



*Louisa-Muscatine CSD  
Back-to-School Newsletter*



WE ARE L-M  
WHERE FALCONS SOAR, STUDENTS LEARN,  
SCHOOL ROCKS AND CHARACTER RULES!

Back to School Events	
Registration	August 4, 2023
Back to School Night	August 17, 2023
First Day of School	August 23, 2023

Website: [www.lmcsd.org](http://www.lmcsd.org)

Boxholder

Non-Profit Organization  
U.S. Postage Paid  
Permit No. 3  
Letts, IA 52754

Louisa-Muscatine CSD  
14478 170th St  
Letts, IA 52754



Due to a generous contribution of up to \$100,000 in matching funds from the Kent Family and the KENT Corporation, we can make improvements to our youth baseball and softball fields. Improvements include replacing fencing, backstops, dugouts, concrete pads, new bleachers, drainage work, and concession stand upgrades. The project is expected to be around \$200,000 and will be completed as funds are available. The school district has committed to help, the L-M Youth League continues to fundraise, and we are asking patrons to chip in. You can donate to this effort using cash, check, or credit card. We are running donations through the Louisa-Muscatine Community School District Foundation. Donations are tax-deductible, and the Community Foundation of Greater Muscatine will provide tax statements for donors.

#### Ways to donate...

- Bring or mail cash/check donations to L-M District at 14478 170th Street, Letts, Iowa, 52754.
- Credit Card donations can be made online at [www.tinyurl.com/yc36vy48](http://www.tinyurl.com/yc36vy48)

Additional thanks go to MUSCO, who has agreed to replace the lighting with new LED technology at one of the youth fields.

Please give to this effort. If donations are secured, projects will begin this fall to be ready for the summer of 2024 Youth League Season.

#### ADMINISTRATIVE RULES

\*\*The Louisa-Muscatine Community School District maintains records on each student in order to facilitate the instruction, guidance and educational progress of the student. The records contain information about the student and his or her education and may include, but not limited to, the following types of records: identification data, attendance data, record of achievement, family background data, aptitude tests, educational and vocational plan, honors and activities, discipline data, objective counselor or teacher ratings and observations and external agency reports.

\*\*The Records of each student are generally located in the school, which he or she is attending. Any exception will be noted in the students other records or by the person in charge of record maintenance of student records for each school building listed below:

- Louisa-Muscatine High School: Chris Parkhurst, Principal
- Louisa-Muscatine Junior High: Chris Parkhurst, Principal
- Louisa-Muscatine Elementary: Aimee Wedeking, Principal

\*\*The following persons, agencies and organizations may have restricted access to student records without prior written consent of the parent or student over the age of 18 years. Any other access to student records shall be only upon written consent or upon court order or legally issued subpoena.

- A. School officials, teachers and Mississippi Bend Area Education Agency personnel with legitimate educational interests.
- B. Officials of other schools in which the student proposes to enroll.
- C. Representatives of state and local government when auditing and evaluating Federal educational programs.
- D. Officials connected with a students educational financial aid application.
- E. Government officials to whom information is to be reported under state law adopted prior to November 19, 1974.
- F. Organizations that process and evaluate standardized tests.
- G. Accrediting organizations for accrediting purposes.

- H. Parents of dependent children, regardless of child's age.
- I. Appropriate parties in a health or safety emergency.

#### Student Directory Information:

\*\*The Principal or person in charge of each attendance center may release the following types of information to the public, where appropriate, keeping in mind the privacy of the student and the student's family and the totality of the surrounding circumstances: name, address, telephone number, date and place of birth, e-mail address, grade level, enrollment status, major field of study, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, degrees and awards received, the most recent previous educational agency or institution attended by the student, photograph and other likeness, and other similar information. Examples of releases are: military recruitment, articles published in the newspaper, etc. To prevent the public release of such information, a parent must file a written objection with the aforementioned person responsible for maintaining student records by August 31st. The objections need to be renewed annually. Students and parents may file with the Department of Education, complaints concerning alleged failures of the school district to comply with federal legislation dealing with student records. Correspondence should be addressed to: The Family Educational Rights and Privacy Act Office, Department of Education, Switzer Building, 330 C Street S.W., Washington, D.C. 20201

