



The WILDCAT REPORT

Maquoketa Valley Community School District's Newsletter

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

Twitter #maquoketavalley

March 2023

In January, Detective Scott Frank presented to students, staff and parents about the digital world. He shared eye opening information on screen addiction, online relationships, technology's effect on self-image, and a strategy to speak with your children about their technology use. We can agree that it is important to talk with our children about technology, but it is easier said than done. Technology is here to stay, so how can we live with it and help our children navigate the internet successfully?

For children under 18 months old, the American Academy of Pediatrics recommends avoiding all screen time. Children aged 2-5 should be limited to 60 minutes of screen time a day that is viewed with their parent. Parents are the models for their children and they are watching intently. Parents need to model appropriate phone use such as not checking messages at the dinner table and making eye contact with the child when they are speaking instead of focusing on a phone or other screen. It is also recommended that screens are left at home for short car rides and kids are given the opportunity to experience other forms of entertainment like traditional toys or open spaces to play.

For children aged 5-11, the American Academic of Pediatrics recommends parents set sensible boundaries of appropriate screen time. This includes designating media-free spaces like bedrooms or dinner tables. It is still important to watch along side the child because the cartoon they are watching may contain inappropriate material for their age. By setting and enforcing these limits, kids are learning to be healthy consumers of technology.

For children 12 years of age and older, the same rules apply. Continue modeling appropriate technology use by having media-free spaces and not letting children compete with a device for your attention. It is important to be a friend or follower on your child's social media so you can monitor their use and talk to them about who they accept as friends and what types of images they share on their social media accounts. Be realistic about what they might see and the dangers of sharing inappropriate material.

No one said parenting would be easy, and it is easily the hardest job you will ever have. Please remember something Detective Frank Scott shared with us: it is our job to parent the child because if we don't, the internet will, and that is a scary possibility.

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Board of Directors

Donna Kunde - Area 1
Doug Dabroski - Area 2
Pam Overman- 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.**

Regular Board Meeting – February 20, 2023 – 5:30 p.m. – High School Library, Delhi, Iowa

The regular meeting of the Maquoketa Valley Board of Education was called to order by President Donna Kunde at 5:30 p.m. on February 20, 2023 in the High School Library in Delhi, Iowa. All motions carried unanimously unless otherwise noted.

Board Members Present – Dabroski, Feldmann, Kunde, Overman, Zietlow

Board Members Absent – None

Staff Present – Supt. Dave Hoeger and Erika Imler

Visitors Present – Chad Schumacher and Luke Livingston

Motion was made by Dabroski, seconded by Zietlow to approve the meeting agenda as present. All ayes. Carried.

At 5:31 p.m. President Kunde announced this the time, place and date to hold the public hearing on the proposed resolution to change director districts. No oral objections were noted.

In a motion by Overman, seconded by Feldmann the Board approved the following resolution:

WHEREAS, the District currently elects Directors to the Board of Directors by utilizing director districts and the District currently has five director districts;

WHEREAS, pursuant to section 275.23A of the Iowa Code, the District may, following a federal decennial census, by resolution the District authorize a change in the method of election of its Board of Directors after the Board conducts a hearing on the resolution;

WHEREAS, the Board deems it necessary and desirable to authorize a change in the method of election of directors from five director districts elected by the vote of the electors of the entire school district to an election of two directors at large from the entire District and the remaining three directors from and as residents of designated single-member director districts elected by the electors of the entire school district;

WHEREAS, the District deems it necessary and desirable to change its director district boundaries from five director districts to three director districts and for the new three director districts to be divided into director districts on the basis of population as determined by the most recent federal decennial census and the director districts shall be as nearly equal as practicable to the ideal population for the districts as determined by dividing the number of director districts to be established into the population of the school district;

WHEREAS, the Board deems it necessary and desirable to change the current director district boundaries, as outlined in Exhibit A, attached hereto and fully incorporated into this Resolution, to the new director district boundaries, as outlined in Exhibit B, attached hereto and fully incorporated into this Resolution;

WHEREAS, the Board proposes that the new director district boundaries, as outlined in Exhibit B, be effective July 1, 2023;

NOW, THEREFORE, be it resolved by the Board of Directors of the Maquoketa Valley Community School District, in the County of Delaware, State of Iowa.

