



# SHAMROCK SHOUT OUT!

## OCTOBER 2019

### October Events

1st - John Glenn School Board mtg. 7 PM  
8th – Fire Safety Day KDG. 1<sup>st</sup> & 6<sup>th</sup> Grade  
9th – PTO Meeting in Library 3:30  
11th– End of 1<sup>st</sup> Grading Period  
15th- John Glenn School Board mtg. 7 PM  
15th – NLES Picture Retake Day  
21st - Report Cards emailed  
21-25<sup>th</sup> – Red Ribbon Week  
14<sup>th</sup>-15<sup>th</sup> – Parent/Teacher Conference 3:15-7:15  
17<sup>th</sup>-18<sup>th</sup> – Fall Break – No School

### Grandparents/VIP Week Sept. 30 - October 4

This special day is from 8:30-9:30 with some light snacks, drinks, picture, and a visit to the book fair.

Sept. 30 Monday: 3<sup>rd</sup> & 6<sup>th</sup> Grade

Oct. 1 Tuesday: 1<sup>st</sup> Grade

Oct. 2 Wednesday: 4<sup>th</sup> Grade

Oct. 3 Thursday: 2<sup>nd</sup> & 5<sup>th</sup> Grade

Oct. 4 Friday: KDG

Book Fair: <http://www.scholastic.com/bookfairs/>

### JGSC Parent/Teacher Conference Reminder

To accommodate parents in attending multiple conferences at different building levels, students in Gr. 7-12 on Oct. 2 from 3:15-7:15 PM. The elementary students in grade KDG-6 will be on Oct. 14 & 15 from 3:15-7:15 PM.

### Veterans Day Sign Up

Attached paper to sign Veterans up to attend the program or be recognized on November 11 at 1:00 PM.

### Boys Basketball and Cheerleading

Sports physicals are required prior to first scheduled practice which is planned around the week of Oct. 21

### Transportation Changes

We ask that you CALL the office with any transportation changes (bus, car rider etc.) by 1:30 PM. Emails to teachers and office staff are convenient but not always reliable when staff may be absent.

### NLES Food Drive – Starts November 1

'Tis the season for sharing, kindness and caring for others! Our North Liberty 6<sup>th</sup> grade Student Council members will hold its 15<sup>th</sup> annual community wide Food Drive from November 1 through Friday, November 16<sup>th</sup>. Please send in your food donations any day of the week. No glass items please. Donations may be given to homeroom teachers or they may be placed in the collection boxes as the children enter the building at the beginning of the day. The collection boxes are under the Student Council sign by the front office. Please help us make this the best food drive so far. Thank you for helping our school make a difference in our community. Contact 6th grade Student Council sponsor, Mrs. Houston, with questions.

### School Safety Measures

We are blessed to have Officer Sean Stuart work as our School Resource Officer (SRO). His vigilance helps build strong public relations with the students, staff and community. Officer Stuart works closely with the NLES School Safety Crisis Team training and recommending safety measures in crisis situations with our staff.

### JGEF – Amazon Smile

Support JGEF and use Amazon Smile when you shop online. Select John Glenn Education Foundation as your charitable organization, Amazon will donate .05% of your total purchase. Log onto AmazonSmile and use the link below to support the John Glenn Education Foundation <https://smile.amazon.com/ch/81-4641815>

### Before & After Program: “Lights on Afterschool”

A day of celebration for Aftercare programs across the nation. We are spotlighting the need and importance of Aftercare programs for our youth. Open to all Elementary JGSC parents and children. Staff and children will demonstrate activities. Special gifts and snacks for those participating in the games.

Where: Walkerton Elementary School

When: Tuesday Oct. 24, 2019

Time: 6:30 pm to 7:30 pm

Activities: games, prizes and snacks

A great place to learn, teach, lead and succeed.

NORTH LIBERTY VETERANS DAY PROGRAM

NOVEMBER 11<sup>th</sup> @1:00PM

NLES MAIN GYM

Please let us know any veteran that will be attending

*Please indicate if your veteran is a World War II Veteran.*

*Invite all Veterans even if they do not have children, etc. at the school.*

Thank you,

North Liberty Staff

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Veteran's Name: \_\_\_\_\_

Branch of Military: \_\_\_\_\_

Wars Served in: \_\_\_\_\_

Student name: \_\_\_\_\_

Home Room Teacher: \_\_\_\_\_

# Home & School

## CONNECTION®

Working Together for School Success

October 2019

North Liberty Elementary  
Melanie Heiser, Counselor

### SHORT NOTES

#### Estimate everything!

Weave estimation into daily life to build your youngster's math skills. While cooking, you might ask, "How many cherry tomatoes do you think are in that container?" Or in a waiting room, challenge her to estimate the number of ceiling tiles. Have her count to check. The more she practices, the better she'll get at estimating.

