

SHS Weekly News

August 10, 2022

A Message from Mr. Kruse, Principal

Students and Families,

Happy Summer! I hope all is well with you and your family.

The start of school is right around the corner. Activities have already started and registration is next week on 8/18 and the following week on 8/23. Please review the registration information below. We are looking forward to another great year at SHS and seeing everyone soon.



We would like to welcome the following new staff to SHS:

- Bailee Eggers, Learning Strategist
- Carmen Johanning, Athletics/Activities Admin
- Colleen Latzke, Principal's Admin
- Erika Olsen, Registrar
- Jenna Pockey, Speech and Language Pathologist
- Heather Solis, Pool Director
- Sam White, Agriculture

Have a wonderful August,

MJK

SHS Daily Schedule 22-23

SHS REGISTRATION

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August 18th

8:00 am-1:00 pm

August 23rd

2:00 pm-7:00 pm



- **Pictures**
- **Parking Permits**
- **Health**
- **Schedule Changes**
- **Athletics**
- **Food Service**
- **Transportation**

Back to School & Open House Info

A Message from Ms. Alexander, Athletics Director

Happy August Viking families!

As we finish out the summer we start our fall athletics and school activities. Fall athletic programs have begun and their competition schedules can be found below. School activities are underway as the marching band and student senate start preparing for the year. Many other activities will begin with the start of school.

I am very excited for the beginning of another year and even more excited for our newly renovated field to be finished. Please plan to attend our Community Thank You event on September 10th from 11am to 2pm. This event will showcase the new Anderson Complex and is filled with entertainment from our athletics and activity groups.

A. Alexander

Athletic Schedules

A banner for college applications. On the left is a large white shield with a purple mountain peak and a purple 'S' shape. To the right, the text 'COLLEGE APPLICATIONS' is written in white and purple. Above it, '2022-2023' is written in white. Below the main title, a list of requirements is provided. At the bottom, a link is given. The background is dark purple with white and purple geometric shapes.

2022-2023

COLLEGE APPLICATIONS

A COMPLETE APPLICATION INCLUDES THE FOLLOWING:

- submission of an online application (and fee, if required)
- an official copy of your high school transcript
- your ACT score (if you chose to send it).

Click below for more information

College Applications 22-23

CESA 2 Driver Education Program

Check out our website to learn more about our Department of Public Instruction (DPI approved Driver Education Program offered to Stoughton High School students. There is a traditional in-person course offered at Stoughton High School this fall. Classes are Tuesdays and Thursdays, Sept. 6th to Nov. 1st from 3:45 pm to 5:45 pm.

[Click here to sign up today!](#)



Lifetouch

Picture Day is Coming!

Order this year's school picture today!



TAHER

NEWS

Food Service Update

Back to School 22-23

Taher, Inc. welcomes you to the 2022-2023 school year!

We are excited to be starting our 15th year serving the students and families of Stoughton. Headquartered in Minnetonka, Minnesota, Taher, Inc. has maintained a matchless reputation based on standards of quality, driven by trained chefs, providing value, integrity, and customized professional services. Our breakfast, lunch, and a la carte items will be prepared and served on-site by your local food service team, including: your district chef - Chef Karl. We are looking forward to the start of the school year with you!

For Parents & Students at
Stoughton Area School District

HIGHLIGHTS of the Dining Program include:



Breakfast ~ each day we will offer

- Build Your Own Breakfast
- Daily Grab and Go Specials
- Fresh Fruit and Vegetables
- Assortment of Ala Carte items available for individual purchase

Lunch ~ each day we will offer

- Delicious Culinary Diverse Entrees
- Daily Grab and Go Specials
- Fruit and Vegetable Bar with a composed salad
- Deli Sandwich or Salad Special

Check out our Menus on the Food4Life App in early August.

HARVEST OF THE MONTH ~ HEALTHY TO A "T" NEWSLETTER

We promote our Harvest of the Month Program to expose students to fresh, healthy foods and to have the experience of trying new items they may not normally try at home. Educational flyers are hung in the café with fun facts aimed to garner interest and attention to the food we are featuring.

