

**JANUARY 2019**

# *Twin Cedars*



# *Community School*

*N e w s l e t t e r*

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*From the Desk of Mr. Roby*

**W**e had another wonderful Senior Citizen Dinner on December 6th held in the high school cafeteria. As usual, all senior citizens in attendance were served a fabulous lunch consisting of ham, cheesy potatoes, green beans, roll, and cake. The elementary music students performed many Christmas songs that they will be singing at their Christmas Concert held on December 17th @ 6:00. We added something new by entertaining the Seniors with our drama students once again performing the school play “Charlie and the Chocolate Factory”. The day ended with a drawing for miscellaneous door prizes with all senior citizens leaving with at least one gift. Thank you to all who donated to make this event such a huge success and a special thank you must go to the Twin Cedars Student Council and their leader Mrs. Haage. Can’t wait to see everyone again next year!

Wow! What an outstanding school play this year and what an amazing show of support by our community packing the cafeteria on November 17th and 18th to see “Charlie and the Chocolate Factory”. One of the things I liked the most about the play was the number of students who participated (roughly 35 students.) Great job drama students and thank you Ms. Prestholt for all your time and effort on your part making the play such a huge success!

I was able to watch the Twin Cedars Drill Team perform at the State Dance Contest in Des Moines on November 29th. As always, our students performed very well placing 2nd in jazz, 4th in pom, receiving a division 1 rating in hip hop, and receiving a distinguished academic award.

**4th, 5th, 6th Social/Global Studies and Science: Be Brave, Stay Wild, Explore!**

**4th Grade Social Studies:** We have learned that the world is divided into hemispheres by the Prime Meridian and the Equator. We have learned much about Farming through the Centuries in Iowa as we are finishing this project.

**4th Grade Science:** We finished our “Closer Look” activities by observing a dime. Students had to draw a dime from memory, draw a dime just by looking at it and then draw a dime by observing it with a magnifying glass. Students then discussed what all dimes had and we drew a consensus (we looked this word up in dictionary) model with those details. We observed that dimes have a torch which stands for Liberty, an olive branch for peace and an oak branch for

It is the policy of the Twin Cedars Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, David Roby, High School Principal, 2204 Hwy G-71, Bussey, IA 50044, 641-944-5245, droby@twincedarscsd.org.

strength and independence. We learned that if we see a letter D on the dime that tells us the dime was minted in Denver and we learned that some dimes do not have a year on them.

We are now working with standard and non-standard units of measure. We read the book Measuring Penny and learned about a standard unit and a non-standard unit. We then measured our own stuffed animal with units of standard and non-standard materials.

**5th Grade Social Studies:** We continue with our study of the colonies as we are learning when each of these states were founded. We also learned a little about cotton as each student had a picked cotton boll with the seeds in it and we had to “clean” it with our fingers. We learned that those seeds could be hurt our fingers and we had a little bit of understanding as what the slaves did when they picked the cotton.

**5th Grade Science:** Plaid Pete’s Prize Potato has been found. Students looked at their data and compared it to Plaid Pete’s Data and we figured it out!! We are now working with different types of models. We read Plaid Pete’s big book of models and now we need to figure out why a scientist would use each of the models we read about.

**6th Grade Global Studies:** We continue with our study of the Earth’s Interlocking Systems including the hydrological cycle, layers of the Earth, and rainfall/vegetation.

**6th Grade Science:** We have been comparing cups to see which would keep a drink colder and now we are working in groups to see if we can design a cup that will keep a drink cold.

4th, 5th, and 6th grade students had an opportunity to attend the Drake Women’s Basketball game on December 4th. This was a fun time for students and were reminded of the Character Counts pillars.

We want to wish you a Very Merry Christmas and a Blessed New Year! Have a GREAT Christmas break!!

### **Athletic Boosters Meeting December 5, 2018 5:00p.m.**

**T**hose in attendance: Brandy Dunkin, Deb Haselhuhn, Kim Roby, Andrea Moore, Trish MCarty

No Treasurer’s Report: All outstanding bills are paid.

Mr. Shroeder told Trish that the mirrors will be in the weight room tomorrow.

Coaches Vs. Cancer is next Friday. Trish said we’ve had a few donations coming and shirts are being worked on.

Heather sent out a list of memberships, and said that she will be talking with Tom about putting membership forms and membership lists in the basketball programs.

Mrs. Haage is asking for a donation for the senior citizen dinner. We will donate shirts and plastic cups for door prizes.