\*\*If you are the parent or legal guardian of a student you have the right to (1) inspect and review your child's educational records; (2) ask for an explanation of any item in the records; (3) have copies made at a reasonable cost; (4) be informed of types and locations of records being collected or used by the agency; (5) ask for the amendment of any record if you feel it is inaccurate, misleading or violates privacy rights; (6) a records hearing if the agency does not make the requested amendment; (7) give or withhold consent to disclose your child's records; (8) be told to whom information has been disclosed.

**Be sure to visit the Louisa-Muscatine webpage for the most up-to-date information: [www.lmcsd.org](http://www.lmcsd.org) and check us out on Facebook: Louisa Muscatine Community Schools**

#### CONCUSSION INFORMATION

Participation in school athletic activities provides opportunities for students to get daily exercise, increase lung capacity, and develop healthy habits. That opportunity, though, does not come without a potential risk of injury. Louisa-Muscatine coaches and trainers do everything in their power to prevent accidents from happening. Unfortunately, they are called accidents for a reason; we cannot prevent every injury. A new Iowa law that went into effect July 1st mandates schools to give information to all 7th-12th grade families

regarding the risk and signs of concussions when participating in extracurricular athletic activities. That information sheet requires athlete's and parent's signatures acknowledging receipt of the information on an annual basis. Athletes cannot practice or tryout until that form is completed. Forms can be downloaded from the district website, obtained at individual sport parent meetings, or completed at registration. Thanks for your help in keeping our athletes safe and informed.

**Book Fees:**

Grades K-2: \$90/Reduced Price \$45  
 Grades 3-6: \$100/Reduced Price \$50 (includes student planner)  
 Grades 7-12: \$100/Reduced Price \$50

**Student Meals:**

Breakfast K-6: \$1.65/Reduced Price 30¢  
 Breakfast 7-12: \$1.75/Reduced Price 30¢  
 Lunch K-6: \$2.60/Reduced Price 40¢  
 Lunch 7-12: \$2.75/Reduced Price 40¢

**Band Instrument Rental Fees:** Students who play school-owned instruments will be charged a \$50 per year rental fee. Students who play school-owned percussion instruments will be charged a \$25 per year fee. Fees are waived for students who qualify for free meals and reduced to 1/2 the fee for those who qualify for reduced price meals. The fee will be non-refundable after the first 4 weeks of school.

**Student Activity Tickets:** \$50 annual fee for ALL home events

*For your convenience, fees may be paid on our website ([www.lmcsd.org](http://www.lmcsd.org)) or mailed to Registration @ L-M JH/HS, 14354 170th St., Letts, IA 52754 -OR- Registration @ L-M Elementary, 14506 170th St., Letts IA 52754. Be sure to list your child's name, grade and the fees you are paying. Please make separate checks for each building.*

# 2023-2024 School Fees

Can't attend registration on August 4th? That's okay! You can register online through Powerschool! If you need help logging into your Powerschool account, contact Amanda Wetzel in the administration office at [awetzel@lmcsd.org](mailto:awetzel@lmcsd.org) or by calling 319-726-3541.

## WE WOULD LIKE TO WELCOME ALL OF THE NEW STAFF TO OUR LOUISA-MUSCATINE FAMILY!



- Amie Ayers: Elementary Office/Health Associate
- Brittany Nowak: JH/HS Para & Speech Advisor(Welcome Back!)
  - John Fuller: Bus Driver
  - Brianna Lewis: 2nd Grade Teacher
  - Jessica Spitznogle: 1st Grade Teacher
  - Brooke Isaia: 5th Grade Teacher
- Kelley Rosenboom: HS Special Education Teacher(Welcome Back!)
  - Bob McIntyre: Head Football Coach
  - Gene Langstaff: HS Math (Welcome Back!)
  - Cathy Jackson: 5th-8th Counselor

