



THE DRAGON NEWSLETTER
Dunseith Public School
Dunseith School District #1



**PRESORTED STANDARD
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Dunseith, ND 58329**



A Country Soars it's Highest when it Soars on the Wings of "Freedom"


**HAPPY
NEW YEAR
2016!**





January

The following information could be disseminated to parents during the month of January:

 **Native American Student Achievement Linked to Parental Involvement:** The state of education in our nation's K-12 schools for Native students is distressing. Native students perform two to three grade levels below their white peers in reading and mathematics. Parents may be able to help improve those statistics. The recommendations part of the report points to parental involvement leading to student success. To view the article, please visit <http://indiancountrytodaymedianetwork.com/2011/06/24/native-american-student-achievement-linked-parental-involvement-39884>

 **Parent Involvement: How it makes schools better:** 1) Become more aware and involved in their children's education. 2) Establish schedules or routines for their children. 3) Keep regular communication with teachers throughout the school year. 4) Know the expectations and circumstances their children are living under and help them meet them. 5) Become aware of the support and resources available to struggling students. For more information, please visit www.schoolimprovement.com/voe/top-5-strategies-for-student-success/.

 **Multicultural & Citizenship: 100 Acts of Kindness Challenge –What is the 100 Acts of Kindness Challenge?** Between January 19th and February 14th we invite you to join us and work together with your kids, students, grandkids, or friends, etc. to accomplish 100 Acts of Kindness! During our challenge this month we are going to help teach our kids to look outward and be kind and DO MORE for others in simple ways. **Life's most persistent and urgent question is, 'What are you doing for others?'** For a **FREE printable calendar to keep track of your 100 Acts of Kindness, go to:** <http://preschoolpowolpackets.blogspot.com/2015/01/100-acts-of-kindness-challenge-mlkj.html>

 **Behavior: Handling Disrespect:** If you feel pressured to punish or yell at your child in the moment, I would encourage you to try one or more of these seven responses: 1) stay calm; 2) decode the behavior; 3) empathize; 4) check the time; 5) slow it down; 6) let it go, and 7)connect. For more information, please visit <http://imperfectfamilies.com/2015/05/18/how-to-respond-when-your-child-is-disrespectful/>



Questions to ask your child while reading nonfiction text

What is the main idea of the text?

What did you learn from reading the text?

Are there any words that you do not know what they mean?

What are some new words that you learned?

Do you have any questions after reading this?

Were there any important features (charts, diagrams, pictures) that were important?

Where could you find more information about this topic?

Did you like this text? Why or why not?

How Can I Help My Child Succeed in School?



1. Read to or with your child every night.
2. Help your child with his/her homework every night.
3. Do not talk negatively about your child's teachers or about school.
4. Make sure your child is getting plenty of sleep and is ready for school each day.
5. Teach your child to be responsible for their actions and their school work.
6. Stay involved and feel free to contact your child's teacher with any questions or concerns.
7. Ask your child about school everyday and encourage them to discuss the day.

Books may well be the only true magic.



Parent Involvement Resources

The North Dakota Department of Public Instruction (NDDPI), Office of Indian/Multicultural Education will develop monthly communication resources for schools to disseminate to parents each month. Research has shown that students do better in school when their parent/guardian is actively involved. A monthly, one page resource template is included to assist schools in encouraging parent/guardian involvement. This template is customizable to meet your school needs.

For each month, the resource includes ideas and opportunities that could be shared with parents. The resources are certainly not inclusive and staff is encouraged to add their own creative ideas and activities related to their school/district.

In study after study, researchers discover how important it is for parents to be actively involved in their child's education.

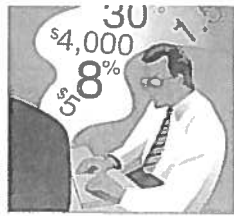
Studies find that students with involved parents are more likely to:

1. have higher grades and test scores
2. pass their classes, earn credits, and be promoted
3. attend school regularly
4. have better social skills, show good behavior, and adapt well to school
5. graduate and go on to further education¹

When schools work together with families to support learning, children tend to succeed not just in school, but throughout life. In fact, the most accurate predictor of a student's achievement in school is not income or social status, but the extent to which that student's family is able to:

1. create a home environment that encourages learning
2. express high (but not unrealistic) expectations for their children's achievement and future careers²

The Parent Institute, *Selected Parent Involvement Research* A summary of selected research compiled by Dr. John H. Wherry, President, The Parent Institute, P.O. Box 7474, Fairfax Station, VA 22039-7474, U.S.A.^{1,2}



Dunseith Public School Home of the "Dragons"



Dear Parents/Guardians: *★ happy new year ★*

Well, we made it through Thanksgiving, Christmas and New Year's Day, now to get ready for another new year at the Dunseith Public School.

