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# MOC-Floyd Valley Community School District



*Fostering learning, excellence and civic responsibility*

## Dutch Dialog

September 2022

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### Strive for Excellence

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#### *Administration*

- Russ Adams  
Superintendent  
737-4873
- Mike Mulder  
High School Principal  
737-4871
- Mark Gunderson  
Athletic Director  
737-4871
- Chris Yaw  
Middle School Principal  
756-4128
- Mike Landhuis  
OC Elementary Principal  
737-4606
- Marcia De Graaf  
Hospers Elem Principal  
752-8480



It is the policy of the MOC-Floyd Valley Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Russ Adams, Superintendent, 709 8th St SE, Orange City, IA 51041 712-737-4873, radams@mocfv.org.

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## No School

There will be **no school** on Monday, September 5, due to the Labor Day holiday.



## Friday Dismissals

School will be dismissed two hours early (1:15pm) on Fridays - for staff development.

*In the unlikely event that we have a weather-related late start on one of the scheduled professional development Fridays, we will cancel the early dismissal and attend until our regular 3:15 p.m. dismissal time.*

## SCHOOL HEALTH NEWS:

### \*Ashley Van Voorst, RN - SCHOOL NURSE\*

Dear Parent(s) and Guardian(s),

Throughout your child's time at MOC-Floyd Valley, it is imperative that school/home communication is timely and effective. In my position, it is my passion to maximize student learning by creating a healthy environment, with quality care. By providing this quality health care, it is our hope that all students will be able to achieve more.

The following suggestions are intended to help you make the fullest possible contribution to your child's success at school.

**Regular and punctual attendance** is a great factor in school success. Please have your child attend school every day and be on time. Allowing children to stay home unnecessarily makes it more difficult for them to succeed because they are constantly playing catchup. Poor attendance encourages poor attitudes towards future work and obligations.

**Keep us informed** of any conditions including:

- Medications that your child is taking, or needs to take at school. These include both prescription or over the counter medications.
- Fractures, casts, crutches, stitches, splints; if your child is unable to participate in recess or PE, please send a doctor's note.
- Contagious conditions
- Results of any follow-up tests

## Reminders:

**Kindergarten** students: please turn in your vision and dental requirement, if you have not done so!

**3<sup>rd</sup> Grade** students: please turn in your vision requirement, if you have not done so!

**7<sup>th</sup> Grade** students: please turn in your Tdap requirement with a certificate of immunization, if you have not done so!

**9<sup>th</sup> Grade** students: please turn in your dental requirement, if you have not done so!

## \*HEALTH FORMS AVAILABLE ONLINE\*

Medication Authorization Forms, Asthma Inhaler Permission Forms and Dental Screening Forms are just a few of the authorization forms that can be found on our website. Parents must fill out a medication authorization form if medication needs to be given to a student during school hours. Now you can find all the information on our home page. Just click on Resources at the top of the page, then Parent Resources and then look for the Health Forms Tab.

## MOC-Floyd Valley Activity Pass Information

**Admission to all activity events  
is now \$6.00 this year.**

### **Athletic Pass Purchase Process:**

**\*\*Season passes will be digital this year. No cards will be printed.**

Make your purchase on your computer's web browser. This can be done on phone's browser as well.

Click this link:

<https://www.gobound.com/ia/schools/mocfloydvalley/tickets>

You should be in the ticket area now.

Click "Buy Now"

Choose the Passes that you wish to purchase.

ADULT PASS. Pass is for anyone who is out of high school.

STUDENT PASS. Pass is for PK-12 students.

FAMILY PASS. Family passes are only good for mom, dad, PK-12 kids living in same home. Enter different email for each pass. If a passholder does not have a cell phone, you may enter mom's or dad's email. (Best to enter email of parent most likely to take kids to games.

IMPORTANT NOTE: When assigning passes you must make sure that the email you assign a pass to is the same email as the user has for their BOUND app. Passes will not work if these emails do not match.

Double check your total \$ cost.

Click "Complete Payment" to finish process.

Passes will appear on your phone app under your profile.

### **What to do on Game Day??**

Make sure you have the BOUND App on your phone.

When you arrive at the gate or prior to arrival, open BOUND App.

- Go to your profile
- Click on Tickets
- Show the ticket to gate worker to scan
- It will now say "USED" which means it cannot be used again that day.