## WE WOULD ALSO LIKE TO ANNOUNCE SOME PERSONNEL CHANGES!

- Andrew Barger: Student Council Advisor
- Jamie Runnells: Industry Technology
- Alex Schumacher: 3rd Grade Teacher
  - Heidi Sievert: TLC Leader

### Parents'/Guardians' Rights Notification

Parents/Guardians in the Louisa-Muscatine Community School District have the right to learn about the following qualifications of their child's teacher: state licensure requirements for the grade level and content areas taught, the current licensing status of your child's teacher, and baccalaureate/graduate certification/degree. You may also request the qualifications of an instructional paraprofessional who serves your student in a Title I program or if your school operates a school-wide Title I program. Parents/Guardians may request this information from the Office of the Superintendent by calling 319-726-3541, or sending a letter of request to Office of the Superintendent, Louisa-Muscatine CSD, 14478 170th St., Letts, Iowa, 52754. The Louisa-Muscatine Community School District ensures that parents will be notified in writing if their child has been assigned, or has been taught for four or more consecutive weeks by a teacher who is not considered highly qualified.

### State Mandatory Requirements:

Due by the first day of school.

K- Up to date Vaccine Certificate-due by the first day of school-NO GRACE PERIOD, Certificate of Vision Screening, Certificate of Dental Screening & Reported Blood Lead Level

3rd- Certificate of Vision Screening

7th- Up to date Vaccine Certificate w/proof of current Tdap and MCVO4 (Meningitis Vaccine) due by the first day of school NO GRACE PERIOD

9th -Certificate of Dental Screening

12th- Up to Date Vaccine Certificate showing proof of current MCVO4 (Meningitis Vaccine), there must be one dose given after age 16.

## PEEL Vote Fall 2023



To continue ongoing maintenance and renovation at Louisa-Muscataine Schools, the L-M Board will ask voters to consider continuing the \$1.00 Physical Plant and Equipment Levy (PEPL) this fall. In recent years, the PEPL funds have allowed the district to install new roofs on all buildings, parking lot lights, renovate locker rooms, replace classroom flooring, resurface the track, buy buses, upgrade transportation facilities, and much more. We have begun replacing original classroom furniture in our buildings this summer, which will continue upon the passage of the PEPL. The approval of this levy will not increase your property tax but will keep it the same.

### EQUAL EMPLOYMENT OPPORTUNITY

The Louisa-Muscatine Community School District will provide equal opportunity to employees and applicants for employment in accordance with applicable equal employment opportunity and affirmative action laws, directives and regulations of federal, state and local governing bodies. The school district will take affirmative action in major job categories where women, men, minorities and persons with disabilities are underrepresented. Employees will support and comply with the district's established equal employment opportunity and affirmative action policies. Employees will be given notice of this policy annually.

Individuals who file an application with the school district will be given consideration for employment if they meet or exceed the qualifications set by the board, administration, and Iowa Department of Education for the position for which they apply. In employing individuals, the board will consider the qualifications, credentials, and records of the applicants without regard to race, color, creed, sex, national origin, religion, age, socioeconomic status, or disability. In keeping with the law, the board will consider the veteran status of applicants.

Inquiries by employees or applicants for employment regarding compliance with equal employment opportunity and affirmative action laws and policies, including but not limited to complaints of discrimination, will be directed to the Affirmative Action Coordinator by writing to the Affirmative Action Coordinator, Superintendent, Louisa-Muscatine Community School District, Letts, Iowa 52754; or by telephoning (319) 726-3541.

Further information and copies of the procedures for filing a complaint are available in the districts central administrative office and the administrative office in each districts school buildings.

### ASBESTOS HAZARD EMERGENCY RESPONSE ACT

*Pursuant to the requirements of the Asbestos Hazard Emergency Response Act, a copy of the Asbestos Management Plan for each school building is available for review in each respective facility. A complete set of Management Plan is available for review in the District Administrative Office.*

### Going Out for Fall Sports?

You Will Need:

- A current physical
- A current athletic form (which includes the insurance waiver and concussion form.)

These forms are available on our website.

