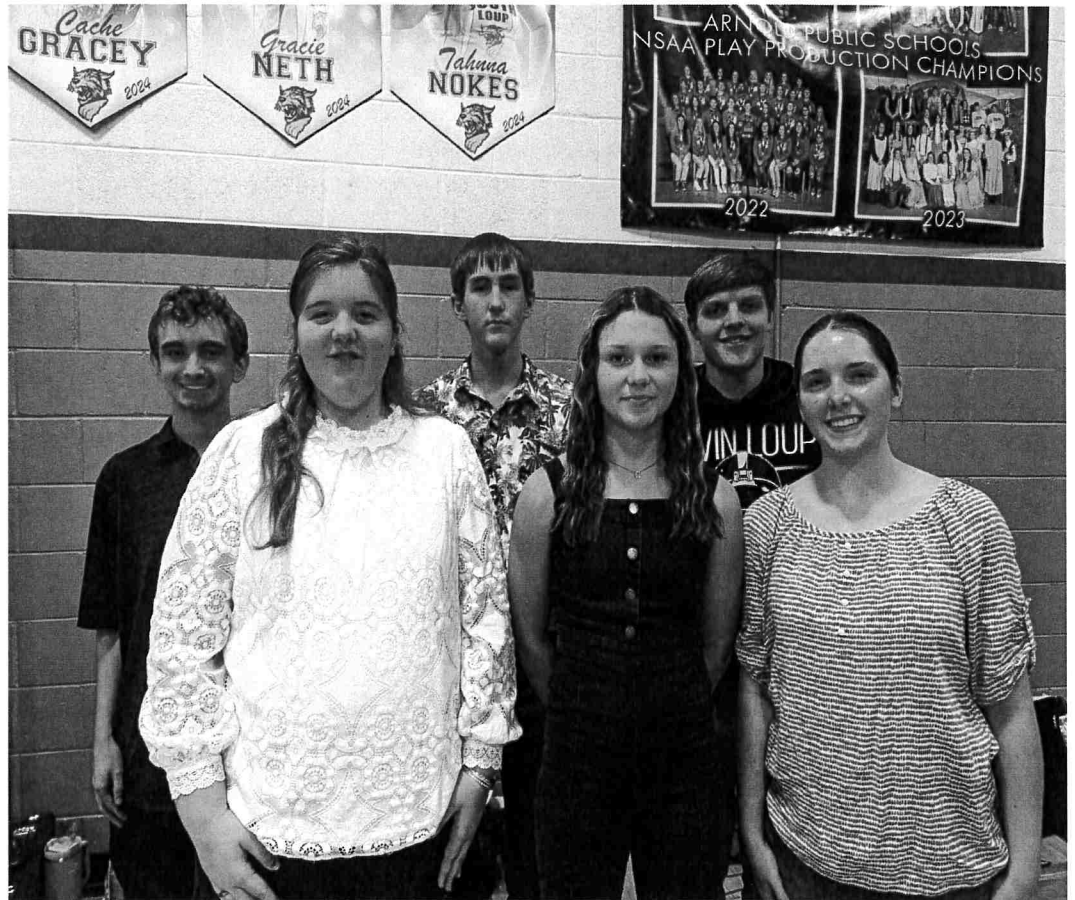


March Newsletter

MNAC Band Clinic

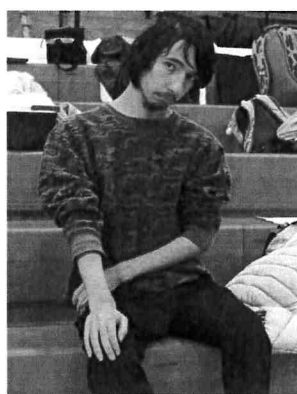
Six Twin Loup Band students attended the MNAC clinic at Arnold Public School on February 5. Students prepared five songs ahead of time and spent the day rehearsing those songs with clinician Donita Priebe from McCook Public High School. Among the 85 students in attendance were Loup County and Sargent's very own Casey Clements, Everett Funk, Hayden Nelson, Grant Ottun, LoReena Schauda, and Maci Smith. Band clinic is a wonderful opportunity for our senior high students to play with a larger group of peers and experience a high-quality concert atmosphere.

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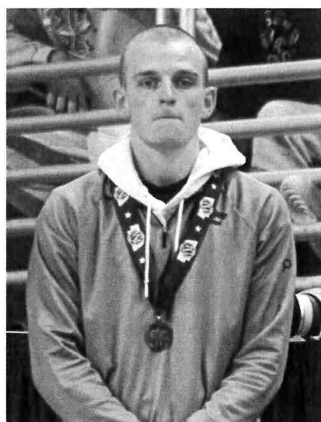




Senior Spotlight: Speech & Sports

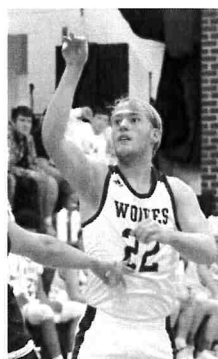
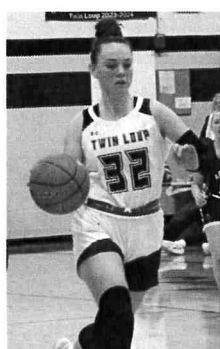


This speech year the seniors have been working hard on their speeches. Leeann informed the judges with her Informative speech about the 1920s. Sarah made the judges cry in her powerful Poetry program about generational trauma. Jax made his judges laugh in his Entertainment speech about emotions. Christina shared her views in her Persuasive speech about abortion, and also made the judges tearful with her POI speech about child abuse.



