



COUGAR NEWS

Greetings Cougar Fans:

March 12th marks the end of 3rd quarter. As we enter into the final quarter of the school year, it is critical that students be encouraged to finish strong. Fourth quarter should not be seen as a time to wind down, but as a time to continue to develop and improve academic behaviors that enhance achievement. Throughout the 4th quarter, students should continue to refine the essential skills that guarantee success.

Parents can help by encouraging and expecting their children to do the following:

- Maintain excellent school attendance
- Practice orderly conduct
- Develop planning and organizational skills
- Complete all assignments to quality standards
- Complete all assignments on time
- Prepare for quizzes, tests and exams
- Persist despite challenges
-

Working together, we can ensure for all students a productive ending to the 2019-2020 school year.

Respectfully,

Barney Lacock
WRE Principal

Charles Jenks
WRMS/HS Principal

Brenda Hyatt
SpEd Director

Cougar Counsel

February 2020

How to Help Your Teen Be Successful In School:

Take Attendance Seriously: Most everyone gets sick where they need to take a sick day now and then. Otherwise, it's important that students attend school on time every day, because having to catch up with class work, projects, tests can be very stressful and interfere with their learning. Encourage your student to attend!

Other Important Info to Know:

March 5th-7th- HS Basketball State

March 9th- First Track Practice HS

March 13th-14th- Dinner Theater Performances

March 16th- First Track Practice MS

March 26th- Parent Teacher Conferences 4:00 p.m.

April 4th-ACT test day in Riverton (for those who signed up)

April 7th- ALL Juniors will test ACT at Wind River School

Scholarship Dates: (see scholarship wall for applications and information)

March 1st- Curt Kaiser Foundation Scholarship

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

March 31st-Atlantic City Credit Union Scholarship

April 1st-Dubois Telephone Exchange Scholarship

April 1st- Jim Fike Memorial

April 1st- Angie Leonardi Memorial Scholarship Dubois Rodeo Association

April 6th- P.E.O. Scholarship

April 15th- Be the Whale Wyoming Art Student

*More Scholarship information will be sent by email

Make your life a masterpiece; imagine no limitations on what you can be, have or do.

Brian Tracy

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



National Sleep Week: March 1 - 7

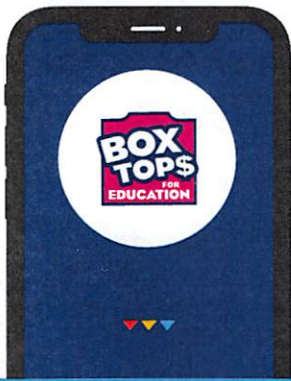
Make sure you and your family are getting enough sleep! Check out the new recommendations. If you need help with your sleep, please schedule an appointment with us.

The National Sleep Foundation convened experts from sleep, anatomy and physiology, as well as pediatrics, neurology, gerontology and gynecology to reach a consensus from the broadest range of scientific disciplines. The panel revised the recommended sleep ranges for all six children and teen age groups. A summary of the new recommendations includes:

- **Newborns (0-3 months):** Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- **Infants (4-11 months):** Sleep range widened two hours to 12-15 hours (previously it was 14-15)
- **Toddlers (1-2 years):** Sleep range widened by one hour to 11-14 hours (previously it was 12-14)
- **Preschoolers (3-5):** Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- **School age children (6-13):** Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- **Teenagers (14-17):** Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- **Younger adults (18-25):** Sleep range is 7-9 hours (new age category)
- **Adults (26-64):** Sleep range did not change and remains 7-9 hours
- **Older adults (65+):** Sleep range is 7-8 hours (new age category)

For more information, visit

<https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>



EARN CASH FOR OUR SCHOOL

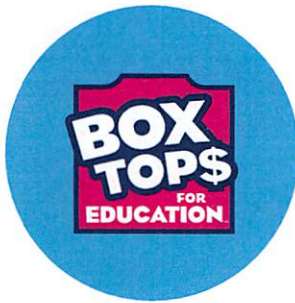
NO MORE CLIPPING. ALL YOU NEED IS YOUR SMARTPHONE.

