

# MOC-Floyd Valley Community School District



*Fostering learning, excellence and civic responsibility*

## Dutch Dialog

January 2020



**Strive for Excellence**

### From the Superintendent...Russ Adams

**MOC-Floyd Valley Community School District  
Elementary Project Update – December 16, 2019**

#### Background

MOC-Floyd Valley is extremely fortunate to be a growing district! Our certified enrollment increased by 28 students for the 2019-2020 school year. Over the last nine years, we have grown an average of 18 students per year. This equates to a little over 100 students every six years. The increase in enrollment corresponds with the growth in the communities that make up the MOC-Floyd Valley District, and certainly reflect the efforts of our communities to be vibrant and healthy.

We have undergone several improvements in our district facilities over the years, with the most recent improvements coming at the middle school, where we repurposed the lower level and created six new classrooms. We are fortunate that we expanded in this manner. When the construction began on the middle school project, Grades 6-8 enrollment totaled 304 students. During the 2018-19 school year, we had 364 students at the middle school!

We have also been reimagining and repurposing spaces in our other buildings to increase our classroom capacity. In the past four years, we have transformed five computer labs into actual classrooms that help in accommodating our students and staff. We are very near capacity in every building and need to be prepared for the future!

In February of 2018, the Board of Education hired Jerry McCall, of Education Consulting Services, to conduct a review of our programs and facilities and assist us in our long-range plans. Jerry met with staff and community leaders. He also conducted thorough reviews of all of our facilities. The results of our programming and facilities study underscore the need for more capacity – especially at our elementary levels. With this in mind, we have been developing plans for a new single-site elementary school. We are currently working with the City of Orange City to acquire this (City-owned land) between Orange City and Alton. A part of this transaction will include the City acquiring our current Orange City Elementary property.

On the new site, we will construct a TK-5 elementary school with adequate playground space, parking, and activity space. We are also planning for a middle school practice track and ball fields that will also be available to the communities. Finally, the new building will be constructed so that grade-levels are housed in “pods” that increase collaboration and opportunities for students and staff.

Continued on page 2.

#### Administration

- Russ Adams  
Superintendent  
737-4873
- Mike Mulder  
High School Principal  
737-4871
- Mark Gunderson  
Athletic Director  
737-4871
- Cam Smith  
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](mailto:radams@mocfv.org)

From the Superintendent: continued from page 1.

**Updated Timeline:**

- 1) We have met with representatives from the City of Orange City, the City of Alton, Orange City Area Health System, Northwestern College, Unity Christian and Orange City Christian School. Each of these entities is planning facilities improvements and we are seeking to create collaborative partnerships whenever possible.
  - 2) The City of Orange City has committed to working with us as we work to purchase approximately 40 acres of City-owned land between Alton and Orange City. Part of our planning includes selling the Orange City Elementary property to the City as equity in the land purchase.
  - 3) This project will likely serve as a catalyst for residential growth for the cities of Alton and Orange City.
  - 4) We have contracted with Piper-Jaffray as our fiscal agent for this project. Their services come in two phases. The first is to assist us in pre-planning where they will provide us with scenarios and information leading up to a bond referendum. The second will occur **if/when the bond referendum is successful**. At that time, Piper Jaffray will facilitate the bond sales and advise along the way.
  - 5) We have met with representatives from Hospers to consider second-life possibilities for the Hospers Elementary property. We will continue to explore possibilities.
  - 6) We have collected a second round of input from faculty and staff regarding the new facilities (over fifteen pages of suggestions) that are being used in site/program planning. This level of input and the work generated from it will be extremely beneficial as this project moves forward.
  - 7) Part of the planning process will be to design the TK-5 building and site to allow for future expansion if needed.
  - 8) If the project allows, a small part of will be utilized to create needed expansion of the high school facilities to create additional instructional space and improve the security and student services areas.
  - 9) CMBA Architects out of Sioux City is leading us through the pre-bond planning and preparation. **If/When the bond referendum is successful**, they will take us through the actual planning and construction project.
  - 10) Our facilities planning team (including Jerry McCall & the CMBA team) has continued joint planning with the Cities of Alton and Orange City to figure out the most beneficial site mix for the purposes of the TK-5 School building and grounds, residential property, and recreational amenities.
  - 11) We have worked with Bryan Wells of DGR to determine the best use of the site and have developed a tentative conceptual site plan.
  - 12) School Board members and a staff team visited several new elementary buildings in Minneapolis in October, to gather ideas.
  - 13) We have assembled a small group of community members to help plan and assist in getting the message out prior to our March 3, 2020, bond referendum.
  - 14) We have contracted with W.A. Klinger to serve as our Construction Management team.
  - 15) We will be acquiring signatures for the bond petition prior to January 13, 2020.
  - 16) We will work with our community team to communicate inform the public regarding the project through out January and February 2020.
  - 17) The bond referendum will be held on March 3, 2020.
  - 18) Immediately following a successful vote, detailed site and building plans will be developed. Ideally, site work will begin in the Fall of 2020.
  - 19) Our plan is to occupy the new school building by August of 2023 at the very latest. We will work for a faster timeline if possible.
-

