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

IMPORTANT ANNOUNCEMENTS

***FREE AND REDUCED APPLICATIONS LINK ***

March No School Days

 $March~7^{th}~\&~8^{th},$ $March~29^{th}\text{-}April~2^{nd}~No~School~for~Spring~Break.}$



March, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	SPEECH Meet @ TBD	2
	4 4pm-8pm Parent- Teacher Conferences 9am Quiz Bowl ECNC 7-12 @ Weeping Water HS	7:45am-8:05am Bank In School @ Elementary Commons FFA District CDE Contest @ SCC Beatrice 4pm-8pm Parent- Teacher Conferences 4:30pm Wrestling-JH @ Weeping Water HS		No School- Professional Development 6:30pm SPECHES A LA MODE @ Freeman HS 4pm Wrestling-JH @ Lincoln Christian School			9
1	7pm Board of Education Meeting @ Freeman Media Center	SPEECH - DISTRICTS @ Lincoln Southwest HSI 4pm Wrestling-JH @ JCC Middle School		14	15	Freeman Jr. Sr. Prom 9am Quiz Bowl HS @ David City HS	16
1	7 EL Art Show @ Elementary Commons 6:30pm EL Concert @ South Gym	7:45am-8:05am Bank In School @ Elementary Commons MUSIC Contest @ Sterling HS 6pm TRACK: Pictures @ South Gym		21 SPEECH - STATE @ Kearney	3pm Track-V TBD	MUSIC-Class C All-State Band @ Kearney	23 e
2	4 25 1pm Quiz Bowl HS ESU 5 @ Hebron, NE	26	27 10am Quiz Bowl - HS MUDECAS @ Lewiston HS	9am-3:15pm EL Field	29 No School		30
3	1						



DANIEL FREEMAN PUBLIC SCHOOLS

QUALITY EDUCATION FOR ALL LEARNERS

www.freemanpublicschools.org

Freeman Families:

March is upon us and we are only a couple of weeks away from the start of the 4th quarter! Parent-Teacher conferences will be held on Monday, March 4th and Tuesday, March 5th. As a teacher, I always loved spring conferences. It gave me a chance to talk to parents about the great things their child accomplished during the year! If you are unable to attend conferences, please reach out to your child's teacher(s) or the office.

Calendar The 2023-2024 school calendar is available on our school website under the district tab. The **NEW** board-approved 2024-25 district calendar is also now available. In March, there will be no school for students on March 7th and 8th and again on Friday, March 29th.

Good luck to all of the Falcon sports and activities as they finish up winter competitions! As always, don't hesitate to get in touch with the school if you have any questions. I look forward to seeing our students do great things this spring! Go Falcons!

Dr. Havelka

Dr. Andrew Havelka

Superintendent of Freeman Public Schools 402-988-2525 x103

Andrew.havelka@freemanschools.net | 415 8th Street PO Box 259 Adams, NE 68301

Communication:

L	you are wondering w	hat is happ	oening at Freeman, l	here are a tew w	ays to ge	et connected

- ☐ Freeman Website
- ☐ rSchool Activities Calendar
- ☐ Falcons In Action
- □ Facebook
- ☐ X (Formerly known as Twitter): @Freeman Falcons

and @FreemanPS Supt

Phone: 402-988-2525 Fax: 402-988-3475

From the 7-12 Principal, Mr. Cody Wallinger

How in the world have we reached March?! With just a handful of days left before we finally get to set our clocks back, the reality is there's not much time remaining in the school year. A message I have been preaching to our secondary students from day one. In fact, looking back on my notes from our August 25th student assemblies, I am reminded how even then I was letting our students know they only had 162 more school days left before summer vacation. While I'm sure that sounds asinine to many, the consistent message all year long has been that time is not slowing down for any of us. When it finally runs out I don't want to look back and wonder why or how we missed our opportunities.

With that out of the way, I want to transition into something I read the other day. Here's the quote, "As children develop, their brains "mirror" their parent's brain. In other words, the parent's own growth and development, or lack of those, impact the child's brain. As parents become more aware and emotionally healthy, their children reap the rewards and move toward health as well." – Daniel J. Siege, "The Whole-Brain Child"

I think the argument could be made that those are two pretty random passages to start this newsletter article with. Still, I feel both are powerful and with enough twist we could even find a way to connect them. How so? Well, something like this.

For our children the message is all about time and the grasping of its finite existence. In the same breath that's the same message to the adults in the room. The only difference is that as the adults you have experienced this truth. From those experiences, good and bad, we have a real chance to better equip our children for what's ahead. What we know is around the corner. Those very impediments, that will present themselves at some point. Especially the psychological ones that often times do the best job hiding, until just the right time.