Regular Board Meeting – February 20, 2023 – 5:30 p.m. – High School Library, Delhi, Iowa

(Continued from previous page)

Roll call vote was answered as follows: Dabroski, aye; Feldmann, aye; Kunde, aye; Overman, aye; Zietlow, aye. Carried.

At 5:34 p.m. President Kunde announced this is the time, place and date to hold the public hearing to approve the plans, specifications, form of contract and the estimated total for the Bleacher Renovation Project. No oral objections were noted.

In a motion by Zietlow, seconded by Feldmann the Bleacher Renovation Project plans, specifications, form of contract and estimated total costs were approved. The plans will be released to the Plan Room on March 1st. A pre-bid conference will take place on March 6th and the bid date is scheduled for March 16th. All ayes. Carried.

In a motion by Feldmann, seconded by Overman the consent items were approved. All ayes. Carried.

One open enrollment request in was approved in a motion by Dabroski, seconded by Feldmann.

The following personnel recommendation was approved in a motion by Zietlow, seconded by Overman:

Morgan Nefzger – resignation as High School Assistant Volleyball Coach

Curt Feldt – resignation as Middle School Football Coach

Trevor Arnold – resignation as At-Risk Coordinator, Athletic Director, High School Head Football Coach and Strength/Conditioning Coach (effective at the end of the 22/23 year)

All ayes. Carried.

In a motion by Dabroski, seconded by Feldmann the following Operational Sharing Agreements were approved for the 2023-2024 school year with Edgewood-Colesburg:

Human Resource Director and Edgewood-Colesburg will hold the contract

Operations and Maintenance and Edgewood-Colesburg will hold the contract

School Business Official and Maquoketa Valley will hold the contract.

All ayes. Carried.

In a motion by Feldmann, seconded by Overman Board Policy 75.1R2 Using Federal Funds in Procurement Contracts and 803.1 Disposition of Obsolete Equipment was approved on the first official reading with amendments to the policies noted. All ayes. Carried.

Further discussion regarding the April board meeting date will take place in March.

At 6:21 p.m. in a motion by Dabroski, seconded by Zietlow the Board entered into a closed session pursuant to Chapter 21.5(1)(i) of the Code of Iowa for the purpose of discussing evaluation of employees not covered by a collective bargaining agreement. A roll call vote was answered as follows: Dabroski, Feldmann, Kunde, Overman, Zietlow; all ayes. Carried.

At 6:45 p.m. the Board entered into open session.

The meeting was adjourned at 6:46 p.m. in a motion by Dabroski, seconded by Zietlow. All ayes. Carried.

At 6:47 p.m. the Board entered into a closed session pursuant to Chapter 20.17(3) of the Code of Iowa for a collective bargaining strategy session.

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.

Parent/Teacher Conferences

The dates for the second Parent-Teacher Conferences of this school year are **Tuesday, March 21** and **Thursday, March 23**, from 3 PM - 7 PM both evenings. We will be dismissed at 1:05 both of those days.

These times are the same for all three elementary centers, the Middle School and High School.

There will be **NO SCHOOL** on **Friday, March 24**.

All preschool, JK, and kindergarten conferences will be held at Earlville Elementary.

All 1st and 2nd grade conferences will be at Johnston Elementary.

All 3rd-8th grade conferences will be held at Delhi Elementary.

All High School conferences will be held at the High School.

A note will be sent home with the scheduled conference times for elementary and middle school students. We will be using the fall conference times.



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.



A Patriotic Program

Please make sure to mark your calendars for the Spring Elementary Concert on **April 4th**; The 3rd-5th grade will begin at 6:30pm. Students will need to arrive to their classroom at 6:15pm.