FREE OR REDUCED-COST LUNCHES ARE AVAILABLE TO STUDENTS. APPLICATION FORMS ARE AVAILABLE FROM BUILDING OFFICES UPON REQUEST. NO FREE OR REDUCED-COST MEALS WILL BE SERVED UNTIL AN APPROVED APPLICATION FOR THE FAMILY IS ON FILE IN THE DISTRICT. UNTIL APPROVAL, THE STUDENT WILL PURCHASE FULL PRICED LUNCHES. PARENTS ARE ENCOURAGED TO OBTAIN APPLICATION AT THE TIME OF REGISTRATION.

## 4 Year Old Preschool Information

Parent/Child Visits: August 18th & 22nd

Back to School Schedule: August 23rd: Half the preschool classes attending

August 24th: Half the preschool classes attending

August 25th: Daycare open for those registered

Monday, August 28th: All preschool children attending

Sign ups for parent/child visits as well as which day is preferred for August 24, 25 will be emailed to you by your child's teacher near the end of July. You can also sign up at registration.

⇒ It is the policy of the Louisa-Muscatine Community School District that school employees and volunteers not commit acts of physical or sexual abuse, including inappropriate and intentional sexual behavior, towards students.

⇒ It is the policy of the district to respond to allegations of abuse by school employees or volunteers by investigating or arranging for the full investigations of any allegations, and to do so in a reasonable prudent manner.

⇒ Anyone believing that a district employee or volunteer has abused a student may report the abuse to the level one investigators: Aimee

Wedeking, Principal-Elementary, 319-726-3634 or Chris Parkhurst, Principal-HS, 319-726-3421. Dawn Rios, District Nurse, will serve as alternate.

⇒ For additional questions regarding student abuse by district personnel, please contact the District Administrative Office, 319-726-3541.

# August 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Registration 7am-noon 1pm-6pm	5
6	7	8	9	10	11	12
13	14	15	16	17 Back to School Night,4:30-6:30pm	18	19
20	21 Board Meeting, 5pm V VB Tourn@ WACO,5pm	22	<b>23 FIRST DAY OF SCHOOL!</b>	24	25 V FB vs Tipton, 7pm	26 1 hour early dismissal
27	28 JV FB vs Tip- ton,6pm JV VB Tourn@ WACO	29 XC @ Home,4:30pm	30	31 HS VB vs Lone Tree, 5:30pm		

## Important Contact Information

Administration Office: 319-726-3541  
 Secondary Office: 319-726-3421  
 Elementary Office: 319-726-3634

Superintendent Mike Van Sickle: [mvsickle@lmcsd.org](mailto:mvsickle@lmcsd.org)  
 JR/SR Principal Chris Parkhurst: [cparkhurst@lmcsd.org](mailto:cparkhurst@lmcsd.org)  
 Elem Principal Aimee Wedeking: [awedeking@lmcsd.org](mailto:awedeking@lmcsd.org)

### SCHOOL WELLNESS POLICY

As obesity has become a problem in youth and adults throughout the nation, we have seen increased concern with nutrition. To address this concern a committee of parents, community members, teaching staff representatives, nutrition staff, and administration worked to develop a wellness policy in 2006. In 2017, the committee worked to revise and update the policy which was approved by the Board of Education in June. The committee's goals have remained the same: to provide students with better nutritional choices, not to become the food police, and give the students better nutrition information to help them make better food choices. Beverages and snacks in vending machines operated during the school day, as well as foods offered in the ala carte line, will follow nutrition guidelines provided by the Healthy Kids Act. Listed is a suggested snack list for parents sending treats to school.

Suggested Snack List (Not an all inclusive list): granola bars, apple Slices, fresh fruit cups or fruit cups in syrup, baked pre packaged chips, animal crackers, cheese nibs or gold fish, go-gurt, jello, pudding cups, popcorn, juice boxes, cookies pre-packaged, crackers pre-packaged.

