

Freeman Public Schools  
415 Eighth Street  
PO Box 259  
Adams NE 68301-0259

## IMPORTANT ANNOUNCEMENTS

\*\*\*[FREE AND REDUCED APPLICATIONS LINK](#)\*\*\*

### **FREE & REDUCED MEAL APPLICATIONS**

A NEW MEAL APPLICATION IS NEEDED TO QUALIFY FOR FREE OR REDUCED MEALS. ONLY ONE MEAL APPLICATION IS NEEDED PER HOUSEHOLD. FOLLOW THE LINK ABOVE, CALL THE SCHOOL OFFICE OR APPLICATIONS CAN ALSO BE FOUND ONLINE AT [www.freemanpublicschools.org](http://www.freemanpublicschools.org)

### **No School Days in September**

Monday, September 4<sup>th</sup>. Happy Labor Day!

Monday, September 25<sup>th</sup> Professional Development Day.

### **SCHOOL PICTURE RETAKES**


WILL BE WEDNESDAY, OCTOBER 11<sup>TH</sup>

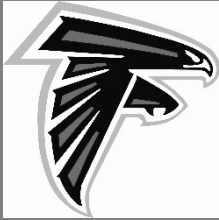
### **FALL PARENT-TEACHER CONFERENCES**

Parent-Teacher Conferences will be held on Monday and Wednesday, October 16 & 18. Online sign up will be sent out at a later time.

**Attention, Junior Parents!** The ACT for juniors is March 26, 2024. It is now a state requirement for all juniors to take the AC through the school. Freeman's juniors will be testing at the Adams Community Building on Main Street. The date provided is the ONE DAY across the state that schools can give the paper/pencil version of the test. Therefore, PLEASE MAKE SURE MARCH 21 IS LEFT CLEAR ON YOUR CALENDAR. Do not schedule medical appointments, dental appointments, college visits, etc. More information will follow later.

September, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9am Cross Country- JV/V @ Tecumseh Country Club <b>7pm Ftball-V @                      Freeman</b>	FFA State Fair <b>9am Vball-V @ Freeman                      North Gym, South Gym</b> 9am Sftball-V @ Fairbury
FFA State Fair	No School FFA State Fair	4pm Ftball-JH @ Johnson County Central 5pm Vball-V @ Johnson County Central High School	5pm-8pm 3rd and 4th grd vball @ South Gym 6:30pm-8pm 5th Grade Vball South Gym	4pm Cross Country- JV/V @ Fairbury 4:30pm Sftball-V @ Geneva Ball Complex <b>5:30pm Vball-JV @                      Freeman</b> <b>6:30pm Vball-V @                      Freeman, North Gym</b>	7pm Ftball-V @ Conestoga	9am Vball-JH @ Diller- Odell 9am Sftball-V @ Fiedler Family Ball Complex 10am Vball-V @ North Bend Central High School
5pm-6:30pm 4th Grade Volleyball South Gym	Vball-V TBD @ SCC Beatrice 4:30pm Cross Country- JV/V @ Walnut Grove Park, Omaha <b>6pm Ftball-JV @                      Freeman High School</b>	Vball-V TBA vs. @ SCC Beatrice <b>4:30pm Ftball-                      JH Palmyra @ Freeman</b> <b>5pm Sftball-JV @ Zion</b> <b>6:30pm Sftball-V @                      Zion</b>	FFA Husker Harvest Days @ Grand Island 1pm Vball-JH Exeter@ Friend 5pm-8pm 3 <sup>rd</sup> , 4th grade vball South Gym 6:30pm-8pm 5th Grade Vball South Gym	Vball V TBA @ SCC Beatrice 5pm Sftball JV @ Beatrice 6:30pm Sftball-V @ Beatrice	7pm Ftball-V @ Milligan	8am Vball-JV @ Lewiston School
5pm-6:30pm 4th Grade Vball @ South Gym	8:15am-3:30pm Yrbk @ Mahoney St Prk <b>4:30pm Ftball-JH@                      Freeman</b> 5pm Ftball-JV @ Conestoga	3pm Cross Country- JV/V @ Branched Oak St Rec 4pm Sftball-V @ Hackberry Prk <b>5pm Vball-V @ Freeman</b>	1:30pm Vball-JH @ Sterling 5pm-8pm 3rd 4th grd vball @ South Gym 6:30pm-8pm 5th GrdeVball @ South Gym	TeamMates Chuck a Duck @ Freeman 5pm Sftball-JV @ Lincoln <b>6pm Vball-JV @                      Freeman</b> 6:30pm Sftball-V Lincoln <b>7pm Vball-V @ Freeman</b>	<b>7pm Football-                      Varsity Johnson County                      Central @ Freeman High                      School</b>	TBD Cross Country-@ Kansas University 9am Sftball-V @ Auburn Complex <b>9am Vball-JH @ Freeman</b> <b>9am Vball-JV @ Freeman</b>
5pm-6:30pm 4th Grd Vball @ South Gym	No School - Professional Development 4:30pm Ftball-JH @ Milligan <b>6pm Ftball-JV @                      Freeman</b> 6pm Vball-JV @ Auburn 7pm Vball-V @ Auburn	<b>4pm Vball-JH @                      Freeman</b> <b>5pm Sftball-@ Zion</b> <b>5:30pm Vball-JV @                      Freeman</b> <b>6:30pm Sftball-V @ Zion</b> <b>6:30pm Vball-V @                      Freeman</b>	8:15am3:30pm Yrbk Ad Sales 5pm-8pm 3rd and 4th grd vball South Gym 6:30pm-8pm 5th Grd Vball @South Gym	5pm Vball-V @ Southern 5pm Sftball-JV @ Centennial 6:30pm Sftball- V Centennial	4pm Cross Country-JH @ Pioneers Prk 7pm Ftball-V @ Southern	9am Vball-JH @ Lincoln Christian



# DANIEL FREEMAN PUBLIC SCHOOLS

QUALITY EDUCATION FOR ALL LEARNERS

[www.freemanpublicschools.org](http://www.freemanpublicschools.org)

**September  
2023**

## No School Days

September 4, 25  
October 20, 23, 24  
November 22-24  
December 20-31  
January 1-3, 15  
February 21  
March 7, 8, 29  
April 1, 2

## Early Dismissal

January 26  
May 14

415 8<sup>th</sup> Street  
PO Box 259  
Adams, NE 68301

Phone:  
402.988-2525  
Fax:  
402.988-3475

## FROM THE SUPERINTENDENT, MR. ANDREW HAVELKA

Freeman Families:

We are off and running at Freeman Public Schools! Our second full week is coming to an end. The football, volleyball, and cross-country teams will see their first action this week and our softball team is already 4-0! It has been great to see students in the building, moving from class to class, enjoying specials, and being challenged in the classroom.

During the first ten days of school, I can't help but notice the excitement from our students and staff about being in school. Our 2nd annual back-to-school open house and activity fair was unforgettable! We saw students and families here gearing up for the school year and discovering all the different activities at Freeman. That event helped us get the year off to a great start and I look forward to seeing that momentum continue.

You will hear quite a bit this year about the recently completed district facility study. With our steady enrollment growth, discussions regarding increased opportunities for our students and improvements to our facility will continue to take place. From previous long-range planning and this facility study, the following facility and infrastructure priorities have been identified:

- Career & Technical Education**
- Kitchen**
- Cafeteria/Commons Space**
- Safe/Secure Entrances**
- Parking**
- Athletic Green Space**
- Pre-School**

Community and staff engagement sessions will be scheduled in September and October to share the concept plans and discuss the next steps. Those dates will be announced at the September 11th Board of Education meeting.

