

# Cook County Schools - ISD #166



# The Viking Voice

## Monthly

May 2021

Hello Cook County School Families,

I want to start by saying “THANK YOU” to the students, families, staff and community members that have continued to be positive, supportive and understanding during this challenging school year. We have almost made it through and we have so much to be thankful for and proud of as we look back.

Our students are continuing to be in a Hybrid Learning model. Throughout the year we had to implement our quarantine protocol a few times for students and staff and we are PROUD that there were no transmissions connected to those cases within the school. We should also be THANKFUL that everyone that tested positive has recovered and are healthy! As we come to the end of the school year I want to encourage families to continue to practice positive communication and tight protocols to keep our community safe.

As a district we are working through the process of finding a superintendent. The applications are being reviewed by the school board on Wednesday, May 5th. First round of interviews will be held as an open meeting on May 12th & 13th. The second round of interviews will be held on May 19th. If you are interested in attending any of the meetings please see the posting on our website.

[www.cookcountyschools.org](http://www.cookcountyschools.org) Our website is also a good place to check for important dates.

There are **job opportunities** available for the 2021-2022 school year as well. You can find out more information on the website. If you are interested please apply with [Pam Puskala](mailto:ppuskala@isd166.org) [ppuskala@isd166.org](mailto:ppuskala@isd166.org).

Thank you for a wonderful school year. Good luck to our seniors as they are graduating on May 29. I look forward to seeing the kids and families in the community throughout the summer and I hope everyone has a safe, healthy and enjoyable summer!



**Mrs. Megan Myers**

PK-12 Principal/Acting Superintendent

(218) 387-2271 x 603 or [mmyers@isd166.org](mailto:mmyers@isd166.org)



## Graduation

**Date:** Saturday, May 29th

**Time:** 1:00pm followed by a parade at 2:45pm



**Format:** We will have a Walk-Through Graduation Ceremony this year which will be similar to last year's graduation. This ceremony will include:

- The opportunity to walk through the upper hallway one last time for seniors with their families.
- A place for informal and formal pictures.
- A videotaped ceremony with traditional speeches & music.
- A live WTIP radio call in show dedicated to the class of 2021.

**Parade:** There will be a parade following the graduation ceremony that will start at approximately 2:45pm from the High School parking lot. While the route has not been set yet, details will come out soon.



# Ms. Nelson Retires!



**Date:** March 19, 2021  
**To:** ISD 166 Cook County School Board, Superintendent Dr. Bill Crandall, Acting Superintendent/Principal Ms. Megan Myers, Assistant Principal Mr. Mitch Dorr  
**From:** Susan Nelson  
**Subject:** Teacher Retirement Letter

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## Dear Leadership Team of Cook County Schools:

It is with bittersweet emotion and immense amount of pride and gratitude that I announce my retirement from teaching at Cook County Schools ISD 166. I will treasure my 31 year career as an English Language Arts teacher, Special Education teacher, and Coach. My final teacher contract day will be June 8, 2021.

I am proud of the academic; athletic; and positive, heartfelt connections I have made with my students, families, ISD 166 staff, administrations, and school boards. When I reflect on my long tenure at Cook County Schools, some proud moments come to mind:



- *Starting two varsity sports--Girls Basketball and Girls Fast-Pitch Softball*
- *Being chosen Commencement Speaker by the senior class at **four** graduation ceremonies*
- *Speaking at two National Honor Society Induction Ceremonies as the faculty representative*
- *Writing Autobiographies with my 8th graders*
- *Publishing a Creative Writing Book, "Meanderings," with my seventh graders: sold on Amazon!*
- *Composing and performing the Eighth Grade Graduation Song with my middle school staff at our annual Middle School Awards Day program*
- *Connecting with staff, students, families, and community members--quite a special place!*
- *Being a member of the English Language Arts, Special Education and Coaching departments*
- *Producing middle school plays: Jack and the Beanstalk, Gluskabe and Old Man Winter, The Crane Maiden*



Most importantly, I must send a *huge shout out of thanks to the administration, staff, students, and community for the amazing educational and life experiences you gifted my son, Kyle Nelson. I offer my deepest, most sincere gratitude for your investment in and love for my Kyle. Without a doubt, Cook County Schools was an amazing place (with a top notch special education department!) in which Kyle was a student and employee. I would be hard pressed to find a school family and community that would have welcomed, supported, and loved him more than Cook County. I am forever grateful.*

Former and current students and staff: I will forever be holding you in my heart.  
Future students and staff: I will forever be cheering for you.

