NORTHERN CASS



16021 18th St. SE, Hunter, ND 58048

Phone: 701-874-2322 Fax: 701-874-2422 Website: www.northerncassschool.org Twitter: #NCSD97

Dr. Cory Steiner- Superintendent Crysta Schenck- Elementary Principal Doug Margerum- Secondary Principal **Bryce Laxdal- Activities Director** Sam Johnson- Dean of Learners Paige Carlson- Business Manager

Upcoming Events

December 5- Secondary Winter Concerts

Band- 6:00PM Levels 6-12

Choir- 7:15PM Levels 5-12

Preschool Virtual Meeting (5:30PM)

December 6- Acalympics at Central Cass (9:00AM)

Preschool and Kindergarten

Concerts (2:00PM)

PK and K Grandparent's Day (2:40PM)

December 7- Elementary Winter Concert

6:00PM Levels 1 and 2

7:00PM Levels 3 and 4

December 12- Board of Education Meeting (7:00AM)

December 21- HOLIDAY BREAK- NO SCHOOL

January 3- SCHOOL RESUMES

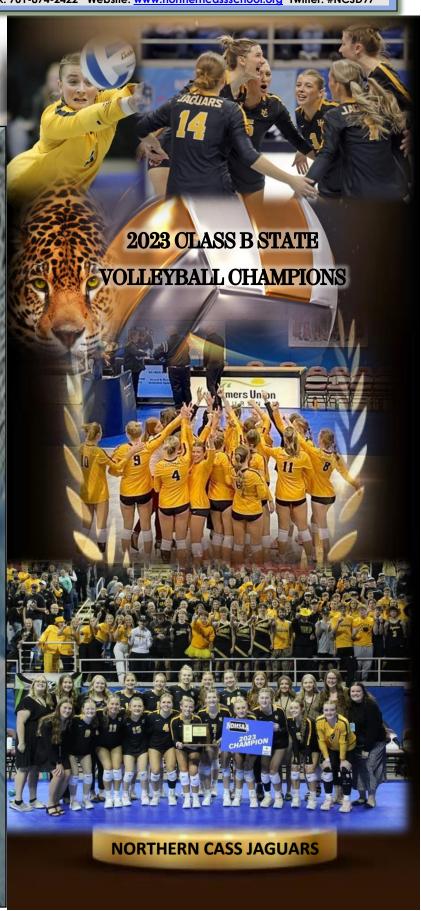
Jaquar Athletics Page

https://www.northerncassschool.ora/page/at

hletics-home

Varsity games will be broadcast on:

YOUR LIVE EVENT.COM



Dr. Steiner:

Families,

At Northern Cass, we believe every learner can change the world; therefore, we will provide a world class education. To be able to do this, we follow our Collective Commitments which guide the daily behavior of educators. These commitments are 'what' we do at Northern Cass.

- 'We are dedicated and passionate about relationships, teaching & learning, self-reflection, acknowledging greatness, and service to the Northern Cass community.'
- 'We are driven toward continuous improvement.

We will commit to purposefully build trust, develop authentic relationships, and engage in innovative practices which will empower learners to be choice ready.

My dad will turn 82 years old on December 5th. He has and will always be my hero. He is a role model for me as a husband, father, and friend. For this newsletter, I wanted to share lessons learned from Ken Steiner. When I asked my dad what he thought about turning 82, he said, "The other choice is not very positive." He continued, "Life is good. I've certainly had difficult moments like the loss of your mom but there are just too many good things over the years to not be happy to have another year on this planet. Why not be happy? It's a choice we can make."

I was recently in Miami with the newest semi-finalists for the Yass Prize. It was invigorating to be around people who were choosing greatness in order to benefit others. During my time with the Yass Prize family, I participated on a panel related to leadership non-negotiables. One of the panelists summarized this idea quite simply. He said, "Everything about greatness is directly related to attitude." I have worked at becoming more aware of surrounding myself with others who have a great attitude. I'm making a conscious effort to choose positivity. Simply put, it makes me feel better. I feel better mentally and physically when I'm surrounded by those who see the good things in life. My dad values seeing those things and I'm going to commit to be more like him by choosing positivity.