## Inclement Weather and School Cancellation Information

Several sources will be used when making the decision to close school including personal checks of the roads, conversations with neighboring school districts and county personnel.

Infinite Campus alerts are the first line of communication. MOC-Floyd Valley also notifies KSOU (1090 AM, 93.9 FM), KIWA (1550 AM, 105.5 FM), KDCR (88.5 FM), as well as TV stations KMEG, KTIV and KCAU. Every attempt will be made to have late start or school cancellation announcements posted to the media by 6:30 a.m.

If school starts late, all before-school activities will be cancelled, there will be no AM Transitional Kindergarten, and breakfast will not be served. If school is called off at mid-day and the weather clears up later in the day, we may attempt to hold scheduled events. If this happens, info will be announced on the radio and TV stations listed above.

If school is dismissed early during the day, someone will remain at the central office until all buses have checked in to make sure everyone is accounted for. MOC-Floyd Valley buses have two-way radios for effective communication between drivers and all school buildings.

**Note: If school starts late on a Friday (due to weather) with a scheduled early dismissal of 1:15 p.m., dismissal time will be 3:15 p.m.**

### Receiving Weather Alerts and Informational Messages from the MOC-Floyd Valley School District

Signing up for weather alerts and informational school messages is easy. Infinite Campus is the source of this messaging system.

To choose how you would prefer to receive these messages, sign into your parent portal account, located on our school website homepage, and click on "Receive alerts". If you do not have a parent portal account and would like to have one created for you, or just need assistance, please contact one of the people listed below.

Cathy Van Es, [cvanes@mocfv.org](mailto:cvanes@mocfv.org), 712-737-4606

Ryan Noteboom, [rnoteboom@mocfv.org](mailto:rnoteboom@mocfv.org), 712-737-8197 x3007

Aaron Norman, [anorman@mocfv.org](mailto:anorman@mocfv.org) 712-737-8197 x3008

### Visit Us on the Web!

**[www.mocfv.org](http://www.mocfv.org)**



### No School

There will be **no school** on Monday, January 13th, for all students. Staff development will be held for our teaching staff on that day.



### Friday Dismissals

Please notice below, the designated Friday - two-hour early (1:15) dismissals for professional 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.*

#### MOC-Floyd Valley Professional Development - Early Dismissal Fridays

January 24  
February 7, 21  
March 6, 20  
April 24  
May 8

# SCHOOL HEALTH NEWS

## \*Ashley Van Voorst RN, BSN - School Nurse\*

### TEN HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

The following tips are from the American Academy of Pediatrics (AAP).