Wrestling

Congratulations! Keaton had a great wrestling season for his senior year. He qualified for State Wrestling and placed 6th, bringing home a medal. His family, friends, and classmates at Sargent are proud of him for placing and medaling at state. He came a long way from start to finish. His competition was tough, but he made it to distract and then all the way to state. Way to go Keaton! State wrestling was hosted in Omaha. His coaches, teammates, and family members were cheering him along during his wrestling career. Once again, congratulations to Keaton Dowse!



This year these senior girls and boys played on the basketball team: Cassidy as post, Arin as guard, Quincy as point guard, Waylon as post, Kayden as post, and Tallin as wing. Our school is proud to have these seniors on the basketball team this year. Even though they'll be leaving in May, these seniors have come a long way showing that the Twin Loup Wolves are unstoppable. The basketball seniors put a lot of their time and effort into playing so they and their team could become champions. But in the end, it doesn't matter if the team won or lost because what matters most are the skills they've gained and the memories made along the way.

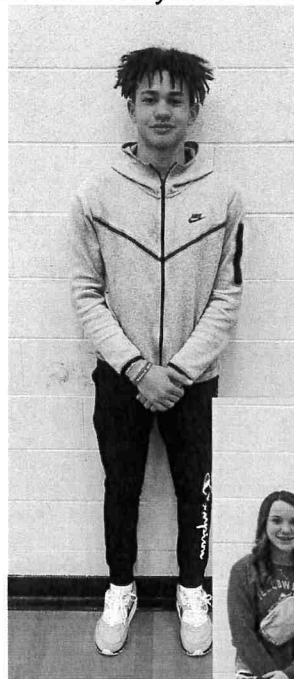
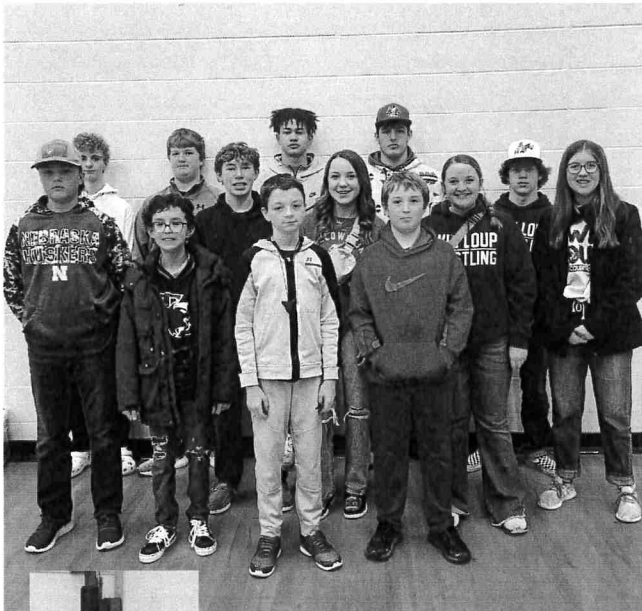
Sargent Schools Well-Represented at Custer County Spelling Bee

Thirteen eager students traveled to Ansley for the Custer County Spelling Bee on Tuesday, February 6th. Participants included: 5th graders Jynx Leavitt and Brock Morse, 6th graders Lane Bye and Shae Castaneda, 7th graders Kinley Keefe and Brent Morse, and 8th graders Yahya Harris, Alli Smith, Grace Meister, Cooper Busch, Klayton Barker, Conner Nelson, and Wyott Fauss.

The students took on some challenging pronunciations in the first round. Words included in this list of 50 were: Versailles, chrysanthemum, and xenobiotic. Yahya, Grace, Alli, Lane, Conner, and Cooper were able to rise to the challenge and advance to Round Two. This round included another list of 50 words, including: abecedarian, eudemonic, and quintessential.

Striving to be his best, Yahya was the sole qualifier to go on to Round Three, where he and only 13 other students would spell their words orally. After a valent effort, Yahya was eliminated with the word "polarized".

Hearing some very difficult and unique words, the students handled the challenge with confidence and determination as they all put for their best effort. We are so proud of the Four-Time Qualifiers: Klayton Barker, Yahya Harris, Conner Nelson, and Alli Smith; who will be missed next year! Thank you, students, for proudly representing our school!



