

VIKING VOYAGER

September 2023

| Issue 1



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From the Desk of the Superintendent

Welcome to the 2023-2024 School Year. As your new Superintendent, I am truly honored to be a part of this remarkable community, and I cannot express enough how eager I was to begin this journey alongside each and every one of you. The start of the school year brings a sense of excitement, especially with the arrival of students. The halls of our schools come alive with the sounds of laughter, the exchange of ideas, and the promise of new beginnings.

As we kick off what promises to be an exceptional school year, I want to take a moment to highlight the key ways you can stay connected and engaged with our school community. Your active involvement is crucial to ensuring the success of our students, and we're here to support you every step of the way.

****Connect with Your Teachers****

Our dedicated teachers are here to help you succeed. If you have questions about assignments, need extra assistance, or simply want to discuss your progress, don't hesitate to reach out to them. Clear communication is a vital part of your learning journey, and our teachers are committed to guiding you towards your goals. Remember, they are just an email, or phone call away.

****Stay Informed Through Our Website and Social Media****

Our school's website and social media platforms are valuable sources of up-to-date information. From important announcements to event details and educational resources, you'll find everything you need to know about what's happening in our school district. Make sure to bookmark our website and follow us on social media to stay in the loop and never miss a beat.

****Keep Track of Your Grades on Powerschool****

Download or login to PowerSchool to check your child's information. Staying informed about your child's progress and grades will help him/her have a successful year. PowerSchool, our online SIS System, provides you with real-time access to your grades, assignments, and feedback from teachers. Regularly checking Powerschool will help you gauge your child's performance. If you have any issues accessing PowerSchool, please let us know.

****Importance of Attendance****

I would like to emphasize the critical importance of regular attendance. Attending school consistently is one of the most fundamental factors in achieving academic success. Good attendance will lay the foundation for a strong educational journey and set the stage for future achievements.

Regular attendance also helps students develop a sense of responsibility and time management. It instills the discipline needed to meet commitments and follow through on obligations—a skill that will serve them well in all aspects of their lives. By attending school consistently, students learn that their actions have a direct impact on their success and the success of their peers.

Our school district is not just a place of learning; it's a community where students connect with teachers, peers, and mentors. By attending school regularly, students build relationships, participate in extracurricular activities, and contribute to the vibrant spirit of our educational environment. These connections provide a support system that enhances their overall well-being.

We understand that there may be situations when absences are unavoidable due to illness or other genuine reasons. In such cases, please communicate with the school as soon as possible to ensure that appropriate arrangements can be made to support your child's learning during their absence.

Here's to an awesome school year filled with growth, discovery, and countless achievements! Thank you for being a part of our Lakeview Family.

Sincerely,

Jason Cline
Superintendent
Lakeview Community Schools

In & Around Lakeview Jr/Sr High

LHS Spirit Squad has Something to Cheer About!

Lakeview dancers and cheerleaders had a busy summer with practice, Columbus United Way duck sales, Columbus Days parades and camps. They are excited to lead the spirit at Lakeview!

In June, the LHS dancers attended the national Universal Dance Association (UDA) camp at Creighton University receiving several honors. The girls will demonstrate their routines this fall at half time.

In July, the cheerleaders attended the National Cheer Association (NCA) camp at Embassy Suites in Lincoln. They too, received superior honors! Included with the camp was the elite All-American Cheerleader competition. Numerous LHS cheerleaders were All-American tryout nominees.



Isabelle Arguello is a Junior and second year cheerleader at Lakeview High School. At NCA camp, she was nominated and later awarded the honor of being an NCA All-American Cheerleader. She is the daughter of Rebecca and Miguel Arguello.

Cheerleading began in 1884 at Princeton University to support football. Almost a hundred years later, in 1980, the All-American Cheerleading program began and today remains America's most popular and prestigious individual cheerleading recognition program. Selection is based on superior technical skills, strong personal values, and leadership qualities. Isabelle will be invited to participate in high profile events throughout the U.S. and worldwide, plus be eligible for special scholarships.

If you'd like to support the Lakeview Spirit Squad, feel free to participate in their camp and uniform fundraising efforts. They will be hosting volleyball split the pot, restaurant fundraising nights and various other events throughout the year.

In & Around Lakeview Jr/Sr High

Senior Pictures Due This Semester!