1. I will clean up my toys and keep my room in good order.
2. I will brush my teeth twice a day and wash my hands before eating and after the bathroom.
3. I won't tease dogs, even friendly ones – and keep my hands and face away from their mouths.
4. I will drink more milk and water, and limit soda and fruity drinks.
5. I will apply sunscreen before going outdoors.
6. I will find a sport or activity that I like, and do it at least three times a week.
7. I will always wear a helmet when bicycling or boarding.
8. I will wear my seat belt every time I get in the car.
9. I'll be nice to others and friendly to kids who need friends – like someone shy or new to school.
10. I'll never give out personal information, or pictures of myself, to strangers or over the internet.

### MAKE HEALTH YOUR RESOLUTION

**Healthy You:** Make healthy food choices, be active, make an appointment for a check-up, vaccination, or screening. Know your numbers – weight, blood pressure, cholesterol. Wash your hands often. Be smoke free. Get enough sleep. Learn and practice a new health tip each week. Make a new friend.

**Healthy Family:** Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Know where to go for health care in town if you do not have insurance. Keep pets vaccinated and healthy. Add a health related website to your favorites list and check weekly updates. Spend more time together. Be courteous and practice good manners.

**Healthy Home:** Go green. Reduce, reuse, and recycle. Install smoke alarms and carbon monoxide alarms on every level. Keep cleaning products and medications away from children. Have a winter weather emergency plan and stock your home and car with necessary supplies. Avoid carbon monoxide poisoning and hypothermia. Never use generators, grills, camp stoves, or similar devices indoors.

**Healthy Community:** Volunteer at your church, school or one of the many community centers needing help or an extra hand. If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are – they are always appreciated and hopefully duplicated.

**Healthy Workplace:** Stay home if you are sick. Wash your hands often. Participate in healthy workplace programs. Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.

*Enjoy a new year of healthy possibilities!*



## High School Happenings - Principal Mike Mulder

Student athletes from MOC-Floyd Valley High School and Unity Christian High School will come together to compete on the hardwood on **Thursday, January 30**. More importantly, members of both school communities will come together to make a difference in our area through our annual 'Reach-Out' event. All funds generated through this event are used to help pay for gas or groceries, thus off-setting expenses for the affected families. More than 650 families have been helped through Reach-Out funds since the start of this fundraising effort.

**Together...we are stronger!**

### Tenth Annual MOC-Floyd Valley/Unity Christian Reach-Out

**Location:** MOC-Floyd Valley High School  
**Date:** Thursday, January 30  
**Times:**

|                      |           |
|----------------------|-----------|
| <u>JV Girls</u>      | 3:45 p.m. |
| <u>JV Boys</u>       | 5:00 p.m. |
| <u>Varsity Girls</u> | 6:10 p.m. |
| <u>Varsity Boys</u>  | 7:45 p.m. |

A silent auction will be held throughout the afternoon.

## News from the Counselor's Desk: Mr. McDonald

### COLLEGE PLANNING CHECKLIST:

| Test Date        | Registration Deadline | (Late Fee Required) |
|------------------|-----------------------|---------------------|
| February 9, 2019 | January 11, 2019      | January 12-18, 2019 |
| April 13, 2019   | March 8, 2019         | March 9-25, 2019    |
| June 8, 2019     | May 3, 2019           | May 4-20, 2019      |
| July 13, 2019    | June 14, 2019         | June 15-24, 2019    |

**Sign-up for the ACT test**  
[www.actstudent.org/start](http://www.actstudent.org/start) MOC-FV Code is 163-335

- Visit with your school counselor to make sure you are on track to graduate and fulfill college admission requirements.
- Keep working hard all year; first semester grades can affect scholarship eligibility.
- Ask for personal references from teachers, school counselors, or employers early in the year or at least two weeks before application deadlines. Follow your school's procedure for requesting recommendations.
- Visit with admissions counselors who come to your high school.
- Attend a college fair.
- Begin your college essay(s).
- Apply for admission at the colleges you've chosen.
- Find out if you qualify for scholarships at each college you have applied to.
- Start the financial aid application process.
- See your school counselor for help finding financial aid and scholarships.