TAG students will be working concessions for the coaches vs. cancer game and FFA Alumni will be serving the soup. Deb received a form for the American Cancer Society for a matching grant. It is due Dec. 15. Trish said that she would take the profit from the shirts and donations to submit for that so we can get matching funds to donate.

Mr. Roby is requesting \$500 for bats for softball and baseball for 7-12 grades. Andrea motioned to give the athletic dept. \$500 for bats. Kim seconded. The motion passed unanimously.

Andrea motioned to adjourn. Deb seconded.  
Meeting adjourned at 5:30 p.m.

## **Minutes of Meeting**

### **Twin Cedars Board of Directors**

**December 10, 2018**

**5:00 PM**

The regular meeting of the Twin Cedars Board of Directors was held on the above date.

President Kelly Carlson called the meeting to order at 5:00 PM. Directors Heather Dunkin and Ashlee Carlson were in attendance. Paul Haselhuhn and Steph Sterner were absent. Dave and Kim Roby were also in attendance.

A motion was made by Director A Carlson and supported by Director Dunkin to approve the agenda as presented with the addition of Action Item 3 – Approve Inter District Agreement for ELL Services. The motion carried unanimously.

A motion was made by Director Dunkin and supported by Director A Carlson to approve the November 12, 2018, regular meeting minutes as presented. The motion carried unanimously.

Financial reports were reviewed and filed for audit.

A motion was made by Director A Carlson and supported by Director Dunkin to approve the bills as presented. The motion carried unanimously.

### **Communications**

Director A Carlson talked about the potential of offering a membership to use the weight room. Mr. VanderSluis will be talking to the insurance company to follow up on this.

### **Administration Reports**

Mrs. Roby shared information on the FAST Math scores from Fall 2018. Preschool Desk Audit and CTE Self-Assessment have been submitted to the state. Elementary Fidelity checks have almost been completed. IPI data was shared. Attendance is being monitored to try to resolve issues of 10-20% missing days.

Mr. Roby shared the Charlie and the Chocolate Factory production went very well. There was the most attendance Twin Cedars has seen for several years. The Senior Citizen Dinner attendance was down from prior years. 8 students went to the Josten's conference. He reported on the Dance Team's awards at State Dance.

Mr. VanderSluis said school will be dismissed on Friday December 21st at 12:30 for Christmas Break. Classes resume January 3rd. Concerts are on Monday the 17th with elementary starting at 6:00pm.

### **Action Items**

Director Dunkin moved to approve a request to the School Budget Review Committee (SBRC) for Modified Supplemental Amount and Supplemental Aid for the 2019-2020 Dropout Prevention Program in the amount of \$96,922, for expenditures necessary to implement the 2019-2020 at-risk and dropout prevention program plans as approved by the Twin Cedars CSD School Board. Seconded by Director A Carlson. Roll Call: Ayes-K Carlson, A Carlson, Dunkin. Nays-none.

A motion was made by Director A Carlson and supported by Director Dunkin to approve Knoxville Journal Express as official publication. The motion carried unanimously.

A motion was made by Director Dunkin and supported by Director A Carlson to approve the Inter District Agreement for ELL Services with Knoxville CSD. The motion carried unanimously.

### **Announcements**

The next board meeting will be Monday, January 14th at 5:00.

### **Adjourn**

A motion was made by Director A Carlson and supported by Director Dunkin to adjourn the meeting at 5:41 PM. The motion carried unanimously.













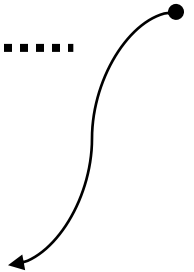


**TWIN CEDARS JR CLASS & AFTER PROM UPDATES:**

During select games of our upcoming Twin Cedars Sabers basketball season, the after-prom committee is going to be hosting a 2 liter free throw contest. For only a buck, you get a shot to make a free throw! If you make it, you get a 2 liter of your choosing! This has been a lot of fun at games so far. Holden Roberts earned 4 - 2 liters in ONE night. Can anyone beat him?



**HAT DAY: Wednesday January 23<sup>rd</sup>  
Elementary & High School**



*The Valentine's Ball will be held on Saturday February 16<sup>th</sup>, 2019. This is a Daddy Daughter Dance for the Twin Cedars Elementary.*

**\*\* The junior class & after prom committee appreciates your support in these events! \*\***

# TC Dollars for Scholars Quilt - Silent Auction



This t-shirt quilt was made and donated to TC DFS, by Ted Sharp (class of '74), in memory of Harry, Muriel, & Judy Sharp. All proceeds from this silent auction will go to the graduating seniors.