It's time to submit **senior pictures** for this year's yearbook! Please submit headshots to Mrs. Schatz at kschatz@lakeview.esu7.org. Specifications for submission are below. If we do not receive a picture for your senior student by **January 31**, we will use the headshot taken for school pictures. These pictures will be used for the yearbook, for the senior slide show, and for the Columbus Telegram.

Senior Photo Submission Requirements:

- CD or email the image to be used (kschatz@lakeview.esu7.org)
- JPG Format
- Minimum 200 DPI
- Cropped vertically
- No special effects (soft focus, b/w, sepia, etc...)
- **Submission due by January 31**

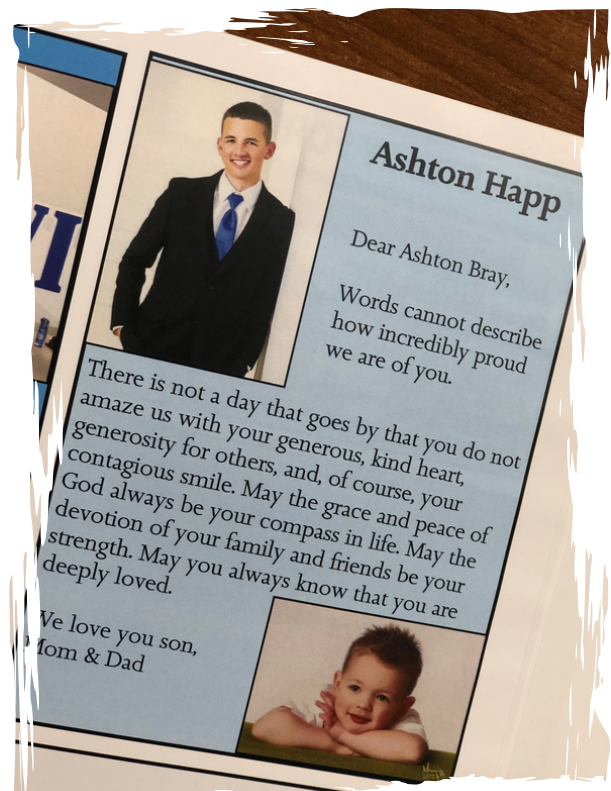
****Note****Headshots are required for the Telegram. If you wish to use a different photo for the yearbook, you may, but the above requirements still apply. If you are sending 2 different pictures, please specify where each picture is to be used.

If you can't afford senior pictures, we have a professional photographer who will do a brief session for FREE! Please contact Mrs. Schatz at kschatz@lakeview.esu7.org for more information.

Senior Ads for Your Special Senior - Gets Yours Now!

Attention Parents of Seniors!! Graduating from high school is such a wonderful milestone in your child's life. We would like to offer the opportunity for you to mark this occasion by ordering a senior advertisement in the yearbook. These "ads" will contain your child's senior picture already submitted and a baby picture if that was also submitted. You can then personalize the ad by writing a note to your child. Past notes have been ones of encouragement and love. The limit is 150 words. You can submit these ads to kschatz@lakeview.esu7.org. The cost is \$50 per ad. Please make payment to Lakeview High School with senior ad marked in the memo. All ads and payment must be submitted by **January 31**.

We have **VERY** limited spots available, so get your senior ad today! These ads will be first come, first served. Once our space is filled, we will not be able to take any more ads.



FBLA News

September 2023

National Leadership Conference

Seven FBLA members attended the National Leadership Conference in Atlanta, Georgia in June. During the conference, members attended sessions, networked with 12,000 FBLA members, toured Atlanta, and competed in their events. The following members competed in these competitions:

Jimena Riojas - Job Interview

Sidney Jaixen - Electronic Career Portfolio

Macy Blahak - Digital Video Production

Chevelle Thomson - Business Financial Plan

Jonny Flores - Public Speaking

Kurt Schneider - Agribusiness

Isaac Stromberg - State Officer

While in Atlanta, members attended Six Flags, Georgia Aquarium, and Lenox Mall. It was a trip to remember and a new experience for members to tour Atlanta. Thank you to the Lakeview Booster Club and Board of Education for this opportunity.



Blue Pride Cards

Blue Pride Cards will be available after Labor Day! They will once again be \$10. We are excited to add a few businesses to the card and appreciate everyone's support. Please contact a FBLA member or come to the school office for a card. All members must pay their dues before receiving their cards.