Parents, just a reminder you need to schedule your students graduation pictures. We will need a copy sent to holly.poitra@k12.nd.us, so we can get the pictures organized and ready for the papers. We will also need the pictures for display at the high school.

Work Keys testing will take place on Wednesday, January 13th starting at 9:00 am.

The Christmas Concerts were a hit this year, Mrs. Heller & Mr. Sabree did a fantastic job with all the students who participated in the concerts. Great job to the Music Department!

We will be resuming school on Monday, January 4th, 2016. I hope everyone had a great Christmas vacation, and I hope Santa was nice to all.

Our boys' and girls' Dragon basketball teams are in full force and have played awesome in the December games. Coming into the New Year, the boys & girls will be playing at home against Warwick starting at 12pm on Saturday, January 2nd. On Monday the 4th, the boys will be taking on Bishop Ryan at home. The girls will be taking on St. John at home on the 5th. Lots of basketball coming up in January; see calendar for events. I hope a lot of you can come out and support the Dragons on their upcoming games.

Let's make the start of 2016, a great one! I hope everyone has a great month, and we will keep you updated on new things going on at DPS in next months newsletter and also on our new Facebook page.

Not much more to add for January, but we will have lots in February. Until then, Happy New Year to all.



Mr. Pat Brenden, Superintendent
Mr. David Sjol, High School Principal
Mrs. Rebecca Ward, Elementary Principal

Dunseith High School
310 3rd Ave. S.W
PO Box 789
Dunseith, ND 58329



JANUARY 2016

Sun Mon Tue Wed Thu Fri Sat



Happy New Year
 1 GBB @ Home 12pm vs. Warwick (A, B)
 2 GBB @ Home 12pm vs. Warwick (A, B)

3 Back to School
 4 GBB @ Home 4:15pm vs. St. John (A, B & JH)
 5 GBB @ Home 4:15pm vs. St. John (A, B & JH)
 6 GBB @ Rolette 4:15pm (A, B & JH)
 7 GBB @ St. John 4:30pm (A, B & C)

10 GBB @ Home 5pm vs. Whitesfield (A)
 11 GBB @ Home 5pm vs. Whitesfield (A)
 12 GBB @ Home 4:15pm vs. North Star (A, B)
 13 WORK KEYS TESTING 9AM
 14 GBB @ Rollette 4:30pm (A, B & JH)
 15 GBB @ Marshall (TBA)
 16 GBB @ Newton (TBA)
 GBB @ Newton TBA

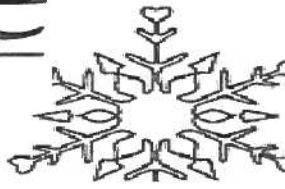
17 MARTIN LUTHER KING DAY
 19 GBB @ Whitesfield 5pm (A, B)
 20
 21 GBB @ Westport 7:15pm (A)
 22 GBB @ Westport 4:15pm (A, B)
 23

24 GBB @ Langdon (Mixed) 4pm (A, B & JH)
 25
 26
 27
 28 GBB @ Home 5:45pm vs. Rola (A, B)
 29
 30 GBB @ Class-B Day (TBA)
 GBB @ Minot Class~B-Day (TBA)

31



Life is simple
 Eat. Sleep. Play Basketball.