**BIDS** can be made **now** & will end at half time of the boy's game on Senior Night of basketball on **Jan 15<sup>th</sup>**. *Bidding begins at \$250.*

**Bids** can be emailed at any time to [SABERINFO@TWINCEDARSCSD.ORG](mailto:SABERINFO@TWINCEDARSCSD.ORG) or at an upcoming home basketball game. Bidding will be updated on the DFS facebook page (*Twin Cedars Dollars for Scholars*) and on the TC school website ([www.twincedars.k12.ia.us](http://www.twincedars.k12.ia.us)). Questions: *Heather Dunkin 641-218-8865*

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 2:00 PM Open Gym	31 New Year's Eve	1 New Year's Day 6:50 AM Weight Room	2 NO SCHOOL - In-Service 6:50 AM Weight Room	3 6:50 AM Weight Room 4:00 PM Basketball: Girls JH Game vs Lynnville-Sully (Away) 4:00 PM Basketball: Boys JH Game vs Lynnville-Sully (Home) 6:00 PM Basketball: Girls Varsity Game vs Sigourney Junior-Senior (Away) 6:00 PM Basketball: Girls JV Game vs Sigourney Junior-Senior (Away) 7:30 PM Basketball: Boys JV Game vs Seymour Rescheduled to 01-10-19	4 6:50 AM Weight Room 6:00 PM Basketball: Girls Varsity Game vs Iowa Christian Academy (Cancelled) 6:00 PM Basketball: Boys JV Game vs Iowa Christian Academy (Home) 7:30 PM Basketball: Boys Varsity Game vs Iowa Christian Academy (Home)	5
6 2:00 PM Open Gym	7 BasketballBoysVarsityTournamentsTBA(Away) 6:50 AM Weight Room 6:00 PM Basketball: Boys Varsity Game vs Eddyville-Blakesburg (Away)	8 6:50 AM Weight Room 4:00 PM Basketball: Boys JH Game vs Oskaloosa Christian (Home) 4:00 PM Basketball: Girls JH Game vs Oskaloosa Christian (Home) 6:00 PM Basketball: Girls Varsity Game vs Diagonal Community Schools (Away) 7:30 PM Basketball: Boys Varsity Game vs Diagonal Community Schools (Away)	9 6:50 AM Weight Room 2:15 PM Early Dismissal	10 6:50 AM Weight Room 6:00 PM Basketball: Girls JV Game vs Seymour (Home) 7:30 PM Basketball: Boys JV Game vs Seymour (Home) (Rescheduled from 01-03-19)	11 6:50 AM Weight Room 6:00 PM Basketball: Girls Varsity Game vs Ankeny Christian Academy (Home) 7:30 PM Basketball: Boys Varsity Game vs Ankeny Christian Academy (Home)	12 10:00 AM Basketball: Girls JH Game vs Grand View Christian (Cancelled)
13 2:00 PM Open Gym	14 6:50 AM Weight Room 4:00 PM Basketball: Boys JH Game vs North Mahaska Junior-Senior (Away) 4:00 PM Basketball: Girls JH Game vs North Mahaska Junior-Senior (Away) 6:00 PM Basketball: Girls JV Game vs Chariton (Home) 7:30 PM Basketball: Boys JV Game vs Chariton (Home)	15 6:50 AM Weight Room 6:00 PM Basketball: Girls Varsity Game vs Seymour Community Schools (Home) 7:30 PM Basketball: Boys Varsity Game vs Seymour Community Schools (Home)	16 6:50 AM Weight Room 2:15 PM Early Dismissal	17 6:50 AM Weight Room 4:00 PM Basketball: Boys JH Game vs Moulton-Udell (Home) 4:00 PM Basketball: Girls JH Game vs Moulton-Udell (Home) 6:00 PM Basketball: Girls JV Game vs Moulton-Udell (Home) 7:30 PM Basketball: Boys JV Game vs Moulton-Udell (Home)	18 6:50 AM Weight Room 6:00 PM Basketball: Girls Varsity Game vs Orient-Macksburg Community Schools (Away) 7:30 PM Basketball: Boys Varsity Game vs Orient-Macksburg Community Schools (Away)	19 BasketballGirlsVarsityTournamentsTBA(Away) BasketballBoysVarsityTournamentsTBA(Away)
20 Little Saber Wrestling Tournament	21 Martin Luther King Jr. Day BasketballGirlsVarsityTournamentsTBA(Away) 6:50 AM Weight Room 4:00 PM Basketball: Girls JH Game vs Melcher-Dallas (Home)	22 BasketballBoysVarsityTournamentsTBA(Away) 6:50 AM Weight Room	23 6:50 AM Weight Room 2:15 PM Early Dismissal	24 BasketballGirlsVarsityTournamentsTBA(Away) Bandfest 6:50 AM Weight Room 6:30 PM Basketball: Boys Varsity Game vs Knoxville (Away)	25 BasketballBoysVarsityTournamentsTBA(Away) 6:50 AM Weight Room	26 BasketballGirlsVarsityTournamentsTBA(Away) BasketballBoysVarsityTournamentsTBA(Away) 8:00 AM Saturday School
27 2:00 PM Open Gym	28 6:50 AM Weight Room 6:00 PM Basketball: Girls Varsity Game vs Interstate 35 (Away)	29 6:50 AM Weight Room 6:00 PM Basketball: Girls JV Game vs Melcher-Dallas (Away) 7:30 PM Basketball: Boys JV Game vs Melcher-Dallas (Away)	30 Mid-Term 6:50 AM Weight Room 9:00 AM Blood Drive 2:15 PM Early Dismissal	31 6:50 AM Weight Room	1 6:50 AM Weight Room 6:00 PM Basketball: Boys JV Game vs Tri-County (Away) 6:00 PM Basketball: Girls Varsity Game vs Tri-County (Cancelled) 7:30 PM Basketball: Boys Varsity Game vs Tri-County (Away)	2 Basketball Tournament



# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 2:00 PM Open Gym	28 6:50 AM Weight Room 6:00 PM Basketball: Girls Varsity Game vs Interstate 35 (Away)	29 6:50 AM Weight Room 6:00 PM Basketball: Girls JV Game vs Melcher-Dallas (Away) 7:30 PM Basketball: Boys JV Game vs Melcher-Dallas (Away)	30 Mid-Term 6:50 AM Weight Room 9:00 AM Blood Drive 2:15 PM Early Dismissal	31 6:50 AM Weight Room	1 6:50 AM Weight Room 6:00 PM Basketball: Boys JV Game vs Tri-County (Away) 6:00 PM Basketball: Girls Varsity Game vs Tri-County (Cancelled) 7:30 PM Basketball: Boys Varsity Game vs Tri-County (Away)	2 Basketball Tournament
3 2:00 PM Open Gym	4 6:50 AM Weight Room 6:00 PM Basketball: Girls JV Game vs Melcher-Dallas (Home) 7:30 PM Basketball: Boys JV Game vs Melcher-Dallas (Home)	5 6:50 AM Weight Room 6:00 PM Basketball: Girls Varsity Game vs Melcher-Dallas (Home) 7:30 PM Basketball: Boys Varsity Game vs Melcher-Dallas (Home)	6 6:50 AM Weight Room 2:15 PM Early Dismissal	7 BasketballGirlsVarsityTournamentsTBA(Away) 6:50 AM Weight Room 6:00 PM Basketball: Boys Varsity Game vs Iowa Valley Community (Home) 6:00 PM Basketball: Boys JV Game vs Iowa Valley Community (Home)	8 6:50 AM Weight Room 6:00 PM Basketball: Boys Varsity Game vs Sigourney Junior-Senior (Home)	9
10 2:00 PM Open Gym	11 BasketballBoysVarsityTournamentsTBA(Away) 6:50 AM Weight Room	12 6:50 AM Weight Room	13 6:50 AM Weight Room 2:15 PM Early Dismissal	14 Singfest Valentine's Day 6:50 AM Weight Room	15 NO SCHOOL 6:50 AM Weight Room	16
17 2:00 PM Open Gym	18 Presidents' Day (regional holiday) Blue Grass Conference Speech Competition 7:45 AM NO SCHOOL - In-Service 12:30 PM Parent-Teacher Conferences	19 6:50 AM Weight Room	20 6:50 AM Weight Room 2:15 PM Early Dismissal	21 6:50 AM Weight Room	22 6:50 AM Weight Room	23 8:00 AM Saturday School
24 2:00 PM Open Gym	25 6:50 AM Weight Room	26 6:50 AM Weight Room	27 6:50 AM Weight Room 2:15 PM Early Dismissal	28 6th-8th Solo/Ensemble Band/Choir 6:50 AM Weight Room	1 6:50 AM Weight Room	2

# TC Little Sabers Elementary Breakfast



## January 2019



### Why is it not wise to tell secrets in a cornfield?

There are too many ears!

