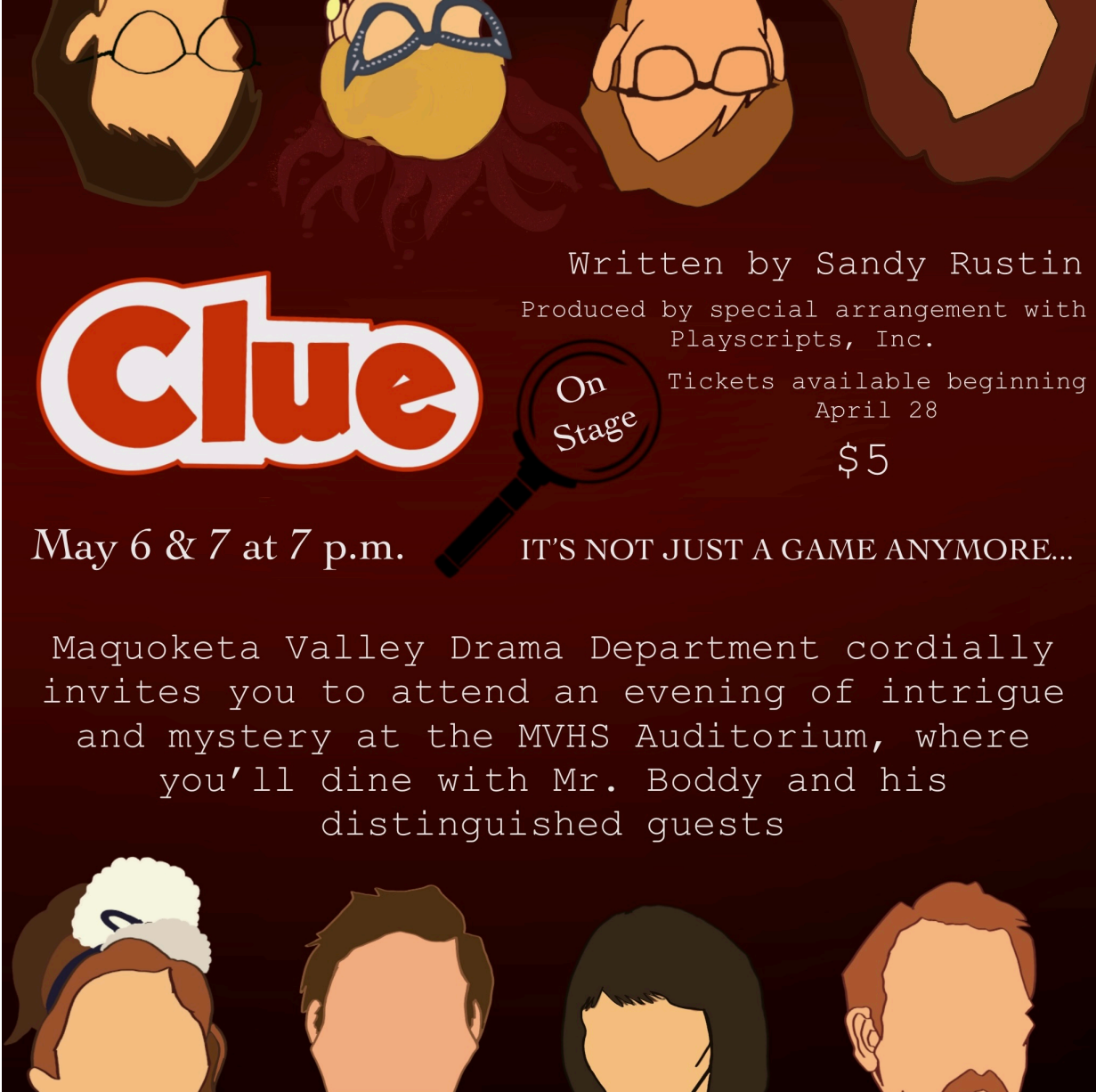


## Maquoketa Valley Spring Play May 6 & 7

The Maquoketa Valley Drama Department will present Sandy Rustin's play *Clue: On Stage* on May 6 and 7 at 7 p.m. in the MV auditorium. For those who are fans of the Hasbro board game or the 1985 Paramount Pictures cult classic *Clue*, Rustin has intertwined both into a comedy that will leave you wanting more.