Respectfully,

*Susan Nelson*





Ms. Nelson's  
First Year at  
ISD 166!

Susan Terhaar ☆



Basketball Coach



Mom



**Thank you for everything!  
You will be missed!**



THE JUNIOR CLASS PRESENTS  
COOK COUNTY HIGH SCHOOL PROM



NEW PROM

DATE!!

Saturday

May 8, 2021



SATURDAY | 5.08.21 | 7:00PM  
COOK COUNTY HIGH SCHOOL GYM



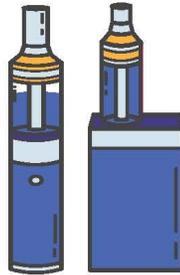
# Tobacco 21: What It Means For Schools

## Did you know?

A law was passed in Minnesota that raised the minimum legal sales age of tobacco<sup>1</sup> products from 18 to 21 and eliminated all criminal penalties for underage possession, use, or purchase of tobacco products. This law also increased fines for retailers who sell to underage youth.<sup>2</sup>

### What does this mean if or when I find someone underage possessing or using tobacco?

- Under Tobacco 21 law, people under 21 cannot receive a ticket or other criminal penalties for possessing tobacco products (including on school grounds). This law makes tobacco products less accessible to students without the use of these methods.
- Through Minnesota's Clean Indoor Air Act, any individual who smokes or vapes may still be subject to a ticket if found smoking or vaping in an indoor area defined by the law.
- Schools should follow their tobacco-free policy when addressing underage commercial tobacco use in schools and on school property. This may be a good time for schools to revisit their policy and determine if it needs to be updated.
- There are several programs available that offer education, peer support groups, and tobacco treatment opportunities that are a great way to support students who may be experiencing addiction to vaping or other tobacco products (see page 2).



2019 Minnesota Student Survey<sup>5</sup>

### From 2016 to 2019, youth vaping rates skyrocketed:

- Grade 8:** 95% increase
- Grade 9:** 75% increase
- Grade 11:** 54% increase

### Are you interested in updating or reviewing your tobacco-free policy?

You can visit the Tobacco-Free Schools Guide<sup>3</sup> below or contact [NAME] at [EMAIL]

**Wondering where you can dispose of student vapes?**  
Check out the Minnesota Pollution Control Agency (link 4) below.

### What are commercial tobacco products?

Commercial tobacco products include cigarettes, cigars, hookah, smokeless or spit tobacco, and vape products.<sup>1</sup>

It does not include the sacred and traditional use of tobacco by American Indians and other groups.



### Why were possession, use, and purchase penalties taken out of state law?

- Penalties on underage possession, use and purchase have not been proven to reduce tobacco use.
- These penalties divert focus from addressing irresponsible retailers and the tobacco industry which has a long history of targeting youth. They also might increase negative interactions between young people of color and law enforcement.
- There is clear consensus from national health organizations that tobacco policies should not include these penalties.

