



*NORTHERN CASS*  
*MOCKINGBIRD CRYSTAL*



*DECEMBER 2022*

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Twitter: #NCSD97

Dr. Cory Steiner- Superintendent  
Crysta Schenck- Elementary Principal  
Doug Margerum- Secondary Principal  
Bryce Laxdal- Activities Director  
Sam Johnson- Dean of Learners  
Paige Carlson- Business Manager

## UPCOMING FESTIVITIES

December 3-4- Robotics BEST Regionals in  
Denver, CO

December 5-10- Book Fair

December 6- Levels 5-12 Band Concert (6PM)  
Levels 5-12 Choir Concert (7PM)  
Fine Arts Night

December 7- Career Fair (Levels 9-12)

December 8- Board of Education Meeting (4PM)  
Music Concert (Levels PK-1) (6PM)  
Music Concert (Levels 2-4) (7PM)

December 22- Christmas Break Begins  
NO SCHOOL through January 2  
-Professional Learning Day

January 1- HAPPY NEW YEAR

January 3- SCHOOL RESUMES



## SPORTS SCHEDULES

[https://www.northerncassschool.org/  
page/athletics-home](https://www.northerncassschool.org/page/athletics-home)

Varsity games will be broadcast on:

[YOURLIVEEVENT.COM](http://YOURLIVEEVENT.COM)



**NORTH DAKOTA CLASS B**

**VOLLEYBALL STATE CHAMPIONS**



**CONGRATULATIONS NORTHERN CASS**

**JAGUARS!!**



## Dr. Steiner

At Northern Cass, we believe every student can change the world; therefore, we must provide a world class education. To be able to do this, we follow our Collective Commitments which guide the daily behavior of all staff. These commitments are ‘what’ we do at Northern Cass.

- ‘We are dedicated and passionate about relationships, teaching & learning, self-reflection, acknowledging greatness, and support of the Northern Cass community’
- ‘We are driven toward continuous improvement’

From Monday, November 28<sup>th</sup> through Thursday, December 1<sup>st</sup>, I had the amazing opportunity to participate in the Yass Prize convening in Miami, Florida. It was a great experience which had participants from charter, private, and public schools along with educational technology companies. Out of the 32 semi-finalists nationwide, there were only 2 public schools represented. We were exposed to wonderful speakers, engaging panels, and were provided chances to work with others on developing a pitch for why our organization should be funded for \$1,000,000. We will find out if we advanced to being a finalist and/or the winner on December 14<sup>th</sup> at a ceremony in New York City. We are excited to find out but also know we have already won as we will receive \$200,000 for making the semi-finals.

For this newsletter, I want to share three key takeaways from the convening:

1. A consistent theme throughout the four days was our obligation to make people’s lives better. Despite the semi-finalists being from different ‘sectors’, it was clear everyone simply wants to do better for learners and families. It was evident, our job is to build learners and families for the ‘rain’ and not the sunshine. We all do well when things are going as expected. We need to be prepared for those moments which are challenging and difficult. It is why developing skills through authentic and meaningful experiences are key at Northern Cass.
2. It is our responsibility not to react to something that is not real. We live in a polarized society where having a different opinion is looked on negatively. Progress used to be contingent on having those with different opinions work together. Too often, we now see differences as negative, and this creates a world which at times values shame and embarrassment more than freedom and flexibility. We need our country to work together and think about what is next instead of what is wrong. Jeb Bush (former Governor of the state of Florida) said, “If you aren’t thinking of what is next, you are behind.” It is why we must put differences aside and embrace what others can bring to the conversation. We can have different values and beliefs but must continue to put our focus on doing what is right for others. Doing what is right is not always popular but the one thing it is and will always be is ‘right’. We must look over the horizon to see what is possible and we can only do that by working together.
3. When you pat yourself on the back, you have already begun to fail. It is why great organizations and leaders practice humility. The Yass Prize is about school choice. The public schools represented in Miami were the outliers. This was shared by almost everyone I talked to at the convening. It provided me with a sense of pride but also made me concerned about the education others are receiving. It is why I believe we have a moral obligation (at Northern Cass) to be a trend-setter. It is never easy going first, but I know our learners are getting something different which will prepare them for creating the jobs of the future. If we can make the lives of our learners better, they will do the same for those they meet as well. It will create a movement which leads to a world filled with kindness and compassion. It will be a world filled with HOPE (help overcome past experiences)!