Wadsworth (Noah DeVore), Yvette (Kaitlyn Nolan), and Cook (Keziah Ambundo) prepare Mr. Boddy's (Michael Van Meter) "game". One by one, six strangers arrive at Boddy Manor: Colonel Mustard (Brock Trenkamp), Mrs. White (Carlie Lewin), Mrs. Peacock (Amanda Mohr), Mr. Green (George Livingston), Professor Plum (Zach Mineart), and Miss Scarlet (Josie Teymer). Each was instructed to use the given pseudonym and to keep their information secret. During dinner, Mr. Boddy arrives and welcomes them to his game filled with blackmail, intrigue, and gifts: a wrench, a rope, a dagger, a lead pipe, a revolver, and a candlestick. The result of these presents? Mr. Boddy's death. Instantly, everyone is a suspect, and they must figure out who did it. During their search for the killer, a motorist (Jesús Rumbo), an unexpected cop (Cadence Freiburger), and a Singing Telegram Girl (McKenna Thompson) are "welcomed" to the party.

How will the game end? Who really did it? What weapon was used? Where was the person murdered? Join the chief of police (Devin Smith) and his backup cops (Mianna Gosche, Ashtyn Porter, Kaela Clemen, and Joellen Beitz) as they uncover the truth. Do you have a *CLUE*? Stop by MV for a night full of blackmail, slapstick comedy, and games! Tickets (\$5 a piece) can be picked up at the high school office or call the office and reserve your ticket, beginning April 28.

A poster for the play "Clue: On Stage". The background is dark red. At the top, there are four stylized, upside-down faces of characters with different features like glasses and hats. In the center, the word "Clue" is written in a large, bold, orange font with a white outline. To the right of "Clue", the text "Written by Sandy Rustin" and "Produced by special arrangement with Playscripts, Inc." is written in a white, typewriter-style font. Below this, a magnifying glass with "On Stage" written inside it is positioned over the text "Tickets available beginning April 28" and "\$5". At the bottom, there are four stylized faces of characters. The text "May 6 & 7 at 7 p.m." is on the left, and "IT'S NOT JUST A GAME ANYMORE..." is on the right, both in a white, typewriter-style font. At the bottom center, the text "Maquoketa Valley Drama Department cordially invites you to attend an evening of intrigue and mystery at the MVHS Auditorium, where you'll dine with Mr. Boddy and his distinguished guests" is written in a white, typewriter-style font.

Written by Sandy Rustin  
Produced by special arrangement with  
Playscripts, Inc.

**Clue**

On  
Stage

Tickets available beginning  
April 28  
\$5

May 6 & 7 at 7 p.m. IT'S NOT JUST A GAME ANYMORE...

Maquoketa Valley Drama Department cordially  
invites you to attend an evening of intrigue  
and mystery at the MVHS Auditorium, where  
you'll dine with Mr. Boddy and his  
distinguished guests

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Meatless Meals



Eating plant-based meals improves your heart health by lowering cholesterol levels and blood pressure. Eating meatless meals may also save you money at the grocery store. According to the American Heart Association, "People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available."

Follow [MyPlate](https://myplate.gov), [myplate.gov](https://myplate.gov), to plan healthy meatless meals that include fruits and vegetables, whole grains, beans and legumes, unsalted nuts, and/or lower fat or fat-free dairy foods. Eating one meatless meal a week is a great way to start. Visit the [American Heart Association](https://www.heart.org), [www.heart.org](https://www.heart.org), for more tips on keeping your heart healthy.

Easy meatless meal ideas include the following:

- vegetable quesadillas
- spaghetti with tomato sauce
- macaroni and cheese
- bean burritos
- vegetable stir-fry with tofu
- lentil tacos
- stuffed potatoes

Source: [American Heart Association](https://www.heart.org), [www.heart.org](https://www.heart.org), and [Spend SMARTL](https://spendSMART.EatSMARTL.com), [spendSMARTL.extension.iastate.edu](https://spendSMART.EatSMARTL.com).

## Words on Wellness



[www.extension.iastate.edu](https://www.extension.iastate.edu)

## Can You Outgrow a Food Allergy?

It appears age may affect a person's ability to outlast a food allergy. In general, children may outgrow allergies to milk, egg, soy, and wheat. New research also shows that up to 25 percent of children may outgrow their peanut allergy. However, food allergies in adults tend to be lifelong. The most common food allergies for adults are shellfish, tree nuts, peanuts, and fish.

