



COUGAR NEWS

Greetings Cougar Fans!

Important News for Wind River & Crowheart Schools Parents and Students

Preschool: This year the district continues to offer full day preschool for students ages 3 through 5 years old. The first half of the day is provided free of charge while the second half requires payment. The program is also participating in the breakfast and lunch program as well as the Fresh Fruits and Vegetables for morning snacks. Call the elementary office with any questions.

Elementary: DIBELS testing has begun in grades K-5. This assessment is designed to give teachers baseline data on our students and will also help us monitor their growth as the school year progresses. Additionally, the school will administer MAP testing to measure summer loss and intervene accordingly. This year the elementary staff are being trained and starting to implement the use of Canvas--a learning management system where students are submitting work online. This will also allow students to access their work from home if needed.

MS/HS: Canvas is our online learning management system (LMS) where students can access and submit assignments, find class resources, complete threaded discussions, and much more. Parents can sign up as an observer to their student's Canvas account so they can see assignment due dates, announcements, and other course content. Observers can view the course content but cannot participate in the course. Please visit the district's website to find instructions on how to sign up and to learn more about Canvas.

Reminders:

- Students need to bring their own face covering from home.
- As a general rule, parents/guardians and other visitors will not be allowed inside the school building. Exceptions include scheduled IEP, 504, and/or BIT meetings and emergency situations. Parents will have their temperature taken prior to entering the building.
- Please screen your child at home if they are feeling ill. If your child is exhibiting symptoms of COVID-19 please contact your healthcare professional.
- Personal belongings such as toys, balls, etc. should not be brought to school.

Lastly, we want to invite all cougar fans to come out and support our athletic teams this fall. We look forward to seeing you cheering on our student athletes.

"Driven by Student Success"

Thank you,

Barney Lacock
Elementary Principal

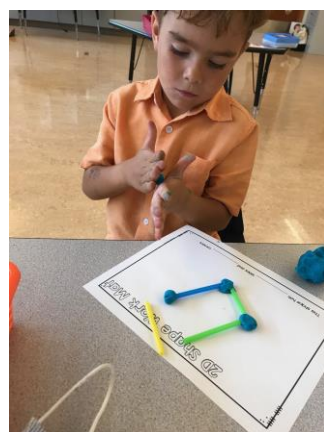
Charles Jenks
Middle/High Principal

Brenda Hyatt
Special Ed Director

Justin Walker
Director of Student Services



Twenty-two excited Kindergarteners entered Wind River Elementary on August 17th. We have been busy writing our names, practicing gluing and cutting, drawing pictures to tell a story, working on sorting and classifying objects, and writing numerals 0-5. We are working on following directions in school and practicing our school rules every day.



4th Grade News

It's hard to believe that we're already to September. We are so excited for the year and have enjoyed your children so much already. Although it's only been a couple weeks, we have accomplished so many things. Here are the highlights so far...

Math:

- ❖ Number Corner: Skills/standards addressed through calendar
- ❖ Current Standards: Numbers in Operations in Base Ten
 - Place Value System: understanding and relationships
 - Rounding, comparing, ordering numbers to the millions place
 - Addition and subtraction: specifically in single & multi-step word problems

Below is a picture of our Calendar for September. Can you figure out the pattern? Ask your child.



4th Grade News Cont.

Reading:

- wonders reading text
- Focus on vocabulary standards, constructed responses
- Current Standards: Main Idea & Details
- Encourage Reading: Please encourage your child to read 20 minutes each evening in a book, magazine, etc. of choice. we'd love it to be at their level.

writing:

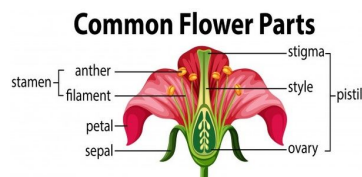
- Paragraph writing
 - Topic sentences
 - Supporting Details
 - Concluding Sentence

wyoming History:

- overview of wyoming
- Days of the Dinosaurs

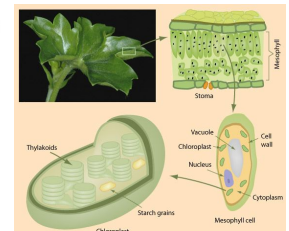
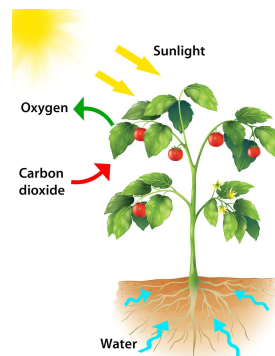
Science:

- Living vs. Nonliving
- Structures and Functions of Plants & Animals



SEED STRUCTURE

- External
 - Seed coat (*testa*)
 - Hilum
 - Embryo
 - Cotyledon
 - Epicotyl / Hypocotyl
 - Plumule
 - Radical
- (a) Common bean



As always, please let us know if you have any questions or concerns.