The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

LOOK FOR
THE NEW
LABEL:

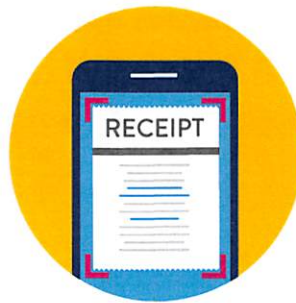


HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.



BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. **You can still clip these and send them to school.** Please make sure each clip has a valid expiration date.



BUY
BOX TOPS
PRODUCTS



CUT
OUT THE BOX TOP
FROM EACH PACKAGE



SEND
YOUR BOX TOPS
TO SCHOOL

SEE PRODUCTS & LEARN MORE ABOUT
THE BOX TOPS APP AT BTFE.COM

THE ALL-NEW BOX TOPS IS HERE!
DOWNLOAD THE APP:





Hello Cougar Fans!

Well Cougar Fans, Track season is finally here! Mrs. Garcia-Clapp is stocking up on sunscreen and sunflower seeds. High School Track practices begin March 9th followed by Middle School on March 11th. Our first home track meet will be March 21th. We are always looking for community members and parents that are willing to help work the tournament, if this is something you would like to do call the school and we will put you on our list.

This year's Middle School Track Meet will be held on April 17th. I would love to have our community here to help run an event or cheer on our youth and middle school athletes.

Thank you for your dedicated support of our Wind River Cougar Athletes!

Sincerely,

James Cunningham

Wind River Schools AD

Dear Mom and Dad: Cool it

By **Karissa Niehoff**

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

Ron Laird

*Commissioner of the Wyoming High School
Activities Assoc.*

If you are the mother or father of a high school athlete here in Wyoming, this message is primarily for you.

When you attend an athletic event that involves your son or daughter, cheer to your heart's content, enjoy the camaraderie that high school sports offer and have fun. But when it comes to verbally criticizing game officials or coaches, cool it.

Make no mistake about it. Your passion is admired, and your support of the hometown team is needed. But so is your self-control. Yelling, screaming and berating the officials humiliates your child, annoys those sitting around you, embarrasses your child's school and is the primary reason Wyoming has an alarming shortage of high school officials.

It's true. According to a recent survey by the National Association of Sports Officials, more than 75 percent of all high school offi-

cials say "adult behavior" is the primary reason they quit. And 80 percent of all young officials hang up their stripes after just two years of whistle blowing. Why? They don't need your abuse.

Plus, there's a ripple effect. There are more officials over 60 than under 30 in many areas. And as older, experienced officials retire, there aren't enough younger ones to replace them. If there are no officials, there are no games. The shortage of licensed high school officials is severe enough in some areas that athletic events are being postponed or cancelled—especially at the freshman and junior varsity levels.

Research confirms that participation in high school sports and activities instills a sense of pride in school and community, teaches lifelong lessons like the value of teamwork and self-discipline and facilitates the physical and emotional development of those who participate. So, if the games go away because there aren't enough men and women to officiate them, the loss will be infinitely greater than just an "L" on the scoreboard. It will be putting a dent in your community's future.

If you would like to be a part of the solution to the shortage of high school officials, you can sign up to become a licensed official at HighSchoolOfficials.com. Otherwise, adult role models at high school athletic events here in Wyoming are always welcome.

LITTLE COUGAR PRESCHOOL NEWS

HELLO EVERYONE! I HOPE YOU ARE ENJOYING THESE WINTER MONTHS! SPRING IS AROUND THE CORNER THOUGH. IN MARCH WE'LL BE HAVING OUR SECOND PARENT TEACHER CONFERENCES. THEY WILL BE HELD MARCH 26TH ONLY, RATHER THAN SPREADING THEM OUT IN TWO DAYS THEY WILL JUST BE THAT THURSDAY NIGHT 4-8. I'LL BE SHARING YOUR KIDDOS PROGRESS AND SHOWING YOUR KIDDOS PORTFOLIOS.