2023-2024 Officer Team

President(s)	Isaac Stromberg & Jesus Riojas
Vice President	Lexi Blaser
Secretary	Payton Stephan
Treasurer	Hunter Liss
Reporter	Elle Badstieber
Historian	Taylor Helms
Parliamentarian	Ali Mueller
Webmaster	Camryn Koch
Public Relations	Brooklyn Jarecki

Membership

We are now accepting membership forms! Bring the form from your locker and \$15 to Mrs. Dlouhy's room to become a member today! If you would like a shirt, please bring an additional \$10.

Champion Chapter Status

Lakeview FBLA received a Gold Champion Chapter status this summer! The chapter had to complete and record activities throughout the year to earn this honor. It is not an easy accomplishment with only a few chapters from each state achieving this status. Great job Lakeview FBLA!



Viking Way Student of the Month



Shaylee DuBray

Congratulations to Shaylee DuBray for being selected as a Viking Way Student of the Month for August! Shaylee has demonstrated good leadership skills and she has a positive attitude. She is coachable and is always looking for ways to improve. Awesome job Shaylee!

Brooklynn Jarecki

Congratulations to Brooklynn Jarecki for being selected as the Viking Way Student of the Month for August! Brooklynn is respectful of others and always gives his best effort. She demonstrates a positive attitude and shows off her big smile! She is kind and caring to others. Great job Brooklynn!



In & Around Shell Creek

Kindergarten Kick-off!

By: Mrs. Reeves, Mrs. Wilke, and Mrs. Meyer

We are off to an amazing start in Kindergarten at Shell Creek! Mrs. Reeves, Mrs. Wilke and Mrs. Meyer have enjoyed getting to know our new Kindergarten friends. The beginning of the school year is exciting as we explore routines in Calendar, Math, small group reading and so much more.



Our literacy focus is learning letter names and sounds, phonological awareness such as putting parts of a word together, saying the first sounds in a word and identifying rhyming words. We have also learned several Kindergarten high frequency words which we call "popcorn words".



Our new Math series has given us lots of ways to implement number sense. We are learning how to partner talk and exploring numbers, patterns and sorting.



Our students are learning how to work more independently. Each morning, they participate in Tub Time. These tubs help reinforce essential Math and Reading skills with hands on learning.



Watercolor Painting



Shell Creek 2nd Grade Team

Left: Miss Roth
Middle: Mrs. Osten
Right: Mrs. Wilcynski



September News

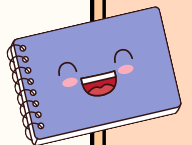
by Mrs. Osten

We were all really excited for the 2023-24 school year to begin. Everyone is adjusting and learning has already begun. In Science we are exploring states of matter. In Math we are beginning by discussing how math is all around us. For reading we are working on reviewing our short vowel sounds and learning about different cultures through the stories we are reading. In Social Studies we will be finding out how we can all be good citizens.

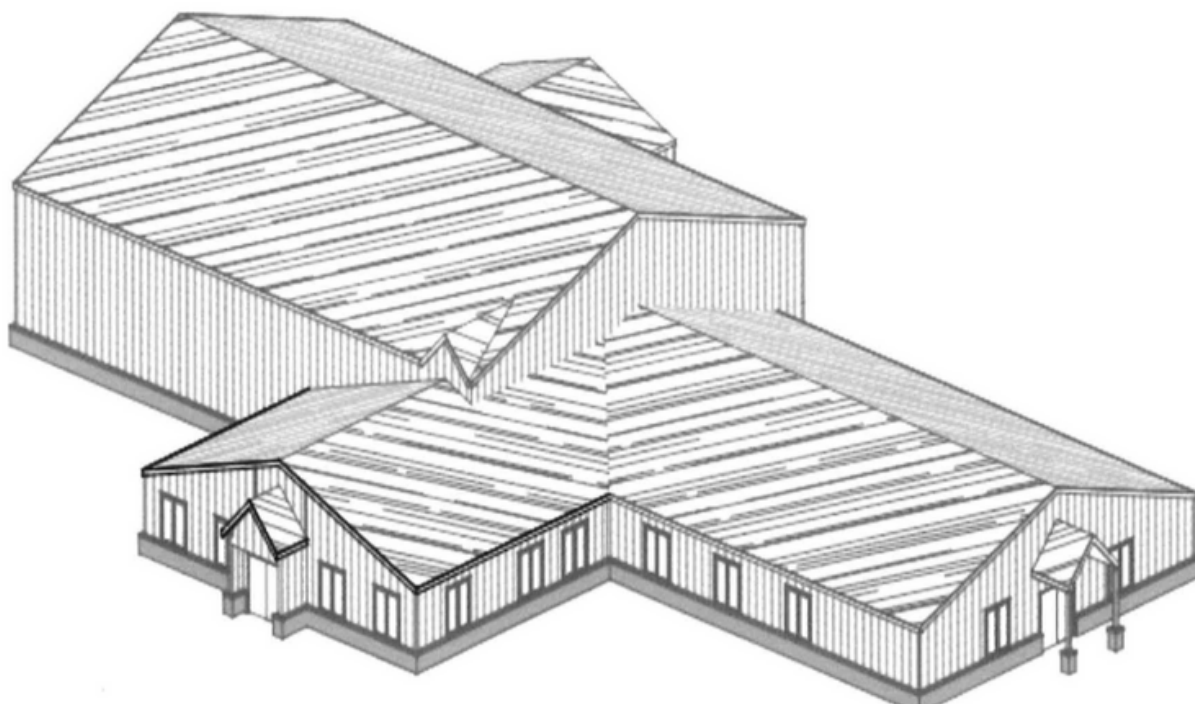
We can't wait to see how much we all grow and learn this year.