Middle School English Language Arts
Mrs. Remacle

Welcome to the new school year! I am excited to have your child(ren) in my class. IXL is a program we use to help build grammar, writing, and reading skills. Each lesson is worth 10 points, so if a student gets an 82%, they will receive an 8.2 out of 10 (for example). Below are the lessons we have worked on so far. All assignments are listed in Canvas. Please email with any questions.

www.ixl.com or you can download the app, so students can work on it from anywhere! Students know their usernames and passwords.

6th Grade

6.KK.1 6.X.7 6.JJ.2

7th Grade

7.PP.1 7.Y.7 7.MM.2

8th Grade

8.QQ.1 8.Z.7 8.NN.2



Kagan Smith

Kagan Smith is a twelfth grade student and he is enrolled in Clay and Sculpture I. He is finishing an Art project called "Ceiling Tiles" which was an assignment where Kagan picked a famous artist of his choice and then paints (Acrylic Paints) on a ceiling tile. I am excited to say Kagan plans on obtaining his CDL and plans on trucking. He is also interested in mechanics beyond High School.



Go Lady Cougars!



Date	Day	Opponent	Time	Arrive at Bus
August 29	Saturday	@ Rocky Mtn.	12 / 1	7:30 AM
Sept. 5	Saturday	@ Greybull Invite	10 / 11 / 12	6:00 AM
Sept. 11	Friday	@ Meeteetse	1 / 2	9:30 AM
Sept. 12	Saturday	Riverside/HEM duel	10/11 1/2 4/5	---
Sept. 18	Friday	@ Big Piney	5 / 6	12:30 PM
Sept. 25	Friday	Glenrock	5 / 6	---
Sept. 26	Saturday	@ Shoshoni	12 / 1	10:00 AM
Oct. 3	Saturday	@ Riverside duel	TBA	TBA
Oct. 9	Friday	Greybull	5 / 6	---
Oct. 10	Saturday	Big Piney	11 / 12	---
Oct. 17	Saturday	Kemmerer	1 / 2	---
Oct. 23	Friday	Meeteetse	4 / 5	---
Oct. 24	Saturday	@ Tongue River	2 / 3	8:00 AM
Oct. 30-31	Fri.-Sat.	Regionals	TBA	TBA
Nov. 5-7	Thur.-Sat.	State	TBA	TBA

@ denotes an away game

All bus arrival times are subject to change per coach instructions.

All changes will be announced at practice.

Any last minute changes will be shared via Remind.



Due to COVID-19, there are restrictions on spectators in some gyms. Please ask for updates from your athletes and watch for updates via Remind about these restrictions and how to navigate them as we continue through this season. We appreciate your support and patience as we navigate this season together. We're excited to play! Go Lady Cougars!

All About Masks

When selecting a mask, there are many choices. Here are some do's and don'ts.

DO choose masks that	DO NOT choose masks that
 <p>Have two or more layers of washable, breathable fabric</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl</p>
 <p>Completely cover your nose and mouth</p>	 <p>Have exhalation valves or vents, which allow virus particles to escape</p>
 <p>Fit snugly against the sides of your face and don't have gaps</p>	 <p>Are intended for healthcare workers, including N95 respirators or surgical masks</p>

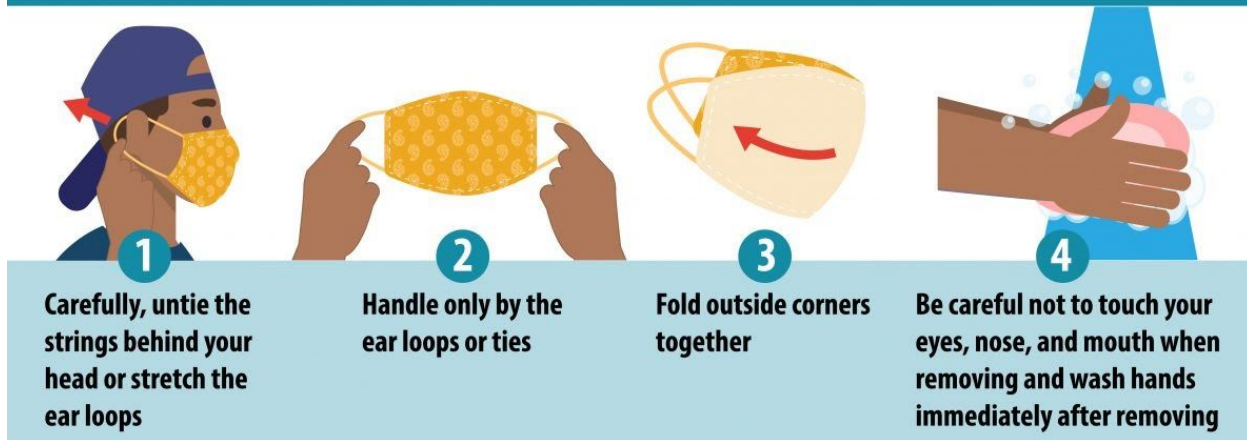
Do wear a mask that

- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face

Do NOT wear a mask



How to take off a mask



How to Clean

Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

For more information, visit

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Remember that a “face covering” is defined in Wyoming’s public health orders as “a covering made of cloth, fabric, or other soft or permeable material, without holes, that covers the nose and mouth and surrounding areas of the lower face.”

