

Sargent Public School

April Newsletter

2024 Speech Season in Review

| | |
|------------------------|-------|
| FBLA News | 2 |
| Quiz Bowl | 3 |
| 3rd Quarter Honor Roll | 4-5 |
| Yearbook | 5 |
| Prom Information | 6 |
| April Fools' Day | 7 |
| Helping Children Learn | 8-9 |
| Loup Basin | 10-12 |
| April Breakfast Menu | 13 |
| April Lunch Menu | 14 |
| Calendar of Events | 15 |

During the 2024 Speech season, the team competed in six regular season meets and a public performance. Senior team member Sarah Riddle also competed at the State Speech Meet on March 22. Sarah earned 11th place in Poetry earning a Superior rating. Riddle has qualified for the Nebraska State Speech Meet for the past three years in Poetry.

The Senior class team members have been great role models for the underclassmen. Riddle earned numerous medals, superior ratings, and first place round honors during the regular season in Poetry. Christina Lewellen competed in two events—POI and Persuasive speaking. She earned superior ratings in each event throughout the season and earned medals in POI. Leeann Stutzman earned excellent ratings in Informative speaking. Jax Williams earned superior rating in Entertainment speaking.

The underclassmen performed in multiple formats this year: speech meets, parent's night, and to other classes at Sargent Public School. Miah Handley competed in Entertainment speaking. She had superior ratings during the regular season and earned a medal at the district meet. Aolany Acosta-Seanz performed her informative speech to the 1st period Spanish class. Mace Beran and Jaylin Young will be performing their duet for two different classes on April 25. Cazen Coffman-Jones and Emmet Grint performed at parent's night and will also be performing their duet to a class at Sargent Public School. Bambi Conner competed in Informative speaking earning a superior rating. Kooper Keefe and Carsen Vincent earned a medal at the District D2-2 meet with a superior rating. Gabriel Lunde earned a superior rating in Informative speaking. Hayden Nelson earned a superior rating in Extemporaneous speaking. Matthew Putnam earned a superior rating and medal in Humorous Prose. Phoebe Rowse earned a medal and superior ratings in Persuasive speaking. Brinley Smith earned superior ratings in Poetry. Maci Smith earned superior ratings in POI.

Overall, the speech team members were strong competitors this year. We will miss our seniors: Sarah Riddle, Christina Lewellen, Leeann Stutzman, and Jax Williams. We look forward to building on our team during the 2025 season next year. The speech team is coached by Head Coach Deborah McBride and Assistant Coach Kina Stefka.

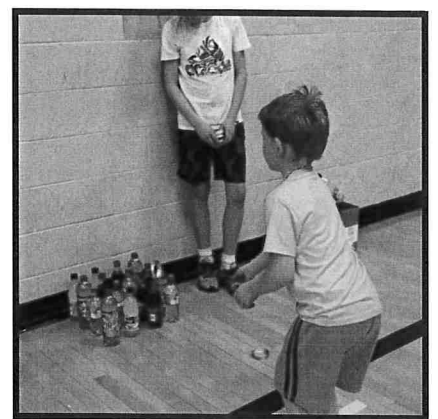
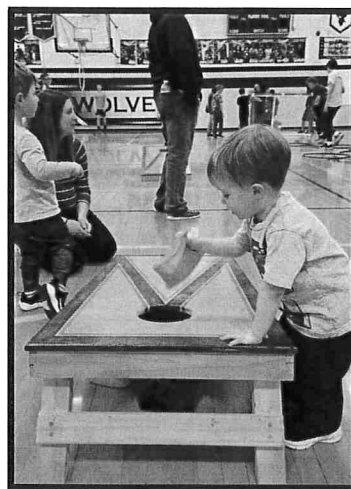


FBLA NEWS

On Tuesday, March 19th, our FBLA chapter hosted the 11th Annual Kids Carnival. Tickets were \$5 each and the students received a prize of their choice before they left. The games included: bowling, ball pong, face and nail painting, cakewalk, football throw, corn hole, obstacle course, basketball shooting, Hot Wheels racing, hover soccer, and a giant Sorry game. The Wolf Den was open for business and Smooth Blendz was open selling smoothies and caramel apples. About 60 rambunctious kids were ready to play games at this year's Kid's Carnival. The money from the carnival along with donations went to funds for treatment for Kendri Selko. Huge thanks to those who helped and attended.

