



COUGAR NEWS

Greetings Cougar Fans!

With the completion of the first semester, student attendance is being reviewed. Below are data that show the average daily attendance for each grade and school. Our goal is to have all students attend 95% of the time. Research shows that if students attend school on a regular basis, they are more likely to succeed at school, build good work habits, and be career and college ready.

Average for 1st Semester Attendance

<u>School Year</u>	<u>Crowheart Elementary</u>	<u>K</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>WR Elementary</u>
2019-20	94.78%	93.67%	94.66%	93.96%	93.13%	94.12%	94.32%	94.95%
2018-19	95.31%	92.69%	93.06%	93.48%	94.42%	93.96%	94.19%	93.63%
2017-18	95.91%	92.39%	94.08%	94.32%	94.01	95.33%	94.64%	94.36%
2016-17	96.13%	94.23%	94.41%	93.32%	95.9%	96.06%	95.18	95.72%
2015-16	95.36%	94.13%	93.04%	94.25%	95.17%	95.09%	93.78%	94.26%

<u>School Year</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>WR MS</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>WR HS</u>
2019-20	95.08%	94.46%	94.92%	94.79%	94.82%	91.10%	93.95%	92.41%	93.03%
2018-19	95.37%	95.43%	95.15%	95.32%	92.56%	93.19%	94.03%	92.16%	93.00%
2017-18	96.07%	95.74%	93.61%	95.23%	93.66%	95.43%	92.70%	93.60%	93.97%
2016-17	95.01%	91.69%	92.35%	93.17%	95.52%	93.25%	94.68%	91.57%	94.17%
2015-16	93.34%	94.18%	94.56%	94.14%	94.71%	95%	92.43%	93.41%	94.15%

Thank you,

Barney Lacock

Elementary Principal

Charles Jenks

Middle/High School Principal

Brenda Hyatt

Special Education Director

Cougar Counsel

January 2020

How to Help Your Teen Be Successful In School:

Stay Engaged: Sometimes, parents back off once their child reaches high school. But backing off too much is a common mistake that parents can make. Teenagers do better academically when their parents are engaged. Remember you can call or email teachers to discuss your student's progress even if it's just to touch base.

Other Important Info to Know:

Feb. 4th - Europe Cultural Trip meeting at 6:00 p.m.

Feb. 7th - Friday School in Session

Feb 8th - ACT test day (for those who signed up)

Feb. 11th - MS Valentine's Dance

Feb. 20-22th - MS Boy's Basketball Conference Tournament

Feb. 21-22nd - HS Regional Wrestling

Feb. 27-29th - HS Basketball Regionals

Scholarship Dates: (links to these were sent by email to parents and senior students on October 24th)

Feb 10th - Wyoming Trucking Assoc. Scholarship

March 1st - Kaiser Foundation Scholarship

March 1st - Doris G. Solberg Lye Memorial

March 5th - Wyoming Daughters of the American Revolution (Native American Female)

March 6th - High Plains Power Scholarship

March 31st - Atlantic City Credit Union Scholarship

April 1st - Dubois Telephone Exchange Scholarship

April 15th - Be the Whale Wyoming Art Student

April 15th - Fremont County Commissioners

*More Scholarship information will be sent by email

GREAT THINGS NEVER COME FROM COMFORT ZONES.

DREAM IT. WISH IT. DO IT.....

Stacey James ... staceyj@frieb.k12.wy.us ... 307-856-7970 ext. 150



Hello Cougar Fans!

As we press forward into spring I want to thank all of you for being great fans. Winter sports are well underway and the wrestling and basketball teams will soon be at regions and state! This year Wind River will host Regional Wrestling on February 22nd. We have two home basketball games left this season. The first is on February 14th against Kemmerer and the final game is on Friday 21st against Shoshoni. Middle school boys basketball is off to a great start and soon we will be into track season.

I want to thank everyone that helped and donated food for the Don Runner Wrestling Tournament, it was extremely well attended. Our basketball teams are getting ready for our home event stretch and we will be hosting a home event every week up to regions.

Get out and support your Wind River Cougar Teams!

Sincerely,

James Cunningham

Wind River Schools AD

THE TRUTH ABOUT SPORTS SCHOLARSHIPS

By **Bob Gardner**

*Executive Director of the National Federation
of State High School Associations and*

Ron Laird

*Commissioner of the Wyoming High School
Activities Assoc.*

Many parents are trying to live the dream through their sons and daughters – the dream of landing a college athletic scholarship by specializing in a sport year-round. Unfortunately, most of these dreams are never realized.