My name is Tate Kuppich. I am from Aitkin, MN and I am attending NDSU for Social Science Education. My favorite hobbies are hunting, fishing, and golf! I am excited to be co-teaching at Northern Cass this Spring with Mr. Wright!

*Great job!*

In tests of their Algebra, Geometry, and Trigonometry knowledge, the Northern Cass Math Team came out on top in the first meet of the West Central Division of the Minnesota Math League. Their score of 70 points is a record high score for the team.



CONGRATULATIONS TO THE ROBOTICS TEAM ON ENDING 12<sup>TH</sup> AT THE REGIONAL BEST TOURNAMENT!







This program was started back in 2011 after seeing numerous learner/family needs within our own district. Christmas Cheer is specifically tied to winter break in December. Families are qualified based on educator nominations and other qualifying status or life circumstances such as family medical issues or parent loss of a job.

Learners are interviewed by administration or counselors to find out one thing they want, one they need, and one thing to read. Gift cards provided for the learner family are for a grocery store, Walmart, Target, or a gas card to help support them on their winter break.

The gifts and funds are obtained through generous donations by Northern Cass colleagues, families in the district, churches, and businesses. All needs are kept confidential.

Additional Christmas Cheer funds, if not completely used, are stored in a fund for use when a Jaguar family emergency or need arises. In the past, they have been used for family fire, flood, medical, or basic needs of our learners.

We are truly blessed with the generous stakeholders in and around our Northern Cass district that are willing to ensure safe and happy winter break for all learners. They go above and beyond to see every learner has what they need to be successful and feel a part of our Jaguar family!

If you wish to donate to this cause, please send monetary donations or gift cards to Northern Cass School (envelope should be clearly labeled: NC Christmas Cheer). Contact Crysta Schenck if you have any questions ([crysta.schenck@northerncassschool.com](mailto:crysta.schenck@northerncassschool.com)).





Ceramics I class took a trip to the Plains Art Museum for a wheel throwing class in the Center for Creativity. Learners were able to go through the basic wheel throwing process and throw some pottery. After wheel throwing, they got the opportunity to tour at a local artist's pottery studio, Livin' the Dream Pottery by Hayden Swanson. It was a great experience overall! -Mrs. Glaser





## 5-12 CHRISTMAS CONCERT TUESDAY DECEMBER 6, 2022

- All Level 5 and any Levels 6-12 in band or choir.
- 6-12 Band Concert starts at 6:00PM  
(No Level 5 Band)  
(Learners show up at 5:30PM)
- Level 5-12 Choir Concert starts at 7:30PM  
(Learners show up at 7:00PM)
- Learners meet in the Auditorium
- Concert is in the West Gym
- Concerts will be livestreamed on Jags Online.
- Free admission and open to the public.

## Gandy Gane Lane 2022 Northern Cass Elementary Winter Concert

Join us as Preschool through Level 4 perform a sweet Holiday Concert!

**Thursday, December 8th, 2022**

Northern Cass School West Gym

6:00pm PreK, Kindergarten & Level 1

7:00pm Levels 2nd, 3rd & 4th

**Attire:** Dress festive and fancy! Options could be tie/bow tie & shirt, dress, tunic & leggings, or nice slacks & collared shirt. Please no heels, jeans, or athletic clothing.

**Speaking Parts:** Level 4 learners have the opportunity to have a speaking part! It is optional- they just need to let me know if they would like one!

**Virtual Showing Option:** We will Live Stream the concert (<https://video.ibm.com/channel/jaguars-online>) to share with family members that can't join us in person. Recording will be available the next day.

If you have any questions, please contact me –  
[stephanie.kohl@northerncassschool.com](mailto:stephanie.kohl@northerncassschool.com)

Musically yours,

Mrs. Kohl

NORTHERN CASS  
PTO PRESENTS

# Gift Basket Raffle

A portion of the proceeds will benefit  
the music department.