Another work in progress is the preparation for the State Leadership Conference. The conference will be held in Kearney on April 11th-13th. The attending students include Cassidy, Melissa, Arin, Marisa, Miranda, Kooper, LoReena, Hayden, Carsen, Maci, Corbin, Kinley, Yahya, and Alli. Many of the kids have already pre-submitted reports and taken tests and we learned recently that many of those events that were submitted early earned ten members into the finals at State! These hard-working students will have the opportunity to compete in diverse competitions, participate in interactive workshops, attend presentations by business leaders, and make connections with other students across the state. Good luck to those attending!!

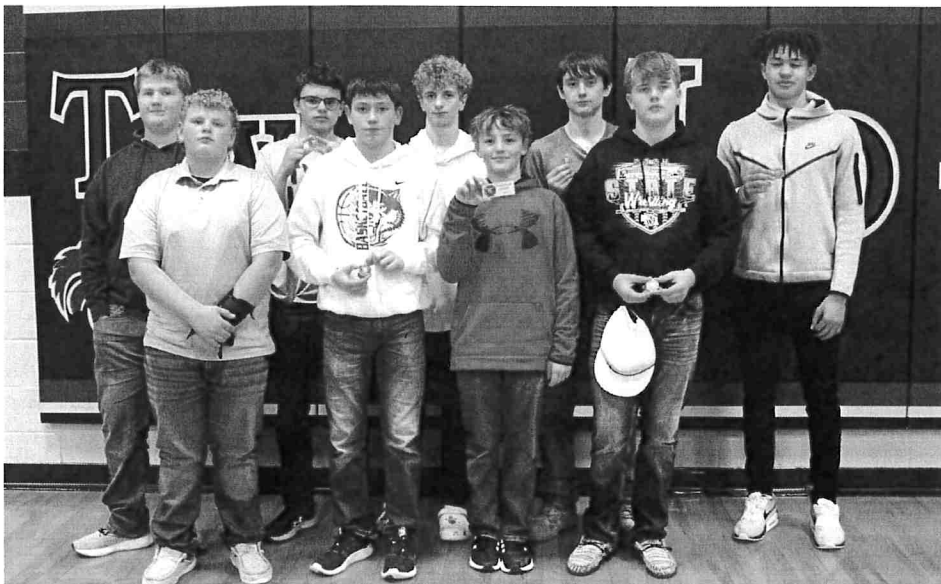
Carsen Vincent, Reporter



Another year of quiz bowl competition has come and gone with some outstanding performances by the junior high and high school teams. The high schoolers started the season in January at Anselmo-Merna, just missing out on finals. At Callaway, the bowlers put up a 5-win effort out of 10 rounds, and at the ESU 10 meet we lost both matches in very close fashion. The high point of the year was the MNAC meet held in Taylor, where the team had an 8-win versus 2-loss day behind the efforts of Hayden Nelson and Logan Rugg. That effort was good enough to earn the conference runner-up title.



The junior high squad had a very strong showing in 2024. They started the year earning second place at the Anselmo-Merna invite with a record of 4 wins and 2 losses. The conference meet in Taylor was also a great success, racking up 7 wins against only 2 losses, which was also good enough for conference runner-up honors. The last meet of the year was at UNK for the ESU 10 meet, where they made a deep run through the bracket, but just came up short of the finals. It was a very deep team, with the strongest contributions throughout the year by Travin Schauda, Corbin Bye, Yahya Harris, and Nathan Lowry.