New things in 2nd grade:

- *Individual Chromebooks
- *Setting goals for AR points
- *Cursive writing in January
- *Espark program on computers



In & Around St. John's School



St John's has been very blessed this year with many new things. We have finished our construction project of adding 2 NEW classrooms and NEW Administration offices. We also have been blessed with NEW students which include 9 kindergarteners, one third grader and one fifth grader which brings enrollment to 57 students. Our classroom arrangements are new as well.

Miss Betterton has K-1 in the Little Room, Miss Warneke is our Head Teacher, she has 2nd & 3rd in the Primary Room, Mrs. Nolan has 4th & 5th in our Middle Room, and Mrs. Hoesly has a brand new classroom "Big Room" for 6th, 7th, & 8th. Our Preschool teacher, Mrs. Fittje (Miss Ruth) will welcome 6 Preschoolers and 9 Pre-Kindergarteners on Monday, August 28th. Gen. 12:2 "I will make of you a great nation and I will bless you, and make your name great, so that you may be a blessing".

CHRIST LUTHERAN SCHOOL NEWSLETTER



"I AM THE VINE; YOU ARE THE BRANCHES. WHOEVER ABIDES IN ME AND I IN HIM, HE IT IS THAT BEARS MUCH FRUIT, FOR APART FROM ME YOU CAN DO NOTHING." -JOHN 15:5

ISSUE 1 | 2023-2024 | CREATED BY CLS 5TH, 6TH, 7TH, AND 8TH GRADE

BACK TO SCHOOL

Students were welcomed back to school on August 16th with a half-day. Opening chapel was led by Mrs. Petersen. Then each class headed downstairs to try on choir gowns and then headed to the Cornerstone Center where they learned about the new hot lunch program.

Students then went back to their classroom to learn about classroom procedures.



Opening Chapel for 2023-2024 School Year

SEPTEMBER DATES TO KNOW:

September 4: LABOR DAY NO SCHOOL

September 10: Education Sunday and Backpack Blessing. ALL SCHOOL CHOIR SINGS.

September 21: Parent Teacher Conferences

September 22: No School

September 30: CLS Volleyball Tournament



Students in grade K to 8th learned about the new hot lunch program for the 2023-2024 year.

yum!



GET TO KNOW THE PEOPLE OF CHRIST LUTHERAN SCHOOL

Kassidy Soulliere

Birth Date:

- May 9th

Teaching Experience:

- Substitute Teacher -
January 2021-May 2023
- Student Teaching -
January 2023-May 2023

What is one of your hidden Talents:

- I can play the piano!

What is the best thing about being a teacher?

- I love creating relationships with my students and being a light in their lives. It is so much fun watching them learn and grow throughout the year!

If you could take your students on a field trip anywhere in the world, where would that be and Why?

- I would take them to the ocean. I love traveling to the coasts & I think that everyone should be able to experience going to the beach.

Why did you become a teacher?

- I have always wanted to be a teacher. I remember growing up that my elementary school teachers were some of my favorites. I loved how they showed they cared so much for their students & that meant so much to me. I hope to make that impact on my students each and every day.

What is your favorite Bible Verse and why?