FBLA News

During the month of February, our FBLA chapter celebrated FBLA week! FBLA week took place February 5th through the 9th. We started off the week with an appreciation gift for our members. Each member received a Payday candy bar and a schedule of FBLA week on their locker. Tuesday was "Dress for Success" day, members dressed in their business attire. We also had our February meeting in the Business Room during lunch. We had



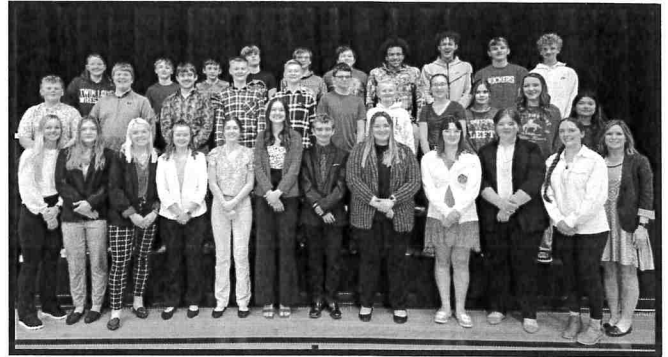
delicious pizza from Trotters. On Wednesday, we showed our appreciation for the staff and acknowledged all that they do by giving them "brownie points" with a Cosmic Brownie. Also on Wednesday, Cassidy, Kooper, Hayden, Carsen, Alli, Corbin, and Kinley competed in the UNK Loper Business day with Alli placing 1st in Exploring Economics, Corbin



1st place in Exploring Technology and 4th in Exploring Economics, Hayden placing 4th in Financial Math, and Cassidy placing 5th in Job Interview. Then on Thursday we showed our FBLA spirit by wearing an FBLA shirt. We also read or played Kahoot with the elementary students in order to teach them money skills. Then on Friday, FBLA officers and some of the members held our annual business appreciation breakfast. Members brought a variety of baked goods and casseroles to show appreciation for our local businesses. During breakfast our members and officers visited with those that came from the Sargent businesses. The high school, elementary, and the community were all involved in FBLA week. Our chapter demonstrated our excitement for FBLA, encouraged future membership, and expressed our appreciation to those who have supported our chapter. Sargent FBLA always stays busy with fun and exciting activities and events.



The following week was Valentine's Day and we were busy sorting and delivering cookies, balloons, and carnations that were sold as a fundraiser for State Leadership Conference. Now that FBLA week has passed we are preparing for the upcoming State Leadership Conference and the Kids Carnival. This night is fun and always something that elementary students look forward to. Be on the lookout for more information about the Kids Carnival and other upcoming FBLA events.



SHS Speech Spotlight and Parent's Night

When: Monday, March 4

Time: 6-8 pm

Location: Sargent Public School Cafeteria

Students will be performing competitive speeches
and refreshments will be served

(Free will donations of snacks and drinks for the students competing
at the district meet will be accepted at the door)



COME SUPPORT THE SHS SPEECH TEAM

K-6 Family Fun Night 2024

When: March 15, 2024 starting @ 6 PM

Where: The Gym @ Sargent Public Schools

Admission: \$1 for adults, students free admission



Concessions Will Be Available

Schedule: Each will play two 10 minute halves

Kindergarten (Soccer)

6:00 to 6:30

1st & 2nd Grade (Hockey)

6:30 to 7:00

3rd & 4th Grade (Basketball)

7:00 to 7:30

5th & 6th Grade (Basketball)

7:30 to 8:00



Come cheer on our elementary students and help support our Twin Loup Wrestling team!!

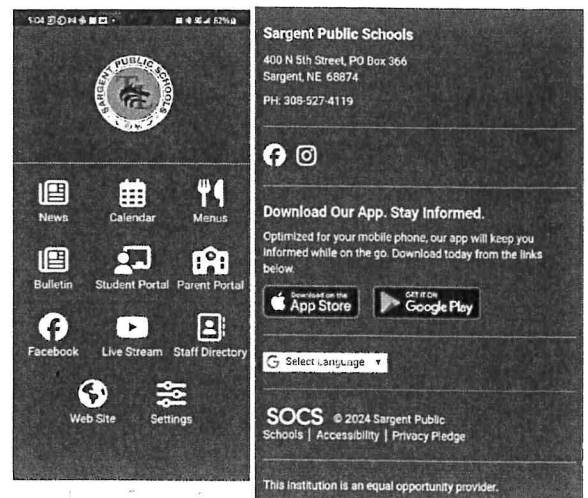
Come cheer on our elementary students and help support our programs at the annual Family Fun Night, Friday, March 15th in the school gym. Students should be here at least 15 minutes before their scheduled game. The Kindergarten soccer game starts at 6:00 PM followed by the 1st and 2nd graders' hockey game at 6:30. The 3rd & 4th graders play at 7:00, and 5th & 6th graders are scheduled to play at 7:30. Admission is \$1 and a concession stand is available in the hall.

Sargent Public Schools App

A couple of weeks ago Sargent Public Schools launched their school app. By downloading this app you have access, in just a couple of steps to the Daily Bulletin, Calendar, Menus, News, Student and Parent Portals, Facebook link, Twin Loup Live Stream Feed, Staff Directory, and link to the Sargent Public Schools website.