The odds of a sports scholarship paying for even a portion of a student's college education are miniscule.

The College Board, a not-for-profit organization comprised of 6,000 of the world's leading educational institutions, reports that a moderate cost for college students who attend a public university in their state of residence is \$25,290 per year. The annual cost at a private college averages \$50,900.

Meanwhile, the most recent data from the NCAA reveals that the average Division I athletic scholarship is worth only \$10,400. More significantly, the same study shows that fewer than two percent of all high school athletes (1 in 54) ever wear the uniform of an NCAA Division I school.

Even if the dream is realized, parents likely will spend more money for club sports than they ever regain through college athletic scholarships. Thanks to the costs of club fees, equipment, summer camps, playing in out-of-state tournaments and private coaching, youth sports has become a \$15 billion-per year industry.

There is an option, and it's a financially viable one: Encourage your sons and daughters to play sports at their high school.

In education-based high school sports, student-athletes are taught, as the term implies, that grades come first. The real-life lessons that students experientially learn offer insights into leadership, overcoming adversity and mutual respect that cannot be learned anywhere else. Unlike club sports, coaches in an education-based school setting are held accountable by the guiding principles and goals of their school district. And the cost of participating in high school sports is minimal in most cases.

While there is a belief that the only way to get noticed by college coaches is to play on non-school travel teams year-round, many Division I football and basketball coaches recently have stated that they are committed to recruiting students who have played multiple sports within the high school setting.

In addition, by focusing on academics while playing sports within the school setting, students can earn scholarships for academics and other talents—skill sets often-times nurtured while participating in high school activities. These scholarships are more accessible and worth more money than athletic scholarships. While \$3 billion per year is available for athletic scholarships, more than \$11 billion is awarded for academic scholarships and other financial assistance.

Without a doubt, your sons and daughters will have more fun, make more friends and be better prepared for life beyond sport by participating in multiple sports and activities offered by the high school in your community.

Parent Expectations

During Games

School based sports should be enjoyable for everyone, so remember to have fun. Moreover, in addition to some obvious don'ts (using profanity, drinking alcohol, etc.), you are encouraged to follow these rules of conduct:

- Do remain in the spectator area during the event.
- Don't interfere with the coach. You must be willing to give up the responsibility for your child to the coach for the duration of the game.
- Do express interest, encouragement, and support to your athlete. Be sure to cheer good effort as well as good performance. Communicate repeatedly that giving total effort is all you expect.
- Don't shout instructions or criticisms to the athletes.
- Do lend a hand when a coach or official asks for help.
- Don't make abusive comments to athletes, parents, officials, or coaches of either team.

What if an official makes a bad call or a parent violates a rule of conduct?

- You have the obligation to control your own behavior, and to remind others of their responsibilities, if necessary.
- When parents behave badly (loud, rowdy, obnoxious actions), it is primarily the duty of program administrators and sport officials to step in. But you can also help to correct the situation with a reminder that these are just kids playing a game.
- Caution! When parents misbehave, it could be emotionally charged and potentially dangerous. So, be very careful and diplomatic in how you approach unruly parents.

Post-Game Follow-up

- Compliment the coaches and sport officials for doing a good job, and be sure to thank them for their contributions.
- STOP focusing on whether your child won or lost.
- LOOK for signs that indicate how your child is feeling (facial expressions, tears, body language).
- LISTEN to what your athlete has to say before you provide input. Begin with a supportive greeting, and then ask open-ended questions:
What part of the game did you enjoy the most/least?
What was the best/worst thing about your performance?
Were you satisfied with your effort?
If not, what do you intend to do about effort in the future?
What was the most important thing you learned from the game?

After a Win

- Let your child know that athletes should feel good about winning and enjoy it.
- Tell your athlete to show consideration for opponents. Good sportsmanship includes being a respectful winner and giving opponents a pat on the back or a high five in a sincere manner.
- Remind your athlete about the importance of continued effort and striving for improvement. If your athlete played well, here are some things to say: Way to go! You showed a lot of effort and improvement. Keep it up.
You must feel satisfied with your effort and performance. I'm proud of you.
You met the challenge really well. Is there anything in your game that needs more work and improvement?
- If your athlete played badly, here are some things to say:
That was a good one to win. Is there any part of your game that needs work?
Let's enjoy that win. Keep focusing on your effort and learning, and you'll do better next time.
- Ask your athlete: Did you learn anything from this that you can apply in school and in other parts of your life?