#### Take initiative

Part of developing initiative is learning to recognize what needs to be done. Instead of guiding your child through each step in a task, get him in the routine of figuring out what to do next. If he's clearing the table and forgets to wipe it off, say, "Take a look at the table—what's the last step?"

#### Family fire drills

Use National Fire Prevention Week (October 6–12) to create a fire escape plan with your youngster. Encourage her to draw a map of your home with two exits per room and a meeting place outside. Then, hold a fire drill. *Note:* Studies show that many kids sleep through smoke alarms, so be sure your plan includes waking everyone up.

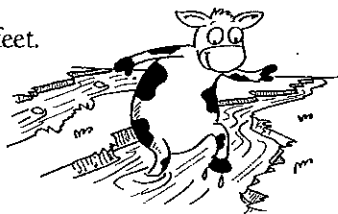
#### Worth quoting

"Learning is a treasure that will follow its owner everywhere."  
*Chinese proverb*

### JUST FOR FUN

**Q:** What do you get when you cross a stream and a brook?

**A:** Wet feet.



## Secrets of better behavior

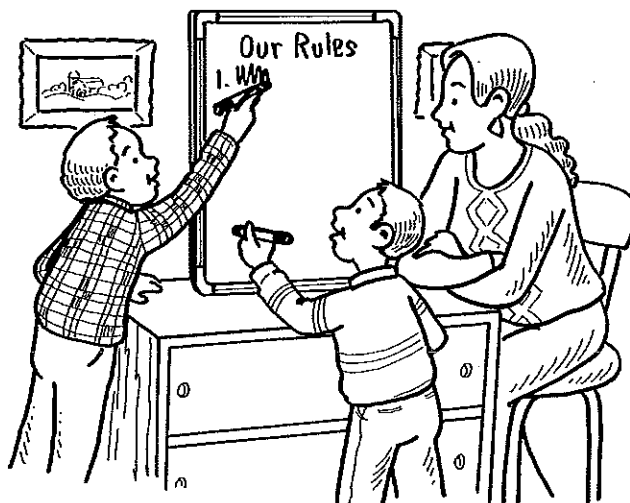
It's no secret that parents want their children to behave appropriately. But what really works? Try focusing on teaching your child to behave rather than punishing him for misbehavior, and you're likely to see better results. Consider these tips.

#### Be a mirror

Your youngster looks to you for guidance, so model the behavior you expect. For example, if he sees you staying calm when you're angry, he'll be less likely to throw fits when he's upset. Talk through your actions, too. You might say, "I had a stressful day at work. I'm going to relax with my book for a little while so I'm not cranky."

#### Make rules together

Children find it easier to remember and follow rules that they have a role in creating. Sit down together, and write a list. Be sure your youngster understands the reason behind each rule. For instance, ask, "Why shouldn't we leave things on the stairs?" (Because someone could trip



and fall.) *Tip:* If you need to add or change a rule, include him in that discussion, too.

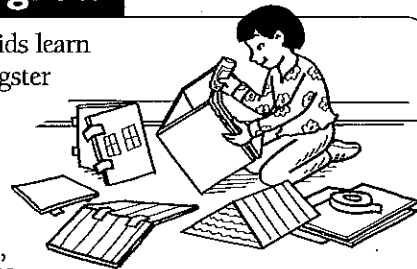
#### Highlight success

When you praise your child, emphasize the good feelings he gets from behaving well. Saying "You must be proud of yourself for waiting so patiently" gives him a sense of accomplishment. That feeling of pride will motivate him to repeat the behavior in the future.♥

### Mistakes make your brain grow

Did you know that mistakes actually help kids learn more? Use these ideas to encourage your youngster to make the most of her mistakes:

- Give your child room to "mess up." You might suspect that masking tape isn't strong enough to hold her project together. But she'll gain more from the experience if she tries, fails, and comes up with a new solution all by herself.
- Help your youngster put mistakes in perspective. Perhaps she forgot to include an important point during her class presentation. Ask her what part went well—maybe her graphics were cool and her classmates seemed interested in her topic.♥

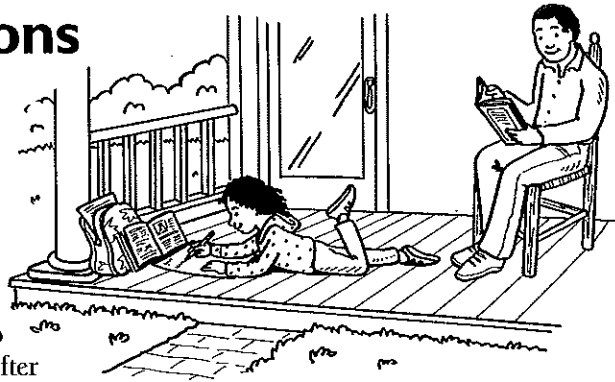


# Homework solutions

Whether your child is new to homework or has been doing it for years, your support can help her do her best. That's important, because homework reinforces what she's learning in school. Here's how to set her up for success.

## Find a good schedule

Set aside a specific time for homework so it becomes a habit, perhaps right before or after dinner. Also, suggest that she figure out a plan that works best for her. She could start with the easiest assignment to gain momentum or get the hardest one out of the way first.



## Eliminate distractions

Make sure your child turns off electronics before she starts homework. Also, you might encourage everyone in the house to have "quiet time" while she does her assignments. Maybe you'll read or pay bills while younger siblings color, for instance.

## Troubleshoot problems

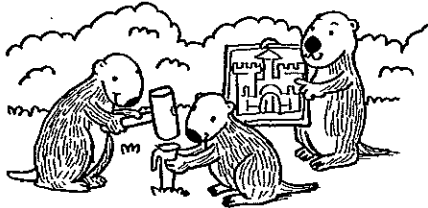
When your youngster gets stuck, offer to help—but avoid telling her the answers. If she's confused by the directions, try reading them together. Or if she's struggling with an addition problem, offer to walk her through a few sample problems in the back of her math book.♥



## PARENT TO PARENT

### Engineer a maze

Ever get lost in a corn maze? That's what happened to our family last week at a fall festival. When we made our way out, the farmer explained that engineering and technology were used to create the maze.



My son Mason was fascinated. We learned that a designer drew the maze on a computer. Then, an engineer generated GPS coordinates, which guided the farmer as he mowed the corn into the maze.

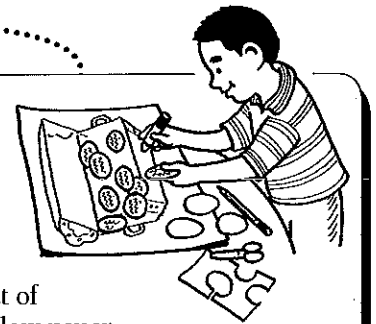
At home, Mason decided to create his own maze. He drew a castle-shaped design and plotted it out in the yard with tent stakes. Next, he arranged pool noodles, lawn chairs, and other outdoor items between the stakes. When it was ready, he invited friends over to go through his maze.

Now Mason is busy planning his next maze. I can't wait to see what it is!♥

## ACTIVITY CORNER

### Be a true friend

Children who form friendships with classmates tend to do better in school. Inspire your youngster to "treasure" his friends with this writing activity.



- 1. Draw:** Have him draw a treasure chest on a sheet of paper and make "coins" by cutting circles out of yellow paper.
- 2. Identify:** Take turns naming things you each value in a friendship. *Examples:* Being loyal, enjoying the same things, helping each other. Your child can write each idea on a separate coin.
- 3. Discuss:** Let him glue the coins onto his treasure chest. As he adds each one, you can both share real-life examples from your own friendships. Your youngster might say, "Raul and I like to read together at language arts time," and you could say, "My friend Jess helped us by bringing meals over after your sister was born."