To download visit your Google Play or Apple Stores and search Sargent Public Schools, Click the link at the bottom of the school's website or follow these links:

Android: <https://play.google.com/store/apps/details?id=net.socs.sargentpublicschools>
Apple: <https://apps.apple.com/app/sargent-public-schools/id6477720842>



Daily Learning Planner

*Ideas families can use to help children
do well in school*

Title I-Educational Service Unit 10



THE
PARENT
INSTITUTE[®]

March • April • May 2023-2024

March 2024

Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Record a conversation with your child. Listen to it together and talk about how your voices sound.
- 2. Review math facts with your child today.
- 3. Talk about your day in lots of detail. Then, ask about your child's day.
- 4. Play Alphabet Mix-up. Choose a word and put the letters in alphabetical order. Can your child figure out the word?
- 5. Talk to your child about a time you had to work with someone you didn't like. How did you handle it?
- 6. Talk about a familiar place and have your child decide which direction it is from your home—*north, south, east or west*. Then, look at a map.
- 7. Have your child turn a news article headline into a question. Then, read the article together. Did it answer the question?
- 8. Have your child choose a famous woman to learn more about. Look for biographical information online or at the library.
- 9. Fly a kite with your child today.
- 10. Encourage your child to read today's top news stories and report on one at dinner tonight.
- 11. Have your child read to you while you're in the car or on the bus.
- 12. Demonstrate how to take your own pulse. Have your child do it. Then, jump up and down 50 times together and take your pulses again.
- 13. Help your child start a collection. Provide a place to keep it—a box, a shelf, a drawer.
- 14. Set an example for your child by reading. Then, say something like, "I love reading about new things!"
- 15. Together, think of several words that start with the same letter. Put them in a sentence that makes sense.
- 16. Relax together. Say how much you enjoy your child's company.
- 17. Ask your child to use a radio announcer voice to read aloud to you.
- 18. Let your child help you make a family chore chart. Everyone can check off jobs as they are finished.
- 19. Ask your child to draw a self-portrait.
- 20. Go outside and watch as the wind moves through the trees. Ask your child, "What sound does the wind make?"
- 21. Ask your child, "What are you thinking right now?"
- 22. Talk with your child about the importance of telling an adult when someone is being bullied.
- 23. Books that win the Caldecott medal have great illustrations. Help your child find one at the library.
- 24. Does your child ride a bike? Review the rules of bicycle safety.
- 25. Post a funny saying or comic where your child will see it.
- 26. Have your child write a letter or draw a picture for a living author of a book. Send it to the author in care of the book's publisher.
- 27. Hold a family meeting. Decide on some family goals together.
- 28. Encourage your child to take healthy risks. For example, suggest talking to a classmate your child doesn't know well.
- 29. Help your child make a plan and carry it out.
- 30. Combine TV viewing with exercise. When a commercial comes on, get your family up and move. Jump up and down, run in place, do sit-ups.
- 31. Check ads for prices ending in 98 or 99 cents. Challenge your child to round off and estimate how much four of these items would cost.

April 2024

Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Have a silly supper tonight. Grab a blanket and sit on the floor. Serve finger foods such as fruit, carrot sticks, cheese and popcorn.
- 2. April is Mathematics and Statistics Awareness Month. Take time to talk about math with your child each day this month.
- 3. Correct mistakes in a positive way. "You got everything right except these two questions. I bet you can learn them, too!"
- 4. Have your child fill a container with water, then pour it into a differently shaped container. Does the quantity of water look different?
- 5. Help your child figure out the perimeter and area of a room in your home.
- 6. Listen to a piece of music that has no lyrics. Have your child write lyrics for the song.
- 7. Help your child interview people in various careers that seem interesting. What would a typical day be like?
- 8. Learn the sign language alphabet with your child. Use it to practice spelling words today.
- 9. Have your child think of words that rhyme with *rain*.
- 10. Ask, "What is the most beautiful place you have ever seen?" Have your child describe it.
- 11. Point to a country on a globe or a map. Help your child figure out what time it is there.
- 12. Talk about *honesty* and why it is so important. Point to examples of people who demonstrate honesty.
- 13. Have everyone bring a joke to the dinner table. Laughter is the best dinner music!
- 14. Take an early morning walk with your child. Look for signs of spring.
- 15. Ask your child, "What is the nicest thing you have done for someone in our family?"
- 16. Gather some pictures your child can cut up. Have your child cut out items with 90 degree angles and make a collage of them.
- 17. Help your child see the bright side of a difficult situation. "This line is long, but it gives us time to play a game while we wait."
- 18. Check on your child's grades. If necessary, help your student raise them before the year ends.
- 19. Have your child write math facts on the sidewalk with chalk.
- 20. Have 20 minutes of DEAR time today. This is a time when family members Drop Everything And Read.
- 21. Measure how far your child can jump. Can your student estimate how many jumps it would take to go around your house?
- 22. As a family, discuss steps you can take to conserve natural resources.
- 23. Teach your child about *homographs*—words that are spelled the same but have different meanings, such as *bass* (fish and instrument).
- 24. Find a new way to say "I love you" to your child—for example, in sign language or in secret code.
- 25. Ask your child, "What do you think middle school will be like?"
- 26. Choose a recipe from another country or culture. Prepare it together.
- 27. Help your child measure something with a ruler. Count the inches.
- 28. Ask your child, "What do you think is the best part of being a parent?"
- 29. Together, find out which is the oldest building in your town and visit it.
- 30. Play a game of charades with your child. Use hand gestures and motions to describe your word.