## **BOUND Booster Club Membership for MOC-FV**

**You may show your support for MOC-FV Athletics by joining the MOC-FV Sports Boosters thru BOUND.**

**Click this link:**

<https://www.gobound.com/ia/schools/mocfloydvalley/store>

**You should be in the store area now.**

**Click "Support MOC-Floyd Valley" button.**

**Choose the level that you want to contribute.**

**Click "Buy Now" to finish process.**

## Bus Information for Everyone

We are fortunate to have a team of drivers who are committed to transporting your children safely to and from school and school activities each day. We recognize how precious every student is, and want to make sure that we do all that we can to keep them safe – not only in school – but as they travel to and from school.

Below are a few things that parents and other drivers can do to help our drivers keep our students safe:

- 1) NEVER pass a stopped school bus while the stop-arm is extended – from either direction! This happens more than one might think – both on school grounds and at route stops in town and rural roads. The fines are steep, and more importantly, lives are at stake!
- 2) NEVER drive through or park in the bus loading and unloading areas at the buildings during the restricted times. There is too much congestion and the visibility is far too dangerous!
- 3) If you need to communicate with a driver, contact the school office or district office and the message will be relayed to the driver via radio. Drivers have been instructed not to allow anyone other than student passengers on to the bus. They have also been instructed not to stop and visit with anyone other than student passengers while transporting students.

We also try to clearly communicate student expectations while riding the school bus. Parents, please review these rules and expectations with your children and encourage them ride safely and respectfully!

### ***MOC-Floyd Valley Community School District Bus Rules & Expectations***

*A safe, orderly, and respectful environment for everyone is the expectation on the school bus. Whenever students are riding a school bus, whether on a regular route each day or on a field trip, they are responsible to follow these rules. Parents are urged to encourage good bus riding habits so that the driver may direct his or her attention to the surrounding traffic and to safe loading and unloading procedures.*

1. To ensure safety, the driver must be totally in charge. Students must respond promptly when instructions are given.
2. Students are asked to be quiet when the bus stops at railroad tracks.
3. Animals, oversized objects, glass containers, or any inappropriate materials (i.e. tobacco and related material, alcohol, and other prohibited items) are not allowed on the bus, as designated by School Board Policy.
4. Students must observe classroom and school-wide expectations as covered by the Student Handbook. Ordinary conversation is permitted. Horseplay, unruly behavior, fighting, abusive and obscene language or gestures are unacceptable. Kicking, hitting, pushing, spitting, yelling or screaming, littering or other inappropriate behaviors are forbidden on the bus, just as they are at school or on the school grounds.
5. Students must keep feet, backpacks, book bags and other items within the seating areas at all times. As much as possible, the aisles and stairwell must be clear of items and objects at all times.
6. All body parts must be kept inside the bus window at all times.
7. Students must remain seated in the same seat until they are dropped off at their bus stops. Moving about the bus while it is in motion is unsafe and unacceptable. A student must move out of a seat promptly if requested to do so by the driver or monitor.
8. Students will use the emergency door only in cases of emergency.
9. If a student causes damage to the bus, parents will be expected to pay for that damage.
10. Regular schedules must be observed. The bus will not wait for tardy students. Students must be at the bus stop 5 minutes before the scheduled pick up time.
11. Students should get on and off the bus only at their designated stops.
12. For safety reasons, students should not take pictures on the school bus. The resulting flash can be a hazard to the driver's vision.
13. Failure to follow these rules may result in a range of consequences up to and including suspension from transportation.

***Cameras have been installed and are utilized to maintain order and safety on our buses.***



## News and Info from our High School Librarian - Mrs. De Zeeuw

ONLINE RESOURCES (a brief descriptor of each resource is on the next page)

Contact Marlene De Zeeuw at [mdezeeuw@mocfv.org](mailto:mdezeeuw@mocfv.org) for username & password info.

<https://mocfv.org/index.php/resources/library/> Click on Iowa AEA Online under Reference Links

Scroll down the page until you see the following . . .