Hang up his treasure chest as a reminder of qualities he'll look for in his classmates—and will remember to show in himself.♥

## Q & A

### The parent-teacher team

**Q:** I want to be more involved in my daughter's education. Where should I start?

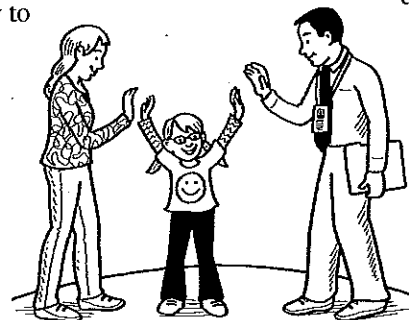
**A:** Teaming up with your child's teacher is a great way to get started. Send the teacher a nice email, perhaps about a classroom activity your daughter enjoyed, and let him know you'd like to stay in touch throughout

the year. You might ask if you can volunteer in the classroom or from home.

Also, look over papers the teacher sends home. You'll see how your child is doing in various subjects.

Then, if she's struggling with anything, you can reach out to the teacher for advice.

Finally, tell your daughter that you and her teacher are a team, with the same goal—helping her succeed in school.♥



**OUR PURPOSE**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated  
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 800-394-5052 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
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Stephanie Reynolds  
 College & Career Readiness  
 Urey/North Liberty/Walkerton Elementary  
 sreynolds02@jgsc.k12.in.us

**YOU CAN HELP OUR STUDENTS EXPLORE CAREERS**

- Volunteer to be a Career Speaker.
- Take us on a virtual tour of where you work by using your phone/camera to record yourself taking us on a tour.
- Send in pictures of what you do at work.

We have the BEST families at NLES...we appreciate your help and support!!

**"Follow your dreams and use your natural-born talents and skills to make this a better world for tomorrow."  
 - Paul Watson**

**CAREER DEVELOPMENT TIPS FOR PARENTS: KINDERGARTEN –3RD GRADE**

**Your child...**

- Relieves tension in "active ways.
- Has trouble distinguishing between fantasy & reality
- Has energy, energy, energy!

**Career Development Support...**

- Show examples of work & play
- Provide role-playing toys
- Limit TV/Video game time
- Tell your child the gifts you see in them-help them identify his/her own interests
- Speak positively to your child about dreams of the future

**It's never too early to talk about...  
 College and Career Readiness!**



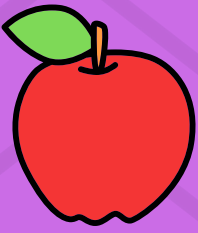
**CAREER DEVELOPMENT TIPS FOR PARENTS: 4-6th GRADE**

**Your child...**

- Has his/her own mind but is easily influenced by others
- Can take on more responsibility
- Is becoming well rounded in their interests
- Already believes being part of groups is important

**Career Development Support...**

- Encourage good work habits at home
- Don't base chores based on gender stereotyping
- Participate in school career related activities
- Demonstrate how doing well in school will help future work



# EVERY SCHOOL DAY COUNTS



**MacKenzi Lowry**  
**Academic Attendance**  
**Coach**  
**mlowry@jgsc.k12.in.us**

## Ways to Promote Metacognition

Teaching your child metacognition can help them become more independent and successful learners.

"Metacognition is the ability to reflect and critically analyze your own thought processes." The purpose of metacognition is to be able to plan, monitor, and assess one's understanding and performance. Essentially, it is thinking about the way you think.

### Promote Self-monitoring and Evaluation

- You can do this by having your child ask themselves open ended questions. Some examples may include:
  - 1) Who can I ask for help?
  - 2) What do I need to do first?
  - 3) Why is this true?
  - 4) How can I get better?
- You can also encourage them keep a journal/diary, and make an entry each day. In that journal, have your child reflect on what they did well and what they could do better.
- Having your child set a goal that is challenging and realistic is another way to reinforce metacognition.

### Try not to Blame

When a child acts out, ask them to think about their behavior, and how it affects their surroundings (people, environment, and themselves). Asking them to think about their behavior can help them process and navigate difficult situations in a more effective way.

### Be solution focused

Encourage your student to look at previous situations and how they they were handled, so they can handle similar situations more productively in the future.