TICKETS  
AVAILABLE  
TUESDAY  
DEC 6TH  
THURSDAY  
DEC 8TH

VIEWING  
BEFORE AND AFTER  
HIGH SCHOOL  
AND ELEMENTARY  
CONCERTS

DRAWING  
FRIDAY  
DECEMBER 9TH

1 TICKET  
\$1.00

6 TICKETS  
\$5.00

Follow our Northern Cass PTO  
Facebook page to watch for pictures  
of the items inside each basket.

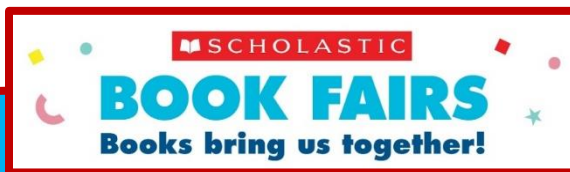


Northern Cass Parent Teacher Organization



[ncpto@northerncassschool.com](mailto:ncpto@northerncassschool.com)





The Scholastic Book Fair is coming to Northern Cass December 5-9 during music concert week! You are invited to shop in the library during the following times:

*Remember, all purchases benefit our school!*

**Book Fair Hours** December 5-9

**All week the fair will be open for learners to shop during the school day**

**Monday: 3:30-4:30 Open to public**

**Tuesday: 5:30-9:00 Open before, between and after Band/choir concerts**

**Weds: 3:30-4:30 Open to public**

**Thurs: 5:30-9:30 Open before, between and after Elementary concerts**

**Friday: 3:30-4:30 Open to public**


- **\*\*\*There will now be tax charged on all sales!** Please plan ahead for a 5.5% tax charge. There will be tax charts posted throughout the fair.
- Free shopping bag for the first 300 people that purchase a book and round up to the nearest dollar! (That donation goes to purchase books for our book giveaway we do in the spring)
- See our website for more information and to sign up for ewallet

<https://www.scholastic.com/bf/northerncass>

Questions? Email [northerncassbookfair@gmail.com](mailto:northerncassbookfair@gmail.com)

**JANUARY 7, 2023**  
**10:00 AM - NOON**  
**NORTHERN CASS SCHOOL**  
**FREE EVENT!**  
**FOR ALL AGES!**

**MOVE**  
**IT!**



**YOGA**  
**BELLYDANCING**  
**TAI CHI**  
**PARACHUTE**  
**POI DANCING**  
**HULA HOOPING**  
**AND MORE!**

**RESERVE YOUR SPACE!**



# Dollars for Scholars

Northern Cass Dollars for Scholars is seeking sponsors for our Buck-A-Point Fundraiser - donate \$1.00 for each Jaguar point scored

**If you would be interested in sponsoring, please email:**

[dollarsforscholars@northerncassschool.com](mailto:dollarsforscholars@northerncassschool.com)

**We have room for multiple sponsors per game!**

2022-2023	Date	Sponsor Name/Address or Email	Opponent
Girls	12/1/22	Bank North	Tri-State
Girls	12/19/22	Line-X	LLM
Boys	12/20/22	Bank North	Tri-State
Girls	12/22/22	Dakota Heritage Bank	Hillsboro/Central Valley
Boys	12/22/22	Dakota Heritage Bank	Hillsboro/Central Valley
Girls	12/29/22		Thompson
Girls	1/3/23		Grafton
Boys	1/3/23		Grafton
Girls	1/9/23		Sargent County
Boys	1/17/23	Line-X	Sargent County
Boys	1/23/23		D/V/E
Girls	1/24/23	Valley Plains Equipment	Maple River
Boys	1/26/23	Hunter Insurance/Valley Plains Equipment	Maple River
Boys	1/30/23		Midway/Minto
Girls	1/31/23	Hunter Insurance	Lisbon
Boys	2/7/23	Cameron & Amanda Wolf	Lisbon
Girls	2/9/23	IP Insurance Agency/Agri Valley Insurance	Oak Grove
Girls	2/11/23		Cavalier
Boys	2/11/23		Cavalier
Boys	2/24/23	IP Insurance Agency/Agri Valley Insurance	Oak Grove