1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th

Honors

7th Grade

Kiya Baker
Joseph Belgarde
Callie Counts
Curtis Duchaine
Julius Grant
Paris Keplin
Dawson LaFromboise

8th Grade

Keanon Brunelle
Gabriel Davis
Tayler Davis
Haylie Handeland
Jayden Henry
Brenton Longie
Aleana Peltier
Drayton Poitra
Elizabeth Poitra
Sean Smith
Ashanti St. Pierre

9th Grade

McKenzie Amyotte
Daunte Baker
Lilly Charbonneau
Lexius Davis
Thalia Dubois
Mercedes Faine
Trislyn Faine
Taylor Miller
Kenyon Morin
Lane Peltier
Trenton St. Claire

Highest Honors

7th Grade

Jaden Aiken-Davis
Neysa Amyotte
Anthony Anderson
Sara Belgarde
Emily Counts
Emerald Gunville
Jayla Henry
Madison Parisien
Terry Vivier

8th Grade

Hannah Azure
Ronald Belgarde
Gracie Peltier
Brooke Tuttle
Sage Williams

9th Grade

Hallie Counts
Jasmine Cree
Caitlyn Davis
Megan Medrud
Sarah Nadeau



The Dragon Way



Honors

10th Grade

Jacob Baker
Hunter Davis
Martina Demery
Peter Gillis
Kirsten Malaterre
Isiah Nadeau
Antione Rivera
Kelsey Shipman
Marlana Thiefoe

11th Grade

Avery Baker
Jalicia Cree
Brooke Henry
Patrick LaRocque
Laikyn Longie
Rennan Longie
Joshua Nadeau

12th Grade

Jenna Azure
Keesha Davis
Skye Davis
Shannell DeCoteau
Dakota Gunville
Marvin Gunville
Garysen LaFountain
Paulette LaFromboise

Highest Honors

10th Grade

Journey Azure
Cody Lafloe

11th Grade

Margaret Belgarde
Kieler Counts
Emily Davis
Hailey Davis
Latoya Delorme
Mason Eman
Olivia Murphy
Kaylee Rodman
Shannon Smith
Kaziah St. Claire

12th Grade

Emalee Azure
Trace Azure
Christian Breland
Peyton Davis
Sabrina DeCoteau
Darian Gladue
Alex Henry
Aaron Lopez
Austin Nadeau
Brenden Nerpel
Alexandria Norquay



LIVING WITH ADHD/ADD

Tips to help kids stay organized and follow directions.

Schedule. Keep the same routine every day, from wake-up to bedtime. Include time for homework, outdoor play, and indoor activities. Keep the schedule on the refrigerator or on a bulletin board in the kitchen. Write changes on the schedule as far in advance as possible.

Organize everyday items. Have a place for everything, and keep everything in its place. This includes clothing, backpacks, and toys.

Use homework and notebook organizers. Use organizers for school material and supplies. Stress to your child the importance of writing down assignments and bringing home the necessary books.

Be clear and consistent. Children with ADHD need consistent rules they can understand and follow.

Give praise or rewards when rules are followed. Children with ADHD often receive and expect criticism. Look for good behavior, and praise it.

Some children with ADHD continue to have it as adults. And many adults who have the disorder don't know it. They may feel that it is impossible to get organized, stick to a job, or remember and keep appointments. Daily tasks such as getting up in the morning, preparing to leave the house for work, arriving at work on time, and being productive on the job can be especially challenging for adults with ADHD.

These adults may have a history of failure at school, problems at work, or difficult or failed relationships. Many have had multiple traffic accidents. Like teens, adults with ADHD may seem restless and may try to do several things at once, most of them unsuccessfully. They also tend to prefer "quick fixes" rather than taking the steps needed to achieve greater rewards.

**Children are great imitators
So give them something great to imitate
Anonymous**

Homework helps your child learn: Grades K-12

You can help! With your support, your child can:

Learn more – Homework builds on the lessons learned at school. Younger children practice skills learned in class. Older children learn more about the subjects they're studying. You can help by: 1) showing an interest in your child's homework and 2) looking for ways to reinforce what your child is learning in everyday activities.

Do better in school – Homework helps children understand the lessons they've had at school – and remember them. Talking to your child about assignments and reviewing work together helps your child retain and learn new information.

Enjoy schoolwork – You can help make doing homework comfortable - and interesting! There are lots of ways to make homework part of your family's daily routine, rather than a chore. For example, you can: 1) help your child set up a comfortable space for doing homework and 2) find ways to make homework and learning fun and exciting.

Learn responsibility – This is an important quality to develop at home, in school, and later in life. Children who do their homework on time are learning to be responsible.