# September 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1 hour early dismissal V FB @Lisbon,7pm	2
3	4 NO SCHOOL: Labor Day JV FB @ Lisbon, 6pm	5 XC @Tipton	6	7 JH FB@Central Lee, 5pm HS VB@ WACO,5:30pm	8 1 hour early dismissal V FB vs Wapello, 7pm(Homecoming)	9
10	11 FS VB@ WACO,5pm JV FB vs Wapello, 6pm JH VB @Columbus,4:30pm	12 HS VB@ Pekin, 5:30pm XC @ Central Lee	13	14 JH FB vs Wapello,5pm  HS VB @ Wapello, 5:30pm  JH VB vs Highland, 4:30pm  XC @ Ft Madison	15 1 hour early dismissal V FB @Danville,7pm	16
17	18 Board Meeting, 6pm JV FB @Danville, 6pm JH VB @ Lone Tree, 4:30pm	19 HS VB@ Columbus, 5:30pm  XC @ Mt Pleasant	20	21 JH FB@Danville, 5pm  V VB SEISC Tourn, TBD  JH VB @ WMU, 4:30pm	22 1 hour early dismissal V FB vs Van Buren,7pm	23 V VB SEISC Tourn, TBD  XC @ Pekin
24	25 JV FB vs Van Buren, 6pm JH VB vs WACO, 4:30pm	26 HS VB vs- Durant,5:30pm  JH VB vs Du- rant,4:30pm	27	28 Fall Pictures  JH FB vs Van Buren,5pm XC @WMU HS VB vs WMU,5:30pm JH VB @Pekin,4:30pm	29 1 hour early dismissal V FB @Columbus, 7pm	30 JH VB Tourn @ Me- diapolis

It is the policy of the Louisa-Muscatine CSD not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, gender, disability, religion, age, political party affiliation, socioeconomic status, or actual or potential parental, family or marital status in its programs, activities, or employment practices as required by the Iowa Code.

**OPEN ENROLLMENT**

You can find current open enrollment information and the application on our Louisa-Muscatine website. If you need more information feel free to call us!

Remember: Back to School Night will be Wednesday, August 17th 4:30-6:30. The first

day of school is Wednesday, August 23 & Fridays we will dismiss one hour early.



**STATEWIDE SMOKING BAN**

Beginning July 1, 2008, after Governor Culver signed the Smoke Free Air Act (H.F. 2212), smoking is banned on all school grounds, including personal vehicles. Fines for individuals found in violation of the Smoke Free Air Act are currently set at \$50 per violation. For more information or to register a complaint call 1-888-944-2247 or visit [www.IowaSmokefreeAir.gov](http://www.IowaSmokefreeAir.gov)

SCHOOL SUPPLY LISTS ARE AVAILABLE NOW ON OUR WEBSITE & FACEBOOK PAGE!

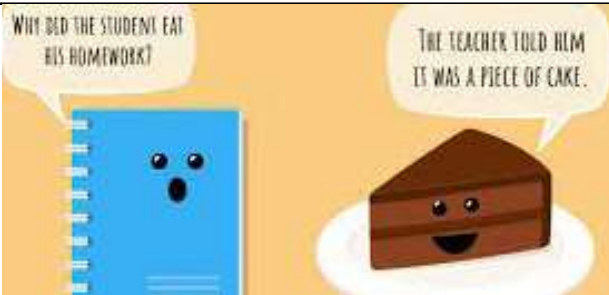
**NON-DISCRIMINATION POLICY STATEMENT - Section 504**

It is the policy of the Louisa-Muscatine Community School District to provide equal educational and employment opportunities and not to illegally discriminate on the basis of race, color, national origin, gender (sex), sexual orientation, gender identity, marital status, socioeconomic status (program only), age (employment only), disability, religion, or creed, in its educational programs, activities, or its employment and personnel policies. Affirmative steps are taken to integrate students in attendance centers, programs and classes on the basis of race, color, national origin, gender (sex), sexual orientation, gender identity, marital status, socioeconomic status, disability, religion, or creed.