After a Loss

- Don't blame or get angry with your athlete. He or she feels bad enough already.
- Avoid the temptation to deny or distort the disappointment your child is feeling. For example, it is not helpful to say, "It doesn't matter".
- Point out something positive that was achieved during the game. Here are some things to say:

Great effort and improvement. Keep working hard, and winning will take care of itself.

That was a tough one to lose, but your defense showed improvement. Stick with it, and it will pay off.

Really good effort. That's all anyone can ask. I'm proud of you. It never feels good to lose, but you showed terrific sportsmanship. Way to go!
- If your athlete hasn't given maximum effort, communicate your unhappiness without putting down your child as a person. Focus on the future and emphasize athletes owe it to themselves and their team to give maximum effort.
- Ask your athlete, "Did you learn anything from this that you can apply in school and in other parts of your life?"



**COUGAR
COMMUNITY
HEALTH CENTER**

In partnership with
Community Health Centers of Central Wyoming



307-233-6077

Schedule an appointment with
us, and let's discuss your
heart health!

National Wear Red Day® – Friday, February 7, 2020

February is Heart Health Month

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages.

4 Ways to Take Control of Your Heart Health

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

- 1. Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.**
- 2. Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.**
- 3. Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.**
- 4. Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about how to get enough physical activity.**

For more information, visit

<https://www.cdc.gov/features/heartmonth/index.html>

Crowheart Elementary



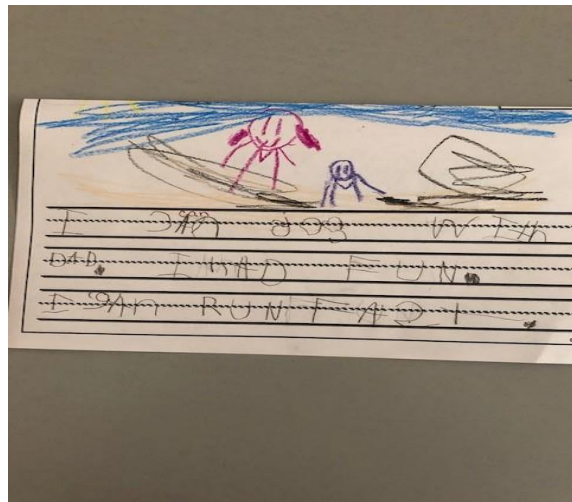
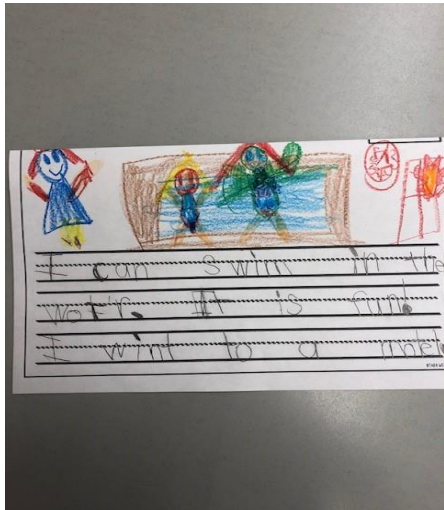
For the holidays, the students at Crowheart Elementary chose not to decorate trees indoors - they decorated trees outside for the animals instead! To start, they spread peanut butter on slices of bread, then dipped them in bird seed. They set these delicacies on the branches of the pine trees. Old bread, rolls, and tortillas get stuck on limbs, and bird seed gets scattered all over the place. Fruits and vegetables are placed on the ground for deer and rabbits. When they checked the area after the holiday break, there is not a single scrap left!



Kindergarten News

Writing

The Kindergarten classes have been working on writing Narratives. They have learned that a narrative is an event that has happened to them. You use the words: I, me, my, mine in the writing. They are learning to begin each sentence with a capital letter, use correct punctuation mark, and space between each word. We practice answering the following questions: Where did you go? Who were you with? What did you do? How did you feel or what was it like?



2nd Grade News

Math-Our class has been working very hard on 3-digit addition and subtraction. We have also been looking at data on different kinds of graphs.

Reading-We continue working on vowel teams and long vowel sounds to help us with reading fluency and expression. We are working on finding key details and the main idea.

Writing- Our class is writing All-About books on topics that they want to teach others about.

As we enter the 3rd quarter we will continue to reinforce our classroom behavior expectations so the students can be prepared for 3rd grade.