# NORTHERN CASS DOLLARS FOR SCHOLARS

## ADOPT A CLASS SPONSORS 2022-2023

**A HUGE THANK YOU to the following sponsors for making our annual Adopt-A-Class day a success!!!**

It's never too late to be a sponsor, if interested email [dollarsforscholars@northerncassschool.com](mailto:dollarsforscholars@northerncassschool.com)

- |      |   |
|------|---|
| 2035 | Nathan & Abby Bauer/Troy & Melissa Feeken/Tim & Carrie Nelson/Elijah & Karissa Rude<br>Jason & Kyrie Severson/Nathan & Jessica Stoen/Norman & Steph Tupper  |
| 2034 | Dave & Kristin Behm/Jon & Melissa Christiansen/Joel & Angie Hamre/Jeremy & Nicole Hoesel<br>Tim & Julie Keckler/Brandon & Kassandra Kranzler/Tyler & Kimberly McPherson<br>Jon & Dawn Miller/Michael & Katie Nordick/Chris & Stephanie Pearson/Elijah & Karissa Rude<br>Josh & Molly Woods            |
| 2033 | Colin & Amanda Anderson/Jess & Jillian Belling/Josh & Trisha Chadduck<br>Troy & Amanda Fyre/Jason & Kyrie Severson  |
| 2032 | Jeremy & Nicole Hoesel/Tyler & Kimberly McPherson/Dustan & Carie Nygaard<br>Brad & Nicole Ueckert   |
| 2031 | Colin & Amanda Anderson/Dave & Kristin Behm/Jess & Jillian Belling/Dan & Mikeala Ecker<br>Troy & Amanda Fyre/Tim & Julie Keckler/Mike & Katie Mitchell/Chris & Natalie Murch<br>Chris & Stephanie Pearson/William & Chris Walski  |
| 2030 | Jon & Melissa Christiansen/Joel & Angie Hamre/Jason & Kerry Hauff/Shane & Abby Husar<br>Jon & Dawn Miller/Tim & Carrie Nelson/Aaron & LaShai Pfeifer/Andy & Lisa Steinberger<br>Brad & Nicole Ueckert   |
| 2029 | Kim Haisley/Jeremy & Nicole Hoesel/Sean & Anita Jalbert/Jeremy & Randi Johnson<br>Chris & Natalie Murch/Cameron & Amanda Wolf   |
| 2028 | Jon & Melissa Christiansen/Jon & Kylie Dickson/Rod & Kristi Gellner/Matt & Alesha Greseth<br>Justin & Kayla Henderson/Kayla Hovland/Shawn & Janene Sand/Jessie & Connie Soper<br>Curt & Stacie Weible/Daryl & Beth Zieske   |
| 2027 | Jeff & Laura Ebertowski/Troy & Amanda Fyre/Kyle & Kristen Kemmet/Rian & Diane Lee<br>Jon & Dawn Miller/Mike & Katie Mitchell/Andy & Lisa Steinberger<br>Jamie & Michelle Wadeson/William & Chris Walski/Steve & Beth Winterquist  |
| 2026 | Brad & Errin Bjerke/Jon & Kylie Dickson/Craig & Shelly Evenson/Kim Haisley/Troy & Patti Hall<br>Ben & Stacy Hoiland/Tim & Alayne Iwen/Sean & Anita Jalbert/Jeremy & Randi Johnson<br>Chris & Natalie Murch/Shawn & Janene Sand/Bill & Kim Triebwasser<br>Steve & Beth Winterquist/Daryl & Beth Zieske |
| 2025 | Mike & Tracy Anderson/Roland & Lori Blixt/Matt & Alesha Greseth/Justin & Kayla Henderson<br>Ben & Stacy Hoiland/Shane & Abby Husar/Jennifer & Kent Kraitner/Jay & Shelly Metzger<br>Mike & Katie Mitchell/Keith & Angie Ose/Aaron & LaShai Pfeifer/Bill & Kim Triebwasser                             |
| 2024 | Tim & Jeanine Allmaras/ Rod & Kristi Gellner/ Jamison & Jennifer Jensen /Dave & Jennifer Johnson<br>Kyle & Kristen Kemmet/Rian & Diane Lee/DC & Marie Lucas/Donna Richards<br>Bob & Becky Tretter/Curt & Stacie Weible/Cameron & Amanda Wolf  |
| 2023 | Mike & Tracy Anderson/ Craig & Shelly Evenson/Troy & Patti Hall/Bryan & Heather Hovland<br>Kayla Hovland/Corey & Ann Johnson/Jeremy & Randi Johnson/Clinton & Tamera Pueppke<br>Tanya Russiff/Shawn & Janene Sand   |

