

High School YEARS

Working Together for Lifelong Success



Short Clips

Dangers of e-cigs

Although e-cigarettes may be marketed as a safer way to smoke, they're not. E-cigs, vapors, or "vapes" as they're sometimes called, are simply a different way to put nicotine into the bloodstream. And they are illegal for anyone under 18 years old. Let your teen know these facts, especially if you suspect that her friends might be "vaping."

Mixed-age classes

Your freshman may be surprised to find himself in class with older students. Remind him that not long ago these upperclassmen were freshmen just like him. If your teen is older, encourage him to be welcoming by talking to younger students and offering help. Remind him that in college or on the job, he'll be the "new kid" again one day.

Bonding time

Getting "together time" with your teenager can be challenging. Try using your time in the car. Start friendly conversations—and be sure she turns off cell phones and video games. Also, create "no argument" zones—specific places in your house or certain times of the day when everyone is only allowed to say positive things.

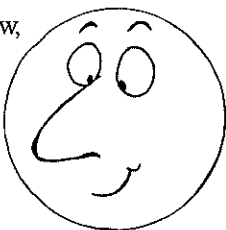
Worth quoting

"Kindness is always fashionable."
Amelia Barr

Just for fun

Q: What did one eye say to the other?

A: Don't look now, but between us, something smells.



Routines for a successful year

Developing just a few good habits can help your teenager get off to a strong start this school year. Suggest these three routines.

1. First things first

Writing to-do lists lets your high schooler focus on what needs to be done right away and shows him what can wait. Suggest that he write a to-do list when he gets home every day. As he accomplishes each task, he'll find it satisfying to cross an item off—and even more satisfying to see all the items crossed off!

2. Everything in its place

Your teenager will save time and reduce stress if he establishes daily routines for packing and unpacking his backpack. He could put homework in a set location on a desk or table (not the middle of the floor!). Then, when he finishes, he should return assignments, books, and materials to his backpack and replenish supplies like pens, pencils, and paper. *Tip:* Ask him to set up an



"inbox" and "outbox" for papers you need to sign.

3. Set a bedtime

This is something teens naturally resist, but sleep is crucial to successful school days. Students who arrive tired simply don't do as well as those who get a good night's rest. Establish a lights-out time that allows 8–10 hours of sleep. To help your teen fall asleep, have him shut off all electronic devices and leave them outside his room. Also, suggest that he avoid coffee or other caffeinated drinks in the afternoon and evening. 🍷

Know your child's school

When you are familiar with your child's school, it shows you care about her education and encourages her to care as well.

Attend open houses and back-to-school events to meet her teachers. Where possible, go to after-school and weekend events like concerts, plays, or football games.

Also, read flyers and other materials that come home, and check the school's website regularly. *Idea:* Help school secretaries and other staff get to know you and your high schooler better by stopping in the office and introducing yourself. 🍷



Three Keys to HIGH SCHOOL SUCCESS

Your high schooler probably has a lot to juggle: challenging classes, extracurricular activities, friends, family commitments, and possibly a part-time job. How can he thrive in school?

Knowing how to get organized, manage his time, and study efficiently can help him do his best. Share these strategies to help your child succeed in high school.



ORGANIZATION

Being organized lets your teen be more productive, because she'll have what she needs when she needs it. Suggest that she try these ideas.

Create a workspace. Your child should have a comfortable place to work that's well lit and free from distractions. It's best if she finds a place she can dedicate to schoolwork so she starts associating it with getting things done. She may be better off working at a desk in her room or at the kitchen table rather than on her bed or the couch by the TV. Wherever she works, she needs room to spread out materials. *Hint:* Cleaning out her workspace on occasion (say, once a month) can help her stay organized.

Stock supplies. Keeping graph paper, index cards, highlighters, and other supplies on hand will help your teenager stay on task—he won't have to stop what he's doing to search

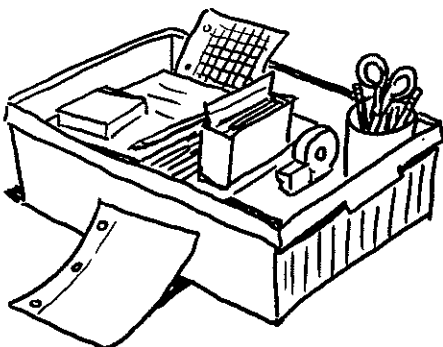
for them. At the beginning of the school year or semester, suggest that he inventory what he has and make a list of what he needs to buy or find

around the house. As the year continues, he should keep an eye on what's getting low.