Practice skills and gain confidence – Homework helps younger children develop reading, writing and math skills. Older children continue to practice these skills, but they also build on other skills such as: 1) taking notes, 2) keyboarding (when writing papers), 3) researching (at the library or on the Internet), 4) problem solving, 5) working on their own. You can help by encouraging your child to practice these skills at home or at your local library.

Improve test scores – Spending time each day reviewing what's learned in school can help your child do better when it's time to take quizzes and tests. You can help by reviewing information with your child, and helping him or her study for quizzes and tests. For example, make practice tests or give an oral quiz.

Develop more interests – The more your child learns the more interests he or she develops! Reading about different times in history, or reading stories that spark imagination, helps your child develop interests. You can help by talking about the books your child reads, and by exploring new subjects together.

Learn to be organized – Skills learned from doing homework such as managing time, setting priorities and meeting deadlines, are skills that last a lifetime.

Uncommon Homework Advice

few changes

BY KAREN WORTHINGTON

HAT DO THE COUCH, THE FLOOR, AND the kitchen counter have in common? They are appropriate places for kids to do homework. Similarly, silence, music, and conversation are appropriate backdrops for getting homework done. The key is knowing what works best for your child and matching the environment to their needs.

"First, get away from the idea of one size fits all," says Neil McNerney, a child and family counselor and author of *Homework: A Parent's Guide to Helping Out Without Freaking Out*. He

encourages parents to observe their children to see what works—some kids can sing lyrics while completing math problems, some need to dance while reviewing flash cards, and others need silence and a desk.

McNerney says that recent scientific research on study skills and the way people learn "is really turning the educational environment on its ear because some of the stuff is very different from what we have been telling parents for years." What follows are five unexpected tips to make homework time more effective.

TWO THINGS TO REMEMBER IN LIFE:

"Take care of your thoughts when you are alone", and
"Take care of your words when you are with people."



>> Homework Personality Quiz

Learn which approach works best for your child.
SCHOOLFAMILY.COM/WHATS-NEW

1. USE HELPFUL DISTRACTIONS

Ignore the common advice of eliminating distractions and studying in the same quiet place at the same time each day. "We have found these three things are the exact opposite of what most students need," McNerney says. "A little more distraction, but not too much, allows the brain to hone in more on what it is supposed to focus on."

Distractions can include music, background conversations, and different places and times for doing homework, he explains. Changes in routine and environment increase most students' ability to learn because the more novel the environment, the more likely the brain is to retain information.

Distractions don't work for all kids, however, and not all distractions are equal. Some children need a quiet environment, and as McNerney points out, "music doesn't usually work for reading." He also says the television should always be off-limits when studying because "the television sucks you in."

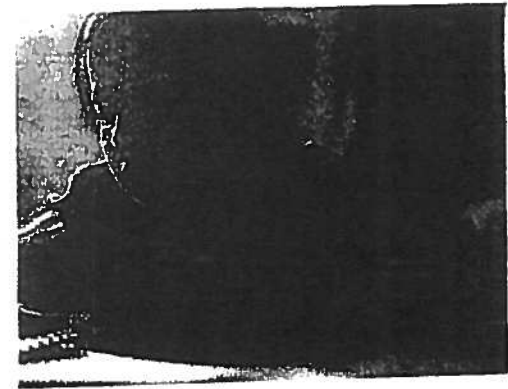
2. GET MOVING

Some children are more physical than others. "If you have a kid who needs to move, let them move. It's important," McNerney says. To help his son study, the two would throw a small football back and forth. McNerney would ask a question and toss his son the ball. His son would answer, then toss it back.

"If kids need to stand up when they study—fantastic—let them stand up," he says. Encourage movement for kids who need to fidget by using silly rewards like running to the kitchen for a pretzel after each correct answer.

3. STUDY WITH FRIENDS

Some children like to study in groups. Nowadays, the groups are as likely to be virtual as they are in-person. "If your child can handle studying in a group, then let them message



with friends while studying," McNerney says. "When kids [physically] get together to study, they are going to do some work, chat, do some work, talk again, and do some work." When kids text, he says, "to them, there is no difference in the medium—it's all 'talking with friends.'"

Children who do better studying alone and children who spend more time on social media than on schoolwork should put aside their devices, however. They can connect with friends during regularly scheduled texting breaks.