I hope everyone has a great month. This newsletter is FULL of information about the beginning of the school year. Please reach out to the school if you need anything, and we will do our best to help.

Andrew Havelka, Freeman Superintendent

402-988-2525 x103 | [Andrew.havelka@freemanschools.net](mailto:Andrew.havelka@freemanschools.net) | Twitter: @FreemanPS\_Supt



## From the 7-12 Principal, Mr. Cody Wallinger

With this September newsletter, I wanted to take an opportunity to reach out to the parents, guardians, grandparents, and anyone else tasked with the substantial responsibility of raising a child in today's world. This message to all of you is extremely short. Two words, actually. Thank you.

The reason behind the message, however, is quite a bit lengthier. About a month ago, I found myself traveling down the dreadful Facebook rabbit hole. You know what I'm talking about. Those moments of weakness where you just keep scrolling, with no mental finish line in sight. As my thumb continued to slide up, I stumbled across the picture of a young Opie Taylor staring off into the distance. In the background, were none other than two of America's greatest television characters of all time, deputy Barney Fife and Opie's father, sheriff Andy Taylor, looking warily back at the young boy.

Now, growing up with a dad who made sure "The Andy Griffith Show" was playing on TV Land every night before bed, I knew instantly this was a post I'd be investing my time in. So, I read: **When a hobo told Andy he should just let Opie "decide for himself" how he wanted to live... He had these words of Mayberry wisdom.**

*"Nah, I'm afraid it don't work that way. You can't let a young'n decide for himself. He'll grab at the first flashy thing with shiny ribbons on it. Then, when he finds out there's a hook in it, it's too late. Wrong ideas come packaged with so much glitter that it's hard to convince them that other things might be better in the long run. All a parent can do is say 'Wait' and & 'Trust me' and try to keep temptation away."*

With that passage in mind, I lay before you the foundation for my previously mentioned gratitude. As parents, guardians, grandparents, or whatever other title you may hold, the fact of the matter remains that whenever the well-being of another individual is laid at your feet, it takes strength and resolve, beyond measure, to properly carry out your obligations. In my very short time in Freeman, I've already encountered and/or heard of a handful of adults who have met this "Mayberry Challenge" head on. Individuals and couples who have stepped into my office, and ultimately stepped up to the plate, in squashing any sort of temptation to prioritize the shiny temporal ribbons currently on display over the meaningful ones, life wants to hand their children down the road.

Thank you for working with us to help hold your children accountable now, so they understand accountability when it really matters. Thank you for helping us encourage the message of self-reflection regardless of the variables, so that when kids become adults, they have the ability to determine their own level of success void of their surroundings. Thank you for helping us promote uncomfortable opportunities, so that true growth can occur. Thank you for helping us extend consequences so that levels of severity can be understood, in genuinely safe environments. Thank you for promoting and nurturing participation across all our Falcon endeavors, so that our kids understand their true capabilities. Thank you for showing up and showing out at everything offered, so that good and honest examples of love can be on display, regardless of the arena. Ultimately, thank you for entrusting us with your most prized possessions.

As I wrap up my thoughts, I'm brought back to one of my favorite doctrines, The Stonecutter's Creed: **"When nothing seems to help, I go look at the stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow, it will split in two and I know it was not that blow that did it, but all that had gone before."**

While we, as educators and parents, are not promised the reality of bearing witness to the fruition of our labors, we can...no, we MUST hang our hats on this certainty. That whenever that stone ultimately gives, it will be the result of all our previous work finally revealing itself. Let's keep hammering away!

### Communication:

If you are wondering what is happening at Freeman, here are a few ways to get connected:

- [Freeman Website](#)
- [rSchool Activities Calendar](#)
- [Falcons In Action](#)
- [Facebook](#)
- X (Formerly known as Twitter): @Freeman\_Falcons and @FreemanPS\_Supt

Freeman Public Schools has a duty to identify, refer, evaluate, and if eligible, provide a free, appropriate public education to students with disabilities. If you suspect that your child is struggling in school or may have a disability, Freeman Public Schools can assist you.