If your child works in a common space like the dining room table, he might want to make a portable supply kit. He could fill a plastic tote or shoebox with his supplies. Then, each day when he's finished, he should put everything away.

Sort papers. Multiple classes mean several sets of books and notebooks, only some of which need to come home on any given day. Your high schooler can keep track by using separate color-coded materials for each class so she can easily spot history (red binder and folder) or calculus (blue binder and folder). *Hint:* Using loose-leaf binders for notes and handouts instead of spiral notebooks makes it easier to move or add papers.

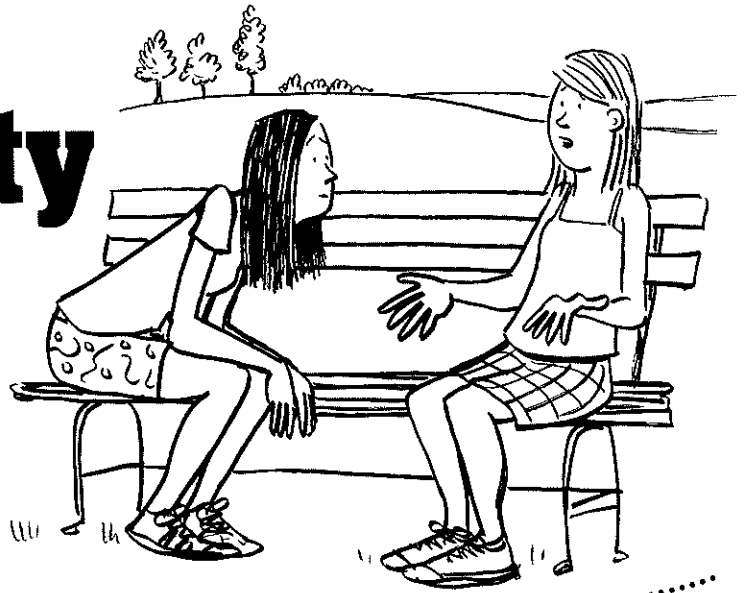
Each week, your child should sort papers from the week before. She can file them in binders or folders. *Tip:* Having a three-hole punch nearby can make this task easier.



continued

Respect & Responsibility

As a parent, you want your teenager to be both respectful and responsible. Together, these important character traits not only make a teen more pleasant to live with—they can enhance her self-esteem and help her succeed in school, at work, and beyond. Here are ways to encourage respect and responsibility in your child.



Respect yourself

People who respect themselves believe others should treat them well, and they in turn are more likely to treat others with respect.

Expect respect. Let your child know that she deserves to be respected by friends. For example, she should be able to share opinions without being made fun of. Or she should be able to make her own decisions about where to spend time or with whom—without being criticized for her choices. Together, make a list of ways that people can show respect for each other. She can use that as a measure for whether her relationships are respectful ones.

Consider yourself. When your teen stands up for her beliefs or says no to things that make her uncomfortable, she is showing self-respect. Also, she demonstrates respect for

herself when she gives her best to her commitments, including schoolwork, after-school activities, or a part-time job. For instance, doing homework carefully and arriving for her job on time show that she takes pride in her work.



Show respect. Your child should think about how his actions—and his words—affect others. Do they make people feel valued? For instance, is he honest and direct with his friends, rather than talking behind their backs or putting them down in front of others? Does he demonstrate respect for your privacy by keeping family confidences? Encourage him to think about who he respects and what traits those people have. That will help him understand what respect looks and feels like.

Model what you mean. Your teenager will learn best by following your example. Try to

let him see you being respectful to others by listening politely when people disagree with you. Also, you can demonstrate respect for your child by following through on your promises to him or apologizing when you make a mistake. If he is disrespectful, you have

another chance to model respect. Focus on his behavior in a calm way (“I don’t like the way you are speaking to me”) rather than attacking him (“You are so rude!”). He will see that you can disagree with someone in a respectful way.

Tip: Reinforce the behavior that you would like to see by showing that you notice when he behaves respectfully. For example, if he tells you he was upset when you mentioned his grades in front of his aunt, you might say, “I really appreciate your waiting until we got home to talk about it. I’m sure that was hard for you not to say something then. Let’s discuss it now.”