As the school year continues to progress and time in general continues to tick, let's collectively help remind our students of that ever famous and wisdom-filled message

Gandalf whispered to Frodo in the dark recesses of the Mines of Moria, when all Frodo wanted to do was find a way out of where life had taken him;

"I wish it need not have happened in my time," said Frodo. "So do I," said Gandalf, and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us."

It's almost as if Tolkien, a father of two sons who found themselves serving for the British and consequently against the Axis powers during WWII, was speaking from his own heart, as he shared that insight.

May we as parent's continue to grow and develop in our own understanding of life, while modeling for our children the proper ways to handle life's next hindrance, no matter its size. So that as we move forward collectively, we do so using the same compass and thus arriving at the same destination.

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

2024-2025 Calendar - BOARD APPROVED

AUGUST

Freeman Public Schools											
	AUGUST										
S	М	T	W	T	F	S					
				1	2	3					
4	5	6	7	8	9	10					
11	12	13	14	15	16	17					
18	<u>19</u>	20	<u>21</u>	22	23	24					
25	<u>26</u>	27	28	<u>29</u>	30	31					

5-9:	Staff Flex Days
2-14:	Staff Inservice

12-14:	Staff Inservice
13:	K-12 Open House

15: Start Q1/S1/1:00 Early Out

19: Pre-K Begins

SEPTEMBER

2: Labor Day-No school

30: No School - PD

	JANUARY									
S	M	T	W	T	F	S				
			1	2	3	4				
5	6	<u>7</u>	8	9	10	11				
12	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	17	18				
19	20	<u>21</u>	22	23 30	24	25				
26	27	28	29	30	31					

SEPTEMBER

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15	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	20	21
22	<u>16</u> <u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	27	28
29	30					

OCTOBER

16: Start of Q2

21,23: Parent-Teacher Conferences

25: No School - Comp Day

28: No School

29: No School - PD

NOVEMBER

27-29: Thanksgiving Break

FEBRUARY

S	M	T	W	T	F	S
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16	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	21	22
23	24	<u>25</u>	<u>26</u>	<u>20</u> <u>27</u>	28	

OCTOBER

OOTOBER								
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20	<u> 21</u>	<u>22</u>	<u>23</u>	<u>24</u>	25	26		
27	28	29	30	<u>31</u>				

DECEMBER

20: 1:00 Early Out 23-31: Winter Break

JANUARY

1-3: Winter Break

3: No School - PD

6: Start Q3/S2

20: No School - PD

31: 1:00 Early Out - PD

MARCH

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23	24	25	12 19 26	<u>27</u>	28	29
30	<u>31</u>					

NOVEMBER

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24	25	26	27	28	29	30
		0 55 50				

DECEMBER

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11

<u>18</u>

FEBRUARY

7: No School - PD

MARCH

10: Start of Q4

17,20: Parent-Teacher Conferences

21: No School - Comp Day

24: No School

25: No School - PD

APRIL

18: No School

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7

14

21

28

6

13

20

21: No School - PD

24: Kindergarten Roundup - No KG

MAY

16: PK Graduation

17: Graduation

20: 1:00 Early Out-Student's last day

21: No School - PD

21-23: Potential Weather Make-up days

APRIL

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	<u>10</u>	11	12
13	14	<u>15</u>	16 23		18	19
20	21	15 22	23	<u>17</u> <u>24</u>	25	26
27	28	29	30			

MAY

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22

30 31

No school

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16

1st Semester Student Days

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19

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25

84 90

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3

10

17

24

31

2

9

16

23

Professional Development - no students

5

12

19

2nd Semester Student Days Student days

174

Parent Teacher Conf.

Late start or early out

3

10

<u>17</u>

Pre-School In Session

Teacher days

188

Juniors Take the ACT Soon!

All Juniors will be taking the ACT on March 26rd at the Adams Community building. The ACT is used as the state assessment test for juniors. Juniors will report to the community building by 8:00 am. They are to bring #2 pencils and the appropriate calculator. No phones, smart watches, etc. are allowed in the building. Students should be finished with all portions of the test by 1:30 and will be dismissed for the day. Any junior missing the test on this day will be required to make up the test on April 9th or April 23rd.