HAPPY NEW YEAR



4th Grade News

HAPPY NEW YEAR



SCIENCE

We haven't had a Science Friday in 2020, however our next one will be February 21 and focus on Earth Science. After that, our Friday's will focus on Physical Science. We love our Science Friday's in 4th grade and always look forward to seeing the excitement of the students and learning from them.



WRITING

As you all know, 4th graders are great at sharing their opinions. We're still working on our opinion writing. As a 4th grader, students must write an opinion piece using evidence from a piece of text. This has been our focus so far this month. We'll wrap up our opinion writing in February.

READING

In January we began focusing on Point of View and comparing Firsthand and Secondhand accounts of texts. The students have really done well with this. We're also working hard on reading comprehension through passages and Literature Circles with our novels.

UPCOMING EVENTS:

Feb.13: Family Night!

Feb.21: School Day:
Science Friday!

March 20: School Day:
Science Friday!

April 3: School Day:
Science Friday!

MATH

We are into our unit on Fractions which is one of the longest units in 4th grade. Thus far we've focused on equivalent fractions and comparing/ordering fractions. We just started decomposing fractions and will work on adding/subtracting fractions and mixed numbers.

Number Corner: This month we focused on geometric shapes of different sizes and the area of them. We also worked with fractions and decimals using dollars and quarters.

In February, Number Corner will focus largely on geometry, measurement, and fractions. We will also work with identifying, analyzing, comparing, and drawing angles.

Student Artist of the Month

February

Rohnnie Nacota is a twelfth grade student and she is enrolled in Clay and Sculpture III. She finished working on a project called “Cups/Mugs” which was an assignment where Rohnnie used low firing clay and her choice of glazes. I am excited to say Rohnnie plans on continuing her love of Art and medium clay and one day open up her own business. She is also going to pursue a lawyer career beyond High School.



WIND RIVER FFA



Happy New Year! Throughout the month of January your chapter held a meeting on January 7th, 2020. At this meeting we discussed the events and dress up days for the annual FFA Week which will happen in February. Many ideas were discussed due to FFA week, such as things we have done in the past and new ideas which could invite new people to join FFA. FFA Week will be the 22nd through the 29th but

since we will be holding activities and dress up days through that monday to thursday. At your meeting we also discussed state degrees for seniors who will be wanted to get their state degree.

As state convention is held during April so we have begun CDE's. Horse, meats and livestock will be having practices after school throughout the school week. These three events are also available to 8th graders to be able to go to state convention. We have had a great turnout of young members wanting to be committed to a CDE. As for highschool members can participate in Parliamentary Procedure, Horse judging, Livestock judging, meats judging, Ag sales, Ag mechanics, public speaking, job interviews and Ag quiz bowl. All of these CDE's give the member a chance to walk across the stage at state convention and possibly compete at nationals. In order for these things to happen we want to encourage commitment, drive and the willingness to go to practices and be driven to do good.

Everything for the Wind River FFA chapter has been picking up, for we have competing coming around the corner. Also, we will be hosting our own Vet Science competition February 21st. As with this competition we travel all over the state to get more practice and go up against many other chapters around Wyoming. As these competitions end and new ones begin we will try and keep results posted to our Instagram and Facebook page.