2023-2024 3rd Quarter A Average Honor Roll

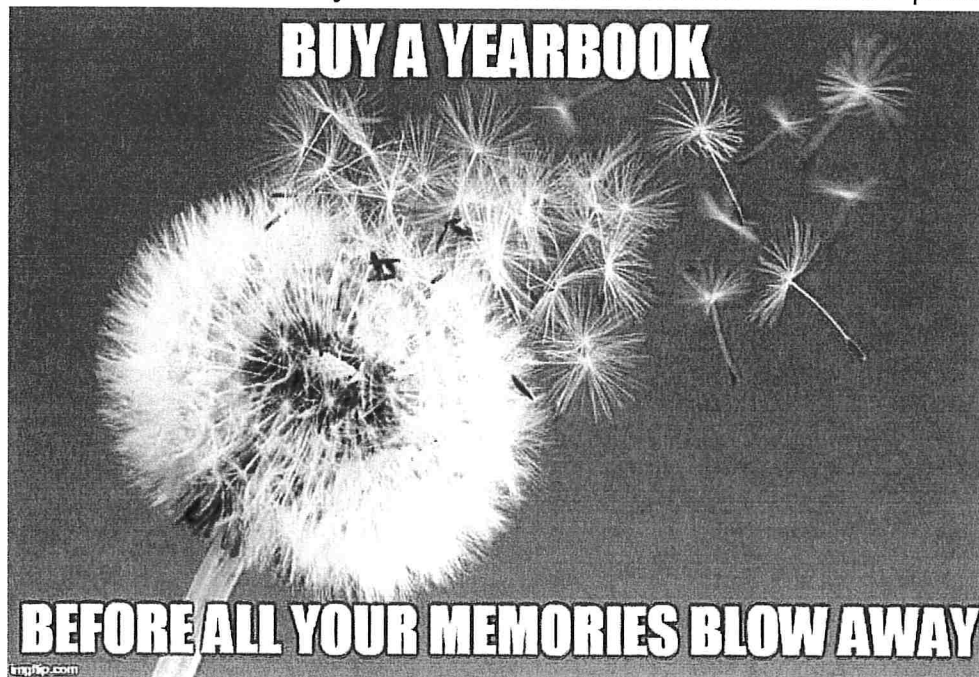
| Student Name | Grade Level | Level |
|---------------------|--------------------|--------------|
| Ava Bottorf | 12 | A Average |
| Dejanae Davenport | 12 | A Average |
| Keaton Dowse | 12 | A Average |
| Jeimy Gomez | 12 | A Average |
| Logan Rugg | 12 | A Average |
| Quincey Ryker | 12 | A Average |
| Arin Smith | 12 | A Average |
| Jax Williams | 12 | A Average |
| Justin Folkers | 11 | A Average |
| Eve Kipp | 11 | A Average |
| Miranda Olson | 11 | A Average |
| Marisa Richardson | 11 | A Average |
| Phoebe Rowse | 10 | A Average |
| Bambi Conner | 9 | A Average |
| Jackson Hall | 9 | A Average |
| Luqman Harris | 9 | A Average |
| Brinley Smith | 9 | A Average |
| Cooper Busch | 8 | A Average |
| Corbin Bye | 8 | A Average |
| Grace Meister | 8 | A Average |
| Conner Nelson | 8 | A Average |
| Jeremiah Phillips | 8 | A Average |
| Travin Schauda | 8 | A Average |
| Blake Bottorf | 7 | A Average |
| Kinley Keefe | 7 | A Average |
| Nathan Lowry | 7 | A Average |
| Brent Morse | 7 | A Average |
| Jenna Wilson | 7 | A Average |
| Queston Young | 7 | A Average |

2023-2024 3rd Quarter All A Honor Roll

| Student Name | Grade Level | Level |
|-----------------|-------------|-------|
| Cassidy Grint | 12 | All A |
| Tallin Schauda | 12 | All A |
| Melissa Slagle | 12 | All A |
| Ragan Mauler | 11 | All A |
| Grant Ottun | 11 | All A |
| Kooper Keefe | 10 | All A |
| Hayden Nelson | 10 | All A |
| LoReena Schauda | 10 | All A |
| Carsen Vincent | 10 | All A |
| Carter Hall | 9 | All A |
| Maci Smith | 9 | All A |
| Yahya Harris | 8 | All A |
| Alli Smith | 8 | All A |

LIMITED TIME FOR PERSONALIZATION

Make the yearbook exclusive to you! Add your name and up to four icons representing their interests to the yearbook cover! Order forms can be picked up in the office!