This agency shall provide program activities, a curriculum, and instructional resources that will reflect the racial and cultural diversity present in the United States and the variety of careers, roles, and lifestyles open to both men and women in our society. One of the objectives of the agency's programs, curriculum, services, and teaching strategies is to reduce stereotyping and to eliminate bias on the basis of race, color, national origin, gender (sex), sexual orientation, gender identity, marital status, socioeconomic status, disability, religion, or creed. The curriculum, programs, and services shall foster respect and appreciation for the cultural diversity found in our country and an awareness of the rights, duties, and responsibilities of each individual as a member of a pluralistic society. It is the policy of this agency to affirmatively recruit women and men, members of diverse racial/ethnic groups, and persons with disabilities for job categories where they are under-represented. A fair and supportive environment will be provided for all students and employees.

Regardless of their race, color, national origin, gender (sex), sexual orientation, gender identity, marital status, socioeconomic status, disability, religion, or creed, inappropriate statement or actions made from one employee to another, from an employee to a student or vice versa, and from one student to another is a violation of this policy.

Inquiries or grievances related to this policy may be directed to Amy Lantigua - Equity Coordinator, L-M School District, 14478 170th St., Letts, IA 52754, or to the Director of the Iowa Civil Rights Commission in Des Moines, the Director of the Region VII Office of the United States Equal Employment Opportunity Commission, or the Director of the Regional VII Office of Civil Rights, United States Department of Education in Kansas City, Missouri. Inquiries may also be directed to the Director, Iowa Department of Education, Grimes State Office Building, Des Moines, Iowa 50319.



**ELEMENTARY SUMMER READING: STOMP CHOMP...READ!**

Hopefully within your summer you have had time to do some reading. Be sure to jot down the days, times or books you have read to turn into Mrs. Wedeking. (Or if you have participated in the library summer programs!) These can be emailed to [awedeking@lmcsd.org](mailto:awedeking@lmcsd.org), brought to registration, or brought the first day of school. We want to see lots of names on the Summer Dinosaur Reading Board!



**August Breakfast/Lunch Menu**

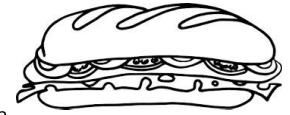
Monday	Tuesday	Wednesday	Thursday	Friday
		23 Muffins or Cereal, Toast, - Fruit & Juice	24 Donuts or Cereal, Toast, - Fruit & Juice	25 *Breakfast Bites or Cere- al, Toast, Fruit & Juice
Elementary Alternate: PBJ, Cheese Stick, Fruit & Apple Slices				
		BBQ Meatballs, Chips, Green Beans & Apple Slices	Chicken Nuggets, Salad, French Fries & Banana	Crispito, Nachos, Rice(HS), Corn & Oranges
28 Egg & *Sausage Biscuit or Cereal, Toast, Fruit & Juice	29 Biscuits & *Gravy or Cere- al, Toast, Fruit & Juice	30 Frudel or Cereal, Toast, - Fruit & Juice	31 French Toast Sticks or Ce- real, Toast, Fruit & Juice	~All meals are served with a choice of milk. ~Carrots are served daily. ~Food items marked with (* ) contain pork.
Elementary Alternate: Cereal, Crackers, Fruit & Juice				
Hamburger, Baked Beans(HS), Cheesy Potatoes & Fresh Fruit	Elem: *Pizza HS: *Pizza Burger All: Corn, Salad & Peaches	*Corndog, French Fries, Grapes & Ice Cream	Chicken Strips, Mashed Potatoes w/gravy, Green Beans, B&B and Water- melon	

**STATEMENT REGARDING THE HOMELESS**


The Board of Directors of the Louisa-Muscatine Community School District is responsible for locating and identifying homeless children and youth who are "identified" within the district. A "homeless child or youth of school age" is defined as one between the ages of 5 and 21 who lacks a fixed, regular and adequate night time residence and includes a child or youth living on the street, in a car, tent or abandoned building or some other form of shelter not designed as a permanent home; living in a community shelter facility; or living with non-nuclear family members or friends who may not have legal guardianship over the child or youth of school age. The district shall make available to the homeless child or youth all services and assistance including, but not limited to, compensatory education, special education, English as a second language, vocational courses or programs, programs for the gifted and talented, health services, and food and nutrition programs, on the same basis of those services and assistance provided to resident pupils. If you need further assistance/information, please contact the building principal, counselor or the Superintendent of Schools, 14478 170th Street, Letts, Iowa 52754.