There was a time when I played high school basketball (not well...but I played). I went from starting early my sophomore year to the bench near the end of the season. After a game where I played very little, I expressed my 'disappointment' to my dad. I expected him to empathize with me but that was not what I got. He said, "You earn what you get. If you are not getting what you want, you have not earned it. There is nothing owed to you. At some point this year, you made a choice (conscious or not) which has led to this moment. Reflect on this and make a new choice!" Little did I realize that moment has remained with me to this day. My dad loved me and he showed it in this moment. He was right. I did make a choice and the consequences of not playing were appropriate. The next morning, I talked to my coach not to express my disappointment but rather to ask what I could do differently to help the team (and not me). My dad believed we must be accountable for the decisions we make. It is not always easy, but it is always right.

My dad is truly one of the great men I know. He does what he says. He loves his family unconditionally and has committed to living a life of service to others. I'm blessed to have him still in my life and I'm going to make sure he knows that. During this holiday season, please take a few moments to thank the 'Ken Steiner' in your life for their impact. We all have a 'Ken Steiner' in our life and they deserve to know how much they mean to us.

One Day Fundraiser

Thanks to all the families/individuals who have donated! We have received \$829 in sponsorships. We have an additional \$161 pending. We are hoping to raise at least \$2,000 to provide 'grants' to our families in need.

Winter Event Attendance Behavior

Basketball and concert season has arrived at our school. We appreciate your family's support of curricular events. We also ask for your help in teaching/reinforcing how to be an attendee at an event. If you plan to attend a home or away event, please explain the following expectations to your children:

- 1. Sit and watch the performance or game.
 - 1. Learners should not be running through the building, hanging out in the learning center areas, or wandering hallways.
- 2. For concerts, please do not enter the gymnasium while a song is being performed and try not to leave during a song as it disrupts the performance.
- 3. Cheer for the performers or team. Booing at sporting events is never appropriate. Please remember it is always a 'kid' simply playing a game. Please also remember referees may get paid, but they are truly volunteers which allows our learners to play these games.
- 4. Clean up after yourself and at the conclusion of the event.
 - 1. Throw away empty containers or programs; do not leave them in the bleachers or seating areas.

Learners not complying with expectations will be returned to their parents and expected to sit next to them for the remainder of the game/event. If problems persist, learners may not be allowed to attend future events.



NDHSAA BEHAVIOR EXPECTATIONS

FOR REGULAR AND POSTSEASON COMPETITIONS:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.
- Spectators must wear appropriate clothing. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators. Any discriminatory slur will result in immediate removal from the facility.
- Any attendee ejected from a NDHSAA tournament venue will be banned from the venue(s) for the remainder of the event.
- Respect the game/contest. Under no condition shall anyone other than the members of the
 official squad enter the playing surface. No one may interfere with the contest in any way.
- Handheld signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited at all contests.

Revised: 11/30/2023

Congratulations



Mrs. Tadych, Director of College, Career, and Life Readiness at Northern Cass! She has been recognized by NDSU's Office of Admission's Distinguished Education Professional program for demonstrating leadership, commitment, excellence in her profession, support of student access to higher education and her support to NDSU. Thank you for letting your #NCgreatness shine!

To read more, visit https://www.ndsu.edu/news/ndsu-program-honor-area-educators

Braxton Waldo has enlisted as a 12N Heavy Equipment Operator with the 188th Engineer Construction Company in Wahpeton, ND. He will complete his Basic Training by next summer, and then attend AIT (job school) the following summer. Braxton has earned the equivalent of a full-ride scholarship with the NDARNG's State and Federal Tuition Assistance Program. It's official that he is

now ND Military Ready! Congratulations to Braxton!



WELCOME TO THE TEAM

Name: PVT Braxton Waldo

MOS: 12N (Heavy Equipment Operator)

School: Northern Cass

- -Full-ride Scholarship
- -Military Choice Ready
- -Vocational Skills
- -Member of the greatest team in North Dakota

NDARMYGUARD.COM



NDARNGRECRUITING

NORTH DAKOTA ARMY NATIONAL GUARD RECRUITING













Thanks to Aubrie's fantastic Subway disguise, her turkey will live to see another Thanksgiving! An honorable mention also goes out to Abby, Kollins, and Reid who all tied for second place. I was so impressed with the thought and creativity Level 4 put into these disguises!

Three Way Tie for Second!



Gumball Turkey by Abby



Go Jags! by Kollins



Turkey on the Shelf by Reid

Preschool & Kindergarten

Northern Cass School Grandparents Day & Winter Concert

Wednesday December 6th, 2023

2:00pm Grandparents Day
* Classrooms

2:40pm Winter Concert
*West Gym

Reception to follow

All family members are invited to the Winter Concert & Reception.