## NURSE'S CORNER

### THE BENEFITS OF BREAKFAST

Breakfast is perhaps the most important meal of the day. Since this is the time to refuel your brain. Think about it, you sleep anywhere from eight to 12 hours each night and during that time your body is without food. Yet, your body is still working and burning small amounts of energy. When you wake the next morning, your body and especially your brain need more glucose, also known as blood sugar. This is the main source of energy for your brain. Breakfast enables us to have more strength and endurance, better concentration, improved memory, and sharper problem-solving abilities. Not only that, but we also don't have to see doctors as often. In addition, the American Heart Association found that eating breakfast reduces your risk of developing obesity, diabetes, and heart disease.

Kids who eat breakfast are more likely to meet their daily nutritional needs, keep their weight under control, have lower cholesterol levels, attend school more frequently, and make fewer trips to the school nurse's office.

So, let's get every day off to a good start by eating BREAKFAST.

BEESEEN Gear

**LET YOUR FAN FLAG FLY!**

**\$40\***

Orders Due December 5



3' x 5' standard  
Digitally Printed  
Single Reverse Knit Poly Flag



\*Proceeds to benefit Dual Credit Courses

Northern Cass School District #97

ONLINE  
**PAW  
SHOP**

passcode: jaguars

SHOP GAME-ONE.COM





# CHRISTMAS

AND HOW IT CAME TO BE  
By Writing Tutor- Isaac Johnson

## The Spread of Christmas

The birth of Christ is widely considered to be the start of Christmas; however, the date probably was not actually December 25th.

Christianity became the main religion of the Roman Empire, spreading Christmas to many Eastern countries as well as other Christian ideas.

As Rome conquered its way west, these same Christmas ideas came with it, spreading into what would eventually become Britain.

The first example of Christmas being celebrated in North America was actually by Spanish explorers in Florida during the winter of 1539.

Many colonists who had come from Germany for religious freedom also celebrated Christmas, and they brought with them the tradition of adorning trees.

As the American States began to grow and modernize, Christmas traditions evolved alongside them and spread throughout the continent.

Large-scale celebrations began in cities like New York in 1924 with the first-ever Macy's Christmas Parade.

Christmas is no longer a religious holiday so much as it is a multi-cultural celebration of the winter season for everyone around the world.

## The Legend of Santa

Saint Nicholas the monk is born in 280 A.D. You may recognize his name as that of Santa Claus.

Saint Nicholas gave away all of his inheritance and spent his life helping the poor and sick.

In the 18th century New York, Dutch families began to celebrate the passing of Sinter Klass (Santa is derived from this Dutch name for Nicholas).

Clement Clarke Moore writes a popular winter poem, later known as, "Twas the Night Before Christmas."

The iconic Santa look was immortalized in 1881 when political cartoonist Thomas Nast drew on Moore's poem to create the image of Old Saint Nick we know today.

As more writing began to be made, the idea of Santa Claus visiting on Christmas Eve became commonplace in houses that celebrated the holiday.

Santa Clause becomes a nationally known name and is now synonymous with Christmas.

People began to leave gifts for, "Jolly Saint Nick," and presents are often presented as "From Santa" for all the good children in the world.

## THE WRITING CENTER TUTOR

### HOW TO WRITE A BOOK REVIEW

While Reading

Just think about...

- characters
- themes
- motifs
- style of writing
  - passive voice
  - describing words
- key ideas
- tropes
- quotes
- other books by the author

Done reading?

Ready to Write the Review?

#### Introduce the Book

First Write a Short Summary of the Book

- meet the characters
- write as if it were going to be on the back of a book cover
- don't copy the back of the book blurb
- NO spoilers

#### Include!

- price
- genre
  - think past typical
  - is there a journey, heartbreak, or robots?
- mood
  - how's it feel throughout?
- where to buy
- title
- author!
- recommend?