Alternate lunch entree is offered for grades K-12.  
 JH/HS may purchase 2nd entree for \$1.40  
 All meals are served with a choice of milk.  
 Fresh Carrots are served daily.  
 Items marked with \* contain pork.

Available for lunch daily for grades 7-12: Turkey or \*Ham deli, chef salad, pizza, fresh fruit  
 Alternate breakfast entree: cold cereal, toast, fruit or juice. A la Carte breakfast available for grades 9-12  
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



# September Breakfast/Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Scrambled Eggs & *Sausage or Cereal, Toast, Fruit & Juice
Elementary Alternate: Cereal, Crackers, Fruit & Juice				
4 NO SCHOOL 	5 *Breakfast Bites or Cereal, Toast, Fruit & Juice	6 Eggs & *Bacon Cheese Biscuit or Cereal, Toast, Fruit & Juice	7 Mini Donuts or Cereal, Toast, Fruit & Juice	8 *Pizza or Cereal, Toast, Fruit & Juice
Elementary Alternate: PBJ, Meat Stick, Fruit & Juice				
	Taco Salad, Refried Beans, Oranges & Pineapple	*Polish Sausage w/bun, Potato Salad(HS), Baked Beans & Grapes	*Boneless Chicken Wings, Potato Wedges, Cottage Cheese(HS) & Pears w/cherries	Falcon Bowl, Corn, Mashed Potatoes, B&B and Pears
11 Breakfast Bar or Cereal, Toast, Fruit & Juice	12 Scrambled Eggs & Toast or Cereal, Toast, Fruit & Juice	13 Waffles or Cereal, Toast, Fruit & Juice	14 Combo w/ Hash Brown or Cereal, Toast, Fruit & Juice	15 Cereal Bar or Cereal, Toast, Fruit & Juice
Elementary Alternate: Cereal Bar, Yogurt, Fruit & Juice				
*Pork Fritter, Baked Beans, Chips & Mixed Fruit	Beef Taco w/toppings, Rice & Grapes	*Cheddarwurst, Cottage Cheese, Salad & Apples w/dip	Chicken *Bacon Cheese Sandwich, French Fries, Celery w/PB & Mixed Fruit	Salsbury Steak, Mashed Potatoes, Corn, B&B and Pineapple
18 *Breakfast on a Stick or Cereal, Toast, Fruit & Juice	19 Egg, *Bacon & Toast or Cereal, Toast, Fruit & Juice	20 Pancakes or Cereal, Toast, Fruit & Juice	21 Donuts or Cereal, Toast, Fruit & Juice	22 Muffins or Cereal, Toast, Fruit & Juice
Elementary Alternate: PBJ, Cheese Stick, Fruit & Juice				
*Hot Ham & Cheese, French Fries & Applesauce	Chicken Fajitas w/toppings, Rice & Watermelon	*Hot Dog, Mac & Cheese, Salad, Macaroni Salad(HS) & Peaches	*Chef Salad, Roll, Pickle & Apples w/dip	Chicken Alfredo, Broccoli & Cheese, Roll & Fresh Fruit
25 *Pizza or Cereal, Toast, Fruit & Juice	26 Egg, *Sausage & Toast or Cereal, Toast, Fruit & Juice	27 Waffles or Cereal, Toast, Fruit & Juice	28 Biscuits & *Gravy or Cereal, Toast, Fruit & Juice	29 *Breakfast Bites or Cereal, Toast, Fruit & Juice
Elementary Alternate: Cereal, Crackers, Fruit & Juice				
*Club Sandwich, Cheesy Potatoes, Salad & Pineapple	Walking Taco w/toppings, Refried Beans & Apple Slices	*Bratwurst, Chips, Carrots, Cottage Cheese(HS) & Fresh Fruit	Chicken Nuggets, Cornbake, B&B, Baked Beans(HS) & Applesauce	Tater Tot Casserole, Green Beans, PB Sandwich & Oranges