



# Junior Eagle Journal

Your Source for News from O'Neill Elementary School  
March 2022



## Spring is Right Around the Corner

If you know me well, you know I am a big fan of baseball (The Kansas City Royals, in particular). Once the Super Bowl ends, it becomes a countdown to the beginning of baseball season. Spring Training is just around the corner, which means the season is about to start!

I have always felt baseball is a great metaphor for life, and ultimately school. Spring training, like the beginning of the school year, is a time when hope springs eternal. No matter how your previous year went, you can always start anew and hope for a great year. As a Royals fan, I'm hoping we can forget the past few years!

As hopeful as we are at the beginning of the season or school year, we are now in the middle of the season, into what might be called the "dog days" of winter. Days are long, indoor recess is a regular occurrence, homework is getting tougher, and we have been around the same people for about six months! It's easy to become apathetic & bored, but let's start thinking about finishing the year strong!

That said, here are a few tips I want to give all students and their parents.

1. **Don't worry about the count, whether you're up 3-0 or down 0-2, you've always got a chance to be a success.** So, even if the first three quarters of school were rough, always work hard and try to get a hit. Whether it's a single or a home run, just get a hit!
2. **Be aware of the game situation. Maybe there are two outs with runners on the corners or bases empty with no outs.** Keep up with your grades and homework. Know what assignments you have missing and find out how to get help handing them in.
3. **Get some coaching!** Don't be afraid to ask your teachers or friends for help with work that you don't understand. It's foolish to be too proud to ask for help. We are all a team, let's be successful together.
4. **Set goals, even if it seems unattainable to some.** Boston Red Sox Hall of Famer, Ted Williams once said, "A man has to have goals – for a day, for a lifetime – and that was mine, to have people say, 'There goes Ted Williams, the greatest hitter who ever lived.'" I think it's safe to say he reached his goal. No matter how big or small your goal is, sit down, commit to it and reach for it. You'd be amazed what simply committing does.

I could go on and on about the correlations of baseball, but I want to leave you with one last thought from famed author, Tom Sawyer, "Worrying about things you can't control is a waste both on the baseball field and in life." So, show up, be prepared, and finish strong.

Thank you,

Mr. Jim York

Principal, O'Neill Elementary School

# A Few Announcements...



- While winter is winding down, it can still be cold. That said, we have had many students show up to school without the proper winter coats or gloves. We have some extra hats, coats, and gloves. However, if your student does have a winter coat, please make sure he/she wears them to school.
- If your child is/will be gone from school, please contact the office so we can know about your child's whereabouts.
- Many of our students have been wearing sweatshirts to school on a regular basis, which is great. But, after two or three days of continuous wear, the sweatshirts can become dirty and a bit smelly. Please remember to wash those sweatshirts periodically.

## Eagle Way Minute



The Eagle Way isn't just an expectation at school, it can be at home too. It's also an expectation throughout life, including on social media & the Internet. That said, here are some tips for doing things the Eagle Way during bed time.

- Be Safe-Brush teeth EVERY NIGHT!
- Be Respectful-Pick out my clothes for tomorrow.
- Be Responsible-Go to bed at my designated bed time.

# Upcoming Dates

February 28-March 4---Read Across America Week

March 1st---Family Science Night @ 6:30 pm

March 7th---NO SCHOOL due to Staff PD

March 9th---End of 3rd Quarter

March 10th-11th---No School

March 14th---2:30 dismissal for PD

March 16th---Kindergarten Sneak Peek @ 1:30pm

March 21st---2:30 dismissal for PD

March 21st---No PRESCHOOL due to Preschool Sneak Peek

March 28th---2:30 dismissal for PD

March 29th---Miles of Smiles All Day

March 29th---K-3rd Grade Spring Music Program @ the High School  
Times TBA

# **READ ACROSS AMERICA WEEK @ OES**

To celebrate Read Across America Week, we at OES are having different themed days. Participation is encouraged!