## News from the Counselor's Desk: Mr. McDonald

### Information for Sophomores



**Friday, January 10, 2020**

**Northwest Iowa Community College**

Your sophomore will learn about the great career opportunities available right here in Sioux County. Presenters will represent community businesses, industries and colleges. *[Schedule and details on back.]*




**Viernes, 10 de Enero, 2020**

**Colegio Comunitario Northwest Iowa**

Estudiantes de Segundo año estan invitados para aprender sobre las excelente oportunidades de trabajo disponibles aqui en el condado de Sioux. Presentadores representaran negocios, industrias, y colegios de nuestra comunidad *[Detalles atras.]*

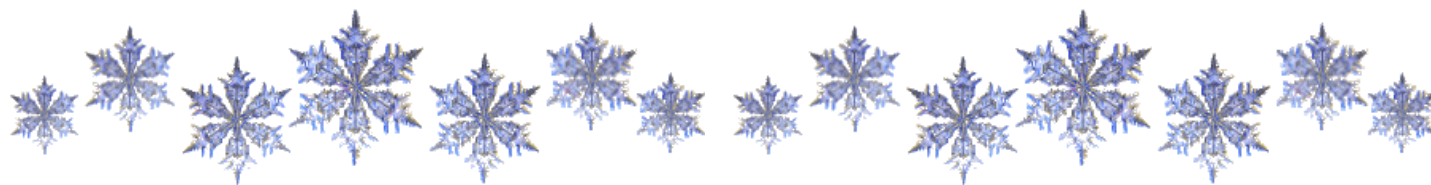


# January 2020

| Sunday  | Monday  | Tuesday       | Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|---------------|---|---|---|---|
| <div>JANUARY</div> <div></div>   |   |               | <div><div>HAPPY<br/>New Year</div><div>Holiday Vacation</div></div>   | <div>1</div> <div>School Resumes-<br/>MS Wrestling Practice Begins-<br/>MS GBB Practice Begins-</div>   | <div>2</div> <div>4:45pm BB-G/JV<br/>George-Little Rock<br/>4:45pm BB-B/JV<br/>George-Little Rock<br/>6:15pm BB-G/Varsity<br/>George-Little Rock<br/>7:45pm BB-B/Varsity<br/>George-Little Rock</div>   | <div>3</div>  |
| <div>5</div> <div>6:00pm BB-G/9th<br/>Sibley-Ocheyedan<br/>7:15pm BB-B/9th<br/>Sibley-Ocheyedan</div>   | <div>6</div> <div>4:15pm BB-B/9th<br/>Central Lyon<br/>4:45pm BB-G/9th<br/>Central Lyon<br/>5:30pm BB-B/JV<br/>Central Lyon<br/>6:00pm WR-Varsity<br/>MOC-Floyd Valley vs.<br/>Multiple Schools<br/>6:00pm WR-JV MOC-<br/>Floyd Valley vs.<br/>Multiple Schools<br/>6:15pm BB-G/Varsity<br/>Central Lyon<br/>7:45pm BB-B/Varsity<br/>Central Lyon</div> | <div>7</div>  | <div>8</div>  | <div>9</div> <div>5:30pm BB-G/Varsity<br/>LeMars<br/>7:00pm BB-B/Varsity<br/>Dakota Valley</div>  | <div>10</div> <div>End of 2nd Qtr-<br/>11:00am Soph Your<br/>Future at Work Day at<br/>NCC-<br/>4:30pm WR-Varsity<br/>Spirit Lake<br/>4:45pm BB-G/JV West<br/>Lyon<br/>4:45pm BB-B/JV West<br/>Lyon<br/>6:15pm BB-G/Varsity<br/>West Lyon<br/>7:45pm BB-B/Varsity<br/>West Lyon</div> | <div>11</div> <div>9:00am Quiz Bowl at<br/>Unity-<br/>10:30pm WR-Varsity<br/>West Sioux</div> |
| <div>12</div> <div>No School<br/>4:30pm WR-JV West<br/>Sioux<br/>6:00pm BB-G/9th<br/>Sioux Center<br/>7:15pm BB-B/9th<br/>Sioux Center</div>  | <div>13</div> <div>6:15pm BB-G/JV<br/>Hinton<br/>7:45pm BB-G/Varsity<br/>Hinton</div>   | <div>14</div> | <div>15</div>   | <div>16</div> <div>4:00pm BB-G/7th<br/>Sioux Center<br/>4:15pm BB-G/8th<br/>Sioux Center<br/>6:15pm WR-Varsity<br/>Sioux Center vs.<br/>Multiple Schools<br/>6:15pm WR-JV Sioux<br/>Center vs. Multiple<br/>Schools</div>   | <div>17</div> <div>5th Chorus Concert- @<br/>Orange City Elementary<br/>4:45pm BB-G/JV<br/>Boyden-Hull<br/>4:45pm BB-B/JV<br/>Boyden-Hull<br/>6:15pm BB-G/Varsity<br/>Boyden-Hull<br/>7:45pm BB-B/Varsity<br/>Boyden-Hull</div>   | <div>18</div> <div>10:00am WR-Varsity<br/>BH / RV</div>                                       |