### Sources:

- 1. FDA Tobacco Product Definitions:**  
<https://www.fda.gov/tobacco-products/products-guidance-regulations/products-ingredients-components>
- 2. Tobacco 21 and Other Statutory Changes:**  
[www.publichealthlawcenter.org/sites/default/files/resources/MN-Tobacco-21-FAQ.pdf](http://www.publichealthlawcenter.org/sites/default/files/resources/MN-Tobacco-21-FAQ.pdf)
- 3. Tobacco Free Schools Guide:**  
[www.anstrmn.org/wp-content/uploads/2018/04/K-12-Schools-Policy-Guide.pdf](http://www.anstrmn.org/wp-content/uploads/2018/04/K-12-Schools-Policy-Guide.pdf)
- 4. Minnesota Pollution Control Agency:**  
[www.pca.state.mn.us/sites/default/files/w\\_hw4\\_65.pdf](http://www.pca.state.mn.us/sites/default/files/w_hw4_65.pdf)
- 5. 2019 Minnesota Student Survey Data**  
[https://www.health.state.mn.us/communities/tobacco/data/docs/2019\\_mss\\_tobacco.pdf](https://www.health.state.mn.us/communities/tobacco/data/docs/2019_mss_tobacco.pdf)

Program Name	Online/In-Person	Time Frame	Audience	Cost	Facilitator	Website / Contact
<b>My Life, My Quit</b> 	Quit coaching via text, chat or call	On-going	Youth aged 13-18 who want to quit	Free	Self-led	Text 'Start My Quit' to 855-891-9989 or <a href="http://www.mylifemyquit.com">www.mylifemyquit.com</a>
<b>In Depth – American Lung Association</b> 	Webinars, handouts, and activities	Four 50-minute lessons	Middle and HS	Free	Trained adult	<a href="http://www.lung.org/INDEPTH">www.lung.org/INDEPTH</a>
<b>Don't Blow It – Essentia Toolkit</b> 	Online video (1), pre- and post-tests, group discussion option	20-30 min., 35 if you do the group discussion questions	HS, education and prevention	Free	Educators	<a href="http://www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/">www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/</a>
<b>The Real Cost of Vaping – FDA/ Scholastic Toolkit</b> 	Online readings (2), videos (5), interactive activity (1), group setting activities (3).  1 family resource page	45 min., more if you include the group activities	Grades 6-8 & 9-12, education and prevention	Free	Educators	<a href="http://www.scholastic.com/youthvapingrisks/index.html">www.scholastic.com/youthvapingrisks/index.html</a>
<b>Catch My Breath</b> 	In person – PPT, discussions and activities	Four 40-min. lessons	Grades 5-6, 7-8 & HS, education and prevention	Free <i>6<sup>th</sup> grade virtual option - \$25</i>	Educators – need trained facilitator (free for the “basic” training)	<a href="http://www.letsgo.catch.org/bundles/23725">www.letsgo.catch.org/bundles/23725</a>
<b>Vape, Educate</b> 	Online modules and mini quizzes in-between, final exam at the end  <i>Includes vaping and marijuana education</i>	5 hours total	Middle and HS students	Starting at \$20 for each version	Different versions for parents, educators, and community orgs	<a href="https://vapeeducate.com/">https://vapeeducate.com/</a>
<b>Taking Down Tobacco – Campaign for Tobacco Free Kids</b> 	Online webinars and videos	Approx. 90 min.	Middle and HS students	Free	Self-led	<a href="http://www.takingdowntobacco.org/">www.takingdowntobacco.org/</a>





**Next PTA meeting - Monday May 3rd, 4:30pm.** Watch for our link to the virtual meeting on ISD website and our FB page.



### Ways PTA helps our school...

- Book Fair - Earn money for our classrooms and library
- Special Lunches - Family and Friend oriented
- Parent Teacher conferences - Food for staff
- Treats - Mints for testing and end-of-the year DQ student treats
- PK-5 Yearbooks
- Project Fair - Student enrichment
- Fundraising - Money used for field trips, classroom supplies, and individual student supply needs

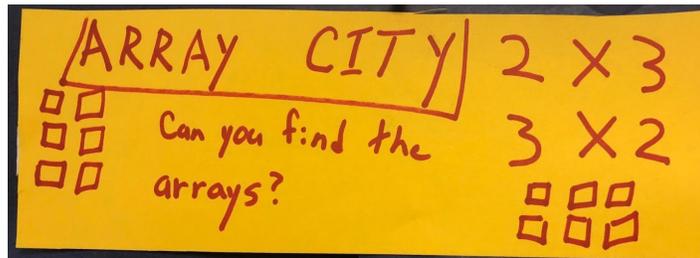


The PTA is looking for new board members. Keep PTA going strong! If you are interested please email [pta@isd166.org](mailto:pta@isd166.org) or talk to a board member today.