4. TAKE FREQUENT BREAKS

"Taking short, regular, frequent breaks helps children stay focused for longer periods of time," McNerney says. For example, he suggests that elementary school students work in 10-minute blocks followed by five-minute breaks. "Parents often think this is inefficient because kids spend a third of their time on breaks," he explains, "but the interesting thing is that the 10 minutes they do spend is so much more efficient that the total time they spend on homework is normally a lot less."

5. TRAIN THE BRAIN

"When studying for a test, study as if you are taking the test," McNerney says. Most students study by reviewing information from a textbook or their class notes. On test day, however, they'll most likely need to work from memory. Forcing your brain to recall information through quizzes and flash cards "dramatically increases the learning and the ability to remember things." ❶

Educational Websites

www.coolmath4kids.com

www.homeschoolmath.net/math_interactive_links.php

www.kidsites.com/sites-edu/math.htm

cte.jhu.edu/techacademy/web/2000/heal/mathsites.htm

www.globalclassroom.org/ecell00/javamath.html

edweb.tusd.k12.az.us/ekowalc/math/elementary_web-sites.htm

www.aplusmath.com

www.adrianbruce.com

nrich.maths.org



Ideas for Reading Outside a Book

- ◆ Read instructions for games and projects
- ◆ Read from catalogs
- ◆ Learn song Lyrics
- ◆ Subscribe to and read magazines
- ◆ Read brochures about a future vacation
- ◆ Read food and product labels
- ◆ Make a recipe from a cookbook
- ◆ Read the daily newspaper
- ◆ Read comic books
- ◆ Have your child choose a video based on the description

10 simple things that can boost your child's brain power



1. Interaction

Spend time watching me and responding to my cues. It tells me I'm important and special to you.

2. Loving touch

Cradle me, hold me. Give me lots of hugs. It keeps me calm, comforts me and gives me courage to move on.

3. Stable relationship

I need someone special to be there when I call. When I look around and see you I know I can go far.

4. Safe, healthy environment

Plug the outlets, block the stairs and keep anything containing lead away. Make a safe, special place so I am free to explore.

5. Self-esteem

I can do it yes I can, if you tell me so. Pay attention, give me praise and watch me go, go, go!

6. Quality child care

When you're gone, I need to be with people you can trust to help me grow and teach me new, exciting things.

7. Communication

I may not talk, but don't be fooled, I understand a lot. Our little conversations mean so very much.

8. Play

Play is fun, play is work, it's how I learn the ropes. When we play together, you help me more than you know.

9. Music

1, 2, 3 sing to me and make up silly tunes. Music is a special time that's fun to share with you.

10. Reading

Read to me and show me books with lots of pretty pictures. Write my stories out in words and I'll love to read forever.



Medcenter One
Dakota Children's Advocacy Center
medcenterone.com/dcac

Dunseith Elementary school
November Students of the Month

Kindergarten

Braxton Azure

Son of Shannon and Kerry Azure

First Grade

Francis Belgarde

Son of Francis and Angela Belgarde

Second Grade

Blaize Crum

Son of Stacy Poitra

Grandson of Rick and Mary Poitra

Third Grade

Austin Gladue

Son of Kyle Gladue and Kavannah Longie

Fourth Grade

Larissa Delorme

Daughter of Jason and Renee Delorme
and Crystal Azure

Fifth Grade

Paul Cree

Son of Paul Cree and Melanie LaRocque

Sixth Grade

Brailyn Davis

Daughter of Wally and Nicole Decoteau
and Derrick and Jessica Chase

Volunteers

Volunteering creates a national character in which the community and the nation take on a spirit of compassion, comradship, and confidence.

The Dunseith Public School would like to acknowledge and thank the following individuals for their volunteer service to the school during the months of November and December.

**Assisting in Kindergarten Classroom

Thanks to Aaron Belgarde

**Assisting in the Kitchen

Thanks to Kathryn Gladue

Recently the First Grade students studied Community Servers in their Social Studies lesson. They were excited to have several community emergency workers visit them and tell them about their jobs. We would like to thank the following volunteers for sharing with our First Grade students.

November 30th Teddy Bear Clinic - Thanks to Tami Gladue, RN; Deb Belgarde, RN; and Susie Bercier, Advanced EMT from QBMHCF. The presenters talked about what to expect when you need to go to the Emergency Room, showed how to take blood pressures and x-rays, and gave each student a teddy bear to take home.