| <div>19</div> <div>Strong Foundation<br/>Honor 6th Grade Honor<br/>Band, SC East-<br/>NWI Honor Choir at<br/>Dordt College-<br/>4:00pm BB-G/7th<br/>Sergeant Bluff-Luton<br/>MS<br/>4:15pm BB-G/8th<br/>Sergeant Bluff-Luton<br/>MS<br/>4:45pm BB-G/9th<br/>Sheldon<br/>5:00pm WR-JV Storm<br/>Lake<br/>7:15pm BB-B/9th<br/>Sheldon</div> | <div>20</div> <div>4:45pm BB-G/JV Sioux<br/>Center<br/>4:45pm BB-B/JV Sioux<br/>Center<br/>6:15pm BB-G/Varsity<br/>Sioux Center<br/>7:45pm BB-B/Varsity<br/>Sioux Center</div>  | <div>21</div> | <div>22</div> <div>ILCC Jazz Festival-<br/>NWI MS and HS Honor<br/>Orchestra at Dordt<br/>College-<br/>6:00pm BB-B/9th<br/>LeMars<br/>6:00pm BB-G/9th<br/>LeMars<br/>6:15pm WR-Varsity<br/>Okoboji-HMS vs.<br/>Multiple Schools<br/>6:15pm WR-JV<br/>Okoboji-HMS vs.<br/>Multiple Schools<br/>7:15pm BB-G/JV<br/>LeMars<br/>7:15pm BB-B/JV<br/>LeMars</div> | <div>23</div> <div>1:15pm Early Dismissal-<br/>4:15pm WR-MS MOC-<br/>Floyd Valley vs.<br/>Multiple Schools<br/>4:45pm BB-G/JV<br/>Sheldon<br/>4:45pm BB-B/JV<br/>Sheldon<br/>6:15pm BB-G/Varsity<br/>Sheldon<br/>7:45pm BB-B/Varsity<br/>Sheldon</div>  | <div>24</div> <div>District Large Group<br/>Speech Contest-<br/>4:45pm BB-G/9th<br/>(Rescheduled from 11-<br/>26-19) West Lyon<br/>6:15pm BB-G/JV<br/>(Rescheduled from 11-<br/>26-19) West Lyon<br/>7:45pm BB-G/Varsity<br/>(Rescheduled from 11-<br/>26-19) West Lyon</div>         | <div>25</div>   |
| <div>26</div> <div>IHSMA All-State Music<br/>Auditions, St. Lake-<br/>4:15pm WR-MS BH /<br/>RV vs. Multiple<br/>Schools<br/>4:15pm BB-G/7th<br/>Boyden-Hull<br/>4:15pm BB-G/8th<br/>Boyden-Hull<br/>6:00pm BB-G/9th<br/>Western Christian<br/>6:30pm Large Group<br/>Speech Showcase-<br/>7:15pm BB-B/9th<br/>Western Christian</div>     | <div>27</div> <div>4:45pm BB-B/9th<br/>Okoboji<br/>4:45pm BB-G/9th<br/>Okoboji<br/>5:30pm WR-JV<br/>Sergeant Bluff-Luton<br/>vs. Multiple Schools<br/>5:30pm WR-Varsity<br/>Sergeant Bluff-Luton<br/>vs. Multiple Schools<br/>6:15pm BB-G/Varsity<br/>Okoboji<br/>7:45pm BB-B/Varsity<br/>Okoboji</div>   | <div>28</div> | <div>29</div> <div>3:45pm BB-G/JV Unity<br/>Christian<br/>4:15pm WR-MS Sibley-<br/>Ocheyedan vs.<br/>Multiple Schools<br/>5:00pm BB-B/JV Unity<br/>Christian<br/>6:15pm BB-G/Varsity<br/>Unity Christian<br/>7:45pm BB-B/Varsity<br/>Unity Christian</div>  | <div>30</div> <div>4:45pm BB-G/JV Rock<br/>Valley<br/>4:45pm BB-B/JV Rock<br/>Valley<br/>5:00pm WR-Varsity<br/>Sioux Center vs.<br/>Conference<br/>6:00pm BB-B/9th<br/>Rock Valley<br/>6:15pm BB-G/Varsity<br/>Rock Valley<br/>7:45pm BB-B/Varsity<br/>Rock Valley<br/>9:00pm-11:30pm<br/>Winter Ball- @ HS Old<br/>Gym</div> | <div>31</div>   |   |