**Without new board members, this could be PTA's last year. Minimum time commitment for maximum positive school-wide results. Help keep our programs going strong. All board positions open. Apply today!**

Marcela Perez-Abreu, Interim President ~  
Jill Boen, Secretary ~

Welcome to   Second Grade!



Welcome to   Second Grade!

### Ms., Hand's second grade completed an "Array City."

After an introduction to multiplication, students learned how multiplication facts can be shown as an array and that arrays are ever-present in the real world; a solar array, paints in a watercolor box, eggs in a carton, and of course, windows! They then took this concept a step further, designing their own buildings and forming the windows into an array of their choosing. While it's difficult to see (because students deliberately hid them to challenge their teacher!), each student also wrote the multiplication facts that describe their arrays.



"An arrangement of objects, pictures, or numbers in rows and columns is called an **array**. **Arrays** are useful representations of multiplication concepts (among other ideas in **mathematics**)."



# Ms. Barras' 2nd Grade



Ms. Barras' 2nd-grade class are experienced bone finders! This week they found another spot of deer bones in the School Forest!



Celebrating National Picnic Day outside in the school garden for a picnic lunch!



Every day is Earth Day! Ms. Barras' class celebrated Earth Day this week by creating collages from natural materials they found in our School Forest!



Miah wanted to show how she loves walking through the woods with her little brother.



Allie, Joee, and Sophia showed their love of nature in their collages.

Barret was inspired by Lake Superior





# 4th Graders Building Bridges



Fourth grade students completed an engineering project for Science called Building Bridges.

They worked in teams of 3-4 students to collaborate on building bridges made out of only two simple materials: wood sticks and white glue. First, as a whole class they learned about different types of bridges and how each type can withstand force. Then they broke off into teams to do more research and design their bridges. After agreeing on designs, they were given materials to build. Once all of the bridges were finished, we tested each one by setting the ends of the bridges between two desks spaced 11 inches apart then increasingly adding weight until they broke.

The students recorded the last weight that their bridge was able to hold before breaking. One group, consisting of Jack R, River F, and Jonah P constructed a bridge that held all of the weights we had, hitting the maximum of 140 pounds! Mr. Long attempted to stand on the bridge to see if it could hold his weight, then the bridge finally broke. The class then looked at the results on a graph and wrote conclusions about what worked well for the bridges and what they could improve if they had the chance to change their design. All of the students did a great job and learned a lot about the engineering design process.