All breakfast served with fruit &/or juice cup and choice of 1% white, fat free chocolate or fat free skim milk.

2<sup>nd</sup> Choice of a cereal bowl

MONDAY



TUESDAY

1  
Happy New Year!!

WEDNESDAY

2 You must have 3 items on our plate and 1 of those items MUST be a fruit. A juice cup will count as a fruit

THURSDAY

3  
Frozen Go-Gurt w/animal crackers

FRIDAY

4  
Donut

7  
Choice of muffin

8  
Breakfast sausage pizza

9  
French toast sticks

10  
Cheese omelet

11  
Donut

14  
Pop Tart

15  
Cinnamon roll

16  
Breakfast wrap

17  
Breakfast boat

18  
Donut

21  
Choice of muffin

22  
Pancakes & bacon

23  
Sausage & cheese biscuit

24  
Nutri grain bar

25  
Donut

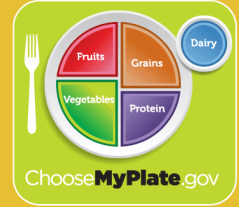
28  
Pop Tart

29  
Yogurt cup w/granola

30  
Bacon & egg breakfast pizza

31  
Mini waffles

February 1<sup>st</sup>  
Donut



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

### What am I?

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet. Beets

This institution is an equal opportunity provider.



# TC Little Sabers Lunch



## January 2019



### Why is it not wise to tell secrets in a cornfield?

There are too many ears!

\*2<sup>nd</sup> & 3<sup>rd</sup> Main Dish Daily Options: Uncrustable or yogurt w/granola  
 \*\*All lunch served with choice of 1% white, fat free skim chocolate or fat free skim strawberry milk.  
 \*\*\*Garden bar is an "extra" and does not count as one of the daily fruit or vegetable options.

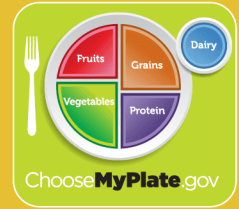
### What am I?

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Beets

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year!!	2 Make sure you have 3 items on your tray. One of those choices MUST be a fruit or veggie.	3 Corn dog Steamed green beans Cauliflower Peaches	4 Popcorn shrimp Steamed corn Fresh carrots Grapes
7 Crispito w/cheese sauce Cottage cheese Brown rice Fresh broccoli Red peppers Pears	8 Hot dog Fries Fresh cauliflower Peaches Cookie	9 Chicken nuggets Mashed potatoes w/gravy Steamed green beans Apples	10 Spaghetti w/meat sauce Breadstick Romaine/spinach salad Fresh carrots Pineapple	11 Garlic French bread pizza Marinara sauce Steamed corn Baked beans Oranges Chips
14 Chicken patty sandwich Broccoli w/cheese Celery w/sunbutter Apples	15 Super nachos Tator tots Refried beans Peaches Jan Bday Cake	16 Chili w/crackers Cinnamon roll Fresh carrots Applesauce	17 Cereal bowl w/little smokies Cheese cubes Breakfast potatoes Fresh cucumbers Side kick	18 Macaroni & cheese Romaine/spinach salad Fresh cauliflower Strawberries Animal crackers
21 Chicken quesadilla Brown rice Baked beans Lettuce Apples	22 Sloppy Joes Fries Fresh cucumbers Berry blend	23 Chicken strip wrap Lettuce Cheese cup Red peppers Fresh broccoli Banana	24 Mashed potatoes w/turkey gravy Muffin Fresh carrots Kiwi	25 Pizza Lettuce Steamed corn Mandarin oranges w/pineapple Ice cream
28 Bbq rib sandwich Celery w/sun butter cup Steamed veggies Warm cinnamon apples	29 Popcorn chicken Fresh carrots Steamed corn Peaches	30 Beef burgers Fries Baked beans Strawberries	31 Chicken & noodles Mashed potatoes Steamed green beans Oranges Hot roll	February 1 <sup>st</sup> Sausage patties Cottage cheese Waffles Hashbrown Fresh broccoli Juice cup



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.





# TC Sabers High School Breakfast



## January 2019



## Why is it not wise to tell secrets in a cornfield?

There are too many ears!

All breakfast served with fruit &/or juice cup and choice of 1% white, fat free skim chocolate or fat free skim strawberry milk.