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May 2024

Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. With your child, make up a new unit of measurement. How many fingers long is your child's desk?
- 2. Go outside with your child and look for "pictures" in the clouds.
- 3. Ask your child to teach you how to play a game you don't know.
- 4. Encourage your child to put on a talent show or puppet show. You provide the popcorn and the applause.
- 5. Celebrate Be Kind to Animals Week. With your child, do something nice for your family pet or feed the birds in a park.
- 6. At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.
- 7. Let your child add a few raisins to a glass of clear soda. Watch them rise when bubbles collect on them and fall when the bubbles pop.
- 8. Talk about different food groups with your child. Together, try to classify the foods in your cupboard.
- 9. On a cloudy day, take a magnifying glass outside. Let your child look at insects through it.
- 10. Look at a photo in the news today with your child. Talk about it. Then read the article together.
- 11. Help your child see the link between positive habits and results.
- 12. Try spending an entire day without modern technology. What can your family do instead?
- 13. Tonight, look at the moon. Is it a crescent, full circle or half circle? Have your child draw the shape.
- 14. It's Physical Fitness and Sports Month. Enjoy some new physical activity you can do together as a family.
- 15. Pay your child a specific compliment.
- 16. Watch a sunset with your child.
- 17. Challenge your child to invent something that will make life easier.
- 18. Hide 25 pennies around the house. Have your child find as many as possible. Count them. Fewer than 25? Have your child keep looking.
- 19. Together, hold your noses while you eat. Does it affect the food's taste? Explain that we use the senses of taste *and* smell to perceive flavor.
- 20. Watch the news with your child. Choose a Person of the Week. Read more about that person.
- 21. Play a game together without obeying the rules. Then, play with the rules. Which way works better?
- 22. Look at family photos together from one year ago. Talk about all the ways your child has grown!
- 23. Plant a windowsill garden with your child.
- 24. Remind your child that no one is perfect, but we can all learn and get smarter.
- 25. Play a board game that uses math, such as Monopoly.
- 26. Talk with your child about leadership. Effective leaders aren't bossy or mean. They make people want to work together.
- 27. Before your child starts a project, ask "What do you want to learn from this?"
- 28. Ask your child to create an advertisement for a favorite school subject.
- 29. Avoid comparing your child to others.
- 30. Ask your child, "Why don't clouds fall out of the sky?" Read together to find the answer.
- 31. Have your child add up all the change in your pocket or purse. Help your student practice making change.

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February Newsletter

15, February, 2024

**Working together to promote and support
healthier lifestyles through preventative
services for all people within our
department's district.**

Healthier People, Healthier Communities, Healthier Tomorrows

“Your Word Choice Matters”

Even though mental health is key to overall health, the general lack of awareness about what to say or how to help family, loved ones, and neighbors keeps people from seeking treatment. The Department of Health and Human Services (DHHS) Division of Behavioral Health (DBH) encourages individuals to be cautious of their word choice and take steps to create a strong and supportive community actively working to stop the stigma around mental health.

“When language surrounding mental health is negative, it can discourage individuals from seeking support and treatment,” said Tony Green, Interim Director of the Division of Behavioral Health at DHHS. “Positive language encourages empathy and understanding, creating a safe space and a supportive environment allowing individuals to access the support they deserve when experiencing mental health or substance use challenges.”

Use language that acknowledges the person first and not the condition.

Some things to avoid:

- Avoid saying “everyone feels that way sometimes” or “you just need to change your attitude”.
- Avoid assuming things about them or their situation.

Mental health is something that we need to talk about now more than ever. By talking openly about mental health or substance use, educating ourselves, showing compassion, being cautious about the terms and verbiage used, and using positive language, we can contribute to a more compassionate and supportive community that values mental health and treats it with the same importance as physical health.

**-Nebraska
Department of
Health and Human
Services**

In this newsletter
you can expect:

“Your Word
Choice Matters”

American Heart
Month

Public Survey

Children's
Dental Month

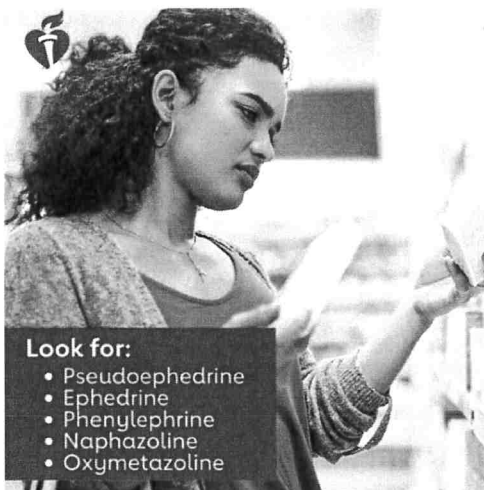
Free Water
Testing

Seasonal
Respiratory
Numbers



5 KEY WAYS TO PREVENT A STROKE

1. Don't smoke
2. Move More
3. Control blood pressure
4. Eat a healthy diet
5. Start early - strokes happen to young people, too



Look for:

- Pseudoephedrine
- Ephedrine
- Phenylephrine
- Naphazoline
- Oxymetazoline



DIAPHRAGMATIC BREATHING



Place both hands on your abdomen, inhale through the nose.