- "Philippians 4:13 - I can do all things through Christ who strengthens me."

- Growing up as an athlete, I have always loved this verse. It has reminded me that God is always there, even when it doesn't seem like it.



INTRODUCING THE 2023-2024 CLASSES OF CHRIST LUTHERAN SCHOOL



Kindergarten and 2nd Grade taught by Cassandra Splitterger.



3rd and 4th grade taught by Kassidy Soulliere.



5th, 6th, 7th, and 8th Grade taught by Ashley Frese.



Left: 5th, 6th, 7th, and 8th grade students did a prayer walk around the school on the first day, as well as decorating the sidewalks.



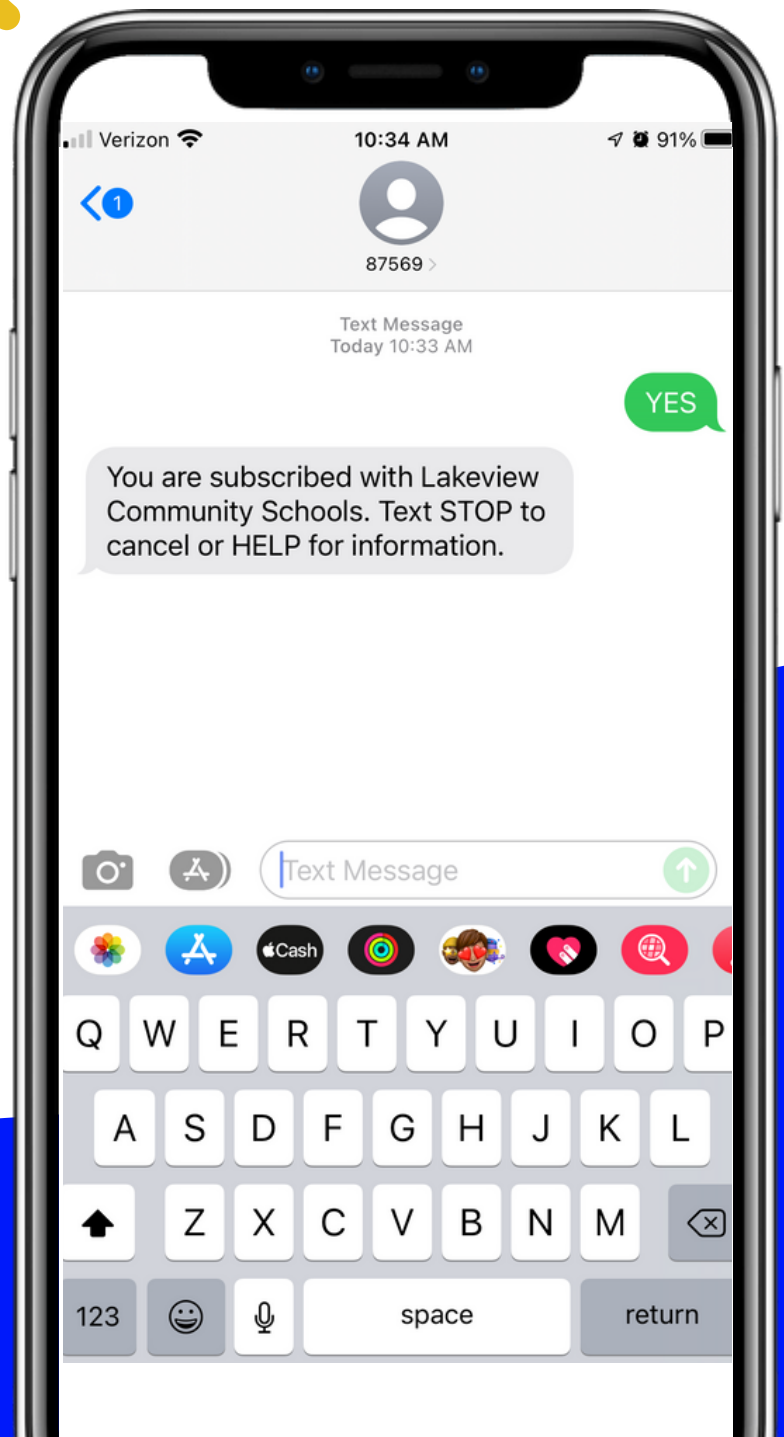
Right: 3rd and 4th Grade students found a baby bunny out at recess.