The newsletter is posted in the dining room and on the foodservice website, it provides tips for a healthy lifestyle and features interesting facts and a recipe for you to try at home for the featured fruit, vegetable, spice or herb.

WHAT WE WILL FEATURE FOR YOU

Taher's Food4Life® menu offerings incorporate the following:

- Chef-developed, made-from-scratch items that are trans-fat free
- Fruit and vegetable selections that complement our menu offerings
- Frequent special activities and events like our Limited Time Offering meals and seasonal specials to build excitement and fun
- A dedicated and trained staff who focus on customer service, attention to detail and a desire to serve people in a friendly and welcoming atmosphere

We look forward to greeting you and your family at your registration days on 8/18 & 8/23.

Please feel free to reach out to Food Service Director - Jacob Kleven at jacob.kleven@stoughton.k12.wi.us or 608-877-5419 with any questions.



2022-2023 MEAL PRICES

Breakfast	
Elementary.....	\$1.60
Middle/High School.....	\$1.85
Reduced.....	\$0.30
Lunch	
Elementary School	\$3.00
Middle School	\$3.15
High School	\$3.25
Free	\$0.00
Reduced	\$0.40
Adult	\$4.65

*The dining program needs the support of students and the entire school community to succeed!
Please support the dining program through your patronage.*



Harvest of the Month

Local Apple

Calories 95
Total Fat 0g
Sodium 2mg
Sugars 19g

FUN FACTS:
There are 2,300 varieties of apples in the U.S. and over 7,500 varieties throughout the world. The crabapple is the only apple native to North America.
Apples range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked was recorded weighing 3 pounds!
Many of the valuable nutrients in an apple are in the peel or just under the peel.
It takes 36 apples to make a gallon of apple cider.
25% of an apple's volume is air; that's why they float!

Your Food Journey... what was, what is and what will be

Each person's food journey is going to be a little bit different—some will try anything from an early age, while others will be hesitant all the way up through adulthood.

You can influence the way your family approaches meals and, in turn, their Food Journey. At Taher, we continually develop creative ways to encourage new tastes and textures that will introduce people to new nutritional opportunities.



For our customers, the Taher Menu focuses on diversity, sustainability, adventurous palates, love of culinary self-expression, and a desire for functional food.

The Food Journey campaign can go in many directions and be relevant to everyone on some level. This campaign, Your Food Journey...what was, what is and what will be, is aligned with the way individuals feel about the climate and how the food they are eating is produced and harvested. This forward-thinking campaign will be on display in your local Taher Café throughout the year, so keep an eye out!

Julianne Corderman, RDN, LD, Corporate Dietitian, Taher, Inc.

HARVEST OF THE MONTH RECIPE—SEPTEMBER

~ featuring Apples ~

Apple Cheddar and Bacon Quesadillas

Yield: 1 serving

<p>2 6" flour tortillas</p> <p>1 c shredded cheddar cheese</p> <p>1/4 medium apple, thinly sliced</p> <p>2 strips bacon, chopped, cooked, drained</p> <p>salt, to taste</p> <p>pepper, to taste</p>	<p>1. Heat a large sauté pan over medium heat. Spray lightly with non-stick spray.</p> <p>2. Create your tortilla: start with 1 flour tortilla, add cheddar cheese, apple slices and bacon. Top with salt and pepper to taste. Add one more tortilla on top.</p> <p>3. Heat for 3-4 minutes a side, flipping once, until tortillas are golden brown and cheese has melted completely.</p> <p>4. Move to a cutting board, allow to cool for a minute, then cut into triangles.</p>
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NUTRITION SNAPSHOT ~ 1 serving:
585 calories, 35g total fat, 21g saturated fat
100mg cholesterol, 31g protein, 41g carbohydrates
1165mg sodium, 4g dietary fiber

Enjoy!



Stoughton High School

Athletic Office: 877.5622

Attendance Office: 877.5608

Counseling Office: 877.5618

Mr. Kruse, Principal: 877.5601

Ms. Hrodey, Associate Principal: 877.5605

Ms. Schoemer, Associate Principal: 877.5603

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