<p>K-12th Grades</p>  <p><b>AEA Digital Library</b></p>	<p>6th-12th Grades</p>  <p><b>AEA Scout</b></p>	<p>K-12th Grades</p>  <p><b>American History in Video</b></p>
<p>Pre K-3rd Grades</p>  <p><b>BookFLIX</b></p>	<p>Pre K-12th Grades</p>  <p><b>Britannica ImageQuest</b></p>	<p>Pre K-12th Grades</p>  <p><b>Britannica School</b></p>
<p>7th-12th Grades</p>  <p><b>Core Concepts Science</b></p>	<p>K-12th Grades</p>  <p><b>CultureGrams</b></p>	<p>4th-12th Grades</p>  <p><b>FreedomFLIX</b></p>
<p>Pre K-12th Grades</p>  <p><b>Gale</b></p>	<p>Pre K-12th Grades</p>  <p><b>Learn360</b></p>	<p>K-12th Grades</p>  <p><b>MackinVIA</b></p>
<p>Pre K-5th Grades</p>  <p><b>PebbleGo</b></p>	<p>3rd-5th Grades</p>  <p><b>PebbleGo Next</b></p>	<p>3rd-6th Grades</p>  <p><b>PowerKnowledge Science</b></p>
<p>4th-12th Grades</p>  <p><b>ScienceFLIX</b></p>	<p>9th-12th Grades</p>  <p><b>SIRS Issues Researcher</b></p>	<p>K-12th Grades</p>  <p><b>soundzabout</b></p>
<p>K-12th Grades</p>  <p><b>TeachingBooks.net</b></p>	<p>7th-12th Grades</p>  <p><b>Teen Health &amp; Wellness</b></p>	<p>3rd-6th Grades</p>  <p><b>TrueFLIX</b></p>

Continued on page 6.

**AEA Digital Library (K-12th grade)**

Collection of streaming video, images and digital documents for children's literature, science, health and guidance.

**American History in Video (K-12th grade)**

Collection of hundreds of documentaries featuring dramatic reenactments and engaging analysis from prominent scholars and experts.

**BookFLIX (PK-3rd grade)**

120 animated stories paired with non-fiction ebooks on a similar subject for young learners to practice literacy skills.

**Britannica (K-12th grade)**

Encyclopedia articles, multimedia, primary sources and more that support student research and reinforce curriculum standards.

**Britannica ImageQuest (K-12th grade)**

Over 3 million images for educational, non-commercial use for assignments, projects, and lesson plans.

**Core Concepts Science (7th-12th grade)**

Videos, digital interactive activities, and experiments exploring chemistry, biology, and the periodic table.

**CultureGrams (K-12th grade)**

Reference for concise, reliable, up-to-date cultural information on countries across the globe.

**Freedom FLIX (4th-12th grade)**

Collection of videos that provide interactive, behind-the-scenes looks at the people, places & events that have shaped our world.

**Gale (K-12th grade)**

Educational, peer-reviewed research articles, journals, and newspapers for research.

**Learn360 (K-12th grade)**

Educational multimedia such as video, audio, maps, activities, and STEM resources and printables for educators.

**MackinVIA (K-12th grade)**

Robust collection of ebooks and audiobooks designed for classes and individual reading for pleasure.

**PebbleGo (K-5th grade)**

Informational articles that support literacy, critical thinking, and digital citizenship with ready-made activities. Includes PebbleGo Spanish and Read More Animals and Science ebooks.

**PebbleGo Next (3rd-5th grade)**

Informational articles about American Indian history, biographies, science, social studies, and U.S. states.

**Power Knowledge Science (3rd-6th grade)**

Science fair projects and experiments, interactive games, scientist profiles, live video feeds and nature cams covering life, physical, Earth, and space sciences.

**ScienceFLIX (4th-12th grade)**

Hands-on projects, videos, multiple text types, interactive features and more provide students with a better understanding of science concepts and ideas.

**SIRS Issues Researcher (9th-12th grade)**

Provides analysis and opinions of 360+ social, scientific, health, historic, economic, and political issues.

**Soundzabound (K-12th grade)**

25 volumes of royalty-free music with audio themes and sound effects for presentations, digital storytelling, TV broadcasts, web design and more.

**Teachingbooks.net (K-12th grade)**

Collection of interviews with authors and illustrators so students and educators can learn directly from them to personalize their connections to the text.

**Teen Health & Wellness (7th-12th grade)**

Articles on relationship skills, decision-making, growth mindset, PTSD, stress/academic anxiety, social engagement, diversity, and family life that support social-emotional learning and physical well-being.

**TrueFLIX (3rd-6th grade)**

Pairs fictional videos with related non-fiction ebooks in history and science-related topics to support students with literacy skills.

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**News and Info from our High School Librarian - Mrs. De Zeeuw - continued****ONLINE RESOURCE FOR RESEARCHING PEOPLE (Grades 6 – 12)**

This is a tremendous resource for learning about people – past and present.