Let the abdomen balloon out, and exhale through your mouth.

American Heart Month

During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

♥ Did you know that some over-the-counter medicines can raise blood pressure? Be sure to check the label! Talk to your doctor if you have questions about what medications are right for you.

♥ Did you know that diaphragmatic breathing is a mindful breathing technique that can help lower stress and reduce feelings of anxiety? Start practicing now!



Join our team!

We are so excited to be able to expand our team within our Healthy Families program!

Open positions:

Healthy Families Home Visitor-This position involves implementing evidence-based home visitation practices, providing family-centered coaching, and working collaboratively with families to achieve their goals.

Healthy Families Supervisor-As a Supervisor, you will play a crucial role in providing guidance, support, and ongoing supervision to our Family Support Specialists.

For the full job description and benefits package offered you can visit lbphd.ne.gov.



COVID-19 Survey

Kindly assist us by completing a survey on COVID-19 vaccines. LBPHD values your feedback, and if you have any specific questions or concerns, please don't hesitate to contact us at 308-346-5795. **After completing the survey, you will be entered to win a \$25 Amazon gift card!**

Find the survey on our Facebook page, at lbphd.ne.gov, or by contacting us at 308-346-5795.

The survey closes, on March 15th.

Children's Dental Health Month

February is National Children's Dental Health Month. Cavities, also known as caries or tooth decay, are the most common chronic disease of childhood, yet cavities are preventable. Children who have poor oral health often miss more school and receive lower grades than children who don't. Untreated cavities can cause pain, infections, and can lead to problems eating, speaking, and learning. More than 1 in 5 children aged 2 to 5 years has at least one cavity in their baby teeth.

P-E-A-R-L-S of Wisdom

Protect tiny teeth by caring for your mouth when you're pregnant. Your child's future oral health starts with you.

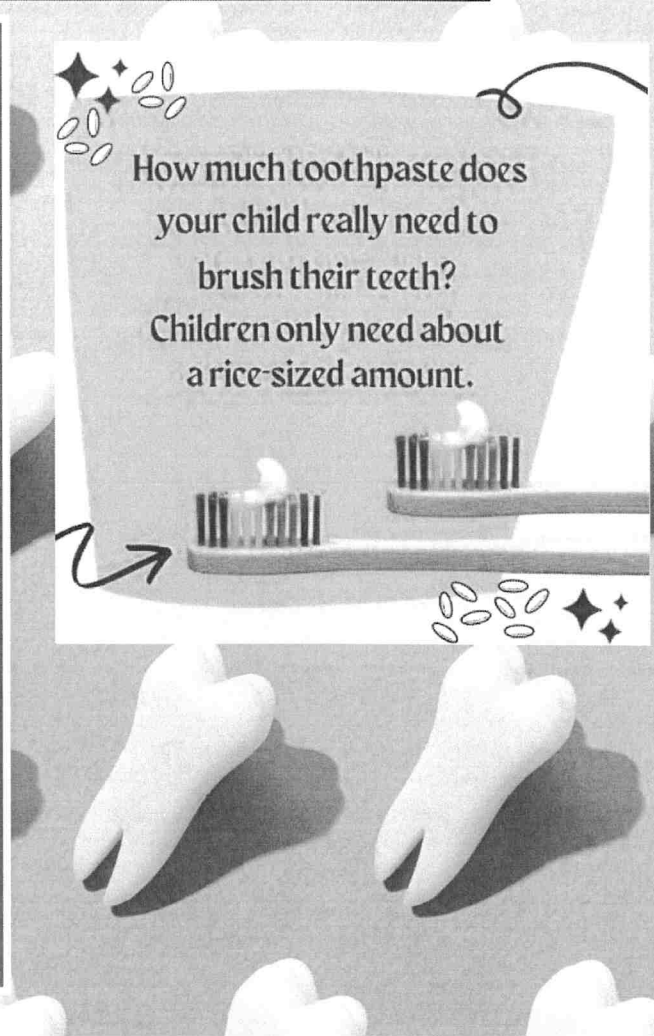
Ensure to wipe your baby's gums after each meal.

Avoid putting babies to bed with a bottle.

Remember to brush your child's teeth twice daily with fluoride toothpaste.

Limit drinks and food with added sugars for children.