Donuts and DeMo

TeamMates of Freeman had the honor of working with DeMoine Adams, CEO of TeamMates Mentoring Program, in creating a video for Mentor March Madness. The morning of February 22 nd Adams came to Freeman here in Adams, or as he likes to call it, "DeMoine Adams, Nebraska". After enjoying donuts and rolls, our mentors and mentees joined Adams in the gym where he proceeded to record a short video regarding the recruiting of mentors. It was a pep rally of sorts, calling for mentors to recruit mentors for the TeamMates Mentoring program. Our chapter provided the cheering and support for his message. It is a challenge for us to continually find new mentors. Freeman currently has an astounding 65 matches, that is 65 adults matched with 65 students from fifth through twelfth grades. However, there are still students on our list waiting to be matched. We still need mentors! If you are willing to give 20-30 minutes of your time once a week on a school day between 7:30am and 4:00 pm, check out the TeamMates site at www.TeamMates.org and apply to be a mentor. If you have questions or want more information regarding TeamMates of Freeman, contact coordinators Danelle Evers or Teri Nieveen at



school. We are happy to answer your questions



From the Nurse

Dietary supplements are defined in the Merriam-Webster Dictionary as "a product taken orally that contains one or more ingredients (such as vitamins or amino acids) that are intended to supplement one's diet and are not considered food". In the United States, dietary supplement sales are a multibillion-dollar industry. These products are easily accessible and sold in pharmacies, health and nutrition stores, grocery stores and retailers like Walmart. Generally, they are not labeled for use for children under the age of 18, yet they are widely used in that population. We will take a look at one of the most common dietary supplements used among adolescents today.

Creatine, what is it? It is a naturally occurring substance that is converted into creatine phosphate or phosphocreatine and is stored in muscles for energy. It helps skeletal muscles flex or contract and provides a steady source of energy during high intensity, short duration exercises. The goal is to postpone muscle fatigue resulting in enhanced sports performance. About half of your body's creatine is produced naturally in your liver, kidneys and pancreas. The other half of your creatine supply is consumed in foods like red meat, seafood and animal milk.

Creatine products are marketed to enhance athletic performance. It may do this by increasing muscle mass, improving muscle recovery, reducing muscle injuries and decreasing muscle fatigue. It helps provide a quick burst of energy and increased strength and power. This improves performance and decreases fatigue allowing one to exercise for longer periods of time.

Creatine products are commonly sold in the form of Creatine Monohydrate. It is important to ensure that the product purchased is from a reputable company and that it is pure creatine with no extra fillers. Some of the most common side effects of use include bloating, gastrointestinal symptoms like nausea, vomiting and diarrhea, excessive sweating, weight gain and dizziness. There have also been reports of high blood pressure, liver dysfunction and kidney damage related to use.

Creatine is the most studied of all dietary supplements. It is considered to be a safe supplement for adults however, it has not been well studied for use in children. Creatine is both naturally produced in our bodies and can be easily consumed in our diet. A diet that consists of lean protein, fruits and vegetables along with good weight training can be just as beneficial as taking a supplement. If you are considering letting your child, take this or any other dietary supplement, please talk to your healthcare provider for expert, medical advice.





PURCHASE YOUR 2023-2024 FALCON YEARBOK NOW!

Submit all order forms, questions, or concerns to: Mrs.Kastanek

jkastanek@freemanschools.net 402-988-2525 ext 142

Please make checks to: Freeman Public Schools

Or Order online at www.yearbookforever.com

STUDENT NAME	GRADE
NUMBER OF YEARBOOKS AT \$50 EACH	
NAME STAMP FOR YEARBOOK (OPTIONAL)	\$5
TOTAL AMOUNT SUBMITTED:	



Freeman Elementary Families!

During 2nd semester at Freeman, our young Falcon Musicians are busy working on songs, dancing, and dialogue for their upcoming Music Concerts. Concerts are an exciting opportunity for our students to showcase their musical talents for all to enjoy.

Elementary Music Concerts are set for **Monday, March 18th, 2024,** in the South Gym at Freeman Public Schools. Your student will be given a letter soon with the details for the night of the concert, so please refer to the upcoming informational letter for specific details!

Grade Specific Times:

Kindergarten, 1st Grade, and 2nd Grade Concert at 6:30 P.m.

3rd Grade and 4th Grade Concert at 7:00 P.m.

5th Grade and 6th Grade Concert at 7:45 P.m.

Thank you for your continued support of music at Freeman Public Schools!





2024-2025 School Year Kindergarten Pre-Registration

For children attending Kindergarten for the 24-25 school year, please fill out (if have not yet done so) the online preregistration form.

This form can be accessed on the Freeman website https://freemanpublicschools.org/, click the Parent Portal and the link is to the left side under ENROLLMENT FORMS.