December 3rd - Thanks to Mr. Francis Lee Belgarde from the Turtle Mountain Law Enforcement. He talked to the students about the job of a policeman and how policemen help keep everyone safe.

Thanks to the following individuals for volunteering their time to chaperone the Junior Fall Formal on November 28th: **Ashley Parisien, Anita Blegarde, DJ Poitra, Christina Strong, Brandon Longie and Denise Davis**



JANUARY 2016 D.E.S LUNCH MENU



NATIONAL SOUP MONTH

BE KIND TO FOOD SERVERS MONTH

NATIONAL BACKWARDS DAY (JAN. 31ST)

POVERTY IN AMERICA AWARENESS MONTH

NATIONAL HOT TEA MONTH



4 BEEF STROGANOFF GREEN BEANS BREAD/BUTTER FRUIT/MILK	5 HOT DOGS CHIPS/BAKED BEANS WATERMELON MILK SALAD BAR	6 HAMBURGER GRAVY MASH POTATOES CORN/BREAD ICE CREAM/MILK	7 CRISPITOES RICE VEGGIES/PUDDING MILK SALAD BAR
11 HAMBURGER POTATO HTDSH MIX VEGETABLES FRUIT COCKTAIL BREAD/BUTTER/MILK	12 HAMBURGER ON A BUN BBQ CHIPS FRUIT CUP/MILK SALAD BAR	13 POLISH SAUSAGE OVEN FRIED POTATOES WAX BEANS PEACHES BREAD BUTTER ICE CREAM MILK	14 MR. NELSON'S 4TH GRADE CLASS MENU SUBS/GREEN BEANS COTTON CANDY I.CREAM/MILK SALAD BAR
18 MAC & CHEESE W/WIENIES STEAMED BROCCOLI BANANA/BREAD/MILK	19 PIZZA POCKET BANANA BREAD/BUTTER MILK SALAD BAR	20 BREADED CHICKEN TWICE BAKED POTATOES COLE SLAW ICE CREAM/BREAD MILK SALAD BAR	21 POPCORN CHICKEN CHEESY BROCCOLI MILK SALAD BAR
25 CHEESEBURGER HOTDISH JUICE/FRUIT BREAD/BUTTER/MILK	MRS. HAGER'S 4TH GRADE CHOICE 26 TACO IN A BAG MEXICAN RICE C.C. COOKIES HOT COCOA MILK/SALAD BAR	27 BBQ RIBS POTATOE WEDGES CORN/BREAD/BUTTER ICE CREAM/MILK SALAD BAR	28 COOK'S CHOICE MEATS GRAINS FRUIT/MILK

NATIONAL VOLUNTEER BLOOD DONOR MONTH

MARTIN LUTHER KING, JR.'S BIRTHDAY (JAN. 18)



MENU SUBJECT TO CHANGE

A friend remembering the need to share, finds the time to listen. Anonymous

BREAKFAST

WELCOME BACK, HOPE YOU ALL ENJOYED THE TIME OFF, GLAD TO SEE YOU ALL BACK!!!

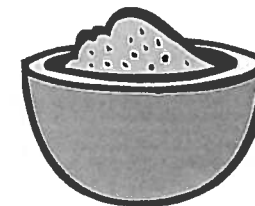
JANUARY 2016

May the joy of the season be yours throughout the New Year.

MENU SUBJECT TO CHANGE

4 MALT-O-MEAL TOAST MELON MILK	5 BREAKFAST BURRITO SALSA PEARS/MILK	6 COLD CEREAL TOAST JELLY BANANAS/MILK	7 SAUSAGE & CHEESE ON BUN FRUIT MILK
11 OATMEAL W.W. TOAST FRUIT MILK	12 SCRAMBLED EGGS W/BACON BREAD/JELLY ORANGE/MILK	13 COLD CEREAL POP TART JUICE MILK	14 PANCAKES SYRUP/BUTTER STAWBERRIES MILK
18 CREAM OF WHEAT TOAST JUICE/MILK	19 HOT HAM & CHEESE ON BUN FRUIT/MILK	20 COLD CEREAL ICED CINNAMON ROLL APPLESAUCE MILK	21 BREAKFAST PIZZA JUICE MILK
25 FARINA TOAST BUTTER JELLY FRUIT/MILK	26 BISCUITS W/SAUSAGE GRAVY GRAPEFRUIT/MILK	27 CEREAL MUFFINS MELON SLICES MILK	28 WAFFLES SYRUP/BUTTER STRAWBERRIES MILK