~ TJ Long, 4th grade teacher



## May 2021 Calendar

### Saturday, May 1st

Softball Varsity @ Ely—Time TBD

### Monday, May 3rd

Mid Term

### Tuesday, May 4th

Softball Varsity vs Esko—4:00pm

Baseball Varsity vs Esko—4:00pm

Track & Field @ Moose Lake Willow River—4:00pm



### Thursday, May 6th

Softball Varsity vs Moose Lake Willow River—4:00pm

Baseball Varsity vs Moose Lake Willow River—4:00pm

### Friday, May 7th

Softball Varsity vs. Cromwell —3:00 pm

Baseball Varsity vs. Silver Bay—11:00am

Track & Field @ Two Harbors—4:00pm

### Tuesday, May 11th

Track & Field @ Two Harbors—4:00pm

Baseball Varsity @. Barnum - 4:00 pm

Softball Varsity @.Barnum—4:00pm

### Thursday, May 13th

Baseball Varsity vs North Woods—4:00 pm

Softball vs North Woods—4:00 pm

Track & Field @ Two Harbors—4:00 pm

### Friday, May 14th

Softball Varsity @ Silver Bay—4:00 pm

### Saturday, May 15th

Baseball Varsity @ Ely vs Ely—1:00pm

Baseball Varsity @ Ely vs International Falls—3:30pm

### Monday, May 17th

Baseball Varsity @ Silver Bay —4:00 pm

Softball Varsity vs. Wrenshall—4:00 pm

### Tuesday, May 18th

Softball Varsity vs Carlton—4:00 pm

Baseball Varsity @ McGregor —4:00 pm

### Friday, May 21st

Softball Varsity @ Two Harbors—Time TBD

Baseball Varsity vs Northeast Range—4:00 pm

### Wednesday, May 26th

Track & Field Conference @ Two Harbors - Time TBD

### Thursday, May 27th

Seniors Last Day of School

### Friday, May 28th

Baseball Varsity vs. Two Harbors —11:00 am

## JUNE

### Wednesday, June 2nd

Track & Field Sections @ Section 7A—Time TBD

Softball  
Baseball



Track & Field



### Bus Passes

Reminder that students are not allowed to ride a bus to another student's house after school, unless they are already assigned to that bus route. If your student needs to go somewhere different after school you will have to arrange for their transportation and notify their teacher regarding the change of after school plans.

*Thank You!*



**Follow Cook County Schools online  
for up-to-date information  
and to follow school events.**

**Website:** [cookcountyschools.org](http://cookcountyschools.org)

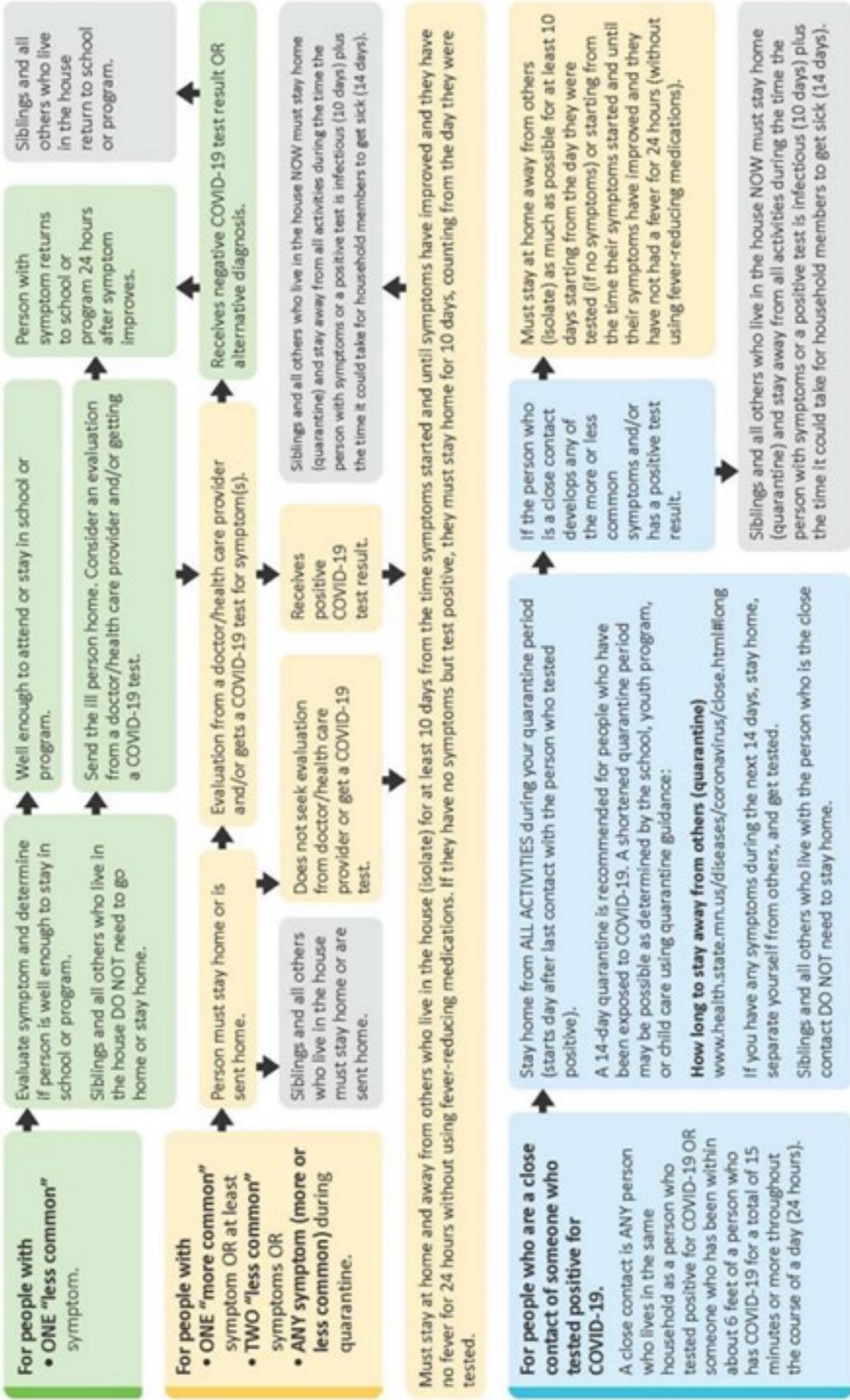
**Facebook:** Cook County Isd166 & Community Education  
Remember to sign up for Parent Portal to access student information and pay lunch accounts (Parent Portal application is included in the new student packet and is also available in PK-12 office or school website.)



# COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Follow the appropriate path if a child, student, or staff person is experiencing the following symptoms consistent with COVID-19:

- **More common:** fever of 100.4 degrees Fahrenheit or higher; new cough or a cough that gets worse; difficulty/hard time breathing; new loss of taste or smell.
- **Less common:** sore throat; nausea; vomiting; diarrhea; chills; muscle pain; extreme fatigue/feeling very tired; new severe/very bad headache; new nasal congestion/stuffy or runny nose.





## Free Student Meal Program Delivery & Hub Pick-up During School Year



All children 18 and under are eligible for a free bag breakfast and lunch upon request.

Parent and families need to request a bag breakfast and lunch by email each week:  
Email: [lunchrequest@isd166.org](mailto:lunchrequest@isd166.org) before 8pm each Sunday.

Monday - delivered to bus stop.

Tuesday thru Friday—delivered to hubs.

If you have questions please email: [lunchrequest@isd66.org](mailto:lunchrequest@isd66.org)

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## Free Student Meal Program In School Ends June 4th, 2021



All children 18 years and under are eligible to participate.  
This program is funded by the state of Minnesota.

- Students that are attending Cook County Public Schools in person will receive school lunches free of charge.
- If students choose to have the school lunch please make sure they tell their homeroom teacher. Homeroom teachers will let the kitchen staff know how many students are in need of a school lunch so that the kitchen staff can plan accordingly, to help limit food waste.
- **SECOND HELPINGS:** Is this an option? *Yes!* Students may have a second helping, this is also free of charge.
  - If lunch is brought to you in your classroom please tell your teacher that you will want seconds ( 2 burgers, 2 pizza slices). That way the teacher can order the proper number.
  - If you go through the lunch line, please remind the cooks that you signed up for a second serving.



# FREE

## Summer Food Program

Cook County Schools, ISD166 is pleased to announce that we will again be serving Summer Meals **free** to kids 18 and younger!

A healthy breakfast and lunch will be available to children during the summer. The meals may be picked up at the **main entrance** of the school (Eagle Doors).

Meals will be provided Monday through Friday

**Breakfast : 8:30 to 9:15 AM**

**Lunch: 11:15 to 12:00 PM**

Anyone age 18 or younger may get a meal.

The dates of service are June 14, 2021 through August 27, 2021 Monday through Friday. No service on Friday July 2.