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

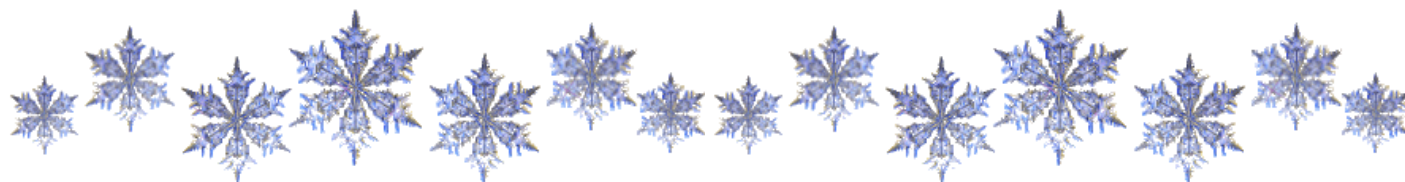
## MOC-Floyd Valley Breakfast Menu - January 2020




| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <p>Breakfast is served each school day, in all buildings.</p>          |   | 1   | 2  | 3  |
|  |   | No School   | Cereal<br>Yogurt<br>Fruit<br>Juice<br>Milk<br><br>Muffins (MS, HS) | Donuts<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)      |
| 6  | 7   | 8   | 9  | 10   |
| Cereal<br>Yogurt<br>Fruit<br>Juice<br>Milk<br><br>Donut Holes (MS, HS) | Waffles<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)      | Toast w/Jelly<br>Egg Omelet<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)  | Breakfast Pizza<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)   | Cinni Minis<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS) |
| 13   | 14  | 15  | 16   | 17   |
| No School  | Pancakes<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)     | Toast/Jelly<br>Scrambled Egg<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS) | Breakfast Pizza<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)   | Muffins<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)     |
| 20   | 21  | 22  | 23   | 24   |
| Cereal<br>Yogurt<br>Fruit<br>Juice<br>Milk<br><br>Muffins (MS, HS)     | French Toast<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS) | Toast/Jelly<br>Eggs<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)          | Breakfast Pizza<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)   | Donuts<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)      |
| 27   | 28  | 29  | 30   | 31   |
| Cereal<br>Yogurt<br>Fruit<br>Juice<br>Milk<br><br>Muffins (MS, HS)     | Waffles<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)      | Toast w/Jelly<br>Egg Omelet<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)  | Breakfast Pizza<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS)   | Cinni Minis<br>Fruit<br>Juice<br>Milk<br><br>Cereal (MS, HS) |