Respect others

When your teen is respectful of others, it can help him connect better with siblings, peers, teachers, and bosses.

Be a good sport

Student athletes who treat opponents, teammates, coaches, and officials with dignity are always winners. Share these ways your child can show respect on the field or court:

- Shake hands with opponents before a game. After the game, shake hands or give high fives and nicely say, "Good game."



- Accept officials' calls gracefully.
- Play by the rules, regardless of whether actions can be seen from the sidelines.
- Avoid "trash talking" to opponents or "showboating" (victory dances, bragging).

You can also set an example of respectful behaviors for your teen when you're watching a sporting event. How?

- Offer encouragement ("Way to go!"), and refrain from booing or making insults or negative remarks.
- Be polite to opposing teams and their fans (say hello, congratulate them on a win).
- Clap for good plays even if your child is not the one who made them.
- Discuss concerns with your teen's coach privately, rather than in front of your child or other fans.

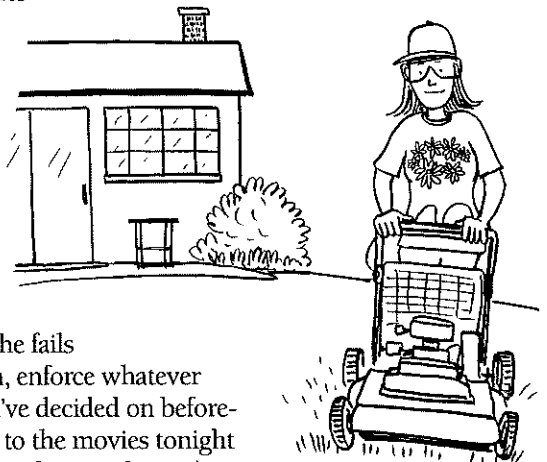
on. If something breaks, he should make sure it gets fixed. *Note:* He should also take care of others' belongings. If he borrows something from a friend or relative, he should return it on time—and in the same condition it was in when he got it.

Take personal responsibility. Your child should know that he is responsible for the choices he makes—and for accepting the consequences for those decisions. Point out that as your child gets older, he is more and more responsible for his own happiness, too. Suggest that he consider his own strengths and abilities and use them to plan for the future. Also, encourage him to take care of his body by getting enough sleep (at least 8–9 hours), eating nutritious foods, and being physically active for an hour a day.

Responsible to others

Being dependable means behaving in a way that allows others to rely on you.

Hold her accountable. If your adolescent forgets about chores or lets duties slide, you might remind her with a simple phrase ("Lawn") or simply point to what needs to be done (lawn that needs to be mowed). But don't do the job for her. Then, if she fails to follow through, enforce whatever consequence you've decided on beforehand ("No going to the movies tonight since you didn't finish your chores").



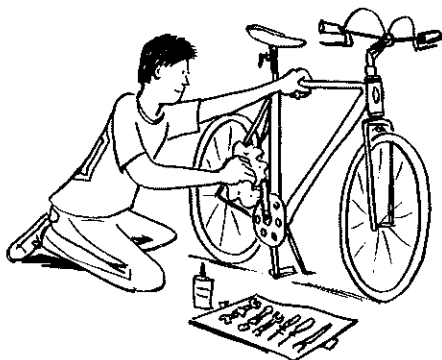
For regular chores or responsibilities, you might consider writing a plan and having her sign it. ("I will clean my bathroom by Sunday night each week. I understand I won't be able to use the computer until it's done.") That way, you both know what's expected.

Point out the impact. You might shed light on how being responsible benefits your teen. When she shows you she can take care of responsibilities, she earns your trust and perhaps more freedom. Also, you could discuss how her actions affect others if she fails to follow through. For example, if she promises a club advisor to set up a meeting and doesn't do it, the club may not be able to register for an important event. That affects everyone in the club and could also influence her relationships with her peers.

Responsible to yourself

Being a responsible individual starts with your teen being responsible to himself.