Symptoms of an allergic reaction can include vomiting and diarrhea. These can sometimes be mistaken for the stomach flu or food poisoning. Currently, avoiding the food you are allergic to is the only way to protect against most food allergy reactions. Researchers are exploring treatments and therapies to help manage food allergies.

Source: [American College of Allergy, Asthma, and Immunology](https://www.aacai.org), [acaai.org](https://www.aacai.org).



## Walk with Ease: A Program for Better Living

A team at Iowa State University (ISU) is leading the statewide rollout of Walk with Ease (WWE). It is an evidence-based program to help older adults establish healthy patterns of physical activity. The ISU team is currently inviting adults over the age of 60 to take part in an enhanced version of the virtual, self-directed WWE program. This includes access to an online portal as well as personalized support to help older adults incorporate more steps into their daily lives. All programming, including a guidebook, is free for those willing to provide feedback on the enhancements. For more information and to enroll in the program, visit [Walk with Ease](https://www.walkwitheaseisui.org), [www.walkwitheaseisui.org](https://www.walkwitheaseisui.org).

Sources: [Walk with Ease](https://www.walkwitheaseisui.org) at Iowa State University, [www.walkwitheaseisui.org](https://www.walkwitheaseisui.org).

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# SPRING into HEALTH

**SPRING INTO A HEALTHIER, HAPPIER YOU.**  
"motivation is what gets you started, habit is what keeps you going"

## 1 **Go Fresh!** Fruits + Veggies

### IDEAS:

Run outside vs gym.  
Try a new circuit/routine.  
Take a morning run or class.

### WHY?

High in antioxidants.  
Consume less processed foods/chemicals.  
Rich/full of phytonutrients.

## Try Something New!

### Create Healthy Habits

2

## 3 **Get Outside!** Vitamin D

### BENEFITS:

Prevents cancer, hormonal problems,  
obesity, and inflammation.  
Encourages a strong immune system.

### PERKS:

Cleanses your body/releases toxins.  
Controls mood swing, helps stress relief.  
Regulates body temp + metabolism.

## Sweat!

### Exercise

4

## 5 **Drink Water** Hydrate + Refresh

### TIPS:

Cut back on technology before bed.  
Avoid caffeinated late night snacks.  
Let your muscles refuel/energize.

### IMPORTANCE:

Essential to release toxins.  
Lubricates joints + eases pain.  
Aids in cell efficiency and repair.

## Sleep!

### Recharge your Battery

6



**FIT-2-FUEL: WHERE LIVING FIT FUELS LIFE.**

powered by

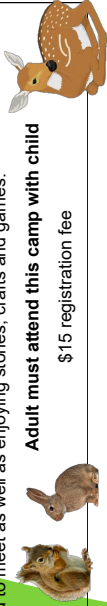


# Delaware County Conservation 2022 Summer Camps

## Backyard Visitors—Critter Camp (Ages 4-5)

2 day camp - June 16 & 17 - 8:30am-12pm

Do you know what animals are in your backyard? Come and discover about the visitors in our area. We will explore unique areas in the park for different places an animal could live. There will be some special backyard visitors for you to meet as well as enjoying stories, crafts and games.



Adult must attend this camp with child

\$15 registration fee

We welcome parents  
as volunteers during  
your child's camp but  
request prior notice.

## Underwater Discoveries (Ages 6-7)

2 day camp - June 9 & 10 - 8:30am-12pm

There is so much life in a stream. We will go creek stomping to learn what lies below the surface by dipping nets into the water. You will be amazed how each tiny creature plays a very big role in this important ecosystem. **Dress to wade in the stream.** You will also enjoy stories, crafts and games.

\$20 registration fee



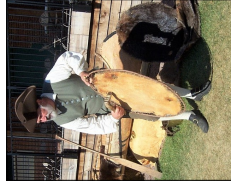
Some camps will be held  
around water and hiking  
trails. Camps will be held  
rain or shine. Please  
dress accordingly.