For additional information about the rights of parents of eligible children or for answers to any questions you might have about identification, evaluation, and placement into Section 504 and special education programs, please contact Freeman's superintendent, Dr. Andrew Havelka at 402-988-2525

#### SCHOOL MESSENGER NOTIFICATION SYSTEM

Freeman will again be using School Messenger to notify you of important events and un-planned school closings. The system automatically uses the number/email from PowerSchool. Remember to notify the office if you need to make any changes to the numbers/emails you provided. School Messenger will also call at 9:00 am if a student is marked absent without a call from the parent.



## Homecoming Parade

#### Coaches/Sponsors

Lisa Riha

Sammie Garton

Aimee Parde

Kristen Kroeker

#### EMAILS

[lriha@freemanschools.net](mailto:lriha@freemanschools.net)

[sammie.garton@freemanschools.net](mailto:sammie.garton@freemanschools.net)

[aparde@freemanschools.net](mailto:aparde@freemanschools.net)

[kristin.kroeker@freemanschools.net](mailto:kristin.kroeker@freemanschools.net)

Mark Your Calendars....

Homecoming Parade will be Friday Oct. 6 @5:30 on Main Street

Homecoming Parade Parent Meeting will be Wed. Sept. 27 @6:00

More information about Homecoming Theme and Parent Meeting will be sent home the last week of September. Go Falcons!

#### ADMISSION PRICES/SEASON ACTIVITY PASSES

Admission for Freeman varsity contests will be \$6.00 for adults and \$5.00 for students and senior citizens (age 65+). Students in grades 7-12 are admitted to Freeman events free after paying their activity fee.

Admission for Freeman non-varsity contests (JH, JV, 9/10, etc.) will be \$5.00 for adults.

Season passes are good for all home athletic events except holiday, conference and NSAA sponsored tournaments. Season passes offer significant discounts to regular admission prices.

#### Season Pass Pricing:

Adult- 18-64 \$75

Senior 65 + \$55

Student

Family

\$55 (non-participants)

\$150

\* Family is considered immediate family members living at home.

\*College students are considered adults

### FACILITY USAGE

Shortly after school begins, the office starts getting requests for use of the gym for practices from parents who are coaches for their children's Y-sponsored teams. When wanting to reserve any space within the school, you need to start the reservation process on the freeman home page. <https://freemanpublicschools.org>. The FACILITIES REQUEST FORM tab is below the Falcon Flyer tab. Click there to start the process. If you have issues, please contact Greg Veerhusen at 402-988-2525. All requests for any outside facility usage will go through this system.

### STUDENT FEES

All 7-12 students will be required to pay a technology fee of \$15. 7-12 students participating in any activity will be required to pay a \$65. activity fee. Activities include band, quiz bowl, speech, FFA, FBLA, One Act, Cheer, and all athletics.

The activity fee will be used to offset the expense of transportation, officials and entry fees. The technology fee will allow the student to keep their Chromebook when they graduate.

The activity fee for ALL 7-12 students wishing to take part in activities will be \$65 activity fee + \$15 technology fee with a total of **\$80 per student**. This is a YEARLY fee, not per activity. **Families who qualify for free or reduced lunch may qualify to have these fees waived.** Please speak with Vici in the HS office to get the appropriate paperwork.

Students who pay their yearly activity fee will also be granted access to all regular season activities at Freeman. Tournaments, Conference events, and State events will NOT honor these passes.

### CANVAS INFORMATION

The best way to see what your upper elementary, junior high and high school students are doing in class is by creating an Observer account in Canvas, which is our district's learning management system. If you are interested in learning more about the creation of an observer account or what such an account can do for you, please take a moment to view the video, read through the Canvas guides or both. As always, if you have any questions please don't hesitate to reach out to school.