Go to <https://mocfv.org/index.php/resources/library/>

Under Reference Links

Click on **Gale Biography in Context**

**\*\*Contact [mdezeeuw@mocfv.org](mailto:mdezeeuw@mocfv.org) for password information.**

**Vocal Music News! Vocal Music News!! Vocal Music News!!!****.....introducing our new vocal music teacher: Mr. Balt**

**Choir Handbook** - This week, all high school vocal music students received a copy of the MOC-FV High School Choirs Handbook digitally in Google Classroom. In addition, there has been an electronic version emailed as a PDF to all parents in the choir program through Infinite Campus. The students were asked to go home and talk over the handbook with their parent(s) or guardian(s). The manual covers all concert/contest performance dates, classroom policies, attire for concerts, and a variety of other information! If you have not received an email or would like a paper copy, please inquire with your student(s) or email Mr. Balt at the high school [tbalt@mocfv.org](mailto:tbalt@mocfv.org).

**Communications** - Please pay careful attention to the “Vocal Music News” article each month in the Dutch Dialog. This will serve as another avenue to relay information pertaining to the Vocal Music Program. In addition, we will primarily be using the Bound app to communicate. In addition, Mr. Balt will communicate items to students using Google Classroom, as well.

**Fall Choral Concert** - This year, we have added a new performance to our Choir Program. We will be holding a fall concert featuring our Mixed Choir (Freshman Choir) and Concert Choir (Sophomore-Senior Choir) on Thursday, October 20<sup>th</sup> at 7:00 p.m. in the high school auditorium. Mixed Choir students will be asked to dress in their All-Black attire, and Concert Choir students will be asked to dress in Robes (provided by the school.) **PLEASE REFERENCE PAGE 13, IN THE CHOIR HANDBOOK, FOR ALL ATTIRE POLICIES.** Thank you. Any questions, email Mr. Balt.

**Wreath/Evergreen Fundraiser for Trips** - The Choir students (in grades 8-11) and Orchestra students will have the opportunity to raise money for their future choir (2024) and orchestra (2026) trips. Sales take place September 12<sup>th</sup> - September 30<sup>th</sup>! Please take advantage of this fundraiser, as it will help alleviate the cost of the trip, and we want as many people participating on the tour. Stay tuned later this school year when the 2024 choir tour is revealed!

**Thanks so much for your support of music education!!!**

**Mr. Balt**



## MOC-FV SCHOOL COUNSELOR CONNECTION - MRS. KOENIG

Welcome to our 2022-2023 school year!! As a new School Counselor to our MOC-FV school family, I wanted to take this opportunity to tell you about myself. We are off to an exciting start at MOC-FV – filled with enthusiasm and optimism for the year ahead!

After majoring in Elementary Education at Iowa State University (Go Cyclones!) and marrying my husband Nick, I started my career as a Family Development Facilitator at the Crittenton Center in Sioux City. I raised our three children at home, Max (now an incoming Dutch freshman!), Anna (7th grader), & Jack (5th grader), until completing my Master's Degree in School Counseling through Buena Vista in 2016. I've spent the last six years as an elementary School Counselor at MMCRU - time flies when you are having fun!

This is our 11th year of living in Orange City as a family, so I find it a true JOY to now walk alongside youth of our MOC-FV school family. My time will be shared between the Middle School and High School buildings, working alongside Mr. Starkweather (MS) and Mr. De Jong (HS).

Important to my philosophy as a School Counselor are healthy & supportive relationships with students, while in collaboration with teachers, staff, families, and community partners, advocating for the overall well-being and success of *every* student!

I welcome you to my office anytime (or send me an email) as I build relationships with families in the MOC-FV school community. One of my biggest blessings is when I can be a “bridge” for students and families. Please let me know if I can help connect you to a school, or community resource, related to the overall success of your child.

Thank you for this opportunity!

Liz Koenig  
MOC-FV MS/HS School Counselor  
[lkoenig@mocfv.org](mailto:lkoenig@mocfv.org)  
712-756-4128

TOGETHER  
we are  
BETTER



## CLASS OF 2023 SENIOR PICTURE INFORMATION

### Pictures due by November 14th

MOC-Floyd Valley High School will again offer a MEMORY BOOK for the 2022-23 school year. Jack Bonnecroy will be working to produce this 2022-23 Memory Book. The memory book will be available for students and parents to order next spring.