Care for belongings. Whether it's electronics, textbooks, or bedroom furniture, encourage your teen to be responsible for his things. He might put items away when he stops using them so they don't get lost or stepped



High School Years

ATTENDANCE

Attendance is a very important part of a student's success in high school. We already have a large number of student's with a large number of absences. This is becoming a concern as it is only mid-way through the first quarter. The absence policy in the handbook states- Upon accumulating (8) absences from any one class per semester, the student will not receive credit for that class. If your student has to be gone here are some helpful guidelines –

Planned absences – (these include surgery, extended medical leave, educational travel) These must be pre-approved by Mr. Taylor. The student is responsible for getting all work from their teachers before leaving. You need to have a written note before and when they return from a parent or guardian.

Leaving from school early – It is the best and quickest for your student to bring a note the morning that they will be leaving school. They will receive a slip to give to their teacher at the beginning of class and will be dismissed at the appropriate time. If you come into the office to pick them up, it will take time because we have to write out the slip, take it to the class and the student will then have to gather their things and go to their locker. When they come back to school they need to bring a note from a parent or Doctor to get the absence excused.

Absences for the following are considered valid and excusable. Absences for **other** reasons will be considered on merit. **Parent and Professional notes should be turned in within 2 days of the student's absence and will no longer be accepted outside of 1 week of the date of the absence. Absences that are not accompanied by the required note within this time frame will be counted against the student's attendance record.**

1. Student illness or hospitalization. After (5) absences in a high school class due to illness or ten (10) days of middle school absence, students are required to have a note from a professional (doctor, physician, etc.) specifying the reason for the absence. Professional notes should be turned in within 2 school days of the student's absence.
2. Death in the immediate family or on the day of the funeral of a close friend.
3. Educational travel and family trips of more than one day will only be excused when prior arrangements have been made with the building principal and teacher have been notified prior to leaving.
4. Doctor appointment (including dental, or eye etc.). Students **MUST** bring a note from said doctor to verify the appointment.
5. Vehicle license and driver's test (only when driver's test is in Kahoka).
6. "NEEDED AT HOME" is intended for work that must be done while school is in session. It does not include work that can be done on non-school time. If an emergency occurs at the last minute on a school day, a parent should contact personnel at the high school office as quickly as possible. Students are only allowed two days of absences per semester under this section of the attendance policy. If students and parents need the student more than two days in a semester they must make prior arrangements with the principal, or the absence will be unexcused.

7. To appear or testify in court.

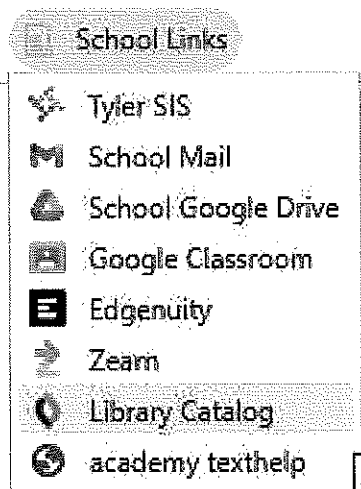
8. College visitations (2 days for seniors, 1 day for Juniors) when scheduled in advance with the office. Seniors taking college visits for more than 2 days, and juniors taking college visits more than 1 day will have an excused absence with a parent note and prior notification of teachers and the principal. The school district asks no college visits be taken from April 20th to the end of the school year. If a student must take a college visit after April 20 they will need to get permission from the principal for it to be excused. High school teachers consider this time extremely important in preparation for state tests and finals at the end of the school year. It is also close enough to the summer break to hold off on visits until school is out. Notes from parents, physicians, doctors, and the like regarding an absence should be supplied to the office of the building of attendance within two school days of the absence. Students are excused for participating as a member of any approved school-sponsored activities such as sports, clubs, and organizations.

You can view the entire Absence policy in the High School Handbook on the school website by going to quick links @ clarkcounty.k12.mo.us

If you have questions, feel free to call the office at 727-2205

From the Library

To access the library catalog and online resources available for students to use at school and from Internet-connected devices outside of school, select Library Catalog from the School Links folder drop-down options. The School Links folder should be located on the Google browser bookmarks bar. If you do not see the School Links folder, go to <https://ccr1.follettdestiny.com/> to access the library catalog.



After choosing Clark County R-1 High School, select Destiny Discover on the left hand side.



Destiny Discover allows students to search for books and access the online resources without being logged in. If a student logs in with their school Google Account, the eBooks and My Stuff [Checkouts, Holds, Favorites, & Fines] can be accessed and students can create a private collection of books to read and resources.