9-12 WIND RIVER BREAKFAST COUGAR FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
					Calories *N/A* Cholesterol *N/A* mg Sodium *N/A* mg Dietary Fiber *N/A* g Iron *N/A* mg Calcium *N/A* mg Vitamin A *N/A* IU Vitamin C *N/A* mg Sugars *N/A* g *N/A%* Protein *N/A* g *N/A%* Carbohydrate *N/A* g *N/A%* Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
3 CEREAL ASST. BOWL OR BREAKFAST PIZZA YOGURT PINEAPPLE JUICE (assorted) MILK Chocolate/PLAIN	4 CEREAL ASST. BOWL OR MUFFIN assorted GO GURT PEACHES JUICE (assorted) MILK Chocolate/PLAIN	5 CEREAL ASST. BOWL OR BREAKFAST BAR GO GURT FRUIT CUP JUICE (assorted) MILK Chocolate/plain	6 CEREAL ASST. BOWL OR BAGEL (ASSORTED) EGGS, PATTIES APPLES JUICE (assorted) MILK Chocolate/PLAIN	7 7	Calories 530 Cholesterol 33 mg Sodium 477 mg Dietary Fiber 5.65 g Iron 9.38 mg Calcium 460.89 mg Vitamin A 1724 IU Vitamin C 29.69 mg Sugars 12.49 g 9.4% Protein 16.32 g 12.3% Carbohydrate 86.72 g 65.4% Total Fat 10.70 g 18.2% Saturated Fat 3.36 g 5.7%
10 CEREAL ASST. BOWL OR BISCUITS BACON EGGS, PATTIES PINEAPPLE JUICE (assorted) MILK Chocolate /PLAIN	11 CEREAL ASST. BOWL OR MUFFIN assorted GO GURT PEAR JUICE (assorted) MILK Chocolate/PLAIN	12 CEREAL ASST. BOWL OR WAFFLE WHOLE GRAIN- CHEESE STICKS GRAPES JUICE (assorted) MILK Chocolate FAT FREE	13 CEREAL ASST. BOWL OR CREPE SAUSAGE PATTIES STRAWBERRIES BLUEBERRIES FRUIT COCKTAIL WHIPPED TOPPING JUICE (assorted) MILK Chocolate/PLAIN	14 14	Calories 554 Cholesterol 45 mg Sodium 598 mg Dietary Fiber 3.71 g Iron 8.76 mg Calcium 441.02 mg Vitamin A 1394 IU Vitamin C 41.13 mg Sugars 9.31 g 6.7% Protein 24.49 g 17.7% Carbohydrate 82.24 g 59.4% Total Fat 16.31 g 26.5% Saturated Fat 4.18 g 6.8%
17 CEREAL ASST. BOWL OR PANCAKES MINI MAPLE BURST'N EGGS, PATTIES ORANGES HALVES JUICE (assorted) MILK Chocolate/PLAIN	18 CEREAL ASST. BOWL OR HARD BOILED EGG YOGURT GRANOLA SCHOOL BANANA JUICE (assorted) MILK Chocolate/PLAIN	19 CEREAL ASST. BOWL OR BERRY BANANA SMOOTHIE MUFFIN assorted APPLES MILK Chocolate/PLAIN	20 CEREAL ASST. BOWL OR BAGEL (ASSORTED) EGGS, PATTIES FRUIT COCKTAIL JUICE (assorted) MILK Chocolate/PLAIN	21 CEREAL ASST. BOWL EGGS, PATTIES SAUSAGE LINKS MANDARIN ORANGES JUICE (assorted) MILK Chocolate/PLAIN	Calories 533 Cholesterol 113 mg Sodium 554 mg Dietary Fiber 5.18 g Iron 9.42 mg Calcium 439.23 mg Vitamin A 1709 IU Vitamin C 36.23 mg Sugars 11.79 g 8.9% Protein 18.58 g 14.0% Carbohydrate 85.66 g 64.3% Total Fat 15.36 g 25.9% Saturated Fat 4.19 g 7.1%
24 CEREAL ASST. BOWL OR DONUT (LONG JOHN) CHEESE STICKS KIWIFRUIT,FRESH JUICE (assorted) MILK Chocolate/PLAIN	25 CEREAL ASST. BOWL OR MUFFIN assorted GO GURT GRAPES JUICE (assorted) MILK Chocolate/PLAIN	26 CEREAL ASST. BOWL OR MINI-HERB FRITTATAS TOAST MANDARIN ORANGES MILK Chocolate/PLAIN	27 CEREAL ASST. BOWL OR BREAKFAST BAR GO GURT PEARS,FRESH JUICE (assorted) MILK Chocolate/PLAIN	28 28	Calories 533 Cholesterol 74 mg Sodium 561 mg Dietary Fiber 5.42 g Iron 7.64 mg Calcium 488.73 mg Vitamin A 1680 IU Vitamin C 50.57 mg Sugars 13.45 g 10.1% Protein 26.76 g 20.1% Carbohydrate 83.56 g 62.7% Total Fat 11.95 g 20.2% Saturated Fat 5.04 g 8.5%

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.