Canvas Observer Guide <https://community.canvaslms.com/docs/DOC-10917-canvas-observer-guide-table-of-contents>

Canvas Observer Screencast <https://screencast-o-matic.com/watch/cqQh2BtxUy>

### IMPORTANT LINKS TO REVIEW

Please click the following links to review the 23/24 Freeman Student & Activity Handbooks; as well as the school year calendar. More information to come via email regarding the handbooks.

[Student Handbook](#),  
[Activity Handbook](#),  
[Calendar](#)

**Freeman Assessment Schedule 2023-2024** Freeman Public Schools uses a variety of assessments to track student progress and to guide the learning process. There are several times a year that we administer specific assessments required for each student and it is important for your child to be present at those times. Please check these dates before scheduling appointments and vacations. **Freeman Assessments:** MAP Growth (grades K-11) -- MAP Growth reveals how much growth has occurred between testing events and shows projected proficiency. Educators can track growth throughout the school year and over multiple years. MAP test has three terms each year: Fall, Winter, and Spring. MAP Reading Fluency (grade K-6) -- MAP Reading Fluency is an online adaptive reading assessment for students in grades K-6. It measures foundational reading skills, with an emphasis on oral fluency. NSCAS Growth (grades 3-8) – Nebraska's Student-Centered Assessment System (NSCAS), pronounced "en-skass," is a statewide assessment system that supports Nebraska's holistic view of students. This state assessment is required in the spring and is optional during the fall and winter sessions. Freeman has chosen to administer just the spring session.

ACT (Juniors)--The ACT contains four multiple-choice tests—English, mathematics, reading, and science—and an optional writing test. These tests are designed to measure skills that are most important for success in postsecondary education and that are acquired in secondary education. Nebraska requires all juniors to take the ACT in place of a state test. This includes the writing test.

**Attention, Junior Parents!** The ACT for juniors is March 26, 2024. It is now a state requirement for all juniors to take the AC through the school. Freeman’s juniors will be testing at the Adams Community Building on Main Street. The date provided is the ONE DAY across the state that schools can give the paper/pencil version of the test. Therefore, PLEASE MAKE SURE MARCH 21 IS LEFT CLEAR ON YOUR CALENDAR. Do not schedule medical appointments, dental appointments, college visits, etc. More information will follow later.

Grades	Test	Date	Test	Date
Kindergarten	Math	9/6/23	Reading	9/7/23
Grade 1	Math	8/31/23	Reading	9/1/23
Grade 2	Math	8/29/23	Reading	8/30/23
Grade 3	Math	8/24/23	Reading	8/25/23
Kindergarten	9/8/23	Reading Fluency		
Grade 1	8/30/23	Reading Fluency		
Grade 2	8/31/23	Reading Fluency		
Grade 3	8/22/23	Reading Fluency		
Grade 4	8/22/23	Reading Fluency		
Grade 5	8/23/23	Reading Fluency		
Grade 6	8/23/23	Reading Fluency		
Kindergarten	Math	12/7/23	Reading	12/8/23
Grade 1	Math	12/5/23	Reading	12/4/23
Grade 2	Math	12/5/23	Reading	12/4/23
Grade 3	Math	12/12/23	Reading	12/11/23
Grade 4	Math	12/12/23	Reading	12/11/23
Grade 5	Math	12/14/23	Reading	12/13/23
Grade 6	Math	12/14/23	Reading	12/13/23
7	Reading	12/5/23	Math	12/6/23
8	Reading	12/5/23	Math	12/6/23
9	Reading	12/5/23	Math	12/6/23
10	Reading	12/5/23	Math	12/6/23
11	Reading	12/5/23	Math	12/6/23
Seniors	<i>senior planning</i>	12/5/23	senior planning	12/6/23
Kindergarten	12/4/23	Reading Fluency		
Grade 1	12/6/23	Reading Fluency		
Grade 2	12/7/23	Reading Fluency		
Grade 3	12/13/23	Reading Fluency		
Grade 4	12/13/23	Reading Fluency		
Grade 5	12/12/23	Reading Fluency		
Grade 6	12/12/23	Reading Fluency		
Grade 11	ACT--required of all juniors	March 26	Adams Community Building	
Grade 11	ACT makeup	April 9	Adams Community Building	
Grade 11	ACT makeup	April 23	Adams Community Building	
Kindergarten	Math	4/30/24	Reading	5/1/24