The STUDENT PORTAL information below allows students to have access to their grades, attendance, and lunch accounts. If your child would like to use the Student Portal and needs their login information, have them send Mrs. Sprague an email requesting the information – ksprague@clarkcounty.k12.mo.us.

STUDENT PORTAL		
Go to http://www.clarkcounty.k12.mo.us choose <i>Parent Portal</i> – select ' <i>Student</i> ' tab		
User Name:	4-digit lunch pin	If you have forgotten your password, email Mrs. Sprague for the information.
Password:	created password	

Yearbook News

Work on the 2024 Clark County High School yearbook has begun! Students are working hard on learning the online program and taking photos at school activities. We have just started our annual business sponsor/advertisement sales and the students are excited to go to area businesses and speak with you!

The 2024 yearbooks can also be pre-ordered with the price being the lowest of the year at \$40.00. Students can either pick up an order form outside the art room, go online to the Clark County R1 School's website and print out a copy or yearbooks can be ordered online at Yearbook at:

<https://yearbookforever.com>

Please help support the Clark County High School Yearbook!

For more information and questions:

Kelly Nagel
knagel@clarkcounty.k12.mo.us
660-727-2205



See Mrs. Nagel for questions!
knagel@clarkcounty.k12.mo.us
660-727-2205



Clark County R-1 High School

Ben Taylor, Principal

680 East Main St.

Kahoka, Mo 63445 - 1632

Phone (660) 727-2205 FAX (660) 727-2245

Megan Alderton
Guidance Counselor
(660) 727-2235

Jason Church
Activities Director
(660) 727-3319

Parent/Teacher Conferences will be held Tuesday, October 24 and Thursday, October 26 from 3:30 - 7:00 pm. We will not have scheduled individual appointments. We encourage you to see any or all of your son/daughter's teachers during this time.

Following is the schedule for Middle School and High School shared teachers:

Tuesday, October 24, 2023

Middle School

Michelle Oilar

Krista Little

High School

Dan Oilar

Cason Wilt

Thursday, October 26, 2023

Middle School

Dan Oilar

Cason Wilt

High School

Michelle Oilar

Krista Little

Jaden Bethel

Mr. Dooley will be at each building half of the time.

Your son/daughter's grade card will be available in the commons area. In accordance with the Family Educational Right to Privacy Act, only a student's parents or legal guardians are allowed to pick up report cards. If you are unable to pick up a grade card, students will receive them Monday, Sept. 30.

Good communication between the school and parents is essential in a cooperative effort in your son/daughter's education. Make a sincere effort to attend the Parent/Teacher Conferences. We are looking forward to seeing you on Tuesday or Thursday.



2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 FB JV (H) QND) 6:00 XC HS/MS CCC meet 3:30 TBD	3 FB 8(H) Monroe City 6:00 SB JV/V(H) Macon 5:00 (Pink game)	4 SB JV (H) Highland 5:00	5 SB JV/V @ S. Shelby 5:00	6 FB V (H) Palmyra 7:00 (pink game) FFA Fruit Sales Begin	7 XC HS/MS @ Hannibal 9:00 Parade of Champions – Parade– 2:00 Field Show 5:00 FFA State Trap Shoot
8	9	10 FB 7/8 (H) 5:00 Hannibal Nat'l FFA apps out	11 SB V Dist TBD	12 FFA Petting Zoo PSAT	13 End 1st Qtr FB V @ Brookfield 7:00	14 Quincy Octoberfest– All Day
15	16 NO SCHOOL—PD FB JV (H) Palmyra 6:00	17 XC HS @ Mexico 3:45 FFA Nat'l App Due	18	19 FFA mtg 7:30	20 FB V (H) Monroe City 7:00 (SR) XC HS @ Bowling Green 4:00 FFA Fruit Sales ends	21 Field Show Competition– TBA
22	23 FB JV @ Highland 6:00	24 P/T Conference 3:30—7:00 	25	26 P/T Conference 3:30—7:00 	27 NO SHOO L FB V Dist— TBA	28 XC Dist— TBA Field Show Competition
29	30	31				