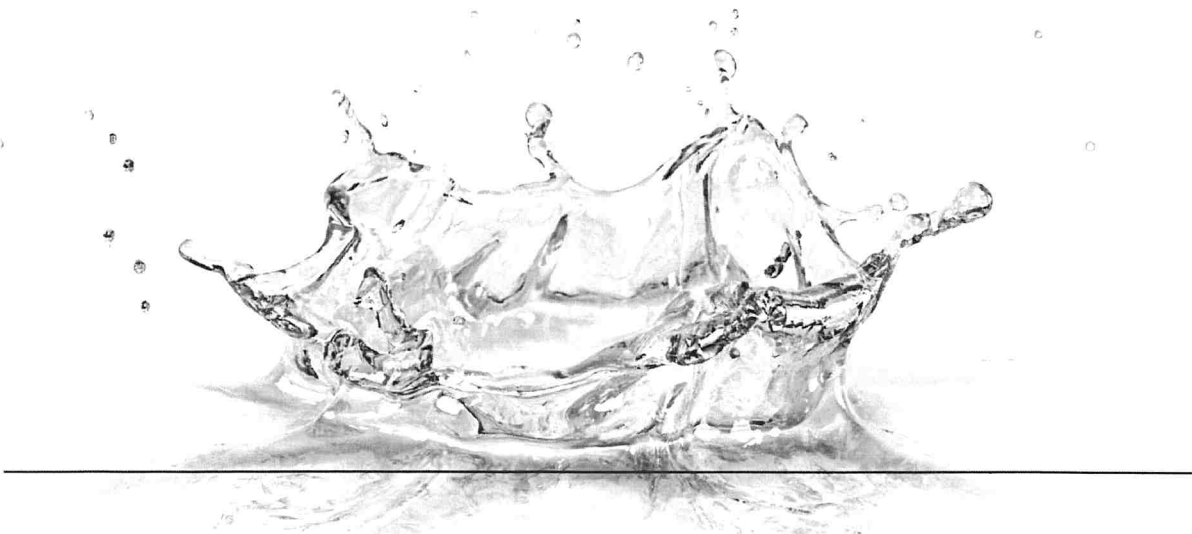
Schedule your child's first dental visit by their 1st birthday or after their first tooth appears.



Test Your Private Well

Don't forget to test your private well water this year! The NDEE has extended free nitrate testing until March 1st. To request your sample kit:

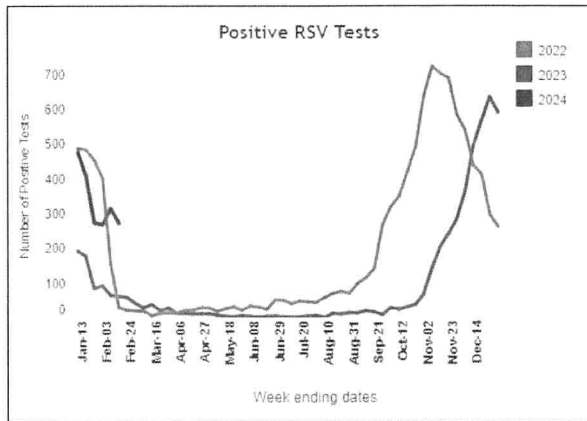
- **1. Visit DHHS's website at: <https://dhhs.ne.gov/Pages/Lab-Price-List.aspx>**
- **2. Find the box on this page titled "Nitrate Project Kit Request"**
- **3. Download the PDF form. Fill out this PDF and email it to the address listed in the box. Those without internet access who need help request a free sample kit may call NDEE at 402-471-2186.**



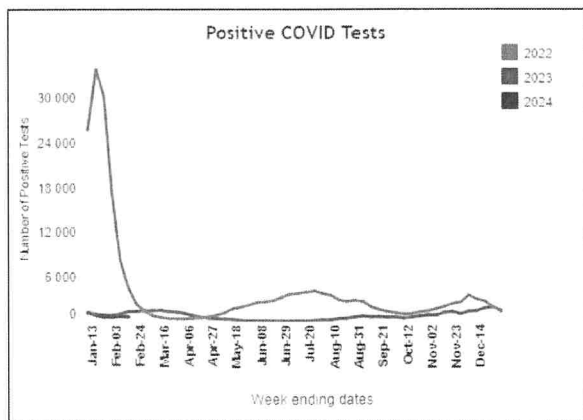
Seasonal Respiratory Diseases

“These data are provisional and subject to change. Each Tuesday around 10:00 am, data aggregated by week (Saturday through Sunday) is updated for the prior week

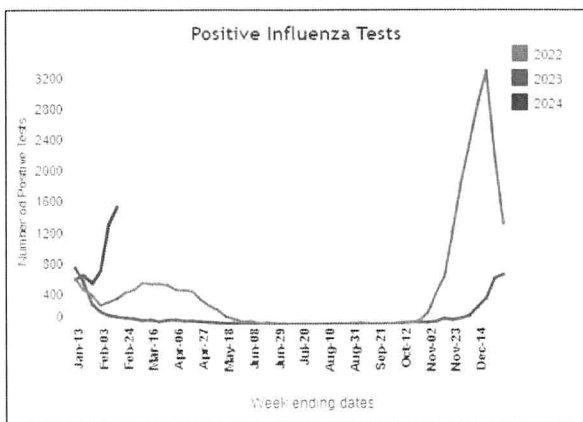
As local public health departments and laboratories identify new information about cases, there will be corrections that result in changes to these data. Changes may include a small increase or decrease in cumulative counts, counts on prior days, or counts by Local Health Department (LHD)” - Nebraska Department of Health and Human Services