**MONDAY, FEBRUARY 28TH--Neon and Stripes Day (*Lorax* Theme)**

**TUESDAY, MARCH 1ST--Red and Blue Day (*One Fish, Two Fish, Red Fish, Blue Fish* Theme)**

**WEDNESDAY, MARCH 2ND--Zoo/Animal Day (*If I Ran the Zoo* Theme)**

**THURSDAY, MARCH 3RD--Hat Day (*Cat in the Hat* Theme) **\*\*Activity\*\*** Directed Draw & Cat & the Hat Coloring**

**FRIDAY, MARCH 4TH--Travel Day--Wear anything that shows somewhere fun you've been or want to go! (*Oh! The Places You'll Go!* Theme)**





## Internet safety at home: A GUIDE FOR PARENTS

### APPS

#### TO LIMIT/MONITOR YOUR CHILD'S SCREEN TIME

Zift · Qustodio · Focus Me ·  
Screen Time · Norton Family ·  
Freedom · unglue · Life360

#### HOW TO SET PARENTAL CONTROLS ON YOUR CHILD'S PHONE

**for iPhone:** go to Settings> Screen  
time> Use screen time passcode

**for Android:** Settings> Digital  
wellbeing and parental controls>  
Set up parental controls

### DID YOU KNOW:

The **BEST** way to keep your kids safe online is to teach them responsible, safe choices?

You can do this by periodically checking on their technology use and having conversations about their online choices.

As a parent, you have power to choose what your kids have access to online. You can do this through parental controls on their devices, apps to monitor and alert you of concerning behaviors, and by blocking specific websites through your Wi-Fi router.

You can also set limits around when and where your child uses technology, like using phones in common rooms and "checking in" their phone at bedtime.

### BLOCKING WEBSITES THROUGH YOUR WI-FI ROUTER

Find your router's IP, and type it into any browser's address bar to get to its settings page. Try 192.168.1.1 or 192.168.0.1. You'll also need your router username and password. If you haven't changed it, the username is usually admin, and the password admin, password, or leaving it blank. If that doesn't work, check your router's manual.

Once you're in your router settings page, look for a setting called Block Sites, Access Restrictions, or something similar. You might find it under Security, Parental Controls, or Advanced. Every router is different, so again consult your manual.

When you find the setting, enter the domains you want to block. Now no one connected to this network can visit that site.

(source: <https://www.designbombs.com/how-to-block-any-website-anywhere-computer-phone-network/>)

# The “Stroop Effect” Challenge

Look at the colors below and say the name of each color aloud. Don’t read the words—just say the names of the colors the words are printed in.

Ready? Go!

Red

Blue

Yellow

Blue

Green

Yellow

Red

Yellow

Green

That was surprisingly hard, wasn’t it? Did you make any mistakes? At the very least, it probably took you longer than you thought it would. That’s because your brain wanted to read the **word** instead of paying attention to the **color** of the font.

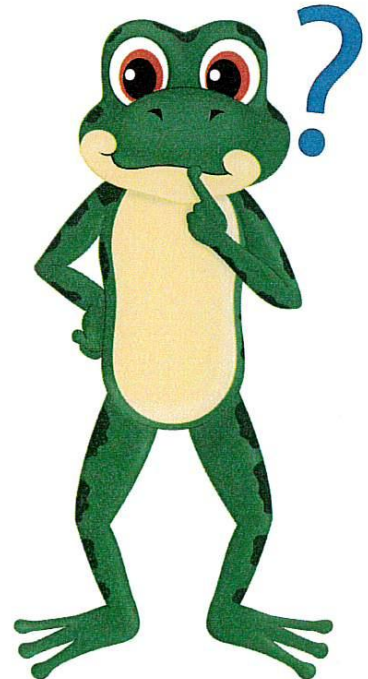
Now try it again, but this time read the **words** aloud, ignoring the color. That was much easier, right? And you probably didn’t make any mistakes.

## Understanding the Stroop Effect

This little exercise is a demonstration of the Stroop effect, which is named after the researcher who came up with the study in 1935. In the study, it took most participants more than twice as long to say the font colors as it did to read the words.<sup>1</sup>

The Stroop effect shows that, for literate adults, word recognition can be even more automatic than something as basic as color recognition. Reading the words doesn’t require conscience effort. In fact, it is difficult *not* to read the words! And that’s what we want for our students—for reading to become as effortless and unconscious as breathing!

<sup>1</sup> Stroop, J.R. (1935). Studies of interference in serial verbal reactions. *Journal of Experimental Psychology*, 18, 643-662.



# Breakfast

March 2022

O'Neill Elementary, Grades PK-6  
2021-2022 Breakfast, Grades K-6

	<b>01</b>		<b>02</b>	<b>03</b>	<b>04</b>
	<b>Entree</b> * Sausage Breakfast Pizza * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Mixed Fruit Cocktail Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Muffin Top & Yogurt * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Pancake and Sausage Links * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Fresh Baked Cinnamon Roll * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Fresh Baked Cinnamon Roll * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
<b>Misc.</b> No School	<b>Entree</b> * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Mixed Fruit Cocktail Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Strawberry Stuffed French Toast * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Misc.</b> No School	<b>Misc.</b> No School	<b>Misc.</b> No School
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Entree</b> * Chocolate Iced Long John * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Fresh Baked Egg & Cheese Biscuit Sandwich * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Pancake and Sausage Links * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Sliced Pears Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Fresh Baked Cinnamon Roll * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	<b>Entree</b> * Fresh Baked Cinnamon Roll * Cereal Choices with Toast <b>Fruit</b> 100% Fruit Juice Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk

# Breakfast

<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Bacon &amp; Egg Breakfast Pizza</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Pineapple Tidbits</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>21</b></p> <p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Waffles with Syrup</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Applesauce</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>22</b></p> <p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Glazed Donut</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Sliced Peaches</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>23</b></p> <p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fresh Baked Biscuits and Gravy</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Fresh Orange Slices</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>24</b></p> <p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fresh Baked Cinnamon Roll</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Sliced Pears</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>25</b></p>
<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Pancake Sausage Stick</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Sliced Peaches</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>28</b></p> <p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Iced Long John</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Mixed Fruit Cocktail</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>29</b></p> <p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Home-style Stuffed Potato Breakfast Burrito</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Fresh Orange Slices</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>30</b></p> <p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* French Toast Sticks with Syrup Dipping Sauce</li> <li>* Cereal Choices with Toast</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Applesauce</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>	<p><b>31</b></p>	

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- fax: (202) 690-7442; or
- email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



# March 2022

O'Neill Elementary, Grades PK-6  
2021-2022 Lunch, Grades K-5

	01	02	03	04
<b>Entree</b>	<ul style="list-style-type: none"> <li>* Fresh Baked Turkey &amp; Cheese Sub</li> <li>* Loaded Hash Browns with Dinner Roll</li> </ul>	<ul style="list-style-type: none"> <li>* Fajita Salad with Tortilla Chips</li> <li>* Honey Garlic Glazed Chicken over Rice</li> <li>* Mozzarella Bosco Sticks with Marinara Dipping Sauce</li> </ul>	<ul style="list-style-type: none"> <li>* Fresh Baked Ham &amp; Cheese Sub</li> <li>* Super Nachos</li> <li>* BBQ Rib Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>* Chocolate Cherry Yogurt Parfait with Graham Crackers</li> <li>* Cheeseburger Macaroni Skillet with Breadstick</li> <li>* Cheese Pizza</li> <li>* Pepperoni Pizza</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>* Candied Carrots</li> </ul>	<ul style="list-style-type: none"> <li>* Steamed Broccoli Florets</li> </ul>	<ul style="list-style-type: none"> <li>* Zesty Black Beans</li> </ul>	<ul style="list-style-type: none"> <li>* Peppercorn Pizza</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>* Fruit and Veggie Bar</li> </ul>	<ul style="list-style-type: none"> <li>* Fruit and Veggie Bar</li> </ul>	<ul style="list-style-type: none"> <li>* Fruit and Veggie Bar</li> </ul>	<ul style="list-style-type: none"> <li>* Fruit and Veggie Bar</li> </ul>
<b>Milk</b>	<ul style="list-style-type: none"> <li>* 1% Unflavored Milk</li> <li>* Chocolate Skim Milk</li> <li>* Strawberry Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>* 1% Unflavored Milk</li> <li>* Chocolate Skim Milk</li> <li>* Strawberry Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>* Cinnamon Roll Bread Pudding</li> </ul>	<ul style="list-style-type: none"> <li>* 1% Unflavored Milk</li> <li>* Chocolate Skim Milk</li> <li>* Strawberry Skim Milk</li> </ul>

	07	08	09	10	11
<b>Entree</b>	<ul style="list-style-type: none"> <li>* Fresh Baked Combo Sub</li> <li>* Home-style Chicken &amp; Noodles w/ Dinner Roll</li> <li>* Country Fried Steak with Dinner Roll</li> </ul>	<ul style="list-style-type: none"> <li>* Greek Chicken Salad with Fire Roasted Flatbread</li> <li>* Beefy Taco in a Bag</li> <li>* Oven-Roasted Hot Dog</li> </ul>	<ul style="list-style-type: none"> <li>* Misc. No School</li> </ul>	<ul style="list-style-type: none"> <li>* Misc. No School</li> </ul>	<ul style="list-style-type: none"> <li>* Misc. No School</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>* Mashed Potatoes with Country Gravy</li> </ul>	<ul style="list-style-type: none"> <li>* Refried Beans</li> </ul>			
<b>Fruit</b>	<ul style="list-style-type: none"> <li>* Fruit and Veggie Bar</li> </ul>	<ul style="list-style-type: none"> <li>* Fruit and Veggie Bar</li> </ul>			
<b>Milk</b>	<ul style="list-style-type: none"> <li>* 1% Unflavored Milk</li> <li>* Chocolate Skim Milk</li> <li>* Strawberry Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>* Desserts</li> <li>* Fresh Baked Carnival Cookie</li> </ul>			

