

Niobrara County School District #1

P.O. Box 629

Lusk, WY 82225



To View the Electronic Newsletter, visit:
<http://www.growingluskreaders.org>

INGREDIENTS

Extra-virgin olive oil, for baking dish
2 c. white rice
1 large onion, chopped
2 c. low-sodium chicken broth
2 (10.5-oz.) cans cream of mushroom soup
Kosher salt
Freshly ground black pepper
3 large bone-in, skin-on chicken thighs
2 tbsp. butter, melted
2 tsp. fresh thyme
1 clove garlic, finely minced
1 tbsp. Freshly chopped parsley, for garnish

DIRECTIONS

- 1** | Preheat oven to 350° and grease a 9"-x-13" baking dish with oil. Add rice, onion, broth, and soup and stir until combined. Season with salt and pepper.
- 2** | Place chicken thighs in rice mixture and brush with melted butter. Sprinkle with thyme and garlic and season with salt and pepper.
- 3** | Cover dish with foil and bake for 1 hour. Uncover and bake 30 minutes more, until rice is cooked and chicken is golden
- 4** | Garnish with parsley before serving.



<https://www.delish.com/cooking/recipe-ideas/recipes/a54936/easy-chicken-rice-casserole-recipe/>

September 2018 **October 2018** November 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|---|--|---|--|--|
| | 1 Scholastic Book Fair @ LEMS FBLA Mtg @ Lunch | 2 Scholastic Book Fair @ LEMS 4:30pm MSFB vs Glenrock 4:30pm MSVB vs Torrington 5:30pm Golf Banq. @ Country Club 6:00pm FFA Meeting @ Ag Room | 3 Scholastic Book Fair @ LEMS 9:00am-12:00pm & 5:00pm-8:00pm Adult Education Classes 6:00pm FASFA meeting for Seniors and Parents @ HS | 4 Scholastic Book Fair @ LEMS MSVB SEWAC | 5 Scholastic Book Fair @ LEMS Enrichment Friday 4:00/5:00pm HSVB vs Moorcroft 7:00pm HSFB vs Wright | 6 10:30am MSFB vs Pine Bluffs 10:00am MSVB SEWAC @ Pine Bluffs 2:00/3:00pm HSVB @ Sundance |
| 7 | 8 MSWR First Practice MSGB First Practice 5:00pm HSFB-JV @ Moorcroft 6:00pm Board Meeting | 9 FBLA Fall Conference in Casper | 10 FCCLA Fall Conference in Casper 9:00am-12:00pm & 5:00pm-8:00pm Adult Education Classes | 11 5:00pm HSVB-C @ Glenrock | 12 Enrichment Friday 5:00/6:00pm HSVB @ Glenrock 6:00pm HSFB @ Big Horn | 13 2:00/3:00pm HSVB @ Southeast |
| 14 | 15 HSFB-JV vs Torrington Freshman | 16 6pm @ Cnty Libr: Riders on the Orphan Train | 17 9:00am-12:00pm & 5:00pm-8:00pm Adult Education Classes | 18 End of First Quarter 6:30pm Suicide Prevention Film @ HS Auditorium Open to Public | 19 No School- Teacher In-service 4:00/5:00pm HSVB @ Pine Bluffs 7 pm HSFB @ Pine Bluffs | 20 1:00/2:00pm HSVB vs Lingle 10:00am MSGB South Pentangular @ Pine Bluffs |
| 21 | 22 12:00pm FASFA meeting for Seniors & Parents @ HS 6:00pm Board Work Session | 23 4:30pm MSGB vs Guernsey | 24 9:00am-12:00pm & 5:00pm-8:00pm Adult Education Classes | 25 4:00pm MSWR @ Yoder Duals 4:30pm MSGB vs Southeast | 26 HSFB Quarterfinals HSVB Regionals (Glenrock Host) Staff Early out 2pm @ Cnty Libr Halloween Puppet Show | 27 HSFB Quarterfinals HSVB Regionals (Glenrock Host) MSWR @ Gillette Tourney |
| 28 | 29 | 30 4:00pm MSWR @ Douglas 4:30pm MSGB vs Lingle | 31 9:00am-12:00pm & 5:00pm-8:00pm Adult Education Classes | | | |