## Early Settlers Camp (Ages 8-9-10)

2 day camp - June 13 & 14 - 8:30am-12pm

Get a taste of what everyday life was like over 100 years ago as we travel into the pioneer life. Find out how many of the plants and animals of the woods, wetlands and prairies were used for food. You will participate in hands-on activities such as churning butter and we will cook over an open fire as well as playing a variety of period games. Listen as a buckskinner tells of life as a pioneer.

\$20 registration fee



All camps will be held at the Conservation Center, Baileys Ford Park  
2379 Jefferson Rd, Manchester.  
Please check in at the Nature Center office the day of the camp.

Fill out registration form and return with the registration fee 1 week prior to the camp. Camp class will be limited so return yours early. Please contact Delaware County Conservation with questions—  
563-927-3410 - email [delawarecccb@gmail.com](mailto:delawarecccb@gmail.com). - [www.delawarecounty.iowa.gov](http://www.delawarecounty.iowa.gov)

Cut and Save

As a reminder, check the camp that your child will be attending.

- ☐ Backyard Visitors—Ages 4-5—June 16 & 17—8:30 am-12 pm—Adult must attend with child
- ☐ Underwater Discoveries—Ages 6-7—June 9 & 10—8:30 am-12 pm
- ☐ Early Settlers Camp—Ages 8-9-10—June 13 & 14—8:30 am-12 pm



## Please register my child for the following program (return with payment):

- \_\_\_\_ Backyard Visitors - Ages 4-5 - June 16 & 17 - 8:30am-12pm - \$15 registration fee - Adult must attend with child
- \_\_\_\_ Underwater Discoveries - Ages 6-7 - June 9 & 10 - 8:30am-12pm - \$20 registration fee
- \_\_\_\_ Early Settler Camp - Ages 8-9-10 - June 13 & 14 - 8:30am-12pm - \$20 registration fee

Participant Name: _____	Emergency Contact: _____
Address: _____	Relationship: _____
City _____ State _____ Zip _____	Phone: _____
Age (at time of camp): _____ Male/Female _____	Who will be picking up child if other than parent: _____
Parent/Guardian: _____	Name: _____
Phone: _____ Work: _____	
Email: _____	
<b>Medical Consent, Photo Permission and Liability Waiver:</b>	
Allergies: _____	If medications are needed during the program, please list details below: _____
_____	Medication: _____
Any other medical conditions DCCB should be aware of: _____	Purpose: _____
_____	Time Given: _____

Parental permission must be secured for participants who are under the age of 18 years of age.

I am aware in signing this document that certain risks and dangers exist in the activities in which my child or I may be participating. I acknowledge that while Delaware County Conservation Board (DCCB) staff will make every reasonable effort to teach my child or me proper safety and minimize exposure to known risks, all dangers associated with these activities cannot be foreseen. These risks may include, but are not limited to, the loss or damage of personal property, injury due to inclement weather, slipping, falling, insect bites, falling objects, hyperthermia (heat or cold exposure), or suffering any type of accident or illness in remote areas without immediate access to medical facilities, or while traveling to or from activity sites. I have a personal responsibility to make sure my child and I understand and follow the safety standard, guidelines, and procedures established by the DCCB staff or other medical personnel to treat my child or me in an emergency situation. Also by signing below you will agree to the Delaware County HIPPA privacy report notice because of the Emergency Medical Information you have filled out. The report states that DCCB will not give out any personal information to the public.

If my child will be taking any medications, it will be sent in the prescription bottle with clear instructions as to when it should be taken. The medication shall be in the care of the DCCB staff and will be dispensed as prescribed.

I understand that the programs at DCCB are subject to inclement weather. In the case of necessary changes, I understand a program of equal value will be substituted and my program fee will be used for this purpose. Weather related refunds are not allowed as long as a program continues.

I also agree, unless I explicitly request otherwise, that photographs taken during this program may be used for promotional purposes by DCCB.

Signature (Parent/Guardian if participant is under the age of 18) \_\_\_\_\_ Date \_\_\_\_\_

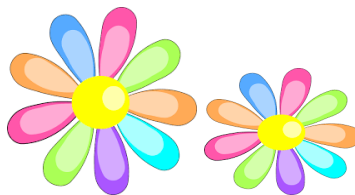
All camps will be held at the Conservation Center, Baileys Ford Park  
2379 Jefferson Rd, Manchester  
563-927-3410


[delawarecccb@gmail.com](mailto:delawarecccb@gmail.com)  
[www.co.delaware.iowa.us](http://www.co.delaware.iowa.us)

Please check in at the Nature Center office the day of the camp.