## MOC-Floyd Valley Lunch Menu - January 2020



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|                      |  | 1<br><br>No School   | 2<br>Mr Rib on a Bun/BBQ<br>Hash Brown/Ketchup<br>Baked Beans<br>Kiwi<br>Applesauce Cups<br>Snickerdoodle<br>Milk | 3<br>Macaroni & Cheese<br>Mini Corn Dogs/<br>Ketchup<br>Carrots<br>Peas (HS)<br>Peaches<br>Rice Krispie Treats (HS)<br>Milk          |
| 6<br>Hamburger on a Bun<br>Cheese/Lettuce/<br>Tomatoes<br>Confetti Fries/<br>Ketchup<br>Fruit<br>Milk | 7<br>Taco in Bag<br>Cheese/Lettuce/<br>Salsa<br>Refried Beans<br>Pineapple<br>Apple Churro<br>Milk | 8<br>Hot Dog on a Bun<br>Potato Wedges/<br>Ketchup<br>Broccoli<br>Apple<br>Cookie<br>Milk  | 9<br>Ham<br>Mashed Potatoes/Gravy<br>Green Beans<br>Dinner Roll/Jelly<br>Fruit<br>Graham Snacks (MS & HS)<br>Milk | 10<br>Grilled Cheese<br>Potato Coins/Ketchup<br>Carrots<br>Fruit<br>Granola Bar (HS)<br>Milk   |
| 13<br>No School   | 14<br>Pizza<br>Breadstick/Marinara<br>Corn<br>Bananas<br>Milk                                      | 15<br>Tacos<br>Lettuce/Cheese/<br>Tomatoes<br>Baked Beans<br>Tortilla Chips/Salsa (HS)<br>Pears<br>Milk                          | 16<br>Spaghetti & Meat Sauce<br>Fresh Veggies/Dressing<br>Garlic Bread<br>Applesauce<br>Milk                      | 17<br>Popcorn Chicken/BBQ Sauce<br>Potato Smiles<br>Green Beans<br>Oranges<br>Dinner Roll/Jelly<br>Rice Crispy Bar (MS & HS)<br>Milk |
| 20<br>Chicken or Cheese<br>Quesadillas<br>Salsa<br>Spinach Salad/Dressing<br>Strawberries<br>Milk     | 21<br>Mr. Rib on a Bun/BBQ<br>Confetti Fries/Ketchup<br>Baked Beans<br>Fruit<br>Milk               | 22<br>Chicken Strips/<br>Ketchup<br>Mashed Potatoes/<br>Gravy<br>Broccoli/Cheese<br>Dinner Roll/Jelly<br>Fruit<br>Cookie<br>Milk | 23<br>French Toast Sticks/Syrup<br>Sausage<br>Potato Wedges/Ketchup<br>Peaches<br>Orange Juice<br>Milk            | 24<br>Orange Chicken<br>Brown Rice<br>Corn<br>Stir Fry Vegetables<br>Fruit<br>Side Kick<br>Milk                                      |
| 27<br>Nachos/Ground Beef<br>Cheese/Lettuce/<br>Tomatoes<br>Baked Beans<br>Carrots<br>Fruit<br>Milk    | 28<br>Meatball Sub<br>Cucumbers & Carrots/<br>Dressing<br>Doritos<br>Fruit Cup<br>Milk             | 29<br>Salisbury Steak<br>Mashed Potatoes/<br>Gravy<br>Green Beans<br>Dinner Roll/Jelly<br>Pineapple<br>Milk                      | 30<br>Pizza<br>Breadstick/Marinara<br>Lettuce Salad/Dressing<br>Bananas<br>Milk                                   | 31<br>Egg/Sausage/Cheese on a Bun<br>Hash Brown/Ketchup<br>Fruit Cocktail<br>Juice Box<br>Milk                                       |

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

*This institution is an equal opportunity provider and employer.*

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