Adult Education—Wednesdays 9:00am-12:00pm & 5:00pm—8:00pm Call 334-3793 or 334-2678

Please check the website for any updates or cancellations at www.growingluskleaders.org/calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|-----------|--|---|--|---|--|-----------|--|
| | 1 Mac & Cheese with Hotdogs Vegetable Fruit/Salad Bar Milk | 2 Taco Tuesday From Local Donated Beef Fruit/Salad Bar Milk | 3 Chicken Stir Fry Rice Fruit/Salad Bar Milk | 4 Soup Sandwich Chips Fruit/Salad Bar Milk | 5 Sloppy Joes on a Bun From Local Donated Beef French Fries Fruit/Salad Bar Milk | 6 | |
| 7 | 8 Hot Beef & Gravy on Potatoes From Local Donated Beef Fruit/Salad Bar Milk | 9 Taco Tuesday From Local Donated Beef Fruit/Salad Bar Milk | 10 Riblets on a Bun From Local Donated Beef Curly Fries Fruit/Salad Bar Milk | 11 Chicken Nuggets Scalloped Potatoes Fruit/Salad Bar Milk | 12 Pizza Chips Pudding Fruit/Salad Bar Milk | 13 | |
| 14 | 15 Raviolis in Marinara Sauce Garlic Bread Fruit/Salad Bar Milk | 16 Taco Tuesday From Local Donated Beef Fruit/Salad Bar Milk | 17 Chicken Cordon Bleu Sandwich French Fries Fruit/Salad Bar Milk | 18 Cheeseburger Mac From Local Donated Beef Dinner Roll Vegetable Fruit/Salad Bar Milk | 19 No School | 20 | |
| 21 | 22 Chicken Ala King on a Biscuit Fruit/Salad Bar Milk | 23 Taco Tuesday From Local Donated Beef Fruit/Salad Bar Milk | 24 Popcorn Chicken Bowl Bread Stick Fruit/Salad Bar Milk | 25 Beef Fried Steak Mashed Potatoes & Gravy Vegetable Dinner Roll Fruit/Salad Bar Milk | 26 Taco Burger From Local Donated Beef French Fries Fruit/Salad Bar Milk | 27 | |
| 28 | 29 Popcorn Shrimp Tater Tots Vegetable Fruit/Salad Bar Milk | 30 Taco Tuesday From Local Donated Beef Fruit/Salad Bar Milk | 31 Halloween Meal Fruit/Salad Bar Milk | | | | |

Niobrara County School District #1

October 2018 Newsletter *From the Superintendent* *George Mirich*

SPECIAL POINTS OF INTEREST:

- **Oct 5 -
Enrichment Fri-
day**
- **Oct 8- Board
Meeting 6pm**
- **Oct 12 -
Enrichment Day**
- **Oct 18 - End of
First Quarter**
- **Oct 19 -No
School Teacher
In-Service**
- **Oct 22 -Board
Work Session
6pm**

All teachers in Niobrara County School District are certified by the State of Wyoming and therefore are highly qualified according to NCLB. You have the right to ask about the certification or highly qualified status of your child's teacher.

Inside this Issue:

From the Superintendent

School Lunch

School Calendar

October will be a busy month for us. The school board has taken on the challenge of creating a strategic plan for the district. As we begin the process, we will be inviting everyone to be a part of the discussion about what we like and/or would like to see differently in our district. Please watch for information about the dates and time/place for these meetings.

Secondly, board elections are right around the corner. Our HS Government class will be hosting a "Meet the Candidate Night." The format will include a brief self-introduction, then round robin responses to three pre-selected questions. The community is invited to learn more about each candidate. Final plans are being put together; the preliminary date is October 17 at 6:30 pm at the HS auditorium. The school year is off to a fast start. The first round of Parent-Teacher Conferences was held on September 27 and 28. As always, we would have liked to have seen every parent, but we had a good turnout. I would like to remind everyone that you are always welcome at the schools. Please feel free to drop by and visit with your child's teacher or principal anytime.

The Fall Activities are well underway. If you haven't been out to see the kids and their teams yet, please make plans to be a part of the fun. The players and coaches have invested a lot of time and effort into learning and playing hard. Success is better when shared, even when our efforts come up short.

Looks like fall has arrived.