LAKEVIEW AUTOMATED PHONE SYSTEM

The simplest way to stay connected!

**Lakeview Community
Schools wants to
ensure everyone is
connected!**

**To receive important
updates regarding
school closings,
schedule changes,
school events, lunch
account information,
and more text "YES" to
87569**



ONLINE PAYMENTS

PAY YOUR LUNCH ACCOUNT WITH
YOUR DEBIT OR CREDIT CARD



STEPS:

1. Go to the Lakeview web page www.lakeview.esu7.org
2. Click the \$ E Funds logo in the top right of the screen
3. Click New User > Register Here
4. Fill you in all the information to set up an account
5. You will need Student's lunch number.
6. Then log in and make a payment.

CREDIT CARD \$2.65 FEE
DEBIT CARD \$1.00 FEE

Support Lakeview Viking History...



BUY A BRICK!

Lakeview Education Foundation is offering a unique opportunity for our fans to become a permanent part of Lakeview High School's history. Be a part of the most distinctive feature of the Lakeview Athletic Complex...the "VIKING WALK OF PRIDE". The entrance to the newly renovated stadium will consist of personalized bricks, forming a walkway for our fans. The walkway, to be named the "VIKING WALK OF PRIDE", will capture the LHS tradition of excellence. Order your brick today!

Purchaser's Name	
Address	
Email	
Phone	

☐ Send acknowledgment letter to the above address

☐ This brick is a surprise, no need to send an acknowledgment letter

Bricks are a Standard 4"x8" Size and cost \$100.

Print information exactly as you would like it to appear, noting there are a maximum of 14 characters per line (including spaces). If you wish to order more than one brick or would like your bricks placed with a group of bricks, your orders **MUST BE PLACED TOGETHER!** All contributions are tax-deductible to the extent allowed by law. All profits from this sale will be used for the construction and maintenance of a new track.

All-State players there will be a spot reserved for you along the main entrance.

Line 1														
Line 2														
Line 3														

Enclose your check or money order along with this form in an envelope and mail it to:

Lakeview Education Foundation

3744 83rd Street

COLUMBUS, NE 68601


Community Resources

[Columbus Area Mental Health and Counseling Services](#)

[Community Response](#): to assist children, youth and families to be healthy and resilient through a prevention network of community resources.

[Community Response contact information:](#)

Email: rmiksche@columbusunitedway.com

Office: 402-564-5661 

Locations:

1119 B Street
Schuyler, NE

3214 25th St, Ste 2
Columbus, NE

[Columbus Area Service Directory](#)

Lakeview Resources

- Need to talk to someone? Does your family have any basic needs that are not being met?

➔ Mrs. Mollie Rambour, Junior High & Platte Center School Counselor

➔ Mrs. Hellbusch, Shell Creek School Counselor

➔ Mrs. Paige Rambour, High School Counselor

[99 Coping Skills](#)


[Mindfulness Practice Cards](#)

[101 Positive Things to Say to Myself](#)

[Your Life Your Voice Website](#)


Hotlines/ Helplines

Your Life Your Voice- Boystown National Hotline:


 1-800-448-3000

 Text "Voice" to 20121


Crisis Response- use in case of an emergency or mental health crisis:

 (402) 564-3264


National Suicide and Crisis Hotline:
988


 800-273-8255 (TALK)

DHHS Child Abuse and Neglect:

 800-652-1999

211 Helpline:

 2-1-1 or 402-444-6666

 Text your zip code (68601) to 898211

ACTIVITIES CALENDAR

September, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					MAPS Testing @ Lakeview 12:00pm-1:00pm Teammate Luncheon @ Lakeview 4:00pm-6:00pm JH Volleyball Practice @ East Gym 7:00pm FB-Varsity Boys Town	1 (FFA) State Dairy Cattle Judging @ Grand Island 9:00am VB-Varsity Scotus Central Catholic
3 Labor Day - No School @ Lakeview 5:00pm-6:00pm JH Football Practice @ Football Field	4 MAPS Testing @ Lakeview 7:00am-8:00am One-Act Practice @ East Gym 4:15pm VB-8th Columbus Middle 4:15pm VB-7th Columbus Middle 4:30pm FB-7th Bishop Neumann 5:00pm VB-9th York 5:00pm SB-Varsity Wayne 5:30pm FB-Reserve Battle Creek 5:45pm FB-8th Bishop Neumann 6:00pm VB-JV York 7:00pm VB-Varsity York	5 (FFA) Greenhand Leadership Day @ Central Community College-Columbus MAPS Testing @ Lakeview 7:00am-8:00am One-Act Practice @ East Gym 4:00pm-5:30pm JH Volleyball Practice @ East Gym 4:00pm-5:00pm JH Football Practice @ Football Field	6 MAPS Testing @ Lakeview 9:00am GOLF-G/Varsity Lakeview vs. Multiple Schools 4:00pm-6:00pm JH Volleyball Practice @ East Gym 4:00pm-5:30pm JH Football Practice @ Football Field 5:00pm SB-Varsity Ashland-Greenwood 6:00pm-9:00pm Cheer/Dance Practice @ Any gym available 6:30pm-8:00pm One-Act Practice @ East Gym	7 MAPS Testing @ Lakeview 10:20am XC-Varsity TBD 4:00pm-6:00pm JH Volleyball Practice @ East Gym 4:00pm-5:00pm JH Football Practice @ Football Field 7:00pm FB-Varsity Boone Central / Newman Grove	8 8:00am VB-Reserve Wisner-Pilger 9:00am VB-Varsity Boone Central / Newman Grove 9:00am SB-Varsity Lakeview vs. Multiple Schools	
10 MAPS Testing @ Lakeview 12:00pm GOLF-G/Varsity Schuyler Community vs. Multiple Schools 4:00pm-5:30pm JH Football Practice @ Football Field 4:30pm VB-Reserve Clarkson-Leigh vs. Multiple Schools 5:30pm FB-Reserve Central City 6:00pm-9:00pm Cheer/Dance Practice @ Any gym available 6:30pm VB-8th Scotus Central Catholic 6:30pm VB-7th Scotus Central Catholic 7:30pm (Vocal) Viking Voices Parent Meeting @ Vocal Room	11 MAPS Testing @ Lakeview 4:00pm-6:00pm JH Volleyball Practice @ East Gym 4:30pm FB-7th Schuyler Middle School 5:00pm SB-Varsity Aquinas Catholic 5:45pm FB-8th Schuyler Middle School 6:00pm-9:00pm Cheer/Dance Practice @ Any gym available	12 Early Dismissal - 1:30PM - All attendance centers @ Lakeview (FFA) Husker Harvest Days at Grand Island @ Lakeview 6:00am-7:00am JH Volleyball Practice @ South or West Gym 7:00am-8:00am One-Act Practice @ East Gym	13 7:00am-8:00am One-Act Practice @ East Gym 4:00pm-5:30pm JH Football Practice @ Football Field 4:30pm GOLF-G/Varsity Boone Central / Newman Grove vs. Multiple Schools 4:30pm XC-Varsity Scotus Central Catholic 4:30pm VB-8th York Middle School 4:30pm VB-7th York Middle School 5:00pm VB-9th Battle Creek 6:00pm VB-JV Battle Creek 7:00pm VB-Varsity Battle Creek 7:00pm SB-Varsity (Rescheduled from 08-24-23) Centennial Junior-Senior	14 4:00pm-6:00pm JH Volleyball Practice @ East Gym 4:00pm-5:00pm JH Football Practice @ Football Field 7:00pm FB-Varsity St. Paul	15 9:00am SB-Varsity Arlington 9:00am VB-7th Lakeview vs. Multiple Schools 9:00am VB-8th Lakeview vs. Multiple Schools 10:00am GOLF-G/Varsity Boone Central / Newman Grove	
17 7:00am-8:00am One-Act Practice @ East Gym 4:00pm SB-Varsity Lakeview vs. Multiple Schools 4:00pm-5:30pm JH Football Practice @ Football Field 4:30pm VB-7th Clarkson-Leigh 5:00pm FB-Reserve Columbus Discoverers 5:00pm-7:00pm Elem. Band parent meeting/instrumental rental @ Cafeteria 5:30pm VB-8th Clarkson-Leigh 6:00pm VB-Reserve North Bend Central vs. Multiple Schools 6:00pm-9:00pm Cheer/Dance Practice @ Any gym available	18 4:00pm-5:30pm JH Volleyball Practice @ West Gym 4:30pm FB-7th Boone Central / Newman Grove 5:00pm VB-Varsity Lakeview vs. Multiple Schools 5:00pm VB-JV Lakeview vs. Multiple Schools 5:45pm FB-8th Boone Central / Newman Grove 6:30pm-9:00pm One-Act Practice @ East Gym	19 Early Dismissal - 1:30PM - All attendance centers @ Lakeview 6:00am-7:00am JH Volleyball Practice @ East Gym 4:00pm-8:00pm P/T Conferences @ Lakeview	20 Early Dismissal - 12:00pm @ Lakeview 7:00am-8:00am One-Act Practice @ East Gym 9:00am GOLF-G/Varsity Wayne 12:15pm-1:30pm JH Football Practice @ Football Field 2:00pm-7:00pm P/T Conferences @ Lakeview 4:30pm XC-Varsity North Bend Central 5:00pm SB-Varsity Aurora 6:30pm VB-8th North Bend Central 6:30pm VB-7th North Bend Central	21 No School @ Lakeview (FFA) Harvest Heroes @ Lakeview 4:00pm-5:00pm JH Football Practice @ Football Field 6:30pm-8:00pm One-Act Practice @ East Gym 7:00pm FB-Varsity Wahoo	22 9:00am VB-Varsity Aurora 9:00am SB-Varsity Central City	
24 4:00pm-6:00pm JH Volleyball Practice @ East Gym 4:00pm-5:30pm JH Football Practice @ Football Field 5:00pm SB-Varsity Crete Public Schools 5:30pm FB-Reserve Scotus Central Catholic 6:00pm-9:00pm Cheer/Dance Practice @ Any gym available 6:30pm 3rd grade YMCA VB practice @ West Gym	25 4:30pm FB-7th Scotus Central Catholic 4:30pm VB-8th Central City 4:30pm VB-7th Central City 5:45pm FB-8th Scotus Central Catholic 6:00pm VB-9th Scotus Central Catholic 6:00pm VB-JV Scotus Central Catholic 7:15pm VB-Varsity Scotus Central Catholic	26 Early Dismissal - 1:30PM - All attendance centers @ Lakeview (Band) Pierce Marching Competition @ Lakeview 6:00am-7:00am JH Volleyball Practice @ South or West Gym 7:00am-8:00am One-Act Practice @ East Gym 9:00am GOLF-G/Varsity Scotus Central Catholic vs. Multiple Schools	27 7:00am-8:00am One-Act Practice @ East Gym 10:00am SB-Varsity Crete 4:00pm XC-Varsity Aquinas Catholic 4:00pm VB-8th Seward Middle School 4:00pm VB-7th Seward Middle School 4:00pm-5:30pm JH Football Practice @ Football Field	28 9:00am GOLF-G/Varsity Adams Central Junior-Senior vs. TBD 4:00pm-6:00pm JH Volleyball Practice @ East Gym 4:00pm-5:00pm JH Football Practice @ Football Field 7:00pm FB-Varsity Schuyler Community	29 9:00am VB-Varsity Lakeview vs. Multiple Schools 10:00am (Band) Columbus Marching Competition @ Pawnee Park/Memorial Stadium 8:00pm-11:00pm Homecoming Dance @ West Gym	
30						