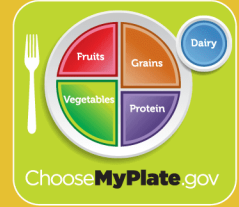
\*Other daily main options: Cereal bowl, Pop-Tarts, or yogurt cup w/granola

## What am I?

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet. Beets

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year!!	2 You must have 3 items on our plate and 1 of those items MUST be a fruit. A juice cup will count	3 Frozen Go-Gurt w/animal crackers	4 Donut
7 Choice of muffin	8 Breakfast sausage pizza	9 French toast sticks	10 Cheese omelet	11 Donut
14 Pop Tart	15 Cinnamon roll	16 Breakfast wrap	17 Breakfast boat	18 Donut
21 Choice of muffin	22 Pancakes & bacon	23 Sausage & cheese biscuit	24 Nutri grain bar	25 Donut
28 Pop Tart	29 Yogurt cup w/granola	30 Bacon & egg breakfast pizza	31 Mini waffles	February 1 <sup>st</sup> Donut



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



# TC Sabers High School Lunch



## January 2019



### Why is it not wise to tell secrets in a cornfield?

There are too many ears!

\*3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Main dish Daily Options: Turkey sub, Yogurt w/granola or Salad Bar.  
 \*\*All lunch served with choice of 1% white, fat free skim chocolate or fat free skim strawberry milk.  
 \*\*\*Garden bar is an "extra" and does not count as one of the daily fruit or vegetable options.  
 \*\*\*\*Offered daily a 9-12 fruit an on occasion a side lettuce salad.

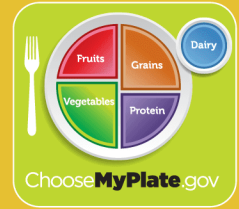
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year!!	2 Make sure you have 3 items on your tray. One of those choices MUST be a fruit or veggie.	3 Corn dog or Popcorn chicken w/graham crackers Steamed green beans Cauliflower Peaches	4 Popcorn shrimp or Grilled cheese Steamed corn Fresh carrots Grapes String cheese (9-12)
7Crispito w/cheese sauce or Chicken nachos Cottage cheese Brown rice Fresh broccoli Red peppers Pears	8 Hot dog or Stuffed crust pizza Fries Fresh cauliflower Peaches Cookie	9 Chicken nuggets or Mozz cheese sticks Mashed potatoes w/gravy Steamed green beans Apples	10 Spaghetti w/meat sauce or Pancakes & sausages Breadstick Romaine/spinach salad, Fresh carrots. Pineapple	11 Garlic French bread pizza or Deli ham & cheese sandwich Marinara sauce Steamed corn Baked beans Oranges & Chios
14 Chicken patty sandwich or Corn dogs Broccoli w/cheese Celery w/sun butter & Apples	15 Super nachos or Pizza crunchers Tator tots Refried beans Peaches Graham crackers (9-12) Jan Bdav Cake	16 Chili w/crackers or Taco Cinnamon roll Fresh carrots Applesauce	17 BEC biscuit or Cheeseburger Cheese cubes Breakfast potatoes Fresh cucumbers Side Kick	18 Macaroni & cheese or Crispito, rice & cheese stick Romaine/spinach salad, Fresh cauliflower Strawberries Animal crackers
21Chicken quesadilla or Bosco stick w/cottage cheese Brown rice Baked beans Lettuce, Apples	22 Sloppy Joes or Chicken & cheese burrito Fries Fresh cucumbers Berry blend	23 Chicken strip wrap or Chicken egg roll Lettuce, Cheese cup, Red peppers Fresh broccoli Banana	24 Mashed potatoes w/turkey gravy or Popcorn chicken Muffin Fresh carrots Kiwi	25 Pizza or Grilled cheese Lettuce Steamed corn Mandarin oranges w/pineapple
28 Bbq rib sandwich or Chicken nachos Celery w/sun butter cup Steamed veggies Warm cinnamon apples	29 Popcorn chicken or Stuffed crust pizza Fresh carrots Steamed corn Peaches Rice pilaf	30 Beef burgers or Pizza crunchers Fries Baked beans Strawberries	31 Chicken & noodles or Pancakes & sausages Mashed potatoes Steamed green beans, Oranges	February 1 <sup>st</sup> Sausage patties & waffles or Deli ham & cheese sandwich Cottage cheese Hash brown, Fresh broccoli. Juice cup



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