If a paper form is needed, please contact the elementary office at 402-988-2525 ext. 102. A parent meeting will be held April 23rd; time yet to be determined and Kindergarten Round Up will be April 25th.

2024-2025 Preschool

Freeman offers two preschool sessions for 4 year olds. 8am-11:20am and 12:15-3:30pm. To access the online application, go to the Freeman website https://freemanpublicschools.org/, click on the Parent Portal and the link is to the left side under ENROLLMENT FORMS. If a paper copy is preferred please contact the elementary office at 402-988-2525 ext. 102. Letters will be sent out by April 1st announcing acceptance and either Morning or Afternoon placement. First priority will go to district students.

Aaron Reynolds Is Coming April 26!

Freeman Elementary is hosting Aaron Reynolds the morning of April 26. He will be speaking to the elementary students and autographing books. Community members are welcome to attend a session. Funding for Reynolds' visit is provided by a grant from The Hevelone Foundation and by the Freeman PTO. Profits from the flavored teas and Christmas wrapping paper by Freeman Makerspace, under the direction of Mrs. Becky Weyer, also go towards this visit.

2024 ECNC Conference Art Show Selections

Display at Peru State College Fine Arts Department
Until March 20th



Cade Denzin-Pastel



Jordyn Pella-Oil Pastel

Talyn Hancock-Watercolor



Ruby Goes-Oil Pastel

Jordyn Pella-Pen

Cort Schmidt-Glass









Jordyn Pella-Batik

Katheryn Stewart-Acrylic







Kinley Bolyard-Throwing

Testing Schedule:

20001119							
District							
Writing							
Assessment	K-10		February/March				
	=-		, , , , , , , , , , , , , , , , , , , ,		Adams		
					Community		
ACT	11		March 26	8:00 AM	Building		
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					Adams		
					Community		
ACT Makeup	11		April 9	8:00 AM	Building		
					Adams		
					Community		
ACT Makeup	11		April 23	8:00 AM	Building		
PreACT	10		4-Apr				
MAP Growth	K	Math	4/30/24	8:30 AM	Reading	5/1/24	8:30 AM
Spring	Grade 1	Math	4/16/24	1:00 PM	Reading	4/8/24	8:30 AM
ob8	Grade 2	Math	4/17/24	1:00 PM	Reading	4/9/24	9:30 AM
NSCAS	Grade 2	Width	7/1//27	1.001111	ricading	7,3,27	3.307111
Growth	DECLUBED	NC	CAC BALL	NICC	AC EL A		
grades 3-8	REQUIRED	INS	CAS Math	NSC	AS ELA		
Spring							
Session	Grade 3	4/22/24	8:30 AM	4/16/24	8:30 AM		
4/1/2024 to	Grade 4	4/22/24	######	4/15/24	8:30 AM		
May 10, 2024	Grade 5	4/24/24	8:30 AM	4/17/24	8:30 AM		
	Grade 6	4/24/24	#######	4/18/24	8:30 AM		
Assessments							
to be							
completed by				During 2nd 9	finish during		
completed by	O		A	During 2nd &	finish during		
May 3	Grade 7	reading	April 16	3rd periods	IAP, if needed		
				During 5th &	finish during		
	Grade 8	reading	April 16	6th periods	IAP, if needed		
				During 2nd &	finish during		
	Grade 7	math	April 18	3rd periods	IAP, if needed		
	Grade 7	matn	April 10				
				During 5th &	finish during		
	Grade 8	math	April 18	6th periods	IAP, if needed		
				during			
	Grade 8	Science		science class			
MAD Booding							
MAP Reading							
Fluency							
Spring		. /00 /0.					
Session	Kindergarten	4/23/24	TBD				
	Grade 1	4/30/24	TBD				
	Grade 2	4/30/24	TBD				
	Grade 3	4/24/24	TBD				
	Grade 4	4/24/24	*TBD				
	Grade 5	4/25/24	*TBD				
	Grade 6	4/25/24	*TBD				
		• •					

Freeman Public Schools will be offering Driver's Education

this summer for any student 17 years of age and younger who is interested. Any Student wanting to take Drivers Ed *MUST* hold a valid learner's permit. Mr. Zach Lempka of Sterling, Nebraska will be the course and driving instructor.

Twenty hours of classroom instruction will take place from Monday, May 20 through Thursday, May 23. Class will meet from 8:00 am to 1:30 pm, Monday through Thursday, with a 30-minute time built into each day for lunch. Students will be responsible for their own lunches.

Each student in the class will also be required to drive for 6 hours and have observation time in the vehicle with another driver. Freeman will begin offering the driving portion of the class on June 5th. All students will begin driving from Freeman High School in the west parking lot and return back to the high school at the end of the driving period. Sunglasses are encouraged while driving.