IN CLASS WE ARE STILL LEARNING ABOUT LETTERS, NUMBERS, SHAPES, AND PATTERNS. THEY HAVE LEARNED 14 LETTERS/SOUNDS AND NUMBERS 1-10. THIS SPRING WE WILL LEARN ABOUT DR. SUSS, FARM ANIMALS, BUGS, AND WEATHER.

I JUST WANTED TO REMIND EVERYONE THAT WE DO GO OUTSIDE AND PLAY A COUPLE TIMES THROUGHOUT THE DAY. PLEASE TRY AND REMEMBER TO SEND YOUR KIDDO WITH A WARM COAT, HAT, AND GLOVES.

ALSO IF YOU'RE INTERESTED I'VE DECIDED TO LET PARENTS BRING STORE BOUGHT SNACKS. WE CURRENTLY DO NOT HAVE ANY FOOD ALLERGIES IN THE CLASS. ANYTHING YOU BRING WILL BE GREATLY APPRECIATED.

I'VE INCLUDED SOME IMPORTANT DATES COMING UP AND AN ACTIVITY YOU AND YOUR KIDDOS CAN DO AT HOME.

IMPORTANT DATES:

- MARCH 26TH- PT CONFERENCES.
- MARCH 20TH- FRIDAY SCHOOL.

HOME ACTIVITY: HOMEMADE ICE CREAM

INGREDIENTS:

- 1 TABLESPOON SUGAR
- 1/2 CUP MILK, CREAM, OR HALF AND HALF
- 1/4 TEASPOON VANILLA EXTRACT (OR OTHER FLAVORING)
- 6 TABLESPOONS SALT
- ENOUGH ICE TO FILL THE GALLON-SIZED BAG HALFWAY
- 1 GALLON-SIZED ZIPLOC BAG
- 1 PINT-SIZED ZIPLOC BAG

DIRECTIONS:

ORDINARY TABLE SALT WILL WORK, BUT SALT THAT HAS LARGER CRYSTALS, SUCH AS KOSHER SALT OR ROCK SALT, WILL WORK MUCH BETTER. MIX THE SALT AROUND IN THE ICE AND SET ASIDE. POUR THE MILK, SUGAR, AND VANILLA EXTRACT INTO A BOWL OR OTHER CONTAINER AND MIX. CAREFULLY POUR THE MIXTURE INTO THE PINT BAG. PUT THE PINT BAG INTO THE GALLON BAG. MAKE SURE THE PINT BAG GETS BURIED IN THE ICE. SEAL THE GALLON BAG. SHAKE THE BAGS VIGOROUSLY FOR FIVE MINUTES. YOU MIGHT WANT TO USE A TOWEL TO HOLD THEM, SINCE THEY WILL BE VERY COLD AND SLIPPERY FROM CONDENSATION.



1st Grade

1st Rocks

Smilng

Thinking

Giggly

Readng

Arithmetic

Dedicated learners

Eager Everyday



Third Grade News

In third grade, we are working on a Social Studies unit involving citizenship. It ties in with our unit earlier this year about voting and being involved in an election. Now students are learning about what kinds of communities they live in, the different traditions that we live around, services that their community offers, and laws that keep us safe. The first thing they are working on is creating a town of their own with a group of their peers. They have named their towns and have started a list of services that they think their town should offer. They have also listed laws that they want their town to have. The next step will be to build this town. They will draw a road map and add the buildings, created out of 3-D shapes, and then set it up to function the way they choose. They will eventually be dealt fate cards in which problems arise in their communities and they need to solve them. Ask them about the laws and services that keep their communities running smoothly!



Student Artist of the Month

March

Nikyla Dodge is a twelfth grade student and she is enrolled in Drawing & Painting I-II. She finished working on a project called “Scratch Art” which was an assignment where Nikyla scratch a subject of her choice onto black/gold scratch paper. I am excited to say Nikyla plans on obtaining an Art Scholarship and pursue an Architect as a career beyond High School.