This year we are paying special tribute to our country! Students in 3rd, 4th, and 5th grade are currently learning what it means to be patriotic and are learning traditional patriotic songs— *The Star Spangled Banner*, *America The Beautiful*, *My Country Tis Of Thee*, just to name a few! They also will be performing a few fun patriotic tunes you may have never heard before. Students are encouraged to wear Red, White, and Blue for this concert. We hope to see you there!



It is that time of year again! Our spring reading incentive is underway. This year the students in Hopkinton are attending **Camp Read S'More!** Some of our wonderful staff members decorate the building to get everyone in the camping mood. Each week students will celebrate with a building wide Read and Feed. Students are also challenged to meet a reading goal each week and when they do they earn a sticker. After the four weeks of celebrating students are able to do camping rotations around the building, which is always a ton of fun.

"Show me a family of readers, and I will show you the people who move the world."

Parade of Bands Concert... Next Week!

Please mark your calendars for the Parade of Bands concert on Tuesday, **March 7th** at 7:00pm. Parade of Bands is the one night each year where all bands 5th grade through 12th grade showcase their progress and musicality. Admission to this concert is a free will donation. We hope you join us for a great night of music! The night will conclude with a performance including the entire band program 5th through 12th grade.

5th Graders will meet in Mrs. Fisher's music room at 6:40pm prior to the concert to warm up.





Kindergarten News



This time of year is always extra busy and exciting in kindergarten as the students are applying the skills they learned during first semester in math and literacy. We are currently in the middle of a math unit on addition and subtraction. Students are learning to decompose numbers through different hands on activities. In literacy the students are able to use their knowledge of letters and the sounds to read and write simple words. We are working hard on vowel sounds and isolating the sounds we hear in words. One of the student's favorite times of day is WIN time where they get to rotate through different activities where they are building and creating. We have a couple of science units coming up this spring where the students will be learning about different materials and motion. We will also have an incubator in the classroom with chicken eggs and the students will get to experience how to care for them and best of all they will get to see them hatch.



Words on Wellness

Understanding Food Date Labeling



Almost all food has a food date label. The product date indicates food quality, appearance, and flavor, not food safety. Some unopened foods may be safe to eat past their product date if properly handled and stored at home. Below are some dates on a food product and what they mean.

- **“Best if Used By/Before”** is how long the product will remain at its best quality while unopened. Foods not showing spoilage may be purchased, donated, and consumed beyond the date. (For donation information, contact your local food bank or use HS 142C [Healthy Food Pantry Donation Guide](#), [store.extension.iastate.edu/product/16109](#).)
- **“Use By”** is the last date recommended for using a product at peak quality and is a required safety date for infant formula. Do not use infant formula beyond this date due to nutrient loss.
- **“Sell By”** is the last day stores can display an item for sale while at peak quality.

Source:

[USDA Food Safety and Inspection Service](#), [go.iastate.edu/JSL1NT](#).

Chocolate Chip Oatmeal Muffin

Serving Size: 1 muffin | Serves: 12

Ingredients:

- 1 cup old-fashioned or quick-cooking oats
- 1 cup milk
- 1/3 cup oil (canola or vegetable)
- 1/3 cup brown sugar
- 1 cup white all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/3 cup mini chocolate chips

Directions:

1. Preheat oven to 375°F. Spray a muffin tin with cooking spray or line it with muffin liners.
2. Stir oats, milk, oil, and brown sugar together in a medium bowl. Let oats soak in wet ingredients for 10 minutes.
3. Stir flour, salt, baking powder, and baking soda together in a small bowl. Stir dry ingredients into wet ingredients until just combined.
4. Stir in chocolate chips.
5. Divide the batter into the muffin tins. Bake until the muffins are golden and a tester inserted into the center of a muffin comes out clean, about 14–16 minutes.
6. Store leftovers in an airtight container.