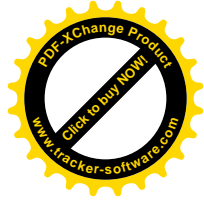
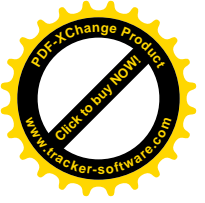
As the academic attendance coach, I provide supplemental executive function lessons to 5th and 6th grade students who did not pass ILEARN the prior school year, as well as meet with students who have frequent unexcused absences

## Attendance Corner

At NLES, we want to make sure our students are successful. For us to accomplish this, student attendance must continue to be a priority. Although teachers are one of the most important school- related factors in a students success, they cannot impact or provide learning opportunities for children who are absent. Of course, there will be times when students must miss school, but our goal is to make sure students are only absent when necessary. **Just remember, if your child is going to be absent, always call the school so we know that your child is safe.**

### DID YOU KNOW?

Being frequently absent early on in a child's school career not only shows lower achievement in math, reading, and general knowledge, it is also a common statistic of high school dropouts.



Winter Break Enrichment 2019

Dear parents,

Registration for the sixth winter Break Enrichment is just starting. Enrichment will be at North Liberty Elementary on Dec 23, 26, 27, 30 and Jan 2&3. **We will be CLOSED on Tuesday Dec 24 and Wednesday Dec 25.** Our program will be open from 6:00am until 6:00pm. The cost of the program will be \$20 a day. Payments are to be made in full by December 6, 2019 to guarantee a spot in the enrichment. Please write in on the days you plan on using. Due to rising cost, the program must have at the **minimum 12 children daily** or we will not be open that day. To assure the quota you will need to submit the days you will need by Dec 2, 2019. If there are days not filled, B&A will be forced to close that day of enrichment. Having the schedule by Dec 2 will allow B&A to let parents know ahead of time if plans need to be changed. Thank you for your help in this matter.

Sincerely  
Charman Dreessen

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Childs' name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Parents' Name \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Contact (name) \_\_\_\_\_

(other than parent)

Emergency Phone \_\_\_\_\_

**ALL** Allergies \_\_\_\_\_

Dentist (name & phone) \_\_\_\_\_

Doctor (name & phone) \_\_\_\_\_

Dec 23	Dec 24 CLOSED	Dec 25 CLOSED	Dec 26	Dec 27
Dec 30	Dec 31 CLOSED	Jan1 CLOSED	Jan 2	Jan 3



# Parent Volunteers Needed

Dear Parents,

Pto is looking for volunteers to help with the activities we will be doing for the 2019-2020 school year. We have many different options of volunteering depending on your comfort level. Please fill out the information at the bottom and check any and all activity/activities you would be interested in doing. I will contact you a week before the event. If have any questions or would like more info on the activities I have provided please call me at 574-339-9178 Thank you Melinda Frick Pto President.

Parent & child's name: \_\_\_\_\_

Teacher\_\_\_\_\_

Phone number\_\_\_\_\_

I would like to volunteer for

Grandparents/Vip Day \_\_  
(September 30-October 4) 8:30-9:30am

Christmas Crafts \_\_  
Usually scheduled the first or second week of December from 8:10-10:00am or 1:15-2:40

Book Fair\_\_\_\_  
Done 3 times a year during grandparents day, Ice cream Social, and Funfair

Fun Fair\_\_\_\_  
Funfair will be held April 17 from 5:00-8:00

Honor Roll Breakfast\_\_  
Held in the Cafeteria In May TBD

Staff Appreciation\_\_\_\_  
Held in May. TBD





THE FUNTASTIC AND HIGH-FLYING  
**HARLEM WIZARDS**  
 ARE COMING TO TOWN!



TO BUY TICKETS, SEE OTHER SIDE OR GO TO  
**HARLEMWIZARDS.COM**

★ ★ ★ GAMES SELL OUT FAST, BUY YOUR TICKETS NOW! ★ ★ ★

**TWO WAYS TO PUMP UP YOUR PARTICIPATION**

**COURTSIDE PLUS**

**WARM UP WITH THE WIZARDS**



- Courtside Seating
- Meet & Greet with 2-3 Wizards
- \$10 discount on a Wizards Jersey

\*See reverse for full offer.  
 (Limit 50 tix)

With the purchase of a Wizards replica jersey and game ticket, you can be a Wiz Kid!

- The fun begins soon after the doors open. Our MC will introduce you as a **Wiz Kid!**
- 30 Minutes prior to the show, you will be on the court warming up with the Wizards!