#### SENIOR PICTURES:

2023 seniors will need to provide the following pictures by: **Monday, November 14th.**

1. One vertical digital/scanned SENIOR picture
2. One vertical digital/scanned (but will accept an original) CHILD/INFANT picture

ALL photos must have the STUDENT'S name either in the body of the email or on the original picture. We'll accept an attached note or photo in an envelope with the student name.)

**\*\*For digital pictures, it is YOUR responsibility to get permission for any copyrighted picture.**

**\*\*All digital pictures should be saved as a JPEG file (.jpeg or .jpg) and submitted as an attachment to an email, on a CD or flash-drive.**

**\*\*Digital pictures must be at a resolution of at least 300 dpi. The higher the resolution the better the picture will reproduce in the memory book.**



**\*\*Submit digital pictures to school via your student on a CD or flash/jump/travel drive **OR** via email.**

**Email is preferred.** An advisor will copy the pictures off and then give the CD or flash/jump/travel drive back to your student. Pictures may be submitted to Jack Bonnecroy at [jbonnecroy@mocfv.org](mailto:jbonnecroy@mocfv.org). Please send each picture in a separate email.





# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				4:30pm VB-9th TBD 5:00pm VB-Varsity Sioux City North	1:15pm Early Dismissal 7:00pm FB-Varsity Unity Christian	
4	5	6	7	8	9	10
No School		4:30pm CC-MS LeMars Middle 4:30pm VB-JV TBD 5:00pm CC-JV-V LeMars 5:00pm FB-9th Central Lyon / GLR 6:45pm FB-JV Central Lyon / GLR		HS Picture Day 4:15pm VB-8th Cherokee 4:15pm VB-7th Cherokee 4:15pm FB-7th Sergeant Bluff-Luton Middle 4:15pm FB-8th Sergeant Bluff-Luton Middle 5:30pm VB-9th West Lyon 5:30pm VB-JV West Lyon 6:50pm VB-Varsity West Lyon 7:00pm 5th Grade Instrument Display @ Orange City Elementary	Picture Day @ Hospers Elementary Picture Day @ Orange City Elementary 1:15pm Early Dismissal 7:00pm FB-Varsity Storm Lake	8:00am VB-Varsity Western Christian vs. Multiple Schools 9:00am CC-MS Ridge View 9:00am CC-JV-V Ridge View
11	12	13	14	15	16	17
4:00pm VB-8th Sergeant Bluff-Luton Middle 4:15pm VB-7th Sergeant Bluff-Luton Middle 4:30pm VB-9th TBD 5:00pm FB-9th South O'Brien 6:45pm FB-JV South O'Brien	4:15pm FB-7th LeMars Middle 4:15pm FB-8th LeMars Middle 4:30pm CC-MS Storm Lake 5:00pm CC-JV-V Storm Lake		4:15pm VB-8th Sheldon 4:15pm VB-7th Sheldon 5:30pm VB-9th Central Lyon 5:30pm VB-JV Central Lyon 6:50pm VB-Varsity Central Lyon	1:15pm Early Dismissal 7:00pm FB-Varsity LeMars	HS Band--Wildcat Classic at Millard West 8:30am VB-Varsity TBD 9:00am VB-JV TBD	
18	19	20	21	22	23	24
4:15pm VB-8th Sioux Center 4:15pm VB-7th Sioux Center 4:30pm CC-MS Sheldon 4:30pm VB-9th Unity Christian 5:00pm CC-JV-V Sheldon 5:00pm FB-9th West Lyon 6:45pm FB-JV West Lyon	4:15pm FB-7th Central Lyon / GLR 4:15pm FB-8th Central Lyon / GLR		4:15pm VB-8th LeMars Middle 4:15pm VB-7th LeMars Middle 5:30pm VB-9th Boyden-Hull 5:30pm VB-JV Boyden-Hull 6:50pm VB-Varsity Boyden-Hull	1:15pm Early Dismissal 5:30pm-7:00pm American State Bank Tailgate 7:00pm FB-Varsity Bishop Heelan	HS Band--Bands of America at Waukee	
25	26	27	28	29	30	
5:00pm FB-9th BH / RV 6:45pm FB-JV BH / RV	4:15pm FB-7th Sioux Center 4:15pm FB-8th Sioux Center 4:30pm CC-JV-V Western Christian 5:30pm VB-JV Sibley-Ocheyedan 5:30pm VB-9th Sibley-Ocheyedan 6:50pm VB-Varsity Sibley-Ocheyedan		4:15pm VB-8th Rock Valley 4:15pm VB-7th Rock Valley 5:30pm VB-9th George-Little Rock 5:30pm VB-JV George-Little Rock 6:50pm VB-Varsity George-Little Rock	1:15pm Early Dismissal 7:00pm FB-Varsity Sergeant Bluff-Luton		

Calendar subject to change. For a complete list of school events and up-to-date information, please visit our website at [www.mocfv.org](http://www.mocfv.org).