Each year, the U.S. Department of Agriculture partners with local organizations, to provide free meals to children when school is out for the summer. There are no income requirements or registration

**This institution is an equal opportunity provider.**



## Public Release for the Summer Food Service Program – Cook County School District

**Cook County School District** is participating in the Summer Food Service Program (SFSP). Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age, or disability, and there will be no discrimination in the course of the meal service. Meals will be provided, on a first come, first serve basis, at the following sites, times, and dates/days during the summer as follows:

Site Name	Site Address	Dates and Days of Operation Summer of 2019	Meals with Service Times
Cook County Schools Main Entrance (Eagle Doors) by Flag Poles	101 W 5 <sup>th</sup> Street, Grand Marais, MN 55604	Monday thru Friday June 14 to August 27 (excluding July 2)	Breakfast 8:30 -9:15 am  Lunch 11:15 to 12:00 PM

For more information, contact Cook County School District, Lori Backlund at 218-387-2271, ext. 613 or [lbacklund@isd166.org](mailto:lbacklund@isd166.org)

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](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 complaint 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](mailto:program.intake@usda.gov)



**This institution is an equal opportunity provider.**



May 2021 Menus

**BREAKFAST**

**MAY 2021**

**MENU SUBJECT TO CHANGE**

**COOK COUNTY VIKINGS**

Monday	Tuesday	Wednesday	Thursday	Friday
Cold Cereal, Cheese Stick, Juice and Milk <b>3</b>	Pancakes, Syrup (Cinni Mini), Juice and Milk <b>4</b>	Bagel Cream Cheese, Juice and Milk <b>5</b>	Eggo Waffle, Syrup (Cold Cereal w/cheese stick), Juice and Milk <b>6</b>	Pancake and Sausage on a stick (Muffin and Cheese Stick), Juice and Milk <b>7</b>
Cold Cereal, Cheese Stick, Juice and Milk <b>10</b>	Pancakes, Syrup (Cinni Mini), Juice and Milk <b>11</b>	Bagel Cream Cheese, Juice and Milk <b>12</b>	Eggo Waffle, Syrup (Cold Cereal w/cheese stick), Juice and Milk <b>13</b>	Pancake and Sausage on a stick (Muffin and Cheese Stick), Juice and Milk <b>14</b>
Cold Cereal, Cheese Stick, Juice and Milk <b>17</b>	Pancakes, Syrup (Cinni Mini), Juice and Milk <b>18</b>	Bagel Cream Cheese, Juice and Milk <b>19</b>	Eggo Waffle, Syrup (Cold Cereal w/cheese stick), Juice and Milk <b>20</b>	Pancake and Sausage on a stick (Muffin and Cheese Stick), Juice and Milk <b>21</b>
Cold Cereal, Cheese Stick, Juice and Milk <b>24</b>	Pancakes, Syrup (Cinni Mini), Juice and Milk <b>25</b>	Bagel Cream Cheese, Juice and Milk <b>26</b>	Eggo Waffle, Syrup (Cold Cereal w/cheese stick), Juice and Milk <b>27</b>	<b>NO SCHOOL</b> <b>28</b>
<b>NO SCHOOL</b> <b>31</b>				