Grade 1	Math	4/16/24	Reading	4/8/24
Grade 2	Math	4/17/24	Reading	4/9/24
<b>REQUIRED</b>	<b>NSCAS Math</b>		<b>NSCAS Reading</b>	
Grade 3	4/22/24		4/16/2024	
Grade 4	4/22/24		4/15/2024	
Grade 5	4/24/24		4/17/2024	
Grade 6	4/24/24		4/18/2024	
	<b>NSCAS tests</b>			
Grade 7	reading	April 8		
Grade 8	reading	April 8		
Grade 7	math	April 16		
Grade 8	math	April 18		
Grade 8	Science	TBD		

**Title 1 Reading Meeting** Title 1 Reading is a supplemental reading program available to students in Freeman Elementary. Qualification for Title 1 is determined by a student’s individual scores on MAP Growth and NSCAS Growth assessment scores and results from the MAP Reading Fluency assessment. The NebraskaREADS Initiative sets the benchmark levels for these assessments in grades Kindergarten through third grade, guiding the qualification for Title 1 and interventions. Classroom performance also may be considered. Title 1 service supports classroom teaching. It does not take the place of the lessons in the classroom; instead, it builds on the skills taught in the classroom and gives the student more time to work on the basic skills needed for classroom success. Title 1 classes meet on average 30 minutes daily four days a week. A Title 1 Reading meeting is open to all parents and will be held on Monday, October 16 at 6:30pm in the Freeman Media Center. For questions regarding Title 1 Reading, contact Principal Erin Sieh or Title 1 teacher Teri Nieveen

**TeamMates Is Ready to Roll!** TeamMates of Freeman is ready to start a new school year! We are hosting a breakfast the morning of August 29th for our mentors and mentees, allowing them to get reacquainted and establish a meeting time for the new year. We are starting the year with 55 matches, or 110 mentors and mentees! Our list of students desiring a mentor continues to grow and we continue to be in need of new mentors. Mentoring guarantees that a younger person has someone who cares about them. The mentor commits about 30 minutes once a week at the school to meet with a student between fifth and twelfth grades. The mentor (adult) and mentee (student) sit and chat, play a game, make crafts, shoot hoops, or take a walk, all on school grounds during school hours. You can find out more about being a mentor or apply for mentoring at [www.TeamMates.org](http://www.TeamMates.org). Contact Mrs. Evers or Mrs. Nieveen if you have more questions.

**“Chuck a Duck” after the Volleyball Game September 21!** TeamMates is hosting a “Chuck the Duck” event after the Freeman volleyball match. Buy a duck and “chuck” it towards the prize you most desire. While there will be a variety of gift cards and items, our top prizes include an autographed copy of the book by Husker volleyball coach John Cook and a 12x18 poster of the 2022 Husker Volleyball team signed by the team. Come out, cheer on the Freeman volleyball team and support Freeman TeamMates!





## **Big Give Gage 2023**

The Freeman Public Schools Foundation is once again participating in Big Give Gage on September 14, 2023. Big Give Gage is a 24-hour day of giving where Gage County area supporters are invited to contribute to their favorite local charities and stretch their giving even further.

Donations to the Freeman Public Schools Foundation during this year's Big Give Gage event will go toward the Freeman Community Garden, allowing for landscaping improvements and the completion of a student-led project. Each year, Freeman FFA students utilize our community garden to plant, maintain, and harvest fruits and vegetables. The harvest is then donated back to the community for families' in need. In addition, Freeman students enrolled in Nursery and Landscaping and Construction and Trade classes will collaborate to design and build an equipment shed and fenced-in storage area at the community garden.