# MOC-Floyd Valley September Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served each morning, in all buildings.			September 1 Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	2 Cini Minis Fruit Juice Milk  Cereal (MS, HS)
5 No School Labor Day	6 Pancakes/Syrup Fruit Juice Milk  Cereal (MS, HS)	7 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	8 Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	9 Muffins Fruit Juice Milk  Cereal (MS, HS)
12 Cereal Yogurt Fruit Juice Milk  Mini Bagels (MS, HS)	13 French Toast/Syrup Fruit Juice Milk  Cereal (MS, HS)	14 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	15 Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	16 Donuts Fruit Juice Milk  Cereal (MS, HS)
19 Cereal Yogurt Fruit Juice Milk  Mini Bagels (MS, HS)	20 Waffles/Syrup Fruit Juice Milk  Cereal (MS, HS)	21 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	22 Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	23 Cini Minis Fruit Juice Milk  Cereal (MS, HS)
26 Cereal Yogurt Fruit Juice Milk  Mini Bagels (MS, HS)	27 Pancakes/Syrup Fruit Juice Milk  Cereal (MS, HS)	28 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	29 Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	30 Muffins Fruit Juice Milk  Cereal (MS, HS)

# MOC-Floyd Valley September Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Ham & Turkey Sub Cheese/Lettuce/ Tomato Mayo/Mustard Green Beans Kiwi Sun Chips Milk	2 Grilled Cheese Potato Gems/Ketchup Carrots Fruit Milk
5 No School Labor Day	6 Spaghetti & Meat Sauce Fresh Spinach & Veggies/Ranch Garlic Bread Applesauce Milk	7 Tacos Cheese/Lettuce/ Tomato Fiesta Beans Tortilla Chips & Salsa (HS) Pears Milk	8 Ham Mashed Potatoes/ Gravy Green Beans Dinner Roll/Jelly Kiwi Graham Snacks Milk	9 Popcorn Chicken/BBQ Sauce Potato Smiles Mixed Veggies Oranges Breadstick Milk
12 Chicken Quesadilla Salsa Spinach Salad/ Dressing Strawberries Milk	13 Mr. Rib on a Bun/ BBQ Sauce Confetti Fries/ Ketchup Baked Beans Fruit Milk	14 Chicken Tenders/ Dipping Sauce Mashed Potatoes/ Gravy Carrots Dinner Roll/Jelly Mixed Fruit Cup Cookie Milk	15 French Toast sticks/ Syrup Sausage Links Potato Wedges/ Ketchup Peaches Juice Milk	16 Orange Chicken Brown Rice Egg Roll Stir Fry Vegetables Fruit Milk
19 Beef Nachos Cheese/Lettuce/ Tomatoes Refried Beans Tropical Fruit Milk	20 Meatball Sub/ Mozzarella Cheese Fresh Vegetables/ Ranch Dip Sun Chips Fruit Cup Milk	21 Salisbury Steak Mashed Potatoes/ Gravy Green Beans Dinner Rolls/Jelly Pineapple Milk	22 Breakfast Sandwich Potato Rounds Juice Cup Orange Slices Milk	23 Pizza Breadstick/Marinara Lettuce Salad/ Dressing Bananas Milk
26 Creamed Chicken on a Bun Green Beans Strawberries Sun Chips Milk	27 Italian Dunkers/ Meat Sauce Spinach Salad/ Dressing Carrots Fruit Milk	28 Chicken Fajitas Cheese/Lettuce/ Tomatoes Spanish Rice Corn Mixed Fruit Milk	29 Tavern on a Bun/ Cheese Confetti Fries/Ketchup Baked Beans Grapes Rice Krispies Treat Milk	30 Chicken Patty on a Bun Mayo/Lettuce Potato Smiles Broccoli Bananas Milk

If you would like the calorie/allergen list emailed to you, please contact Stephanie Pottebaum at [spottebaum@mocfv.org](mailto:spottebaum@mocfv.org).

Click this link for allergen and carb info: <http://bit.ly/mocfv-newsletter>

*This institution is an equal opportunity provider.*