(See the reverse for more details)



\*First 75 Purchased



# TICKET ORDER FORM



VS

**The FIERCE FALCONS!**  
Featuring: Teachers & Staff from...  
*John Glenn School Corporation!*

This Slamtastic Community Event is Hosted By:  
*John Glenn Education Foundation*  
& proudly sponsored by: *Swan Lake Resort*

**\*\*\*ORDER YOUR TICKETS NOW! WIZARD GAMES SELL OUT ALL OVER THE COUNTRY!\*\*\***

<b>Date</b>	October 26, 2019
<b>Time</b>	6:30 pm (Doors open @5:30)
<b>Venue</b>	John Glenn High School
<b>Fundraiser for:</b>	Students and Staff

Ticket Type	Advance Price	Door Price	Quantity Advance	Total
Gen. Admission	<b>\$10</b>	\$12		\$
Reserved*	<b>\$18</b>	n/a		\$
Courtside Plus**	<b>\$30</b>	n/a		\$
<b>Total</b>				<b>\$</b>

\*Special reserved seating close to the court and free poster voucher (maximum 200)

\*\*Courtside seating (maximum 75), 10 minute meet & greet with 2-3 Wizards, souvenir lanyard, free team photo, and \$10 discount on Wizards replica jersey. **Arrive at the gym 1 hour before game time**

### **Special Opportunity to Warm up with the Wizards! (Maximum 75 kids)**

Become a "Wiz Kid!"- With purchase of Wizards replica jersey you will be able to join the players on the court for some pre-game fun! Experience includes:

- Personal introduction to crowd as a "Wiz Kid" member by our MC!
- Warm-up with the Wizards (beginning 30 minutes prior to game)!
- Participation in the Wizards grand entrance!
- Group photo opportunity with both teams

**Order your jersey(s) now at [www.harlemwizards.com](http://www.harlemwizards.com)\* and pick up at the Wizards Souvenir Store when you arrive!**

*\*Go to Schedule & Tickets, search for your event date, and click the "blue select" button to purchase\**

*\*\*In the event that your selected size does not fit or is unavailable, you may change sizes, or receive a full refund\*\**

**Reserved and Courtside Plus tickets must be purchased online! Call 574-586-3129 if you need assistance.**

Total \$ amount of Tickets: \$\_\_\_\_\_

Student name \_\_\_\_\_ School \_\_\_\_\_ HR Teacher \_\_\_\_\_  
Parent name \_\_\_\_\_ Phone # \_\_\_\_\_ Email \_\_\_\_\_

**CASH AND CHECKS ARE ACCEPTED! – MAKE CHECKS PAYABLE TO: John Glenn Education Foundation (JGEF)**  
Or buy your tickets online @ [www.harlemwizards.com/schedule-tickets](http://www.harlemwizards.com/schedule-tickets)

\*Children 3 & under admitted free \*Limited # of CSP/Reserved tickets \*Non-Refundable

\*Order does not guarantee purchase \*We will notify you if tickets are sold out \*

Please return this form to your school marked **Harlem Wizards Tickets: c/o School Coordinator Lisa Sleek**.  
Make checks payable to: JGEF. **Please note: Tickets ordered through the schools will be sent home with your child.**