**Positive RSV Tests
February 10: 271 (red line)**



**Positive COVID Tests
February 10: 647 (red line)**



**Positive Influenza Tests
February 10: 1,524 (red line)**

- 2024 -

MARCH

FRIDAY

1

Cereal
Juice-Fruit
Milk-Yogurt

MONDAY

4

Cereal-Toast-
Pancakes
Juice-Fruit
Milk-Yogurt

TUESDAY

5

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

WEDNESDAY

6

Pop-Tarts-PB&J or
Granola Bar
Juice-Fruit
Milk-Yogurt

THURSDAY

7

Burrito or Omelet
w/Toast
Juice-Fruit
Milk-Yogurt

8

Cereal-Toast or
Long John
Juice-Fruit
Milk-Yogurt

11

Cereal-Toast-
Pancake on a stix
Juice-Fruit
Milk-Yogurt

12

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

13

Pop-Tart or Pb&J or
Granola Bar
Juice-Fruit
Milk-Yogurt-String
Cheese

14

Breakfast Sandwich
Omelet w/Toast
Juice-Fruit
Milk-Yogurt

15

Cereal
Or Cinnamon Roll
Juice-Fruit
Milk-Yogurt

18

Cereal-Toast-Pancake
Juice-Fruit
Milk-Yogurt

19

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

20

Pop-Tart or PB&J or
Granola Bar
Juice-Fruit
Milk-Yogurt

21

Pizza or Omelet
w/Toast
Juice-Fruit
Milk-Yogurt

22

Cereal or Muffin
Juice-Fruit
Milk-Yogurt

25

Cereal-Toast-Pancake
on a stix
Juice-Fruit
Milk-Yogurt

26

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

27

Pop-Tart or PB&J or
Granola Bar
Juice-Fruit
Milk-Yogurt

28

Cereal or Muffin
Juice-Fruit
Milk-Yogurt

29

NO SCHOOL
Easter Break

**Breakfast
Menu**

**Menu subject
to change**

**This
establishment
is an equal
opportunity
provider and
employer**

- 2024 - MARCH

FRIDAY

1

Chicken Sandwich
Chips
Baked Beans
Fruit Cup
Milk

THURSDAY

8

BBQ Pork Sandwich
Or Fish Sandwich
Chips
Baked Beans
Fruit Cup
Milk

WEDNESDAY

7

Grilled Chicken Wrap
w/Lettuce & Cheese
Carrots
Fruit Cup
Milk

6

Spaghetti w/Meat
Sauce
String Cheese
Green Beans
Fruit Cup
Garlic Bun
Milk

TUESDAY

5

Creamed Chicken
w/Biscuit
Mashed Potatoes
Fruit Cup/Cheesecake
Dinner Roll
Milk

MONDAY

4

Chicken Nuggets
Egg Rolls
Corn
Fruit Cup
Dinner Roll
Milk

Menu subject
to change

This
establishment
is an equal
opportunity
provider and
employer

11

Pizza
Corn
Fruit Cup
Milk

12

Turkey or Ham
Mashed Potatoes
w/Gravy
Fruit Cup/Pumpkin
Cake
Dinner Roll
Milk

13

Chicken & Rice Soup
w/Crackers & Cheese
Fruit Cup
Dinner Roll or Cookie
Milk

14

Chili Cheese Fries
Or Stuffed Potato
Fruit Salad
Dinner Roll
Milk

15

Sub Sandwich or
Tuna Sandwich
Chips
Baked Beans
Fruit Cup
Milk

18

Burrito
w/Lettuce & Cheese
Corn
Fruit Cup
Milk

19

Chicken Noodle
Mashed Potatoes
Fruit Cup/Apple Crisp
Dinner Roll
Milk

20

Chili
w/Crackers & Cheese
Fruit Cup
Cinnamon Roll
Milk

21

Tater Tot Casserole
Or Mac & Cheese
Carrots
Fruit Cup
Dinner Roll
Milk

22

Chicken Sandwich
Or Fish Sandwich
Chips
Baked Beans
Fruit Cup
Milk

25

Chicken Strip Wrap
w/Lettuce & Cheese
Corn
Fruit Cup
Milk

26

Meat Loaf
Cheesy Potatoes
Fruit Cup or Peach
Crisp
Dinner Roll
Milk

27

Spaghetti
w/Meat Sauce
Green Beans
Fruit Cup
Bread Stix
Milk


28

Turkey Sandwich
Chips
Baked Beans
Fruit Cup
Milk

29

NO SCHOOL
Easter Break

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 State G BB Tournament 7:00pm Wrestling Potluck & Awards	2 State G BB Tournament
3	4 HS Quiz Bowl ESU 10 @UNK 6:00pm Speech Parents Night	5 District Meat Judging @Sargent	6 State B BB Tournament	7 State B BB Tournament 1pm Dismissal 2:30pm Parent Teacher Conference	8 State B BB Tournament End of 3rd Qtr. 1pm Dismissal Teacher Inservice	9 State B BB Tournament
10	11 District Speech Contest @Scribner	12 MNAC JH Quiz Bowl @Taylor MNAC HS Quiz Bowl @Taylor 6pm Board Meeting	13	14 Track Invite @UNK	15 6pm K-6 Family Fun Night	16
17	18 JH Quiz Bowl ESU 10 @UNK	19	20 10 o'clock Start Teacher In-service	21 Track Invitational @Anselmo	22 State Speech @Kearney	23
24  31	25 12:30pm MNAC Conference Music Contest	26	27	28 Track Invite v Boone Central @Boone Central 1pm Dismissal Easter Break	29 NO SCHOOL Easter Break	30