PBJ & GRAB-N-GO MEALS OFFERED DAILY 7-12

ALL MENUS ARE SUBJECT TO CHANGE						
September 2023						
	Sun	Mon	Tue	Wed	Thu	Fri
Veggie/Fruit Bar, Milk & Water Offered Daily	This institution is an equal opportunity provider.					
3	4 No school	5 Meatball sub Chips Baked beans Cookie	6 Pizza Tri potato Broccoli	7 Pulled pork Au Gratin potatoes Corn	1 Chicken patty on a bun Fries Carrots Pudding cup	2
10	11 Hot ham & cheese Chips Baked beans Cookie	12 Pasta w/ meat sauce Green beans Bread stick	13 Hotdogs Smile fries Carrots Ice cream	14 Cream chicken over biscuit Mixed veggies Peach crisp	15 Hamburgers French fries Apples slices	16
17	18 Corn dogs Mac cheese Pea Cookie	19 Chicken Alfredo Mixed Veggies Bread stick	20 Bread beef patty Mashed potatoes Corn Roll	21 Grab N Go Lunch	22 No school	23
24	25 French toast Sausage patty Juice cup Strawberries	26 Mandarin orange chicken Rice Broccoli Fortune cookie	27 Max sticks Tri potato Green beans	28 Pork Nacho w/all toppings Refried beans Cinnamon apples	29 Chicken Nuggets Scalloped potatoes Corn Jell-O	30