October 2023

Clark HS
October 2023 High School Breakfast

02 Breakfast Entree Waffles Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Toast w. Margarine and Jelly Milk 1% Milk Chocolate Milk Skim Milk	03 Breakfast Entree Scrambled Eggs Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Muffin Square Milk 1% Milk Chocolate Milk Skim Milk	04 Breakfast Entree Donut Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Cinnamon Toast Milk 1% Milk Chocolate Milk Skim Milk	05 Breakfast Entree Egg, Bacon, and Cheese Bagel Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Milk 1% Milk Chocolate Milk Skim Milk Misc. Mozzarella Cheese Stick	06 Breakfast Entree Biscuits & Pepper Gravy Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Toast w. Margarine and Jelly Milk 1% Milk Chocolate Milk Skim Milk Misc. Sausage Patty
09 Breakfast Entree Egg and Cheese Breakfast Sandwich Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Cinnamon Toast Milk 1% Milk Chocolate Milk Skim Milk	10 Breakfast Entree Sausage Pancake on a Stick Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Milk 1% Milk Chocolate Milk Skim Milk Misc. Yogurt	11 Breakfast Entree Cheesy Ham and Egg Casserole Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Toast w. Margarine and Jelly Milk 1% Milk Chocolate Milk Skim Milk	12 Breakfast Entree Blueberry Sweet Roll Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Muffin Square Milk 1% Milk Chocolate Milk Skim Milk	13 Breakfast Entree Biscuits with Sausage Gravy Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Cinnamon Toast Milk 1% Milk Chocolate Milk Skim Milk Misc. Sausage Patty
16 Breakfast Entree Breakfast Nachos Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Toast w. Margarine and Jelly Milk 1% Milk Chocolate Milk Skim Milk	17 Breakfast Entree Pumpkin French Toast Casserole Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Muffin Square Milk 1% Milk Chocolate Milk Skim Milk	18 Breakfast Entree Scrambled Eggs Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Cinnamon Toast Milk 1% Milk Chocolate Milk Skim Milk	19 Breakfast Entree Bacon Blueberry Baked Pancakes Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Milk 1% Milk Chocolate Milk Skim Milk Misc. Mozzarella Cheese Stick	20 Breakfast Entree Biscuits & Pepper Gravy Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Toast w. Margarine and Jelly Milk 1% Milk Chocolate Milk Skim Milk Misc. Sausage Patty
23 Breakfast Entree Assorted Cereal Egg, Bacon, and Cheese Bagel Fruit Chilled Fruit Assorted Fruit Juice Grains Cinnamon Toast Milk 1% Milk Chocolate Milk Skim Milk	24 Breakfast Entree Assorted Cereal Donut Fruit Chilled Fruit Assorted Fruit Juice Milk 1% Milk Chocolate Milk Skim Milk Misc. Yogurt	25 Breakfast Entree Assorted Cereal Sausage Pancake on a Stick Fruit Chilled Fruit Assorted Fruit Juice Grains Toast w. Margarine and Jelly Milk 1% Milk Chocolate Milk Skim Milk	26 Breakfast Entree Assorted Cereal Cinnamon Apple French Toast Fruit Chilled Fruit Assorted Fruit Juice Grains Muffin Square Milk 1% Milk Chocolate Milk Skim Milk	27 Breakfast Entree Biscuits & Pepper Gravy Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Cinnamon Toast Milk 1% Milk Chocolate Milk Skim Milk Misc. Sausage Patty
30 Breakfast Entree French Toast Sticks Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Toast w. Margarine and Jelly Milk 1% Milk Chocolate Milk Skim Milk	31 Breakfast Entree Pumpkin Pie Cinnamon Roll Assorted Cereal Fruit Chilled Fruit Assorted Fruit Juice Grains Muffin Square Milk 1% Milk Chocolate Milk Skim Milk			

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-509-11-28-17Fax2Mail.pdf> from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410, or
- fax: (833) 256-1665 or (202) 690-7442; or
- email: program.intake@usda.gov

This institution is an equal opportunity provider.