Starting June 3rd (Mondays through Fridays only) until July 31st, students will sign up for driving time within the following time allotments:

8:00 am to 11:00 am (2 students) 11:00 am to 2:00 pm (2 students) 2:00 pm to 5:00 pm (2 students)

Each student will drive 4 times and will be tested on the final day of driving in accordance with state mandated policy and procedure. For this test, students will drive a predetermined test route approved by the Department of Motor Vehicles.

Cost for the class will be \$275 for Freeman students and \$325 for non-Freeman students.

Payment must be made to Freeman Public Schools before a student will be allowed to take the course or drive. Freeman students who wish to register for Driver's Education should sign up by filling out this form https://forms.gle/ho2riJGN8YSaYK2J6 by Friday, March 31. After March 31st, openings will be made available to out-of-district students.

Please submit the application form below to secure your spot in the class. The Nebraska Department of Motor Vehicles has changed procedures and requires schools to collect more information on students and submit that information to the DMV. By submitting the form, students who have learner's permits before taking driver's education classes will be able to receive their POP through the mail instead of having to go to the courthouse to pick it up. Those who don't have a permit before taking driver's education will still have to pick up their permit.

NOTE: You are only eligible to participate in Driver's Education training if you are/will be 14 years of age on or before the start of Driver's Ed class. Once a student becomes old enough to apply for a permit (LPE, SCP, or LPD), the student MUST have a permit to drive on public roadways while learning to drive. THIS INCLUDES DRIVER'S EDUCATION CLASS.

Non-Discrimination Statement: The U.S. Dept. of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found at www.ascr.usda.gov/complaint_filing_cust, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov Individuals who are deaf, hard of hearing speech disabilities may contact USDA through the Federal Relay Service (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

MENUS

Cereal, juice & fruit are offered with breakfast. <u>Breakfast: K-12 served 7:45-8:05.</u> Cost for K-12 is \$2.10 Adult price is \$2.75 All meals come with one carton of milk. Extra milk may be purchased for \$0.45 each. Menu is subject to change. Purchase of an entrée only or an additional entrée will cost \$2.00 for students and staff.

March 1		
Friday:	Omelet	Cheese Calzones, Breadstick, Broccoli, Vegetables, Pineapple
March 4-8		
Monday:	French Toast	Chili or Veg-Beef Soup, PBJ, Vegetables, Applesauce
Tuesday:	Waffles	Burrito, Nacho Chips & Queso Cheese, Corn, Vegetables, Oranges
Wednesday:	Donuts	Country Fried Steak, Mashed Potato, Gravy, Bread & Butter or PB, Pineapples
Thursday:	NO SCHOOL	
Friday:	NO SCHOOL	
March 11-15		
Monday:	French Toast	Walking Taco, Chips, Meat, Cheese, Vegetables, Peaches
Tuesday:	Muffin	Corn Dog, Cottage Cheese, Baked Beans, Vegetables, Pears
Wednesday:	Donut	Chicken Patty, Mashed Potato, Gravy, Bread & Butter or PB, Vegetables, Oranges
Thursday:	Waffles	Spaghetti & Meat sauce, Breadstick, Vegetables, Pineapple
Friday:	Scrambled Eggs	Fish , Mac-n-Cheese, Vegetables, Roll & Butter, Applesauce
March 18-22		
Monday:	French Toast	Hamburger, Bun, Baked Beans, Vegetables, Peaches
Tuesday:	Donut	Falcon Hero Sub, Chips, Vegetables, Oranges
Wednesday:	Waffle	Mandarin Chicken, Rice, Broccoli/Carrots, Vegetables, Roll & Butter, Pears
Thursday:	Muffin	Chili Dog, Bun, Green Beans, Vegetables, Pineapple
Friday:	Omelet	Cheese Pizza, Corn, Vegetables, Applesauce
March 25-29		
Monday:	French Toast	Spaghetti & Meat sauce, Breadstick, Vegetables, Pineapple
Tuesday:	Donut	Chicken Fajitas, Soft Shells, Broccoli, Vegetables, Oranges
Wednesday:	Waffles	Sloppy Joes, Bun, Baked Beans, Vegetables, Peaches
Thursday:	Sausage & Biscuit	Fiestada, Vegetables, Applesauce
Friday:	NO SCHOOL	

TOTAL MONTHLY			
COST			
Elementary Lunch	17	\$3.10	\$52.70
JH/HS Lunch	17	\$3.40	\$57.80
Adult Lunch Price:		\$4.60	