Please be sure to RSVP via Google Form so our kitchen staff can plan how much to prepare for the reception. RSVP forms will be sent Monday November 13th & due Friday December 1st.

There will be a Live Stream of the Concert for anyone unable to attend in person. Learners can dress in any festive, dress up outfit! Please no heels, light-up jewelry or athletic clothing. Please wear your concert clothing to school that day.

Please contact stephanie.kohl@northerncassschool.com with any questions! We look forward to a wonderful afternoon!

Holidays around the World Northern Cass Elementary 2023 Winter Concert

Join us as Level 1 through Level 4 perform a festive Holiday Concert!

Thursday, December 7th, 2023

Northern Cass School West Gym 6:00pm Level 1 & Level 2 7:00pm Level 3 & Level 4

Attire: Dress festive and fancy! Options could be tie/bow tie & shirt, dress, tunic & leggings, or nice slacks & collared shirt. Please no heels, jeans, or athletic clothing.

Speaking Parts: Level 2 and 4 learners have the opportunity to have a speaking part! It is optional- they just need to let me know if they would like one!

Virtual Showing Option: We will Live Stream the concert (https://video.ibm.com/channel/jaguars-online) to share with family members that can't join us in person. Recording will be available the next day.

If you have any questions, please contact Mrs. Kohl – stephanie.kohl@northerncassschool.com

Musically yours,



Mrs. Kohl

Winter Toncerts Northern Cass Phusic

Tuesday December 5th, 2023 6th-12th Band 6:00pm 5th-12th Choir 7:15pm

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ale ale ale ale ale ale ale ale

Wednesday December 6th, 2023 Preschool & Kindergarten Grandparents Day - 2:00pm Winter Concert - 2:40pm

*

Thursday December 7th, 2023 1st & 2nd 6:00pm 3rd & 4th 7:00pm

all located in West Gym

The Scholastic book fair is coming during the holiday concert week! <u>December 4th-10th</u> All week the fair will be open for learners to shop during the school day.

Monday: 3:30-4:30 Open to public

Tuesday: 5:30-9:00 Open before, between and after Band/choir concerts Weds: 3:00-4:00 Open to public (after PreK/K grandparents day event) Thurs: 5:30-8:30 Open before, between and after Elementary concerts

Friday: 3:30-4:30 Open to public

*There will be tax charged on all purchases, so please plan ahead!

■SCHOLASTIC

Books bring us together!





THE HOLIDAY ITSELF

Hanukkah: minor holiday in the Jewish religion

- Hanukkah is one of a dozenJewish holidays
- Not mentioned in Jewish bible

Christmas: central holiday for Christians

o celebrates the birth of Jesus

TYPES OF CELEBRATION

Hanukkah:

celebrated by lighting candles, giving gifts and eating fried foods

Christmas:

celebrations include going to Christmas Mass, enjoying a hearty dinner, and opening presents left under a Christmas tree

TIME OF YEAR

Christmas falls every year on December 25th of the solar calendar.

Hanukkah is on the 25th of the Lunar calendar but doesn't always land near Christmas. It can be closer to Thanksgiving.



SIMILARITIES

They are family-oriented holidays. Both Hanukkah and Christmas have a number of traditions and rituals associated with them. Families often gather to light candles, exchange gifts, and share meals together.



By: The Luminaries : EMMA AND ANDREW



"I NEED SUPPORT, BUT I CAN'T AFFORD COUNSELING, AND MENTAL HEALTH RESOURCES ARE SO LIMITED AROUND HERE!"

Coaching for Parents

Receive individualized coaching if you need additional emotional or mental support.

"Parent Guidance curriculum has not only taught me to recognize different needs in my children, but has given me hope that it's never too late to change the relationship."

FREE Parent Coaching Includes:

- Weekly calls
- 24/7 texting with 24 hr response
- Guided, step-by-step resources
- Tools & tips to help you parent
- Confidential help



Scan to register for Coaching

https://cookcenter.info/coaching



In today's world, recognizing the significance of mental health is playing in the lives of our children is important. Parents hold a crucial role in shaping their children's views and behaviors around well-being. The phrase "Erase The Stigma" is a call to action, emphasizing the need to break down the barriers surrounding mental health and the role parents play. Let's explore the importance of parents taking the lead in erasing the stigma surrounding mental health and fostering awareness in their children.