Please call the Nurse’s office with any questions. 856-7970 Ext 312.

August 31, 2020

Symptoms

Parents/guardians will be expected to monitor their student's or students' health each morning. The COVID-19 like symptoms to watch for are:

- A new uncontrolled cough (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Shortness of breath or difficulty breathing
- A fever of 100.4°F or higher or a sense of having a fever
- A sore throat
- Chills
- New loss of taste or smell
- Muscle or body aches
- Nausea/vomiting/diarrhea/abdominal pain
- Congestion/runny nose – not related to seasonal allergies
- Unusual fatigue
- Sudden severe headache, especially with fever

If your child has any of these symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading illness to others they may **not attend school**.

Should a student exhibit symptoms during the school day, he or she will wear a mask or other face covering, report to the nurse's office, and be isolated from others while waiting to be picked up by a parent/guardian. Employees are required to continue to self-administer the health check-in process. This can be done at the designated check-in areas and recorded there, or at home and entered in the [Daily Health Check Form](#). **If an employee exhibits symptoms they are expected to submit a sick day request following normal procedures and stay home until cleared to return to work.** If an employee develops symptoms during the school day he or she will be immediately sent home.

Students and employees who are kept home or stay home due to illness will be contacted by school personnel and asked which if any of the symptoms from the daily health screener are present. When parents call to excuse student for illness; parent will be asked questions according to the daily symptoms health check sheet including:

Close Contact/Potential Exposure

Has the student or employee had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19?

Yes answers to the close Contact/Potential Exposure question will be referred to public health officials.

Students can return to school when quarantine recommendations from public health officials are met if made.

If no recommendations from public health have been made student may return:

10 days since symptoms first appeared have lapsed,

and

24 hours with no fever without the use of fever-reducing medications,

and

Other symptoms of COVID-19 are improving (*excluding loss of taste and smell since this symptom may last weeks or months),

or

Clearance from a healthcare professional.

When a student or employee is kept home or sent home with any of the above symptoms the student or employee will be required to bring a note from a medical provider clearing the individual to return to school or work. Once a student is medically released with a doctor's note to return to school his/her attendance record will indicate that the absence was medical. Employees should reference Appendix A of the Fremont County School District #6 Smart Start Plan.

[CDC Symptoms of Coronavirus](#)

2020-2021 Household Application for Free and Reduced Price School Meals

Complete one application per household. Please use a pen (not a pencil).

Apply online by logging onto the Infinite Campus portal.

STEP 1 List ALL Household Members who are infants, children, and students up to and including grade 12 (if more spaces are required for additional names, attach another sheet of paper)

Definition of **Household Member**: "Anyone who is living with you and shares income and expenses, even if not related."

Children in **Foster care** and children who meet the definition of **Homeless, Migrant or Runaway** are eligible for free meals. Read **How to Apply for Free and Reduced Price School Meals** for more information.

Child's First Name	MI	Child's Last Name	Grade	Student? Yes No	Foster Child	Homeless, Migrant, Runaway
				<input type="checkbox"/> <input type="checkbox"/>	Check all that apply	<input type="checkbox"/> <input type="checkbox"/>
				<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>
				<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>
				<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>
				<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>

STEP 2 Do any Household Members (including you) currently participate in one or more of the following assistance programs: SNAP, TANF, or FDIPIR?

If NO > Go to STEP 3.

If YES > Write a case number here then go to STEP 4 (Do not complete STEP 3)

Case Number:

Write only one case number in this space.

STEP 3 Report Income for ALL Household Members (Skip this step if you answered 'Yes' to STEP 2)

Are you unsure what income to include here?

Flip the page and review the charts titled "Sources of Income" for more information.

The "Sources of Income for Children" chart will help you with the Child Income section.

The "Sources of Income for Adults" chart will help you with the All Adult Household Members section.

A. Child Income
Sometimes children in the household earn or receive income. Please include the TOTAL income received by all Household Members listed in STEP 1 here.

B. All Adult Household Members (including yourself)
List all Household Members not listed in STEP 1 (including yourself) even if they do not receive income. For each Household Member listed, if they do receive income, report total gross income (before taxes) for each source in whole dollars (no cents) only. If they do not receive income from any source, write '0'. If you enter '0' or leave any fields blank, you are certifying (promising) that there is no income to report.

Child income
\$

How often?