*T O D A Y ' S G O O D
T I M E S*

ARE TOMORROW'S GREAT MEMORIES

The friendships. The achievements.
The memories.
What you do in these years
can last a lifetime,
and the Sargent yearbook is a beautiful
record of it all.
Order TODAY to guarantee your copy!

PROM 2024!!

"Garden of Lights"

Saturday, April 27, 2024

Schedule of Events

| <u>Time</u> | <u>Event</u> |
|--|---|
| 5:00 PM | Juniors – Individuals |
| 5:30 PM | Seniors – Individuals |
| 6:00 – 7:20 PM | Banquet |
| *Immediately following the banquet, we will be taking the Junior and Senior class picture! | |
| 7:30 PM | Sophomores - Individuals |
| 8:00 PM | Freshmen – Individuals |
| 8:30 PM | Parade of Formals – Public is Welcome to Attend |
| 9:00 PM to 12:00 AM | Dance |

Prom Guidelines

1. Parents are being asked to sit on the bleachers on the east side of the gym during the Parade of Formals. There will be a brief 10-minute interval following the parade to take pictures. An announcement will be made when the dance is limited to just the students and sponsors attending.
2. Students may leave following the banquet, but must arrive by 8:15 P.M. to be allowed admittance into the dance.
3. Out of school/town dates must have filled out a Dance Permission Form and returned to the school no later than **Friday, April 19, 2024**.
4. Sargent students are responsible for the actions of their out of town dates at the prom. All out of school/town dates will be expected to adhere to the same guidelines as the Sargent Public Schools students.
5. If the climate in the dance becomes hot, students will be allowed to step outside to cool off, as long as a sponsor is there to escort them. Students will not be permitted to return if they leave the building without a sponsor.
6. Junior High aged students and those 21 years or older will not be allowed to attend the Prom, even if they would be accompanied by a high School aged student.

Thank you for your time and we hope that Prom 2024 will be a fun and memorable experience for everyone. If you have any questions or concerns, feel free to contact Mr. Gordon Goodman, Miss Shayley Phillipps, or Mrs. Abby Taylor at 308-527-4119.

Parents and Students of Sargent High School: I would like to take this opportunity to ask that you please take into consideration other people when you make your prom plans. Remember that this is a formal occasion and that your dress and behavior reflect not only on yourself, but your class, your school, and the community in general. Prom can stand out in our memories in many ways, but it makes for better memories if we think before we act.

Thank You,
Mr. Gordon Goodman, Principal



APRIL FOOLS' DAY

APRIL 1

According to the article “April Fools’ Day” found on HISTORY.COM last updated on 3/18/2024, April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with “hunting the gowk,” in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people such as pinning fake tails on them.

See everyone at school on April 1....“April Fools” (We don’t have school on April 1)

April Fools Word Search

K O A C H = K O A S K M Z E Y F O X
 Z I N F O X J U Z Z I O R D O I
 T T T T V T Y P C S A M I D O O P
 S Y A S E L C H O F T O H F O
 P Z F O F H M M O T T R E C O R
 M O Y W O R K J O Y S W O D A
 F Z M A L L K R E S C A M E N T
 S O W W A H H O L T V A T M O L
 Z O O B = H O F F D I R T M O F
 F R E C T M S J U Y T A A G U
 G Y S E R Y K - E L C H O S E
 S H I E R A - F R O N A Y S - S O N
 H O Z E C A V O I Z I N E M Z I L
 S N A P A C A T H E T I M A D O X
 A V E P P I D O X I E
 S O N W A T A L - C E N I X X H H
 M L R = H O X Z E F O B M S H P P
 F S - O X E L U O O D O O D O R

Shermanigans
 Amusement
 Jokes
 Pranks
 Mischief
 Spoof
 Town Kookery
 Trick
 Stunt

Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



April 2024

Help your elementary schooler move forward after a setback

It's important for students to learn how to recover from setbacks, because they happen to everyone at one time or another.