Nutrition information per serving:

170 calories, 8g total fat, 1.5g saturated fat, 0g trans fat, 200mg sodium, 23g total carbohydrate, 1g fiber, 10g sugar, 3g protein. This recipe is courtesy of ISU Extension and Outreach's SpendSmart. EatSmart website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](#)

Mobile Food Pantry

One in 14 Iowans is facing hunger. Iowa has many resources to help, such as the [Supplemental Nutrition Assistance Program](#) (dhs.iowa.gov/food-assistance), food banks, and food pantries—including mobile pantries!

Iowa Food Bank's mobile pantry operates in 30 counties; many provide a drive-thru option. How does the mobile food pantry work?

More about Mobile Food Pantry:
[go.iastate.edu/RZLEVJ](#)



- Trucks deliver produce, meat, bread, and nonperishable items to the prearranged site.
- Local volunteers set up a farmers market-style distribution system.
- Food is given to people in need at the scheduled time.
- Participants stay in the vehicle and unlock the trunk or backseat.
- Volunteers safely place a prepackaged food box or bag in the designated area.
- Volunteers reset the space to its original condition when the food is gone.

To see if there is a mobile food pantry near you, family, or friends who may be in need, visit [Food Bank of Iowa](#), [go.iastate.edu/RZLEVJ](#).

Love Your Body

While scrolling through social media, do you compare yourself with people who appear physically fit? Does it make you feel bad about your body? You are not alone. Poor or distorted body image issues have increased and affect people of all ages. This can lead to unhealthy practices with food and exercise.

A positive body image increases confidence (self-efficacy), self-acceptance, and healthy behaviors. Changing how you think, see, and feel will help you to learn to love your body. Here are some ways to help achieve and maintain a positive body image.

- Concentrate on what makes you special by exploring your unique skills and talents.
- Make a list of positive things to say to yourself and repeat the affirmations daily.
- Focus on appreciating and respecting your body. Plan time to relax and celebrate what your body can do.
- Set goals to improve your overall health and well-being.
- Speak out against unrealistic images of beauty portrayed in the media.

Source: [National Eating Disorder Collaboration-NEDC Fact Sheet-Body Image](#), [go.iastate.edu/FZSEW2](#).

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Always.

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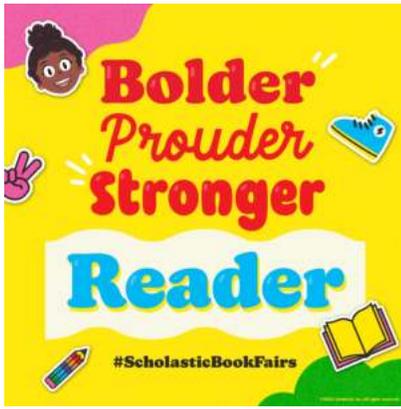
SpendSmart. EatSmart.®
[spendsmart.extension.iastate.edu](#)

Human Sciences
[extension.iastate.edu/humansciences](#)

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today. Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



Share with us your thoughts!
[go.iastate.edu/BBYBJQ](#)



**Help students become
 “Bolder, Prouder, Stronger Readers” in MARCH when
 Maquoketa Valley hosts the
 Scholastic Book Fair!**

Reading is the most important skill you can teach a child. Giving kids access to good books and the opportunity to choose books will motivate them to read more. And like most acquired skills, the more kids practice reading, the better they’ll get.