Weekly Bi-Weekly 2x Month Monthly

Name of Adult Household Members (First and Last)	Earnings from Work	How often?				Public Assistance/ Child Support/Alimony	How often?				Pensions/Retirement/ All Other Income	How often?			
		Weekly	Bi-Weekly	2x Month	Monthly		Weekly	Bi-Weekly	2x Month	Monthly		Weekly	Bi-Weekly	2x Month	Monthly
	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Total Household Members (Children and Adults)

Last Four Digits of Social Security Number (SSN) of Primary Wage Earner or Other Adult Household Member

X X X X X

Check if no SSN

STEP 4 Contact information and adult signature. Mail Completed Form To: Fremont CSD#6, Attn: Business Office. PO Box 10, Pavillion, WY 82523 or give to school secretary.

I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws.

Street Address (if available)

Apt #

City

State

Zip

Daytime Phone and Email (optional)

Printed name of adult signing the form

Signature of adult

Today's date

INSTRUCTIONS

Sources of Income

Sources of Income for Children	
Sources of Child Income	Example(s)
- Earnings from work	- A child has a regular full or part-time job where they earn a salary or wages
- Social Security - Disability Payments - Survivor's Benefits	- A child is blind or disabled and receives Social Security benefits - A Parent is disabled, retired, or deceased, and their child receives Social Security benefits
-Income from person outside the household	- A friend or extended family member regularly gives a child spending money
-Income from any other source	- A child receives regular income from a private pension fund, annuity, or trust

Sources of Income for Adults		
Earnings from Work	Public Assistance / Alimony / Child Support	Pensions / Retirement / All Other Income
<ul style="list-style-type: none"> - Salary, wages, cash bonuses - Net income from self-employment (farm or business) <p>If you are in the U.S. Military:</p> <ul style="list-style-type: none"> - Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances) - Allowances for off-base housing, food and clothing 	<ul style="list-style-type: none"> - Unemployment benefits - Worker's compensation - Supplemental Security Income (SSI) - Cash assistance from State or local government - Alimony payments - Child support payments - Veteran's benefits - Strike benefits 	<ul style="list-style-type: none"> - Social Security (including railroad retirement and black lung benefits) - Private pensions or disability benefits - Regular income from trusts or estates - Annuities - Investment income - Earned interest - Rental income - Regular cash payments from outside household

OPTIONAL

Children's Racial and Ethnic Identities

We are required to ask for information about your children's race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children's eligibility for free or reduced price meals.

Ethnicity (check one): ☐ Hispanic or Latino ☐ Not Hispanic or Latino

Race (check one or more): ☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African American ☐ Native Hawaiian or Other Pacific Islander ☐ White

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

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, audiotope, 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, (AD-3027) found online at: 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:

mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights 1400
Independence Avenue, SW
Washington, D.C. 20250-9410

fax: (202) 690-7442; or
email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Do not fill out

For School Use Only

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice a Month x 24 Monthly x 12

How often?

Total Income

Determining Official's Signature

Weekly Bi-Weekly 2x Month Monthly

☐ ☐ ☐ ☐

Date

Household Size

Confirming Official's Signature

Categorical Eligibility

☐

Date

Eligibility:

Free	Reduced	Denied
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Verifying Official's Signature

Date

LITTLE COUGARS BREAKFAST

COUGAR

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 CEREAL ASST. BOWL 2 KIWIFRUIT,FRESH	2 BAGEL (ASSORTED) APPLES	3 EGGS, PATTIES ORANGES HALVES	4	Calories 151 Cholesterol 40 mg Sodium 144 mg Dietary Fiber 3.61 g Iron 0.98 mg Calcium 162.40 mg Vitamin A 627 IU Vitamin C 42.08 mg Sugars 10.53 g 27.9% Protein 6.32 g 16.7% Carbohydrate 25.27 g 66.9% Total Fat 3.03 g 18.0% Saturated Fat 1.06 g 6.3%
7 LABOR DAY	8 BISCUITS GRAVY COUNTRY SAUSAGE MANDARIN ORANGES,CND,LT SYRUP,	9 CEREAL ASST. BOWL 2 FRUIT CUP	10 TOAST WG W PEANUT BUTTER PEACHES	11	Calories 259 Cholesterol 10 mg Sodium 276 mg Dietary Fiber 11.18 g Iron 2.93 mg Calcium 220.95 mg Vitamin A 1224 IU Vitamin C 17.19 mg Sugars 3.57 g 5.5% Protein 7.93 g 12.3% Carbohydrate 44.84 g 69.3% Total Fat 6.00 g 20.9% Saturated Fat 2.93 g 10.2%
14 CREPE SAUSAGE PATTIES/AP STRAWBERRIES BLUEBERRIES,Fresh	15 BREAKFAST BURRITO W/ SALSA wht PINEAPPLE(Chunks)	16 BREAKFAST PIZZA MANDARIN ORANGES,CND,LT SYRUP,	17 CEREAL ASST. BOWL GO GURT PEARS	18	Calories 263 Cholesterol 33 mg Sodium 326 mg Dietary Fiber 2.48 g Iron 2.02 mg Calcium 247.76 mg Vitamin A 970 IU Vitamin C 16.94 mg Sugars 5.97 g 9.1% Protein 10.27 g 15.6% Carbohydrate 39.33 g 59.8% Total Fat 8.48 g 29.0% Saturated Fat 2.65 g 9.1%
21 APPLES PEANUT BUTTER	22 CEREAL ASST. BOWL 2 CHEESE STICKS KIWIFRUIT,FRESH	23 BAGEL (ASSORTED) EGGS, PATTIES APPLES	24 HARD BOILED EGG YOGURT BANANA	25	Calories 189 Cholesterol 62 mg Sodium 193 mg Dietary Fiber 3.18 g Iron 0.76 mg Calcium 258.40 mg Vitamin A 916 IU Vitamin C 28.76 mg Sugars 11.25 g 23.8% Protein 10.13 g 21.4% Carbohydrate 28.58 g 60.3% Total Fat 5.07 g 24.1% Saturated Fat 2.00 g 9.5%
28 BISCUITS EGGS, PATTIES PINEAPPLE(Chunks)	29 WAFFLE WHOLE GRAIN- SYSCO CHEESE STICKS GRAPES	30 EGGS, PATTIES SAUSAGE LINKS (CLOVERDALE) MANDARIN ORANGES,CND,LT SYRUP,			Calories 312 Cholesterol 52 mg Sodium 385 mg Dietary Fiber 1.48 g Iron 1.06 mg Calcium 257.04 mg Vitamin A 1035 IU Vitamin C 20.29 mg Sugars 0.66 g 0.8% Protein 20.69 g 26.5% Carbohydrate 45.41 g 58.2% Total Fat 10.85 g 31.3% Saturated Fat 3.74 g 10.8%