#### Reviewing

- capture interest of audience
- only mention the most pressing points
- summarize your points
  - don't explain every little detail of your points
- agree and disagree
- what worked well?
- how does it compare?
- is it appealing?
- consider what the author researched?

Tips :)

- be careful
  - remember the audience hasn't read the book
- mention good and bad
  - if you really didn't like the book, say that and why, but still mention some good things
- make it interesting
  - use descriptive words and
- don't ramble
  - it should be concise, if you feel like you are repeating, then you probably are
- each word should have Purpose
  - don't use too many fillers

#### Questions?

all of the information is from The Owl at Purdue  
if you have any questions let [jana.russiff@northerncaasschool.com](mailto:jana.russiff@northerncaasschool.com) know  
Find me on GoodReads!  
by Jana Russiff



## BUSINESS OF THE MONTH



We want to say thank you to the entire Northern Cass Team for all your hard work, passion & dedication to meet your learners where they are by providing individualized learning so they can change the world. We appreciate the commitment to change, to disrupt the traditional education model through innovation and for providing a world class education.

*To show Legacy Plumbing's appreciation to the entire Northern Cass team we would like to offer:*



**15% off ANY  
Service plumbing  
or Remodel  
project.**

Offer good for entire month of December 2022, just mention you're on the Northern Cass & save!

**Give us a call at 701-306-3375**

*Follow us on* 

**LIFE FLOWS BETTER WITH LEGACY**



# AN OPEN LETTER TO THE OUT OF CONTROL SPORTS PARENT SITTING NEXT TO ME IN THE STANDS

BY JOHN O'SULLIVAN / WEDNESDAY, 20 MARCH 2019 / PUBLISHED IN ARTICLE

DEAR OUT OF CONTROLSPORTS PARENT,

You.

Yeah, you.

The one shouting "Get the rebound!!!" to your kid. The one with the heart palpitating so loudly that you cannot contain yourself. The one yelling and complaining about the coach. The one hollering at the 13-year-old referee. The one angry at my kid for making a mistake. The one hollering at the kids who made a mistake running the scoreboard in a recreational tournament in a meaningless pool play game.



Yeah, you, the one whose spouse won't sit next to you during the game. The one who is micromanaging every aspect of the game and turning what would be a pleasant, normal Saturday into a heightened state of anxiety for all of us, including your fellow parents stuck next to you for today's game, this season, and our kids' childhoods.

**PLEASE STOP!**

**PLEASE CALM DOWN!**

Let's model good behavior and put it all in perspective for our children. They are here learning how to play a game with other kids with all of its ups and downs and trials and life lessons and friendships.

They are not here to boost our self-esteem. They are not there to entertain us. They have only one childhood. Please let kids be kids. Please let them fall in love with the game. Please let them play. And please, just let me watch in peace!

Thanks,

A Normal Sports Parent



Do you notice the Normal Sports Parents sitting next to you who are quiet? Did you even look at us? You probably didn't. Do you know what we are thinking? Well, I've listened to you holler in my ear all game, so now it's my turn.

Your noise pollution is ruining my day and my experience as a parent. You don't have the right to dominate over all of us sitting here watching and cheering like Normal Sports Parents. You don't have the right to keep blocking my view as you jump up to contest another call, or express your frustration at another mistake by an 11-year-old.

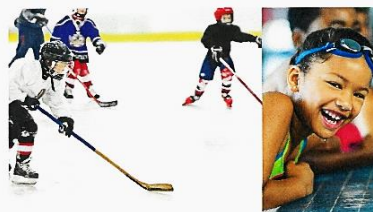
Have you ever stopped to consider any of the following things:

1. You are not helping your kid. Did you ever think of that? Did any of your advice, ever, help anyone on the court? Did your kid swing better, make the shot, score the goal, or improve in any way because you yelled? Did a referee ever change his call? Did it have any positive effect on the game whatsoever?



3. Don't yell at my kid. EVER. What makes you think that this is even OK? If you want to screw up your own kid's journey, that is sad, but it's your kid. As for the rest of them, zip it.