Join us and start by reading this December's Mental Health Newsletter (<u>English/Spanish</u>). As always, check out the <u>ParentGuidance.org</u> resources where you can access free courses led by licensed therapists on more than 50 topics. Check out the course titled, <u>Connect with Your Child by Parenting with Purpose</u>. To access the course, simply navigate to ParentGuidance.org and click *on-demand courses*.

North Dakota Boys State

North Dakota American Legion Boys State is a fantastic opportunity for rising seniors. It is an immersive political science program that goes beyond the mere mechanics of state and local government, allowing participants to practice a range of citizenship skills. By forming and running their own state government, these young men learn valuable lessons that will serve them well throughout their lives. Boys State alumni have gone on to become successful businessmen, civil servants, employees, and entrepreneurs. Attending Boys State can help students find the right college, inspire them to engage in civic duty, and foster lifelong friendships with peers from across the state.

This program has been approved for high school credit by the Department of Public Instruction. Students who are interested can register at www.ndboysstate.org or get in touch with their local American Legion Post to register. There is also an option to use the bus service to and from NDSCS for transportation. Boys State is a valuable investment in their future and this opportunity only comes once. Northern Cass strongly recommends participation in this great program. Boys State will be held on June 11-16, 2024, at The North Dakota State College of Science (NDSCS) in Wahpeton.



Vision Screening

Northern Cass PK-6 Vision
Screening was completed on
Monday, November 20th. Parents
will receive a letter in the mail if
their child has a referral to an Eye
Doctor. A "BIG" Thank You to our
Northern Cass PTO and the Fargo
Lions for being part of the vision
screening team. Your generosity is
greatly appreciated!



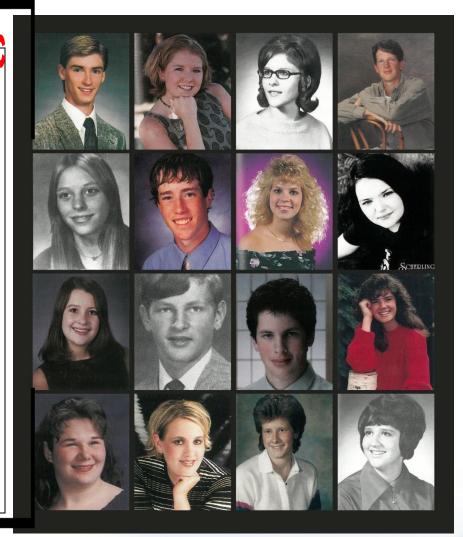


Do you have a K-6th grade boy who's interested in playing baseball? Attend NDSU's youth camp on February 4th! If cost is a concern, and your learner really wants to go, please reach out to Coach Johnson. Click the link below!



Thank you to the first round of sponsors (pictured) for our digital yearbook archive! We appreciate your support in preserving our Northern Cass Community's rich history. Many sponsorship opportunities are still available! Once we have received your contribution, your requested annual will be professionally scanned and uploaded to the archive. Your name will be listed on the webpage as a sponsor for the book you have selected. The \$50 contribution would make a great holiday gift or tribute to a loved one.

Contact <u>stacy.erickson@northerncas</u> <u>sschool.com</u> if you would like to sponsor the digital upload of a specific year.









Monday, November 27th @ 3:30pm

PRACTICES WILL BE HELD AFTER SCHOOL ON

MONDAYS, THURSDAYS, AND FRIDAYS.

TIME: 3:30PM - 5:30PM

LOCATION: MR. HOLLISTER'S CLASSROOM

Please email ncspeech@northerncassschool.com for more information if your learner is interested in joining the NC Speech Team. Our first speech meet is January 6th in Enderlin. There is still time to sign up!!

Adopt-A-Class Sponsors 2023-2024



Class of 2024

Bob & Becky Tretter Cameron & Amanda Wolf Curt & Stacie Weible Dave & Jennifer Johnson DC & Marie Lucas Donna Richards Jamison & Jennifer Jensen Kyle & Kristen Kemmet Rian & Diane Lee Rod & Kristi Gellner Tim & Jeanine Allmaras

Class of 2028

Curt & Stacie Weible Daryl & Beth Zieske Jessie & Connie Soper John & Melissa Christensen Jon & Kylie Dickson Justin & Kayla Henderson Kayla Hovland Matt & Alesha Greseth Rod & Kristi Gellner Shawn & Janene Sand

Class of 2032

Brad & Nicole Ueckert Carl & Lyndsey Olson Dustan & Carie Nygarrd Jeremy & Nicole Hoesel Tyler & Kimberly McPherson