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
*MENU SUBJECT TO CHANGE

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

LITTLE COUGARS LUNCH & SNACK

COUGAR

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 CHICKEN SANDWICH LETTUCE BANANA MILK,Whole CUCUMBER RANCH DRESSING	2 MEATBALL SANDWICH 1/2 CAULIFLOWER APPLES MILK,Whole YOGURT GRANOLA SCHOOL	3 BAKED POTATO HAM, DICED CHEESE(Shredded) ROLL (Dinner) PEPPERS, RED PEACHES MILK,Whole GRAHAM CRACKERS/HONEY GRAMAH CHEESE STICKS	4	Calories 488 Cholesterol 54 mg Sodium 849 mg Dietary Fiber 7.45 g Iron 3.80 mg Calcium 370.62 mg Vitamin A 9524 IU Vitamin C 103.81 mg Sugars 6.10 g 5.0% Protein 26.38 g 21.6% Carbohydrate 60.41 g 49.5% Total Fat 17.11 g 31.5% Saturated Fat 6.67 g 12.3%
7	8 CHILI ROLL (Dinner) CUCUMBER CORN ROSEY APPLESAUCE MILK,Whole CAULIFLOWER RANCH DRESSING	9 CHICKEN STRIPS (Smart Shapes) CELERY STICKS ORANGES HALVES MILK,Whole CRACKERS (WHEAT) CHEESE STICKS	10 PIZZA CHEESE ROUND 5" ORANGES PEAS APPLES PEANUT BUTTER	11 PEANUT BUTTER & HONEY SAN 1 CELERY STICKS PEAR (DICED) COTTAGE CHEESE PINEAPPLE(Chunks)	Calories 369 Cholesterol 22 mg Sodium 712 mg Dietary Fiber 8.72 g Iron 2.99 mg Calcium 201.41 mg Vitamin A 1731 IU Vitamin C 26.48 mg Sugars 13.00 g 14.1% Protein 16.55 g 17.9% Carbohydrate 55.40 g 60.0% Total Fat 9.90 g 24.1% Saturated Fat 3.62 g 8.8%
14 HOT DOG CORN ROSEY APPLESAUCE MILK,Whole CAULIFLOWER RANCH DRESSING	15 SLOPPY JOE ON A BUN CARROT STICKS KIWIFRUIT,FRESH PINEAPPLE(Chunks) MILK,Whole CRACKERS (WHEAT) CHEESE STICKS	16 CHICKEN STRIPS BISCUITS PORK & BEANS ORANGES PEAS APPLES PEANUT BUTTER	17 CHICKEN ALFREDO CHEESEY BREAD WHL GR GREEN BEANS PEAR (DICED) COTTAGE CHEESE PINEAPPLE(Chunks)	18	Calories 566 Cholesterol 56 mg Sodium 912 mg Dietary Fiber 9.37 g Iron 3.73 mg Calcium 444.73 mg Vitamin A 4129 IU Vitamin C 38.51 mg Sugars 22.03 g 15.6% Protein 35.01 g 24.7% Carbohydrate 73.32 g 51.8% Total Fat 16.52 g 26.3% Saturated Fat 6.06 g 9.6%
21 Mr. RIB SANDWICH LETTUCE PEAS APPLES GRAPES COTTAGE CHEESE	22 COUGAR HAM WRAP CELERY STICKS PINEAPPLE(Chunks) ORANGES HALVES CRACKERS WHEAT THIN TST VEGGIE	23 CHEF'S SALAD CHEESEY BREAD WHL GR BROCCOLI PEACHES MILK,Whole STRAWBERRIES & BANANA YOGURT	24 TACO'S (2) CHEESE(Shredded) SOUR CREAM COUGAR SALSA LETTUCE TOMATO, DICED, FRESH REFRIED BEANS TORTILLA, CHIPS MANDARIN ORANGES,CND,LT SYRUP, BROCCOLI RANCH DRESSING	25	Calories 475 Cholesterol 47 mg Sodium 1164 mg Dietary Fiber 8.81 g Iron 3.96 mg Calcium 494.19 mg Vitamin A 7589 IU Vitamin C 19.25 mg Sugars 4.80 g 4.0% Protein 30.07 g 25.3% Carbohydrate 57.99 g 48.8% Total Fat 15.34 g 29.0% Saturated Fat 6.85 g 13.0%
28 CORN DOGS 2.67 oz, PORK & BEANS CAULIFLOWER ROSEY APPLESAUCE MILK,Whole PEANUT BUTTER & HONEY SAN 1/2	29 PIZZA (pepp) BIG DADDY WHEAT CORN LETTUCE APPLES MILK,Whole BANANA TOAST,WHOLE-WHEAT BREAD	30 QUESADILLA(Cheese) LETTUCE(SHREDDED) PEACHES MILK,Whole PEARS GOLDFISH (CHEEDAR wh gr))			Calories 562 Cholesterol 19 mg Sodium 895 mg Dietary Fiber 11.71 g Iron 4.13 mg Calcium 298.58 mg Vitamin A 8651 IU Vitamin C 35.69 mg Sugars 7.56 g 5.4% Protein 22.30 g 15.9% Carbohydrate 84.17 g 59.9% Total Fat 17.42 g 27.9% Saturated Fat 5.79 g 9.3%