Your reaction to a failure or setback can help your child move on to academic achievement. To help your elementary schooler bounce back:

- **Praise what you can.** A test grade may be low, but you may still be able to say "Hey, you got more answers right than wrong!"
- **Discuss what your child** can learn from the situation. Brainstorm together about things to do differently in the future.
- **Be realistic.** If your child has been trying, but isn't making progress, try not to seem unhappy. Instead, focus on creating a plan for improvement. Consult with the teacher for guidance.
- **Let your child take** responsibility for making changes. Discuss ways to improve, then let your child put them into action.
- **Set an example.** Try to handle your own mistakes and setbacks in positive ways. "That didn't work. I'm going to look up another way to do it."
- **Look forward.** Don't dwell on the failure or try to get the teacher to change a grade or a decision. Spending too much time talking about setbacks can make it harder to get past them, and children need to learn to respect teachers' decisions.



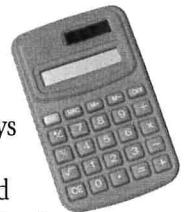
Enjoy some living history

When your child is learning about a historic person, try this role-play activity. Have your child learn all about the person. Then, you pretend to be a TV reporter, and have your child be the person. Ask questions your child will likely be able to answer: "Mae Jemison, when did you fly your historic mission into space?" Adding life to history makes it more fun!

Distribute math study time

Research shows that *distributed practice* is key for long-term learning. This means that instead of practicing math for an hour one day a week, your child should break up that time into shorter chunks and practice every day. Try these fun ways to practice together:

- **Play with coins.** Say to your child, "I have three coins. Together they are worth seven cents. What are they?"
- **Pretend** your calculator is broken. Say, "Imagine our calculator has no number 8. What other ways could you represent that number?" Your child could enter $10 - 2$, or $4 + 4$, or $24 \div 3$.



Source: G.M. Donoghue and J. Hattie, "A Meta-Analysis of Ten Learning Techniques," *Frontiers in Education*.



Foster your child's interest in reading

Books offer fascinating stories, interesting facts and all kinds of knowledge. But compared to colorful, flashing screens, they may not seem as appealing to your child. To generate an interest in reading:

- **Add a social element.** Have your child read to a younger sibling, grandparent or a favorite stuffed animal.
- **Offer variety.** Perhaps your child would like to read a mystery, a how-to book or a biography. Consider all types of books.
- **Encourage hobby reading.** Does your elementary schooler like baseball, gaming or crafts? Look for titles on topics your child is already interested in.
- **Go beyond books.** Short materials such as articles, comics and recipes count! Your child may also like listening to an audiobook in the car or while doing chores.
- **Find out about events** for children at the library. Ask about other reading-related activities, such as contests or games.

Put science skills to work

One easy way to support science learning is to encourage your child to use newly learned information in life. After watching a nature program or reading books about nature, for example, go outside together. Ask your child questions like: "That tree has needles instead of flat leaves. What's that type of tree called?" "The flowers we planted last year grew back. Are they *annuals* or *perennials*?" "Look at that fly. Do flies have four wings or two?"

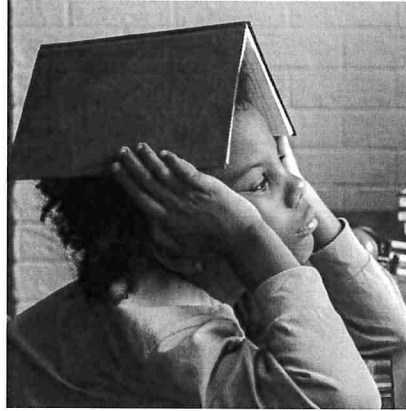




How can I help my child feel less stressed-out?