NATIONAL
OATMEAL
MONTH



ELVIS
PRESLEY'S
BIRTHDAY
JAN. 8TH

WISHING
YOU A
**PROSPEROUS
YEAR**

IT TAKES A LONG TIME TO GROW AN
OLD FRIEND. ANONYMOUS

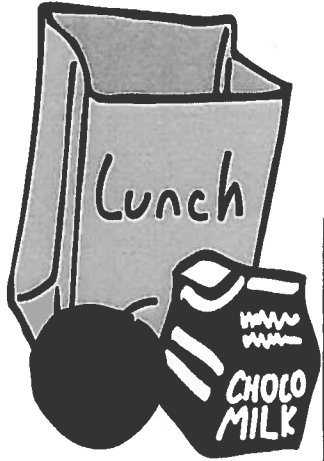
January 2016 HS Lunch Menu

Mon

Tue

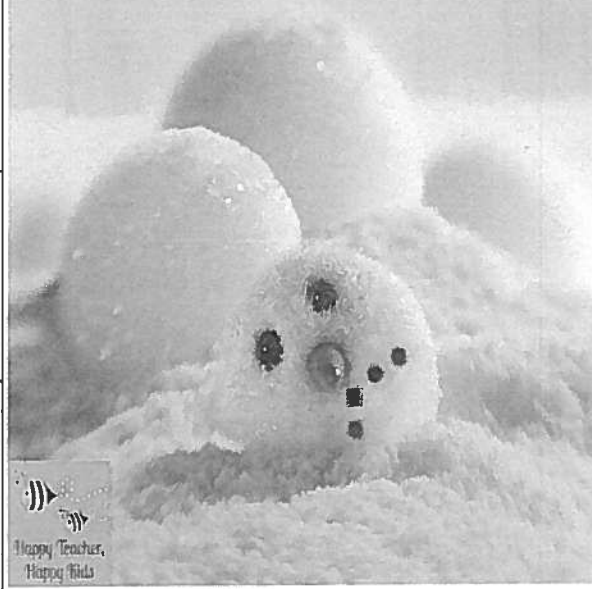
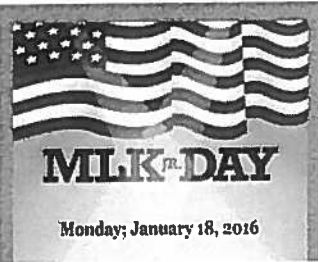
Wed

Thu



CHICKEN BURGERS 4 FRIES PEAS PEACHES MILK	CHILI DOGS / BUNS 5 SALAD BAR BANANAS MILK	SPAGHETTI 6 GARLIC TOAST JELLO PEACHES SALAD BAR / MILK	CHICKEN FAJITAS 7 RICE ICE CREAM SALAD BAR / MILK
CORN DOGS 11 FRIES GREEN BEANS MANDARIN ORANGES MILK	HAMBURGERS 12 W/ ALL FIXINGS JELLO FRUIT SALAD BAR / MILK	PORK ROAST 13 MASHED POTATOES DINNER ROLL CORN CAKE SALAD BAR / MILK	CHICKEN STRIPS 14 MAC & CHEESE PEAS ICE CREAM SALAD BAR MILK
EGG ROLLS 18 RICE FORTUNE COOKIE SALAD BAR MILK	BURRITOS 19 ICE CREAM SALAD BAR MILK	TATOR TOT HOTDISH 20 JELLO SALAD BAR MILK	CHICKEN ALFREDO 21 GARLIC TOAST PUDDING SALAD BAR MILK
POLISH SAUSAGE 25 MASHED POTATOES SAUERKRAUT FRUIT SALAD BAR / MILK	PIZZA 26 CHEF SALAD APPLES SALAD BAR MILK	PORK CHOPS 27 MASHED POTATOES PEAS CAKE SALAD BAR / MILK	CRISPITOES 28 FRENCH FRIES APPLE SALAD BAR MILK

Survive
 the 1st Day Back
 at School After
 Winter Break



Happy Teacher,
 Happy Kids