Tax-deductible donations to the Freeman Public Schools Foundation can be made at any time throughout the year, but contributions made September 14, 2023 have the chance to be matched by the Gage County Foundation and additional local sponsors. Please visit [BigGiveGage.org/Organization-Profile/Freeman-Public-Schools-Foundation](https://BigGiveGage.org/Organization-Profile/Freeman-Public-Schools-Foundation) on 9/14/23 to donate!



### **Freeman Strengths Ambassadors for 2023-24 Freeman Strengths**

Ambassadors have been busy already this school year. These high school students are learning more about their top five CliftonStrengths, and as leaders will be promoting awareness of strengths in our school. Knowing one's unique strengths

and talents helps students academically, socially, and in determining a future career. Also, being aware of the strengths of others brings an understanding of one another. Teachers are also encouraged to learn more about their own strengths as well as the strengths of their students. Using the CliftonStrengths language allows us to look at each other through a positive lens, acknowledging what is good about one another. Students in Kindergarten through Fourth grade learn the ten terms for StrengthsExplorer while the Fifth through Eighth grade students take the StrengthsExplorer assessment and learn more about their individual top three strengths. The Freshman take the CliftonStrengths assessment, learning their top five strengths, so students in high school learn about their strengths and how to apply those strengths daily. Strengths Ambassadors include: Jossie Ketelsen, Kyla Davison, Reagan Miller, Wes Havelka, Nora Latta, Nicole Davison, Hayden Schaaf, Brooklyn Veerhusen, Cassie Klein, Aubrey Hill, Mollie Flanagan, Lily Wise, Faith Holland, Drew Jensen, Kellen Anderson, Sam Troxel, and Rilyn Otto.

## **FRESCO's Little Library**

You may have noticed an extra addition placed on the sidewalk to the east of the Fire Barn/Community Hall in Adams. The Freeman Elementary Student Council has been working on this community project for the past two years and it has finally been completed. The Little Free Library is a place for anyone and everyone to grab a book to borrow from the library or drop a book or two off, they know others would enjoy. Books have been donated by our FRESCO students. If you have not had a chance to check out this new addition to the town of Adams, be sure to stop by and check out the book selection! Macy Stanley, Eli Jensen, and Reagan Sieh (former FRESCO members), helped complete the project right before back to school!



### **BREAKFAST**

For all K-12 students, breakfast will be served from 7:45 to 8:05 am. The cost of student breakfast will be \$2.10 for all students K-12<sup>th</sup> grade. Adult prices are \$2.75.

### **LUNCH PROGRAM INFORMATION**

Lunch prices for 2023-2024 school year are as follows: K-6 Lunch: \$3.10, 7-12 Lunch: \$3.40. One milk is included with the hot lunch. Adult prices are \$4.60. Ala carte items are an additional charge. Entrees are \$2.00 each and sides are \$1.00 each. Your student must have money in their lunch account to purchase these items. Milk purchased separately (extra milk and milk only) will be \$0.45 each. Payments may be made by check, cash or online payments through E-funds



Freeman Public Schools will again be participating in the Backpack program starting this fall. This program is made possible through partnerships with the Food Bank of Lincoln and Freeman Public Schools. Fridays during the school year starting at a later date, a backpack filled with items such as cereal, canned fruits or vegetables, spaghetti, peanut butter and jelly, or mac n' cheese will be sent home for your family. Backpacks will be discreetly delivered to students on Fridays and it is their responsibility to bring the backpack back to school on the following Monday. In addition to nonperishable foods, vouchers to area grocery stores will be sent home each week. These can be redeemed at area stores, a list of which will be provided to you in the fall.

If you would like to participate in the program, there are several ways to sign up.