9-12 WIND RIVER LUNCH

COUGAR

FEBURARY

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
					Calories *N/A* Cholesterol *N/A* mg Sodium *N/A* mg Dietary Fiber *N/A* g Iron *N/A* mg Calcium *N/A* mg Vitamin A *N/A* IU Vitamin C *N/A* mg Sugars *N/A* g *N/A%* Protein *N/A* g *N/A%* Carbohydrate *N/A* g *N/A%* Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
3 CHICKEN STRIPS MASHED POTATOES ROLL LETTUCE GREEN BEANS BANANA MILK Chocolate/PLAIN CONDIMENTS	4 PULLED PORK SANDWICH FRENCH FRIES BEAN SALAD GRAPES MILK Chocolate/PLAIN CONDIMENTS	5 CHILI GOLDFISH CORN CUCUMBER PEARS FRUIT CUP MILK Chocolate/PLAIN CONDIMENTS	6 CORN DOGS PORK & BEANS CAULIFLOWER CARROT STICKS FRUIT COCKTAIL MILK Chocolate/PLAIN CONDIMENTS	7 	Calories 797 Cholesterol 46 mg Sodium 1540 mg Dietary Fiber 16.38 g Iron 5.85 mg Calcium 464.01 mg Vitamin A 10644 IU Vitamin C 23.42 mg Sugars 23.77 g 11.9% Protein 33.36 g 16.8% Carbohydrate 133.54 g 67.1% Total Fat 16.14 g 18.2% Saturated Fat 3.88 g 4.4%
10 MEATBALL SANDWICH CARROT STICKS CORN APPLES KIWIFRUIT MILK Chocolate/PLAIN CONDIMENTS	11 BURRITO'S CHEESE REFRIED BEANS LETTUCE FRUIT COCKTAIL MILK Chocolate/PLAIN CONDIMENTS	12 SPAGHETTI AND MEATBALLS GARLIC BREAD LETTUCE CORN PEAR CONDIMENTS MILK Chocolate/PLAIN	13 PIZZA (pepp) PIZZA (CHEESE) BREAD,STICKS LETTUCE CUCUMBER PINEAPPLE CONDIMENTS MILK Chocolate/PLAIN	14 	Calories 738 Cholesterol 45 mg Sodium 1120 mg Dietary Fiber 13.36 g Iron 5.14 mg Calcium 563.10 mg Vitamin A 11247 IU Vitamin C 26.53 mg Sugars 17.66 g 9.6% Protein 33.10 g 17.9% Carbohydrate 112.11 g 60.8% Total Fat 18.55 g 22.6% Saturated Fat 7.03 g 8.6%
17 CHICKEN SANDWICH POTATO SALAD TOMATOE(Slices) CELERY STICKS PEARS, RED 100 CALORIE OREO COOKIE MILK Chocolate/PLAIN	18 CHICKEN AND NOODLES POTATOES,MASHED GREEN BEANS ROLL PINEAPPLE CONDIMENTS MILK Chocolate/PLAIN	19 HOT HAM/CHEESE SAND. FRENCH FRIES CELERY STICKS PEACHES CONDIMENTS MILK Chocolate/PLAIN	20 TATER TOT CASSEROLE ROLL LETTUCE CANTELOUPE CONDIMENTS MILK Chocolate/PLAIN	21 HOT DOG HOT DOG BUN BAKED BEANS CORN ORANGES CONDIMENTS MILK Chocolate/ PLAIN	Calories 766 Cholesterol 68 mg Sodium 1517 mg Dietary Fiber 8.74 g Iron 4.23 mg Calcium 518.18 mg Vitamin A 3330 IU Vitamin C 42.11 mg Sugars 10.88 g 5.7% Protein 35.08 g 18.3% Carbohydrate 108.12 g 56.4% Total Fat 22.29 g 26.2% Saturated Fat 6.22 g 7.3%
24 CHICKEN STRIPS BISCUITS PORK & BEANS ORANGES CELERY STICKS PEAS MILK Chocolate/PLAIN CONDIMENTS	25 CHICKEN FRIED STEAK MASHED POTATOES ROLL GREEN BEANS TOMATOE, SLICE FRUIT COCKTAIL CONDIMENTS MILK Chocolate/PLAIN	26 INDIAN TACO'S CORN ON THE COB LETTUCE GRAPES GREEN PEARS, RED COUGAR SALSA MILK Chocolate/PLAIN CONDIMENTS	27 BREAKFAST FOR LUNCH BREAKFAST PIZZA HASH BROWN POTATOES SAUSAGE PATTIES CELERY STICKS FRUIT CUP PEACHES CONDIMENTS MILK Chocolate/PLAIN	28 	Calories 833 Cholesterol 62 mg Sodium 1640 mg Dietary Fiber 12.67 g Iron 5.72 mg Calcium 484.07 mg Vitamin A 3347 IU Vitamin C 29.11 mg Sugars 16.83 g 8.1% Protein 36.13 g 17.3% Carbohydrate 110.73 g 53.2% Total Fat 28.01 g 30.3% Saturated Fat 9.13 g 9.9%

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