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*MENU SUBJECT TO CHANGE

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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K-12 WIND RIVER BREAKFAST COUGAR SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 CEREAL OR DONUT CHEESE STICKS KIWIFRUIT,FRESH MILK	2 CEREAL OR BAGEL EGGS APPLES JUICE (assorted) MILK	3 CEREAL OR PANCAKES EGGS ORANGES JUICE (assorted) MILK	4	Calories 512 Cholesterol 129 mg Sodium 601 mg Dietary Fiber 5.50 g Iron 9.29 mg Calcium 519.19 mg Vitamin A 1882 IU Vitamin C 71.42 mg Sugars 17.01 g 13.3% Protein 20.55 g 16.1% Carbohydrate 75.10 g 58.7% Total Fat 14.63 g 25.7% Saturated Fat 5.27 g 9.3%
7 LABOR DAY	8 CEREAL OR BISCUITS GRAVY COUNTRY SAUSAGE MANDARIN ORANGES MILK	9 CEREAL OR BREAKFAST BAR GO GURT FRUIT CUP JUICE (assorted) MILK	10 CEREAL OR MUFFIN GO GURT PEACHES JUICE (assorted) MILK	11	Calories 582 Cholesterol 35 mg Sodium 493 mg Dietary Fiber 11.85 g Iron 10.12 mg Calcium 456.03 mg Vitamin A 1985 IU Vitamin C 35.20 mg Sugars 10.77 g 7.4% Protein 15.71 g 10.8% Carbohydrate 91.74 g 63.1% Total Fat 11.18 g 17.3% Saturated Fat 4.52 g 7.0%
14 CEREAL OR CREPE SAUSAGE PATTIES STRAWBERRIES BLUEBERRIES, FRUIT COCKTAIL WHIPPED TOPPING JUICE (assorted) MILK	15 CEREAL OR BREAKFAST BURRITO SALSA PINEAPPLE(Chunks) JUICE (assorted) MILK	16 CEREAL OR BREAKFAST PIZZA YOGURT MANDARIN ORANGES JUICE (assorted) MILK	17 CEREAL OR MUFFIN GO GURT PEAR JUICE (assorted) MILK	18	Calories 551 Cholesterol 61 mg Sodium 560 mg Dietary Fiber 5.06 g Iron 9.97 mg Calcium 465.36 mg Vitamin A 1561 IU Vitamin C 50.51 mg Sugars 9.00 g 6.5% Protein 18.69 g 13.6% Carbohydrate 85.97 g 62.4% Total Fat 15.63 g 25.5% Saturated Fat 4.11 g 6.7%
21 CEREAL OR BREAKFAST BAR GO GURT APPLES JUICE (assorted) MILK	22 CEREAL OR DONUT CHEESE STICKS KIWIFRUIT,FRESH JUICE (assorted) MILK	23 CEREAL BAGEL (ASSORTED) EGGS, PATTIES APPLES JUICE (assorted) MILK	24 CEREAL OR HARD BOILED EGG YOGURT GRANOLA BANANA JUICE (assorted) MILK	25	Calories 514 Cholesterol 68 mg Sodium 428 mg Dietary Fiber 5.94 g Iron 11.48 mg Calcium 502.65 mg Vitamin A 1705 IU Vitamin C 60.63 mg Sugars 18.02 g 14.0% Protein 18.05 g 14.0% Carbohydrate 87.92 g 68.4% Total Fat 11.03 g 19.3% Saturated Fat 4.06 g 7.1%
28 CEREAL OR BISCUITS BACON EGGS, PATTIES PINEAPPLE(Chunks) JUICE (assorted) MILK	29 CEREAL OR WAFFLE CHEESE STICKS GRAPES JUICE (assorted) MILK	30 CEREAL EGGS, PATTIES SAUSAGE LINKS MANDARIN ORANGES JUICE (assorted) MILK			Calories 601 Cholesterol 86 mg Sodium 763 mg Dietary Fiber 2.46 g Iron 10.44 mg Calcium 489.21 mg Vitamin A 1747 IU Vitamin C 47.19 mg Sugars 2.41 g 1.6% Protein 28.62 g 19.1% Carbohydrate 89.41 g 59.5% Total Fat 18.38 g 27.5% Saturated Fat 5.91 g 8.8%