We invite you to visit our **Scholastic Book Fair!**

Book Fair Dates: March 21 (Tuesday) & March 23 (Thursday)
Location: All Centers
Shopping Hours: 3pm – 7pm (during conferences)

Other Ways to Shop	
March 20 - March 24	<p>During School Hours:</p> <ul style="list-style-type: none"> ● Your child can shop the Book Fair while at school ● Cash or checks payable to Maquoketa Valley ● Don’t want to send cash or check? Sign up for an eWallet! <ul style="list-style-type: none"> ○ Begin sign up the week of March 1st ○ Each child must have their own eWallet ○ eWallets must be assigned to your child’s correct school ○ Use the links below to sign up ○ It’s easy: Login and add money OR share with family and friends so they can add money
<p>*New this year: Scholastic Book Fairs will be collecting tax on all sales. Their business model has changed to match retailer requirements. Please calculate an additional 7% tax when sending money with your student or funding their eWallet.</p>	
<p>Online Book Fair March 20 - April 4</p> <p>With orders of \$25 or more, items will ship to your house for FREE!</p>	<p>Earlville https://www.scholastic.com/bf/earvilleelementaryschool</p> <p>Johnston https://www.scholastic.com/bf/johnstonelementaryschool3</p> <p>Delhi Elementary https://www.scholastic.com/bf/maqvalleyschools</p> <p>Delhi Middle School https://www.scholastic.com/bf/delhimiddleschool2</p>

A note will go home with your student (grades Preschool - 8) during the month of March that will contain more details along with a flyer highlighting a few of the books on this year’s Fair. We look forward to having you participate in our Scholastic Book Fair, and remember: **all online and in-person purchases** benefit our school – both in the classroom and in our libraries.

Please email with any **questions** you have about the Book Fair: audreymoenck@maquoketa-v.k12.ia.us .

Thank you for your support!
 Audrey Moenck

The Shoe Box

We are searching for gently used athletic shoes.

We would like to take this chance and ask parents/guardians of children in sports to go through their cleats and athletic shoes and donate them to The Shoe Box. Kids of all ages need these shoes to participate in sports and we would like to take the financial burden off of the ever rising cost of athletic gear. This is completely donation run and we succeed from the donations of those willing to see their old gear turn into an opportunity for someone else. We are in need of shoes from every sport!



Please contact Patty Wilson at 563-608-2023 or Toni Wilson at 563-543-2387 if you would like to donate shoes or if your child is in need of shoes.

BE YOUR BRAIN'S BEST FRIEND.

PROTECT IT
by staying away
from nicotine.

ISTEP



Introducing nicotine to the brain prior to it becoming fully developed can cause harm to the parts that control memory, learning and focus. Visit the resource tab at mylifemyquit.com for information and ways to start the conversation.

MAQUOKETA VALLEY'S
2ND ANNUAL ATHLETIC BOOSTER GALA

*Featuring
"Felix and Fingers."*

"THE HIGHEST-REVIEWED DUELING PIANO
ENTERTAINMENT IN THE NATION."

5:00 - 6:00 PM HAPPY HOUR

6:00 - 7:00 PM MEAL & TRIVIA

7:00 - 8:00 PM FELIX AND FINGERS DUELING PIANOS

8:00 - 9:00 PM SILENT AND LIVE AUCTION

9:00 - 11:00 PM FELIX AND FINGERS DUELING PIANOS

MENU

FIVE COURSE MEAL

FEATURING CARVED ROAST BEEF &
ROAST CHICKEN WITH DESSERT.

\$50 PER PERSON.

TABLES OF 8.