# MAY 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 MAIDRITE ON WG BUN STEAK FRIES BAKED BEANS PEACHES COOKIE</p> <p>FRENCH TOAST</p>	<p>3 <u>6-8TH PENNY WARS MEAL CHOICE</u> CHICKEN PATTY ON WG BUN POTATO TRIANGLE CHEESY BROCCOLI STRAWBERRIES</p> <p>SAUSAGE/EGG/BISCUIT</p>	<p>4 OUT AT 2:05 PM MEATBALL SUB CURLY FRIES CARROTS/CELERY SIDEKICK APPLES</p> <p>PANCAKE ON A STICK</p>	<p>5 TACO SALAD REFRIED BEANS GREEN BEANS RED PEPPER STRIPS RICE MAND. ORANGES</p> <p>LONG JOHN</p>	<p>6 MAC &amp; CHEESE WG CINNAMON ROLL YOGURT LETTUCE PEAS APPLES BLUEBERRIES</p> <p>COMBO ON WG BUN</p>
<p>9 <u>SENIORS TOP PICKS</u> CHICKEN NUGGETS WG DINNER ROLL (9-12) MASHED POTATOES CHICKEN GRAVY CORN PEACHES</p> <p>PANCAKES/SAUSAGE</p>	<p>10 BBQ PORK CHEESY POTATOES BAKED BEANS COLESLAW APPLESAUCE</p> <p>WG CINNAMON ROLL</p>	<p>11 OUT AT 2:05 PM PIZZA WG BREADSTICK MARINARA LETTUCE CARROTS TROPICAL FRUIT</p> <p>FRENCH TOAST</p>	<p>12 HAM BAKED POTATO CHEESE SAUCE WG DINNER ROLL BROCCOLI STRAWBERRIES</p> <p>SAUSAGE EGG BISCUIT</p>	<p>13 CHICKEN STRIPS CURLY FRIES GREEN BEANS STRAW. APPLESauce MIXED FRUIT APPLE CRISP</p> <p>BREAKFAST CHOICE</p>
<p>16 WG PIG N BLANKET POTATO SMILES CARROTS APPLES</p> <p>PANCAKE ON A STICK</p>	<p>17 CHICKEN TETRAZINI WG GARLIC BREADSTICK LETTUCE PEAS MANDARIN ORANGES</p> <p>COMBO ON WG BUN</p>	<p>18 OUT AT 2:05PM HAMBURGER ON WG BUN CHEESE SLICE FRENCH FRIES BAKED BEANS ORANGES</p> <p>OMELET CROISSANT</p>	<p>19 TENDERLOIN ON WG BUN POTATO TRIANGLE CHEESY BROCCOLI GRAPES</p> <p>BREAKFAST PIZZA</p>	<p>20 PIZZA CRUNCHERS MARINARA LETTUCE CARROTS PEACHES</p> <p>WAFFLES</p>
<p>23 CHICKEN POPPERS WAFFLE FRIES CORN COOKS CHOICE OF FRUIT</p> <p>LONG JOHN</p>	<p>24 SUB SANDWICH SUN CHIPS CARROTS COOKS CHOICE OF FRUIT COOKIE</p> <p>BREAKFAST CHOICE</p>	<p>25</p> <p>ENJOY YOUR SUMMER</p>	<p>26</p>	<p>27</p>
<p>30</p> 		<p>PARENTS: YOUR CHILD CAN RECEIVE 1 FREE BREAKFAST AND LUNCH EVERYDAY THIS SCHOOL YEAR.</p> <p>STRING CHEESE, EXTRA MILK AND SECONDS (EXTRA LUNCH ENTREE) COST YOU THE PARENT.</p>	<p>ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR CHILD'S ACCOUNT AT ALL TIMES.</p> <p>(9-12) = HS ONLY</p> <p>WG= WHOLE GRAIN</p>	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</p> <p>EVERY MEAL IS SERVED WITH A 8 OZ. MILK</p> <p>ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.</p>

DUE TO SUPPLY CHAIN DISRUPTIONS, ITEMS ON MENU MAY CHANGE AT ANYTIME THANKS FOR UNDERSTANDING.