Class of 2025

Aaron & Lashai Pfeifer Ben & Stacy Hoiland Bill & Kim Triebwasser Greg & Stacy Geston Jay & Shelly Metzger Justin & Kayla Henderson Keith & Angie Ose Kent & Jennifer Kraiter Matt & Alesha Greseth Mike & Katie Mitchell Mike & Tracy Anderson Roland & Lori Blixt Shane & Abby Husar

Class of 2029

Cameron & Amanda Wolf Chris & Natalie Murch Jeremy & Nicole Hoesel Jeremy & Randi Johnson Kim Haisley Sean & Anita Jalbert

Class of 2033

Andy & Lisa Steinberger Colin & Amanda Anderson Jason & Kyrie Severson Jess & Jillian Belling Josh & Trisha Chadduck Troy & Amanda Fyre

A HUGE THANK

to the following sponsors for making our annual Adopt-A-Class Day a success!!!

Class of 2026

Ben & Stacy Hoiland Beth & Steve Winterquist Bill & Kim Triebwasser Brad & Errin Bjerke Chris & Natalie Murch Craig & Shelly Evenson Daryl & Beth Zieske Jeremy & Randi Johnson Jon & Kylie Dickson Kim Haisley Sean & Anita Jalbert Shawn & Janene Sand Tim & Alayne Iwen Troy & Patti Hall

Class of 2030

Aaron & Lashai Pfeifer Andy & Lisa Steinberger **Brad & Nicole Ueckert** Carl & Lyndsey Olson Jason & Kerry Hauff Joel & Angie Hamre John & Melissa Christensen Jon & Dawn Miller Shane & Abby Husar Tim & Carrie Nelson

Class of 2034

Brandon & Kassandra Kranzler Chris & Stephanie Pearson Dave & Kristin Behm Elijah & Karissa Rude Jeremy & Nicole Hoesel Joel & Angie Hamre John & Melissa Christensen Jon & Dawn Miller Josh & Molly Woods Michael & Katie Nordick Tim & Julie Keckler Tyler & Kimberly McPherson

Class of 2027

Andy & Lisa Steinberger Beth & Steve Winterquist Jamie & Michelle Wadeson Jeff & Laura Ebertowski Jon & Dawn Miller Kyle & Kristen Kemmet Mike & Katie Mitchell Rian & Diane Lee Troy & Amanda Fyre William & Chris Walski

Class of 2031

Chris & Natalie Murch Chris & Stephanie Pearson Colin & Amanda Anderson Dan & Mikeala Ecker Dave & Kristin Behm Jess & Jillian Belling Mike & Katie Mitchell Tim & Julie Keckler Troy & Amanda Fyre William & Chris Walski

Class of 2035

Elijah & Karissa Rude Jason & Kyrie Severson Nathan & Abby Bauer Nathan & Jessica Stoen Norman & Steph Tupper Tim & Carrie Nelson Troy & Melissa Feeken

Class of 2036

Ben & Ashley Olson Jody Bohn Baldock Tyler & Kimberly McPherson



dollarsforscholars@northerncassschool.com



Buck-A-Shot LOOKING FOR SPONSORS



Score Big,

Give Bigger! 🛞

Support Buck-A-Shot and empower local education with Northern Cass Dollars for Scholars.

How It Works:

- For every point scored by our team, your sponsorship contributes \$1.
- If the team scores 50 points in a sponsored game, your support for that game is \$50.
- You can sponsor multiple games!

Why Sponsor?

- All funds go directly to Northern Cass Dollars for Scholars.
- We award \$35,000 \$45,000 in scholarships yearly to our graduating seniors.
- Your support directly impacts local education and future leaders.



Scan to Sign Up Today!

Or Email Us
dollarsforscholars@northerncassschool.com

Girls Games

Game Day	Opponent				
12/16/2023	Turtle Mountain				
12/22/2023	Four Winds				
1/2/2024	Oak Grove				
1/11/2024	Valley City				
1/16/2024	Carrington				
1/19/2024	Lisbon				
1/25/2024	Central Cass				
1/30/24	Kindred				
2/6/24	Wahpeton				



https://northerncass.dollarsforscholars.org



Boys Games

Game Day	Opponent
12/9/2023	North Border
12/18/2023	Langdon
12/21/2023	Cavalier
1/2/2024	Oak Grove
1/19/2024	Lisbon
1/23/2024	Mayport-CG
1/26/2024	Carrington
1/30/2024	Kindred
2/6/2024	Wahpeton
2/13/2024	Barnes County North



Dear Families,

We are thankful for you!