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K-12 WIND RIVER LUNCH COUGAR SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 CHICKEN SANDWICH POTATO SALAD LETTUCE BROCCOLI BANANA MILK CONDIMENTS	2 MEATBALL SANDWICH POTATO CHIPS,BAKED PORK & BEANS CAULIFLOWER APPLES JELLO,CHERRY CONDIMENTS	3 BAKED POTATO HAM, DICED CHEESE ROLL PEPPERS, RED PEACHES MILK CONDIMENTS	4	Calories 766 Cholesterol 59 mg Sodium 1376 mg Dietary Fiber 13.21 g Iron 5.04 mg Calcium 583.44 mg Vitamin A 9633 IU Vitamin C 146.12 mg Sugars 17.72 g 9.3% Protein 35.27 g 18.4% Carbohydrate 109.21 g 57.0% Total Fat 22.41 g 26.3% Saturated Fat 7.76 g 9.1%
7 LABOR DAY	8 CHILI GOLDFISH ROLL CUCUMBER CORN ROSEY APPLESAUCE MILK CONDIMENTS	9 CHICKEN STRIPS BISCUITS PORK & BEANS ORANGES CELERY STICKS PEAS MILK CONDIMENTS	10 PIZZA STIX GARLIC BREAD WHL GRAIN CHEESE STICKS GREEN BEANS ORANGES MILK CONDIMENTS	11	Calories 771 Cholesterol 37 mg Sodium 1723 mg Dietary Fiber 16.74 g Iron 6.30 mg Calcium 526.25 mg Vitamin A 3124 IU Vitamin C 47.69 mg Sugars 14.41 g 7.5% Protein 36.00 g 18.7% Carbohydrate 116.21 g 60.3% Total Fat 20.09 g 23.4% Saturated Fat 7.21 g 8.4%
14 HOT DOG ON A BUN GOLDFISH CORN ROSEY APPLESAUCE MILK CONDIMENTS	15 SLOPPY JOE ON A BUN TOMATOES (Cherry) CARROT STICKS KIWIFRUIT,FRESH PINEAPPLE MILK CONDIMENTS	16 CHICKEN STRIPS BISCUITS PORK & BEANS ORANGES CELERY STICKS PEAS MILK CONDIMENTS	17 CHICKEN ALFREDO CHEESEY BREAD WHL GR LETTUCE GREEN BEANS PEAR MILK CONDIMENTS	18	Calories 812 Cholesterol 65 mg Sodium 1533 mg Dietary Fiber 14.23 g Iron 5.54 mg Calcium 715.51 mg Vitamin A 11233 IU Vitamin C 72.13 mg Sugars 27.70 g 13.7% Protein 42.85 g 21.1% Carbohydrate 112.98 g 55.7% Total Fat 23.29 g 25.8% Saturated Fat 8.43 g 9.3%
21 Mr. RIB SANDWICH LETTUCE APPLES PEAS BAKED BEANS MILK CONDIMENTS	22 COUGAR HAM WRAP ROLL CELERY STICKS PINEAPPLE MILK CONDIMENTS	23 CHEF'S SALAD CHEESEY BREAD WHL GR CHEESE STICK BROCCOLI PEACHES MILK CONDIMENTS	24 TACO'S CHEESE SOUR CREAM COUGAR SALSA LETTUCE TOMATOE REFRIED BEANS TORTILLA, CHIPS MANDARIN ORANGES MILK	25	Calories 728 Cholesterol 80 mg Sodium 1774 mg Dietary Fiber 13.20 g Iron 5.37 mg Calcium 851.89 mg Vitamin A 10556 IU Vitamin C 45.52 mg Sugars 15.98 g 8.8% Protein 44.80 g 24.6% Carbohydrate 92.81 g 51.0% Total Fat 21.65 g 26.8% Saturated Fat 9.45 g 11.7%
28 CORN DOGS PORK & BEANS PEPPERS, RED CAULIFLOWER ROSEY APPLESAUCE MILK CONDIMENTS	29 PIZZA (pepp) GARLIC BREAD WHL GRAIN LETTUCE APPLES CHOCOLATE CHIP COOKIES MILK CONDIMENTS	30 QUESADILLA LETTUCE CAULIFLOWER PEACHES REFRIED BEANS MILK CONDIMENTS			Calories 771 Cholesterol 34 mg Sodium 1491 mg Dietary Fiber 14.99 g Iron 5.42 mg Calcium 553.13 mg Vitamin A 11487 IU Vitamin C 83.33 mg Sugars 14.04 g 7.3% Protein 31.54 g 16.4% Carbohydrate 112.54 g 58.4% Total Fat 23.67 g 27.6% Saturated Fat 7.91 g 9.2%