February Cougar News



This month we have started to get things ready for upcoming events. We held our meeting at the beginning of the month. At this meeting we discussed our agenda for FFA Week, our labor auction, Vet Science competition, CDE practices, regional events and state convention. These things are coming up quickly and as an Officer team we are trying to make members want to participate and do good. We held a Veterinary Science competition on February 21st. We had multiple teams come from Windy City FFA, Casper FFA and Riverton FFA. WE also had two teams, in which we placed 3rd and 4th. The team which placed 3rd consisted of Jade Barret-Woods, Harlie Hardcastle, Trynity Martinez and Hadlee Becker. The team that placed 4th consisted of Reata Hindman, Charlie Strock, Kagan Smith and Taylor Gibson.

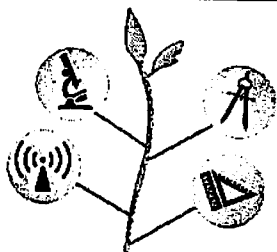
This month also holds National FFA week from 22nd through 29th. This week is celebrated on a national level. Wind River celebrates from Monday through Thursday where we have dress up days, activities and staff breakfast/lunch throughout the week. Monday's theme was Mullet Merica Monday. We had an assembly at focus to get the rest of the school involved. Some activities we did were mullet competition, Poles using scooters and someone pulling someone else on the scooter and we did an animal noise contest. Tuesday's theme was tractor tuesday. This day students and teachers were asked where their favorite tractor brand is. We had some students bring pedal tractors to school, and then students rode them around the school. Wednesday is Wyoming Wednesday. FFA members were asked to wear their Official Dress while other students were encouraged to wear their Wyoming gear. That morning we cooked breakfast for the staff. We are also having an assembly with the elementary students. We want to make younger generations aware of what FFA is and how to be involved in it. Thursday is Thankful Thursday and students are encouraged to dress as someone who inspires you or gives back to the community. That lunch the FFA members make lunch for the staff members. FFA week is a large part of being in FFA because it helps get more people involved in what FFA is about.

In the next couple of months, regional events will start picking up which then lead to the State Convention which is held April 15th through the 18th in Cheyenne. We will be travelling to Powel, Casper and Saratoga to compete in Horse, Meats and Livestock judging along with Ag sales, Parliamentary Procedure, Ag mechanics and Vet Science. Our officer team is excited to see our teams compete at these competitions and see how our teams do. We are really trying to get more people involved and want to have a successful team. As a reminder our Labor Auction will be held March 14th, 2020 at 8:00 a.m. everyone is welcome.



Wyoming Youth in S.T.E.M. Scholarship Application

Wyoming Youth in



S. T. E. M.

Science * Technology * Engineering * Math

The scholarship will be awarded to one or more Wyoming students graduating in Spring 2020 with a high school diploma or equivalent. Preference will be given to Wyoming Youth in STEM participants. A maximum of \$200 will be awarded to four successful applicants (two females/two males). The scholarship can be used to defray educational or living expenses at a college, university, junior college, trade or vocational school of the successful applicant(s) choice, limited to the State of Wyoming, for the academic year beginning Fall of 2020. Funds will be disbursed to the successful applicant(s) upon proof of enrollment from a Registrar's Office.

Application must be postmarked on or before March 13, 2020.

(We reserve the right to reject late or incomplete applications.)

Personal Information:

Full Name _____

Address _____ City _____ Zip _____

Phone _____ Date of Birth _____

E-mail _____ Year of (anticipated) Graduation _____

Name of Present School _____ High School GPA _____

(Attach GPA official documentation. If GPA is below 2.5, please explain why) _____

Future Plan of Study:

Name and city (within Wyoming) of the college/university/vocational school you plan to attend.

What program of study do you plan to pursue? _____

Supporting Information:

On separate paper, please address:

The school-related extra-curricular activities you have participated in during your high school career.

The civic/community activities, clubs, projects, or organizations you have participated in or been involved with during your high school career.