As we prepare to take time off from school December 21 – January 3 for the winter break, we are grateful for everyone who has helped to restore a routine for coming to school and supporting learners and families.

When returning to school this winter, please take steps to keep your child healthy and send them to school unless they are truly sick. Every day of school is an important opportunity to learn as well as connect to peers and their educators. Daily routines are essential for reducing stress and creating a sense of security for children.

We are grateful for:

- Our learners and their families who do their best to show up to class every day ready to learn.
- Our educators who have gone above and beyond to help make school a welcoming learning environment where learners can thrive.
- Our administrators who help us work together to ensure we are healthy and safe, feel a sense of community and experience the excitement of an engaging learning environment.
- Our many, many healers and helpers the support staff and community volunteers who provide the extra help and attention our children need.

May these days off be restful and full of joy. We look forward to seeing you again when school resumes on **January 3rd.**

Thank you for partnering with us!

Sincerely,

Crysta Schenck, Elementary Principal

Doug Margerum, Secondary Principal

Family Engagement

Reflecting on the idea of being "Brave before Perfect," Northern Cass will begin working with parents/guardians, educators, learners, and community members to look at how our district approaches Family Engagement. Over the coming months, the school will be reaching out to talk with you about how we can partner to support family and learner success. We look forward to having these important conversations together. Stay tuned for more details!

December

2023

daily
available
regetable
and
Į
bread,
grain
* Whole

Saturday	2		6		16		23		30
Friday	1 Mini Cinni, Fruit, Juice, Milk	Chicken Patty on Bun, French Fries, Salad Bar, Fresh Fruit, Milk	8 Chocolate Chip Bar, Fruit, Juice, Milk	Corn Dogs, Baked Beans, Salad Bar, Fresh Fruit, Milk	15 Chocolate Bread, Fruit, Juice, Milk	Pulled Pork on Bun, Mac 'n Cheese, Salad Bar, Fresh Fruit, Milk	22 NO SCHOOL		29
Thursday	30 Chocolate Chip Muffin, Fruit, Juice, Milk	Spaghetti & Meatballs, Salad Bar, Fresh Fruit, Milk	7 Fruit & Yogurt, Fruit, Juice, Milk	Chicken Bacon Ranch Pasta, Salad Bar, Fresh Fruit, Milk	14 Cinnamon Bagel, Fruit, Juice, Milk	Old School Pizza, Green Beans, Salad Bar, Fresh Fruit, Milk	21 NO SCHOOL		28
Wednesday	29 Waffle Bites, Fruit, Juice, Milk	Chicken Quesadillas, Black Beans, Salad Bar, Fresh Fruit, Milk	6 Breakfast Pizza, Fruit, Juice, Milk	Hamburgers, Tator Tots, Salad Bar, Fresh Fruit, Milk	13 Bacon, Egg & Cheese Sand, Fruit, Juice, Milk	Walking Tacos, Toppings, Salad Bar, Fresh Fruit, Milk	20 Blueberry B-fast Bake, Fruit, Juice, Milk	Ham & Cheese on Bun, Chips, Salad Bar, Fresh Fruit, Milk	27
Tuesday	28 Lemon Bread, Fruit, Juice, Milk	Individual Pizzas, Com, Salad Bar, Fresh Fruit, Milk	5 French Toast Bites, Fruit, Juice, Milk	Chicken Sticks, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	12 Blueberry Waffle Bites, Fruit, Juice, Milk	Chicken Strips, French Fries, Salad Bar, Fresh Fruit, Milk	19 Chocolate Long John, Fruit, Juice, Milk	Chicken Nuggets, Mashed Potatoes, Salad Bar, Fruit, Milk	26
Monday	27 Nutri Grain Bar, Fruit, Juice, Milk	Chicken O's, Puzzle Tots, Salad Bar, Fresh Fruit, Milk	4 Strawberry Bagel, Fruit, Juice, Milk	Big Daddy's Pizza, Com, Salad Bar, Fresh Fruit, Milk	11 Mini Cinni, Fruit, Juice, Milk	Stuffed Cheese Sticks, Tomato Soup, Salad Bar, Fresh Fruit, Milk	18 Assorted Cereals, Fruit, Juice, Milk	Garlic French Bread, Peas, Salad Bar, Fresh Fruit, Milk	25
Sunday			m		01		71		24

'This Institution is an Equal Opportunity Provider'