# Lunch

# Lunch

<p><b>14</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Crispy Chicken Salad with Roasted Flatbread</li> <li>* French Toast Sticks with Eggs</li> <li>* BBQ Pulled Pork Sandwich</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Hash Brown Triangle</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Fruit and Veggie Bar</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>15</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fresh Baked Turkey &amp; Cheese Sub</li> <li>* Traditional Beefy Lasagna with Breadstick</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>* Mini Corn Dogs</li> <li>Green Beans</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Golden Corn</li> </ul> <p><b>Fruit and Veggie Bar</b></p> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>Strawberry Skim Milk</li> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> </ul>
<p><b>16</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fajita Salad with Tortilla Chips</li> <li>* Classic Beefy Chili with Crackers and Dinner Roll</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>* Crispy Chicken Sandwich</li> <li>Golden Corn</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Golden Corn</li> </ul> <p><b>Fruit and Veggie Bar</b></p> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>17</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fresh Baked Ham &amp; Cheese Sub</li> <li>* Italian Dunkers with Marinara Dipping Sauce</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>* Breaded Steak Fries with Dinner Roll</li> <li>BBQ Baked Beans</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Golden Corn</li> </ul> <p><b>Fruit and Veggie Bar</b></p> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>Test Your Senses- Chocolate Shamrock Crumble Bar</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>18</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Vanilla-Berry Yogurt Parfait with Goldfish Graham</li> <li>* Home-style Scalloped Potatoes &amp; Ham with Dinner Roll</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>* Cheese Pizza</li> <li>* Pepperoni Pizza</li> <li>Peas</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Baked Beans</li> </ul> <p><b>Fruit and Veggie Bar</b></p> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>21</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Chet Salad with Roasted Flatbread</li> <li>* Pizza Pasta Bake</li> <li>* Popcorn Chicken Bites</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Steamed Carrots</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Fruit and Veggie Bar</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>22</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fresh Baked Combo Sub</li> <li>* Soft Shell Beefy Tacos</li> <li>* Baked Breaded Fish Sandwich</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Refried Beans</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Fruit and Veggie Bar</li> </ul> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>Double Chocolate Banana Bars</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>23</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Southwest Salad with Tortilla Chips</li> <li>* Creamy Macaroni &amp; Cheese with Dinner Roll</li> <li>* Oven-Roasted Hot Dog</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Lemon Herbed Broccoli and Cauliflower</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Fruit and Veggie Bar</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>24</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fresh Baked Turkey &amp; Cheese Sub</li> <li>* Mega Meatball with Dinner Roll</li> <li>* Baked Pork Fritter</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Mashed Potatoes with Brown Gravy</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Fruit and Veggie Bar</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>25</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Strawberry Banana Yogurt Parfait with Graham Crackers</li> <li>* Toasted Cheese Sandwich with Creamy Tomato Soup</li> <li>* Cheese Pizza</li> <li>* Pepperoni Pizza</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Green Beans</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Fruit and Veggie Bar</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>28</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Greek Chicken Salad with Fire Roasted Flatbread</li> <li>* Chili Cheese Fritos</li> <li>* Crispy Chicken Sandwich</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Golden Corn</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Fruit and Veggie Bar</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>29</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fresh Baked Turkey &amp; Cheese Sub</li> <li>* Hot Pepperoni Sub</li> <li>* Test Your Senses- Donut Cheeseburger</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Crinkle Cut Fries</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Golden Corn</li> </ul> <p><b>Fruit and Veggie Bar</b></p> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>30</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Chicken Caesar Salad with Roasted Flatbread</li> <li>* Chicken Ranch Pasta with Dinner Roll</li> <li>* Corn Dog</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Peas</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Golden Corn</li> </ul> <p><b>Fruit and Veggie Bar</b></p> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>
<p><b>31</b></p>	<p><b>Entree</b></p> <ul style="list-style-type: none"> <li>* Fresh Baked Italian Sub</li> <li>* Home-style Tater Hotdish with Dinner Roll</li> <li>* Chicken Nuggets</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Baked Beans</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Golden Corn</li> </ul> <p><b>Fruit and Veggie Bar</b></p> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>Rice Crispy Treat</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>1% Unflavored Milk</li> <li>Chocolate Skim Milk</li> <li>Strawberry Skim Milk</li> </ul>