Personal Essays: (Minimum 100 words, Maximum 200 words) for EACH topic below, on separate paper)

1. Tell us about yourself and describe your need for this scholarship.
2. Briefly discuss a STEM topic/issue of importance to you.
3. Describe your experience at the Wyoming Youth in STEM conference and how it impacted your career goals.

References:

Attach at least two letters of reference to include (1) one current or former teacher, and (2) one individual outside your school setting who is not a relative. Letters should specify how long they have known you and should also serve as character references.

Mail your Application and all supporting documentation to:

Wyoming Youth in STEM
5485 Riverview Road
Riverton, WY 82501

If you have any questions regarding the requirements as outlined above,
direct them to WYyouthinSTEM@gmail.com

About Wyoming Youth in STEM

The Wyoming Youth in STEM conferences are designed to show young men and women in the 7th through 12th grades that they have the opportunity and capability to achieve success in any scientific, technological, engineering, or mathematical field they choose. The annual conferences demonstrate these concepts through the sharing of experiences and hands-on, laboratory type activities led by outstanding professionals in these fields. The Wyoming Youth in STEM planning committee's responsibility lies with empowering the participants with the knowledge, resources, and abilities to encourage them to complete their education and pursue careers in these exciting, challenging and rewarding fields. With this scholarship, the Wyoming Youth in STEM can extend their support through post-secondary education.

6-12 WIND RIVER BREAKFAST COUGAR MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 CEREAL ASST. BOWL DONUT CHEESE STICKS KIWIFRUIT,FRESH JUICE (assorted) MILK Chocolate/Plain	3 CEREAL ASST. BOWL BAGEL (ASSORTED) EGGS, PATTIES APPLES JUICE (assorted) MILK Chocolate/Plain	4 CEREAL ASST. BOWL PANCAKES MINI MAPLE BURST'N EGGS, PATTIES ORANGES HALVES JUICE (assorted) MILK Chocolate/Plain	5 CEREAL ASST. BOWL BISCUITS GRAVY COUNTRY SAUSAGE MANDARIN ORANGES MILK Chocolate/Plain	6	Calories 475 Cholesterol 69 mg Sodium 566 mg Dietary Fiber 9.35 g Iron 8.76 mg Calcium 489.25 mg Vitamin A 1810 IU Vitamin C 52.87 mg Sugars 11.58 g 9.7% Protein 17.83 g 15.0% Carbohydrate 72.81 g 61.3% Total Fat 12.63 g 23.9% Saturated Fat 4.98 g 9.4%