TICKETS ARE AVAILABLE TO PURCHASE AT
THE HS OFFICE OR ONLINE AT
EVENTBRITE.COM

SATURDAY APRIL 1ST, 2023

RUSTIC CREEK LLC
2308 315TH ST
HOPKINTON, IA 52237



MARCH '23



Monday	Tuesday	Wednesday	Thursday	Friday
<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</p> <p>SECONDS (EXTRA LUNCH ENTREE) EXTRA MILK & STRING CHEESE COST YOU THE PARENT.</p> <p>(9-12) = HS ONLY WG= WHOLE GRAIN</p>	<p>ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR STUDENTS ACCOUNT AT ALL TIMES.</p> <p>EVERY MEAL IS SERVED WITH A 8 OZ. MILK</p> <p>ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.</p>	<p>1 OUT AT 2:05PM SUB ON WG BUN SUN CHIPS CARROTS/CELERY GRAPES SIDEKICK</p> <p>PANCAKE ON A STICK</p>	<p>2 TENDERLOIN HASH BROWN PATTY BAKED BEANS PEACHES BANANA</p> <p>SAUSAGE EGG BISCUIT</p>	<p>3 OMELET POTATO SMILES WG CINNAMON ROLL YOGURT BLUEBERRIES ORANGES</p> <p>FRENCH TOAST</p>
<p>6 GRILLED CHICKEN/ WG BUN POTATO TRIANGLE BAKED BEANS APPLESAUCE COOKIE</p> <p>BREAKFAST PIZZA</p>	<p>7 SPAGHETTI WG GARL. BREADSTICK LETTUCE ORANGES PEARS</p> <p>OMELET/CROISSANT</p>	<p>8 NO SCHOOL TODAY</p>	<p>9 WALKING TACO REFRIED BEANS GREEN BEANS RED PEPPER STRIPS RICE MANDARIN ORANGES</p> <p>BREAKFAST CHOICE</p>	<p>10 SHRIMP WG DINNER ROLL FRENCH FRIES COTTAGE CHEESE CHEESY BROCCOLI STRAWBERRIES</p> <p>WG CINNAMON ROLL</p>
<p>13 HAMBURGER/WG BUN CHEESE SLICE FRENCH FRIES BAKED BEANS STR. APPLESAUCE</p> <p>PANCAKE ON A STICK</p>	<p>14 CHICKEN NUGGETS WG DINNER ROLL (9-12) MASHED POTATOES CHICKEN GRAVY CORN PEACHES</p> <p>COMBO ON WG BUN</p>	<p>15 OUT AT 2:05PM MAC & CHEESE WG CINNAMON ROLL YOGURT LETTUCE PEAS APPLES</p> <p>SAUS/EGG/BISCUIT</p>	<p>16 MEATBALL SUB CURLY FRIES CARROTS/CELERY ORANGES SIDEKICK</p> <p>BREAKFAST PIZZA</p>	<p>17 HAPPY ST. PAT'S DAY CHEESE PIZZA WG GARL. BREADSTICK MARINARA LETTUCE FRESH PINEAPPLE KIWI COOKIE</p> <p>WAFFLES</p> 
<p>20 CHICKEN PATTY/ WG BUN POTATO TRIANGLE CHEESY WINTER MIX STRAWBERRIES PUMPKIN BAR</p> <p>LONG JOHN</p>	<p>21 OUT AT 1:05PM MAID RITE ON WG BUN NATL. CUT FRIES BAKED BEANS APRICOTS PEARS</p> <p>WG CINNAMON ROLL</p>	<p>22 OUT AT 2:05PM TACO SALAD REFRIED BEANS GREEN BEANS TOMATOES RICE MANDARIN ORANGES</p> <p>OMELET/CROISSANT</p>	<p>23 OUT AT 1:05 PM CHEESY GARLIC BREAD LETTUCE CARROTS APPLES CRAISINS</p> <p>BREAKFAST PIZZA</p>	<p>24 NO SCHOOL TODAY</p>
<p>27 WG PIG-N-BLANKET POTATO SMILES SAVORY CARROTS APPLES KIWI</p> <p>BR. PIZZA</p>	<p>28 CHILI/CRACKERS WG CINNAMON ROLL CARROTS/CELERY FRESH BROCCOLI PEACHES</p> <p>SCR. EGG/TOAST</p>	<p>29 OUT AT 2:05PM CHICKEN STRIPS DINNER ROLL (9-12) CURLY FRIES CORN STR. APPLESAUCE</p> <p>FRENCH TOAST</p>	<p>30 HAM DINNER ROLL CHEESY POTATOES GREEN BEANS PEARS BANANAS</p> <p>BR. CHOICE</p>	<p>31 FISH WG DINNER ROLL FRENCH FRIES YOGURT PEAS ORANGES</p> <p>LONG JOHN</p>

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