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Alan Sinner Photography

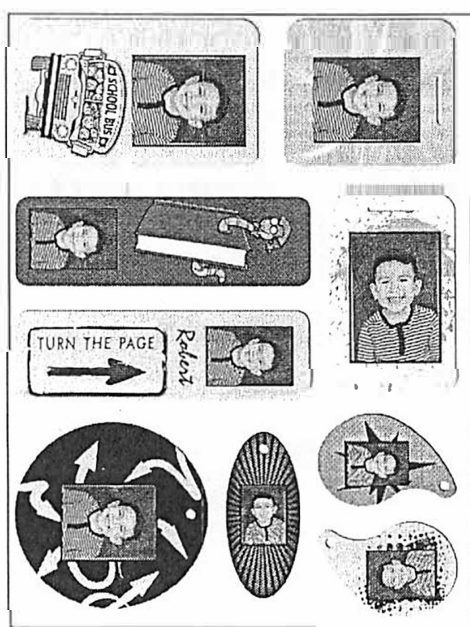
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8x10	\$9
2 5x7	\$9
3 4x6	\$9
4 4x5	\$9
8 2x3 wallets	\$9
16 wallets	\$9
Retouching	\$4

September 22, 2020

Alan Sinner will be doing retakes for school photographs for Crowheart Elementary on September 22nd between 11:30 and 1:30 as needed, Wind River Elementary School September 22nd beginning at 8:15 a.m., and WRMS/HS to follow.

A payment envelope is attached to this letter. Please fill it out entirely and enclose payment. **All packages must be pre-paid.** Have the envelope ready to present to photography personnel on the day photos are taken. Make checks payable to Alan Sinner Photography

We recommend you give careful attention to the clothing you select. We will be doing studio quality low-key portraits of the students. In order to emphasize the face, clothing should not compete for attention. For best results a plain top in medium or dark tones is usually best; avoid light colors, busy prints or stripes. Hair should be neatly combed. A small amount of carefully applied make-up will help to reduce the appearance of blemishes.

RETAKES WILL NOT BE ALLOWED FOR HAIR OR CLOTHING STYLES

A. 3 8x10 2 5x7 4 4x5 8 2x3 16 wallets CD of img \$34.50	B. 2 8x10 2 5x7 2 4x5 8 2x3 16 wallets (add CD \$4) \$24.50	C. 1 8x10 2 5x7 8 2x3 16 wallets \$20.00	D. 1 8x10 2 4x5 24 wallets \$17.00	E. 1 5x7 2 4x5 8 wallets \$13.50
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Personalize your Student's package with their first name and year \$4
(Please be sure to correctly spell the child's name on the order envelope line indicated)

Fun Pak designs can be viewed on our website www.alansinnerphotography.com under the school picture sample tab.

Thank you,
Alan Sinner Photography

Name: _____		Studio ID # _____	
Address: _____			
Phone: _____			
School: _____	Grade: _____		
Teacher: _____			
Pak A \$34.50 _____		Add ons:	
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Pak C \$20.00 _____		10x18 Poster <i>new</i> \$15 _____	
Pak D \$17.00 _____		8x10 \$9 _____	
Pak E \$13.50 _____		2 5x7 \$9 _____	
		3 4x6 \$9 _____	
		4 4x5 \$9 _____	
		8 2x3 \$9 _____	
		16 wallets \$9 _____	
		calendar \$7 _____	
		Keychain \$7 _____	
		4 magnets \$10 _____	
		3" round ornament \$12 _____	
Personalization \$4.00 _____	name	Fun Pak : \$8	
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Black Framed \$5.00 _____		Seashore _____	
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		Monkey _____	
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Total _____		Wacky _____	
		Off the Wall _____	
		School Zone _____	
		Total _____	
		Enclosed _____	

ALL ELEM CLASS PHOTOS WILL BE TAKEN IN JANUARY 2021—COVID