**THIS IS NOT A DROP OFF EVENT – K-6 STUDENTS MUST BE ACCOMPANIED BY ADULT**

PpPP

# OCTOBER | 2019

## North Liberty Elementary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b> Tangerine Chicken/rice Sweet Peas Carrot Coins Pineapple Tidbits Fortune Cookie</p>	<p><b>1</b> All Beef Hot Dog Garden Bar Baked Beans Applesauce Sugar Cookie</p>	<p><b>2</b> Hamburger Bar Oven Baked Fries California Blend Veg Diced Peaches</p>	<p><b>3</b> Chicken Nuggets Dinner Roll Mashed Potatoes/gravy Green Beans Mandarin oranges</p>	<p><b>4</b> Pepperoni Calzone Garden Bar Golden Corn Fruit</p>
<p><b>7</b> Crispy Breaded Pork Sand Sweet potato Fries Creamy Cole Slaw Sweet Peas Baked Cinnamon Apples</p>	<p><b>8</b> Soft Taco/Toppings Refried Beans Spanish rice Golden Corn Diced Pears</p>	<p><b>9</b> Chicken Patty/bun Garden Bar Oven Baked Fries Diced Peaches Confetti Cookie</p>	<p><b>10</b> Penne Pasta Bar (Spaghetti or Alfredo sauce) Garlic Bread Steamed Broccoli Carrot Coins Mixed Fruit</p>	<p><b>11</b> Cheese Stuffed Bread St Bites Dipping sauce Garden Bar Green Beans Fruit</p>
<p><b>14</b> Chicken Drumstick Mashed potatoes/gravy Green Beans Mandarin Oranges Blueberry Muffin</p>	<p><b>15</b> Deli Sub Sandwich Sun Chips Carrot/celery/dip Baked Beans Diced Pears</p>	<p><b>16</b> Cheese Pizza Golden Corn Lettuce Salad Diced Peaches Sidekick Fruit Slushie</p>	<p><b>17</b> No School Fall Break</p>	<p><b>18</b> No School Fall Break</p>
<p><b>21</b> Honey BBQ Rib Sandwich Sweet Potato Fries Creamy Cole Slaw Sweet Peas Diced Pears</p>	<p><b>22</b> Chicken Tenders Dinner Roll Roasted Butternut Squash Green Beans Mixed Fruit</p>	<p><b>23</b> Cup of Chili <b>Rich's Cheese Crunchers (2)</b> Golden Corn Garden Bar Applesauce</p>	<p><b>24</b> Chicken &amp; Noodles w/w Bread/butter Mashed Potatoes Carrot Coins Diced Peaches</p>	<p><b>25</b> Cheese or Pepperoni Pizza Garden Bar Mixed Vegetables Fruit Carnival Cookie</p>
<p><b>28</b> Tangerine Chicken/rice Sweet Peas Roasted Baby Carrots Pineapple Tidbits Fortune Cookie</p>	<p><b>29</b> All Beef Hot Dog/bun Garden Bar Baked Beans Applesauce</p>	<p><b>30</b> Hamburger/Bar Oven Baked Fries California Blend Veg Diced Peaches</p>	<p><b>31</b> Chicken Nuggets Dinner Roll Mashed Potatoes/gravy Green Beans Mandarin Oranges Halloween Cookie</p>	<p><b>1</b></p>

### News

Reduced Lunch: \$.40  
Full Pay Lunch: \$2.10

Milk is included with all meals.

Each student needs to take at least 3 options with one of them being a fruit or vegetable. Students are encouraged to take all 5 options.

Parents remember you can make payments and check your students account on Myschoolbucks.com

This institute is an equal opportunity provider

Menu subject to change

# OCTOBER | 2019

## John Glenn School Corp Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Hard Boiled Egg ½ Bagel w/ cream cheese Fruit Fruit Juice	2 Pancake Wrap Syrup Fruit Fruit Juice	3 Apple Frudel Fruit Fruit Juice	4 Breakfast Burrito Fruit Fruit Juice
7 Apple Cinnamon Tx Toast Fruit Fruit Juice	8 Yogurt Assorted Muffins Fruit Fruit Juice	9 French Toast Sticks Syrup Fruit Fruit Juice	10 Scrambled Eggs w/w Toast Fruit Fruit Juice	11 Cinn Blueberry Bread Stick Fruit Fruit Juice
14 Egg & Bacon Pizza Fruit Fruit Juice	15 Banana Bread Fruit Fruit Juice	16 Cheese Omelet w/w Toast Fruit Fruit Juice	17 Chicken & Biscuit/sand Fruit Fruit Juice	18 Yeast Donut String Cheese Fruit Fruit Juice
21 Sausage Gravy Pizza Fruit Fruit Juice	22 Hard Boiled Egg ½ Bagel w/ cream cheese Fruit Fruit Juice	23 Pancake Wrap Syrup Fruit Fruit Juice	24 Apple Frudel Fruit Fruit Juice	25 Breakfast Burrito Fruit Fruit Juice
28 Apple Cinnamon Tx Toast Fruit Fruit Juice	29 Yogurt Assorted Muffins Fruit Fruit Juice	30 French Tst Sticks Syrup Fruit Fruit Juice	31 Scrambled Eggs w/w Toast Fruit Fruit Juice	1

### News

Reduced Breakfast: \$.30  
Full Pay Breakfast: \$1.30

Milk is included with all meals.

Assorted cereal choices are also available daily.

Each student needs to take at least 3 options with one of them being a fruit.

Menu subject to change.