October 2023

Clark HS
October 2023 HS/MS Lunch

02 Lunch Entree BBQ Chicken Sandwich Corn Dog Big Mac Salad Vegetables Fresh Garden Salad Corn Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	03 Lunch Entree Super Nachos Hamburger Mac N Cheese Cobb Salad Vegetables Fresh Garden Salad Cowboy Beans Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	04 Lunch Entree Chicken Patty Hamburger Steak Watermelon Salad Vegetables Mashed Potatoes Glazed Carrots Fruit Fresh Fruit Chilled Fruit Grains Hot Roll Milk 1% Milk Skim Milk Chocolate Milk	05 Lunch Entree Cheeseburger French Toast Chicken Sandwich Taco Salad Vegetables Fresh Garden Salad Tater Tots Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	06 Lunch Entree Cheese Pizza French Dip Sandwich Caesar Salad Vegetables Fresh Broccoli Fresh Garden Salad Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk
09 Lunch Entree Chicken Rotini Pasta BBQ Bacon Wrapped Hot Dog Caesar Salad Vegetables Fresh Garden Salad Green Beans Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	10 Lunch Entree Cheeseburger Tacos Three Cheese Grilled Cheese BLT Salad Vegetables Fresh Garden Salad Baked Beans Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	11 Lunch Entree Chicken Patty Sloppy Joe Italian Bread Melt Chicken Bacon Ranch Salad Vegetables Mashed Potatoes Corn Fruit Fresh Fruit Chilled Fruit Grains Hot Roll Milk 1% Milk Chocolate Milk Skim Milk	12 Lunch Entree Chili Bird Dog Chef Salad Vegetables Fresh Garden Salad French Fries Fruit Fresh Fruit Chilled Fruit Grains Cornbread Milk 1% Milk Chocolate Milk Skim Milk	13 Lunch Entree Thai Chicken Pizza Quesadilla Popcorn Chicken Salad Vegetables Baby Carrots Fresh Garden Salad Fruit Fresh Fruit Chilled Fruit Grains Garlic Biscuit Milk 1% Milk Chocolate Milk Skim Milk
16 Lunch Entree Meatball Sub Pig in a Blanket Caesar Salad Vegetables Fresh Garden Salad Steamed Broccoli Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	17 Lunch Entree Cheese Enchiladas Ham and Cheese French Toast Sandwich Watermelon Salad Vegetables Fresh Garden Salad Refried Beans Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	18 Lunch Entree Chicken Patty Glazed Ham w. Roasted Pineapple Italian Chef Salad Vegetables Mashed Potatoes Green Beans Fruit Fresh Fruit Chilled Fruit Grains Hot Roll Milk 1% Milk Chocolate Milk Skim Milk	19 Lunch Entree Chicken Parmesan Pasta Turkey and Cheddar Melt Mandarin Orange Chicken Salad Vegetables Fresh Garden Salad French Fries Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	20 Lunch Entree Nardone's Pizza Sausage and Egg Grilled Cheese Big Mac Salad Vegetables Fresh Garden Salad Glazed Carrots Fruit Fresh Fruit Chilled Fruit Grains Fruit Muffin Milk Chocolate Milk 1% Milk Skim Milk
23 Lunch Entree Cheddar-Toni Turkey and Cheese Sandwich Popcorn Chicken Salad Vegetables Fresh Garden Salad Corn Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	24 Lunch Entree Chicken Nachos w. White Queso Italian Calzone BLT Salad Vegetables Fresh Garden Salad Texas Pintos Fruit Fresh Fruit Chilled Fruit Grains Cornbread Milk 1% Milk Chocolate Milk Skim Milk	25 Lunch Entree Chicken Patty Roast Turkey Cobb Salad Vegetables Mashed Potatoes Glazed Carrots Fruit Fresh Fruit Chilled Fruit Grains Hot Roll Milk 1% Milk Chocolate Milk Skim Milk	26 Lunch Entree Cheeseburger Scrambled Eggs w. Pancakes BBQ Pork Salad Vegetables Fresh Garden Salad Tater Tots Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	27 Lunch Entree Cheese Pizza Parmesan Chicken Sandwich Caesar Salad Vegetables Fresh Garden Salad Fresh Broccoli Fruit Fresh Fruit Chilled Fruit Grains Fruit Muffin Milk 1% Milk Chocolate Milk Skim Milk
30 Lunch Entree Chicken Alfredo Bacon Pickle Grilled Cheese Chef Salad Vegetables Fresh Garden Salad French Fries Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk	31 Lunch Entree Pork Enchiladas Hot Dog Taco Salad Vegetables Fresh Garden Salad Texas Pintos Fruit Fresh Fruit Chilled Fruit Grains Italian Bread Milk 1% Milk Chocolate Milk Skim Milk			

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (800) 725-2669 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%3B-Complaint-Form-0508-0902-508-11-28-17FaxMail.pdf> from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
- **fax:** (833) 255-1665 or (202) 690-7442; or
- **email:** program.intake@usda.gov

This institution is an equal opportunity provider.