9 CEREAL ASST. BOWL BREAKFAST BAR GO GURT FRUIT CUP JUICE (assorted) MILK Chocolate/Plain	10 CEREAL ASST. BOWL MUFFIN assorted GO GURT PEACHES JUICE (assorted) MILK Chocolate/Plain	11 CEREAL ASST. BOWL PINEAPPLE UPSIDE DOWN CAKE SAUSAGE LINKS APPLES JUICE (assorted) MILK Chocolate/Plain	12 CEREAL ASST. BOWL CREPE SAUSAGE PATTIES STRAWBERRIES BLUEBERRIES FRUIT COCKTAIL WHIPPED TOPPING, 1 OZ. JUICE (assorted) MILK Chocolate/Plain	13	Calories 592 Cholesterol 46 mg Sodium 493 mg Dietary Fiber 5.42 g Iron 8.37 mg Calcium 438.77 mg Vitamin A 1671 IU Vitamin C 39.23 mg Sugars 15.14 g 10.2% Protein 16.77 g 11.3% Carbohydrate 83.20 g 56.2% Total Fat 18.53 g 28.2% Saturated Fat 5.43 g 8.2%
16 CEREAL ASST. BOWL DONUT (LONG JOHN) CHEESE STICKS KIWIFRUIT,FRESH JUICE (assorted) MILK Chocolate/Plain	17 CEREAL ASST. BOWL BERRY BANANA SMOOTHIE HARD BOILED EGG APPLES JUICE (assorted) MILK Chocolate/Plain	18 CEREAL ASST. BOWL BREAKFAST BURRITO W/SALSA PINEAPPLE(Chunks) JUICE (assorted) MILK Chocolate/Plain	19 CEREAL ASST. BOWL BREAKFAST PIZZA YOGURT MANDARIN ORANGES JUICE (assorted) MILK Chocolate/Plain	20 CEREAL ASST. BOWL MUFFIN assorted 4 oz. GO GURT PEAR JUICE (assorted) MILK Chocolate FAT FREE	Calories 511 Cholesterol 72 mg Sodium 550 mg Dietary Fiber 5.39 g Iron 9.69 mg Calcium 514.80 mg Vitamin A 1707 IU Vitamin C 50.87 mg Sugars 11.51 g 9.0% Protein 19.11 g 15.0% Carbohydrate 81.35 g 63.7% Total Fat 12.35 g 21.8% Saturated Fat 4.24 g 7.5%
23 CEREAL ASST. BOWL BREAKFAST BAR GO GURT FRUIT CUP JUICE (assorted) MILK Chocolate/Plain	24 CEREAL ASST. BOWL MUFFIN assorted GO GURT PEACHES JUICE (assorted) MILK Chocolate/Plain	25 CEREAL ASST. BOWL SAUSAGE LINKS EGGS, PATTIES ORANGES HALVES JUICE (assorted) MILK Chocolate/Plain	26 CEREAL ASST. BOWL BISCUITS BACON EGGS, PATTIES PINEAPPLE(Chunks) JUICE (assorted) MILK Chocolate/Plain	27	Calories 536 Cholesterol 93 mg Sodium 581 mg Dietary Fiber 4.28 g Iron 8.87 mg Calcium 427.05 mg Vitamin A 1829 IU Vitamin C 28.24 mg Sugars 10.08 g 7.5% Protein 17.73 g 13.2% Carbohydrate 75.26 g 56.2% Total Fat 13.85 g 23.3% Saturated Fat 4.76 g 8.0%
30 CEREAL ASST. BOWL DONUT CHEESE STICKS KIWIFRUIT,FRESH JUICE (assorted) MILK Chocolate/Plain	31 CEREAL ASST. BOWL BAGEL (ASSORTED) EGGS, PATTIES APPLES JUICE (assorted) MILK Chocolate/Plain				Calories 460 Cholesterol 32 mg Sodium 456 mg Dietary Fiber 5.75 g Iron 9.41 mg Calcium 532.14 mg Vitamin A 1732 IU Vitamin C 68.60 mg Sugars 18.54 g 16.1% Protein 18.09 g 15.7% Carbohydrate 73.69 g 64.1% Total Fat 10.25 g 20.1% Saturated Fat 4.62 g 9.0%