- **Sign and return the bottom portion of this form to the school office**
- **Call or email Mr. Havelka 402-988-2525 x103 [Andrew.havelka@freemanschools.net](mailto:Andrew.havelka@freemanschools.net)**

**Food Bank of Lincoln Backpack Program:**

- Backpacks are loaded by volunteers for Friday pick-up by students
- Backpacks are discreetly delivered to students on Fridays and are expected to be returned on Mondays
- Vouchers included vary each week for eggs, bread, milk, produce and meat
- There is no cost or charge to be part of this program

Sincerely,  
Andrew Havelka

Family Name: \_\_\_\_\_

\_\_\_\_\_ Yes, our Family would like to participate in the Freeman/Food Bank Backpack Program. My responsibility is to be sure the backpack is returned to school each Monday.

Parent or Guardian Signature \_\_\_\_\_

**The new school year requires a new meal application to qualify for Free or Reduced Meals. Only one meal application is needed for each household. Applications are available online at [www.freemanpublicschools.org](http://www.freemanpublicschools.org)**

**USDA Non-Discrimination Statement** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (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 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.

# MENUS

Cereal, juice & fruit are offered with breakfast. All meals come with one carton of milk.

Extra milk may be purchased for \$0.45 each. Menu subject to change

**Purchase of an entrée only or an additional entrée will cost \$2.00 for students and staff.**

<b><u>September 1</u></b>		
Friday:	scrambled eggs	Chicken Quesadilla, Corn, Vegetables, Oranges
<b><u>September 4-8</u></b>		
Monday:	NO SCHOOL	
Tuesday:	French Toast	Chili Dog, Bun, Green Beans, Vegetables, Pears
Wednesday:	Donuts	Chicken Patty, Mashed Potato, Gravy, Vegetables, Bread & Butter, Peaches
Thursday:	Waffles	Spaghetti & Meat Sauce, Breadstick, Vegetables, Pineapple
Friday:	Sausage & Biscuit	Pizza, Corn, Vegetables, Applesauce
<b><u>September 11-15</u></b>		
Monday:	French Toast	Hamburger, , Bun, Baked Beans, Vegetable, Peaches
Tuesday:	Donuts	BBQ Pork, Bun, Potato Triangles, Vegetables, Pineapple
Wednesday:	Waffles	Mandarin Chicken, Rice, Vegetables, Roll & Butter, Pears
Thursday:	Muffin	Burrito, Queso Sauce, Broccoli, Vegetables, Applesauce
Friday:	Scrambled Eggs	Fiestada, Corn, Vegetables, Oranges
<b><u>September 18-22</u></b>		
Monday:	French Toast	Chicken Fajita, Soft Shells, Vegetables, Pears
Tuesday:	Donuts	Lasagna, Broccoli, Vegetables, Breadsticks, Pineapple
Wednesday:	Muffin	Falcon Hero Sub, Vegetables, Chips, Fruit Cups
Thursday:	Waffles	Sloppy Joe, Bun, Green Beans, Vegetables, Oranges
Friday:	Omelet	Pizza, Corn, Vegetable, Applesauce
<b><u>September 25-29</u></b>		
Monday:	NO SCHOOL	
Tuesday:	French Toast	Walking Tacos, Nacho Chips, Meat, Cheese, Vegetables, Peaches
Wednesday:	Waffles	Corn Dog. Cottage Cheese, Baked Beans, Vegetables, Pineapple
Thursday:	Donuts	BBQ Meatballs, Mac-n-Cheese, Roll & Butter, Vegetables, Applesauce
Friday:	Sausage & Biscuit	Chicken Quesadilla, Vegetables, Oranges

## **TOTAL MONTHLY COST**

Elementary Lunch	19	\$3.10	\$58.90
JH/HS Lunch	19	\$3.40	\$64.60
Adult Lunch Price:		\$4.60	

### **Non-Discrimination Statement:**

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