4. No one on the sidelines thinks you are a good parent for yelling like this. Not even your friends. We are all kind of embarrassed for you, and your child. We are just afraid to say it because your kid is pretty good, and we are not sure if the club will support us in telling you to be quiet.



5. You had your turn to play when you were young. Let it go. This will all be over soon, you won't have anyone to drive to practice anymore, and you will have to ask yourself "what was this all for?"

6. You have it all wrong. We don't need MORE games. We need more practice. Why so many games anyway? The number of games rivals professional sports. Kids play almost as many games as they do in the NBA and pro athletes don't even go to elementary school. (Read "Does Youth Sports Get the Math All Wrong") You see, in practice, kids take risks, try new things, learn and develop. They need to think and make decisions and they can't do that if you are yelling at them the whole time because you are focused on the scoreboard. I don't want to get in my car again next weekend and drive to another tournament. How about we stay home and just get better, or even play some pickup games?



2. You are embarrassing your kid. Your kid knows he missed the shot. Do you have to criticize him publicly for it? Now your kid is focused on your voice and the coach's voice and his inner voice and it's taking away the ability to think and make decisions and play. No kid likes to be yelled at publicly, in front of his friends. Do you? When was the last time you were yelled at or shamed by your boss in front of the whole company? You know what kids want parents to say on the sidelines? Nothing. No coaching. At most, general cheering.





# December 2022

\* Whole grain bread, fruit and vegetable available daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 Strawberry Pop Tart, Fruit, Juice, Milk  Meatballs, Mashed Potatoes/Gravy, Salad Bar, Fresh Fruit, Milk	29 French Toast Bites, Fruit, Milk  Big Daddy's Pizza, Corn, Salad Bar, Fresh Fruit, Milk	30 Blueberry Breakfast Bake, Fruit, Juice, Milk  Pulled Pork, Mac & Cheese, Salad Bar, Fresh Fruit, Milk	1 Apple Frudel, Fruit, Juice, Milk  Walking Tacos, Toppings, Salad Bar, Fresh Fruit, Milk	2 Choc Chip Breakfast Bar, Fruit, Juice, Milk  Garlic French Bread, Green Beans, Salad Bar, Fresh Fruit, Milk	3
4	5 Nutri Grain Bar, Fruit, Juice, Milk  Popcorn Chicken, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	6 Cini Mini, Fruit, Juice, Milk  Hot Dogs, French Fries, Salad Bar, Fresh Fruit, Milk	7 Bacon & Egg B-fast Sand, Fruit, Juice, Milk  Chicken Bacon Ranch Pasta, Peas, Salad Bar, Fresh Fruit, Milk	8 Strawberry Bagel, Fruit, Juice, Milk  Egg Bake, Pancakes, Salad Bar, Fresh Fruit, Milk	9 Blueberry Muffin, Fruit, Juice, Milk  Chicken Patty/Bun, Puzzle Tots, Salad Bar, Fresh Fruit, Milk	10
11	12 Cinnamon Pop Tart, Fruit, Juice, Milk  Hamburgers, Sweet Potato Fries, Salad Bar, Fresh Fruit, Milk	13 Berry & Yogurt Parfait, Fruit, Juice, Milk  Chicken & Waffles, Salad Bar, Fresh Fruit, Milk	14 Biscuits & Sausage Gravy, Fruit, Juice, Milk  Scalloped Potatoes & Ham, Peas, Salad Bar, Fresh Fruit, Milk	15 Waffle Bites, Fruit, Juice, Milk  Stuffed Cheese Sticks, Corn, Salad Bar, Fresh Fruit, Milk	16 Chocolate Chip Muffin, Fruit, Juice, Milk  Tator Tot Hotdish, Green Beans, Salad Bar, Fresh Fruit, Milk	17
18	19 Banana Bread, Fruit, Juice, Milk  Hot Ham & Cheese, Hashbrown Patties, Salad Bar, Fresh Fruit, Milk	20 Long John w/Vanilla Icing, Fruit, Juice, Milk  Chicken Fries, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	21 Breakfast Pizza, Fruit, Juice, Milk  Big Daddy's Pizza, Corn, Salad Bar, Fresh Fruit, Milk	22 Christmas Break Begins	23	24
25	26	27	28	29	30	31