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

9-12 WIND RIVER LUNCH

COUGAR

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 CHICKEN BITES ROLL LETTUCE GREEN BEANS BANANA MILK Chocolate/Plain CONDIMENTS	3 HAM POTATO AU GRATIN BROCCOLI ENGLISH MUFFINS APPLESAUCE,W/CINNAMON GOLDFISH CONDIMENTS MILK Chocolate/Plain	4 Walking Taco LETTUCE TOMATO CORN CANTELOUPE CONDIMENTS MILK Chocolate/Plain	5 PIZZA BREAD,STICKS LETTUCE CUCUMBER PINEAPPLE CONDIMENTS MILK Chocolate/Plain	6	Calories 763 Cholesterol 59 mg Sodium 1514 mg Dietary Fiber 9.54 g Iron 5.75 mg Calcium 665.89 mg Vitamin A 12672 IU Vitamin C 51.16 mg Sugars 10.95 g 5.7% Protein 38.38 g 20.1% Carbohydrate 105.74 g 55.4% Total Fat 22.42 g 26.4% Saturated Fat 8.06 g 9.5%
9 HOT DOG ON A BUN PORK & BEANS PEAS SUGAR SNAP PEAR CHOCOLATE CHIP COOKIES MILK Chocolate/Plain	10 TACO SALAD CHEESE CAULIFLOWER TOMATOES (Cherry) BLACK BEANS GRAPES CORN CONDIMENTS MILK Chocolate/Plain	11 TOMATO SOUP GRILLED CHEESE SANDWICH CORN LETTUCE APPLES MILK Chocolate/Plain CONDIMENTS	12 COOK'S CHOICE PIZZA STIX LETTUCE BROCCOLI PEACHES CONDIMENTS MILK Chocolate/Plain	13	Calories 776 Cholesterol 49 mg Sodium 1265 mg Dietary Fiber 14.05 g Iron 6.09 mg Calcium 601.85 mg Vitamin A 11479 IU Vitamin C 74.29 mg Sugars 17.33 g 8.9% Protein 37.70 g 19.4% Carbohydrate 115.55 g 59.6% Total Fat 22.11 g 25.6% Saturated Fat 7.94 g 9.2%
16 EGG ROLL STIR FRY VEGETABLES PINEAPPLE(Chunks) FORTUNE COOKIE CONDIMENTS MILK Chocolate/Plain	17 CHICKEN FRIED STEAK MASHED POTATOES ROLL GREEN BEANS FRUIT COCKTAIL SHAMROCK COOKIE CONDIMENTS MILK Chocolate/Plain	18 HOT TURKEY SANDWICH GRAVY,TURKEY LETTUCE BROCCOLI PEACHES MILK Chocolate/Plain CONDIMENTS	19 WHITE CHICKEN CHILI SOUP CRACKERS CORN LETTUCE PEAR APPLE CRISP MILK Chocolate/Plain CONDIMENTS	20 MACARONI AND CHEESE ROLL (Dinner) TOMATOES (Cherry) SALAD, ROMAINE SHREDDED PEACHES CONDIMENTS MILK Chocolate FAT FREE	Calories 750 Cholesterol 48 mg Sodium 1200 mg Dietary Fiber 9.85 g Iron 4.04 mg Calcium 533.72 mg Vitamin A 6797 IU Vitamin C 47.80 mg Sugars 15.61 g 8.3% Protein 39.19 g 20.9% Carbohydrate 119.73 g 63.9% Total Fat 15.98 g 19.2% Saturated Fat 4.68 g 5.6%
23 FISH STICKS MACARONI AND CHEESE CELERY STICKS FRUIT COCKTAIL CONDIMENTS MILK/Plain FREE	24 CHEESEY BEEFY NACHOS TORTILLA CHIPS LETTUCE TOMATOES (Cherry) PEAS BANANA CONDIMENTS MILK Chocolate/Plain	25 CHICKEN ALFREDO GARLIC BREAD LETTUCE GREEN BEANS PEAR MILK Chocolate/Plain	26 CHEF'S SALAD HAM 2 OZ. TURKEY CHEESE GARLIC BREAD APPLES GOLDFISH CONDIMENTS MILK Chocolate/Plain	27	Calories 808 Cholesterol 73 mg Sodium 1741 mg Dietary Fiber 10.63 g Iron 4.66 mg Calcium 944.92 mg Vitamin A 13126 IU Vitamin C 34.61 mg Sugars 29.98 g 14.8% Protein 46.16 g 22.8% Carbohydrate 101.14 g 50.1% Total Fat 25.19 g 28.0% Saturated Fat 9.21 g 10.3%
30 CHILI DOGS BROCCOLI PEAR FRITOS MILK Chocolate/Plain CONDIMENTS	31 MEATBALL SANDWICH CARROT STICKS CORN APPLES KIWIFRUIT,FRESH MILK Chocolate/Plain CONDIMENTS				Calories 745 Cholesterol 46 mg Sodium 1184 mg Dietary Fiber 11.18 g Iron 3.47 mg Calcium 497.68 mg Vitamin A 6847 IU Vitamin C 89.76 mg Sugars 26.30 g 14.1% Protein 28.87 g 15.5% Carbohydrate 101.20 g 54.3% Total Fat 25.84 g 31.2% Saturated Fat 8.89 g 10.7%

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