**LUNCH**

**MAY 2021**

**MENU SUBJECT TO CHANGE**

**COOK COUNTY VIKINGS**

Monday	Tuesday	Wednesday	Thursday	Friday
Pulled Pork Sandwich, Fries, Baby Carrots, Fresh Fruit, Milk <b>3</b>	Orange Chicken, Fried Rice, Egg Roll, Broccoli or (Baby Carrots), Mandarin Oranges or (Fresh Fruit) and Milk <b>4</b>	Chili, Bread Sticks, Veggie- Fruit bar, Milk, (Bag Lunch) Cheese Burger, Baby Carrots, Fresh Fruit, Milk <b>5</b>	Quesadilla, Salsa, Romaine Mix (Baby Carrots), Pears (Fresh Fruit), Milk <b>6</b>	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots), Fresh Fruit, Milk <b>7</b>
Chicken Burger, Fries, Green Beans or (Baby Carrots), Fresh Fruit, Milk <b>10</b>	In-School- Taco in a bag, Corn, Pears, Black Beans, Fruit and Milk, (Bag lunch) Ham and Cheese Sandwich, Baby Carrots, Fresh Fruit and Milk <b>11</b>	Chicken Noodle Soup, Bread Sticks, Veggie- Fruit bar, Milk, (Bag Lunch) Cheese Burger, Baby Carrots, Fresh Fruit, Milk <b>12</b>	Com Dogs, Beans, Baby Carrots, Peaches (Fresh Fruit), Milk <b>13</b>	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots), Fresh Fruit, Milk <b>14</b>
Cheese Burger, Fries, Baby Carrots, Fresh Fruit, Milk <b>17</b>	Sloppy Joe, Baby Carrots, Fruit, Milk <b>18</b>	Chicken Wild Rice Soup, Bread Sticks, Veggie- Fruit bar, Milk, (Bag Lunch) Chicken Burger, Baby Carrots, Fresh Fruit, Milk <b>19</b>	Cheese Bread, Marinara Sauce, Baby Carrots, Fruit, Milk <b>20</b>	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots), Fresh Fruit, Milk <b>21</b>
Breakfast Sandwich, Tater Tots (Baby Carrots), Sliced Apples or (Fresh Fruit), Milk <b>24</b>	In-School- Taco in a bag or Nachos, Corn, Pears, Black Beans, Fruit and Milk, (Bag lunch) Ham and Cheese Sandwich, Baby Carrots, Fresh Fruit and Milk <b>25</b>	Quesadilla, Salsa, Veggie- Fruit Bar (Baby Carrots), Fresh Fruit, Milk <b>26</b>	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots), Fresh Fruit, Milk <b>27</b>	<b>NO SCHOOL</b> <b>28</b>
<b>NO SCHOOL</b> <b>31</b>				

June 2021 Menus

BREAKFAST		JUNE 2021								
MENU SUBJECT TO CHANGE		COOK COUNTY VIKINGS								
Monday	Tuesday	Wednesday	Thursday	Friday						
	Pancakes, Syrup (Cinni Mini) Juice and Milk	1	Bagel Cream Cheese, Juice and Milk	2	Eggo Waffle, Syrup (Cold Cereal w/cheese stick) Juice and Milk	3	Pancake and Sausage on a stick (Muffin and Cheese Stick) Juice Milk	4		
[Enter Menu Items]	[Enter Menu Items]	7	[Enter Menu Items]	8	[Enter Menu Items]	9	[Enter Menu Items]	10	[Enter Menu Items]	11
[Enter Menu Items]	[Enter Menu Items]	14	[Enter Menu Items]	15	[Enter Menu Items]	16	[Enter Menu Items]	17	[Enter Menu Items]	18
[Enter Menu Items]	[Enter Menu Items]	21	[Enter Menu Items]	22	[Enter Menu Items]	23	[Enter Menu Items]	24	[Enter Menu Items]	25
[Enter Menu Items]	[Enter Menu Items]	28	[Enter Menu Items]	29	[Enter Menu Items]	30				

LUNCH		JUNE 2021								
MENU SUBJECT TO CHANGE		COOK COUNTY VIKINGS								
Monday	Tuesday	Wednesday	Thursday	Friday						
	Corn Dogs, Beans Baby Carrots, Peaches (Fresh Fruit) Milk	1	Quesadilla, Salsa Romaine Mix (Baby Carrots) Pears (Fresh Fruit) Milk	2	Cheese Bread Marinara Sauce Baby Carrots, Fruit Milk	3	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots) Fresh Fruit Milk	4		
[Enter Menu Items]	[Enter Menu Items]	7	[Enter Menu Items]	8	[Enter Menu Items]	9	[Enter Menu Items]	10	[Enter Menu Items]	11
[Enter Menu Items]	[Enter Menu Items]	14	[Enter Menu Items]	15	[Enter Menu Items]	16	[Enter Menu Items]	17	[Enter Menu Items]	18
[Enter Menu Items]	[Enter Menu Items]	21	[Enter Menu Items]	22	[Enter Menu Items]	23	[Enter Menu Items]	24	[Enter Menu Items]	25
[Enter Menu Items]	[Enter Menu Items]	28	[Enter Menu Items]	29	[Enter Menu Items]	30				