Q: Lately, my 10-year-old has been bursting into tears and even yelling when something goes wrong. Study time is very stressful. This is not how my child used to be. What can I do?

A: Studies show that many children are feeling more stressed than they did a few years ago. They worry about grades, tests, deadlines and fitting in. They worry about events in the world around them. This stress can affect their school-work and their health.



To help de-stress your elementary schooler's life:

- **Stay calm when your child** loses control. Strong emotions from you will only add more stress. Try to take a deep breath, then offer support.
- **Encourage your child to express** feelings and concerns. Don't try to minimize them. Instead, acknowledge the emotions and express confidence in your child's ability to cope with stressful situations.
- **Encourage creative problem solving**—so your child can make the most of opportunities that might arise out of a stressful situation.
- **Help your child set realistic goals**, such as turning work in on time. Keeping up eliminates sudden overwhelming pressure to get things done.
- **Promote good nutrition and exercise.** Also teach your child some relaxation exercises—like concentrating on deep breathing.



Are you giving your child needed time?

Frequent, meaningful, undivided attention from the adults in their families helps children thrive in school and life. Are you spending time with your elementary schooler in beneficial ways? Answer *yes* or *no* below:

1. **Do you eat** meals together at least once a day?
2. **Do you make** time for reading, relaxing and talking with your child every day?
3. **Do you include** at least five minutes in your child's bedtime routine for talking and listening?
4. **Do you schedule** one-on-one time with each of your children each week?
5. **Do you make** family time device-free? Digital devices can

cause separation even when family members are together.

How well are you doing?

More yes answers mean you are giving your child quantities of quality time. For each no, try that idea.

"Even taking a child to school can be a time of togetherness where you can talk to each other..."

—T. K. Oliver

Prepare for peer pressure

You can help your child fend off pressure from peers to do things that break rules or don't feel right. Teach your child to repeat and remember these statements:

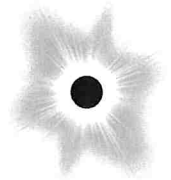
- **I can say** *no* to things that would put me or others in danger.
- **I can make** good choices for myself.
- **I can say**, "You are my friend, but I don't choose to do that."

Plan some April activities

April is the designated month for many activities that offer learning opportunities. Here are three to recognize with your child:

1. Global Astronomy Month.

On April 8, a total solar eclipse will be visible over parts of the United States, Canada and Mexico. Help your child learn more about eclipses.



2. National Poetry Month. Read "The Red Wheelbarrow" by William Carlos Williams. Try to write poems using fewer than 20 words.

3. Financial Literacy Month. Have your child make and keep a spending log.

Add movement to reading

Did you know that movement can help students get more out of reading? Research shows that it can help children make connections—between letters and the sounds they make, and between printed words and real-life actions. Encourage your child to:

- **Choose a movement** for each letter sound, and move when decoding words.
- **Act out stories** after reading them, using words from the books.

Source: University of Copenhagen, "Whole-body learning can boost children's letter sound recognition—the first step toward reading." Science Daily.

Helping Children Learn®

Published in English and Spanish, September through May.

Publisher: Doris McLaughlin.

Publisher Emeritus: John H. Wherry, Ed.D.

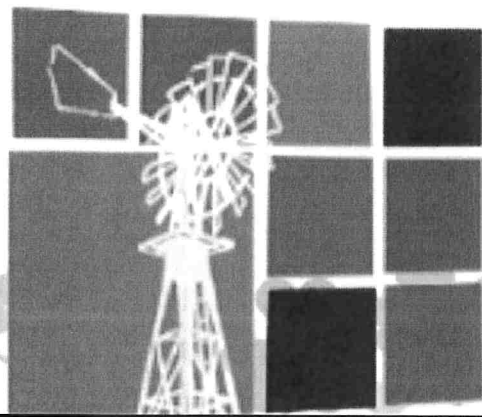
Editor: Alison McLean.

Translations Editor: Victoria Gaviola.

Copyright © 2024, The Parent Institute®, a division of PaperClip Media, Inc.

P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • www.parent-institute.com



Loup Basin

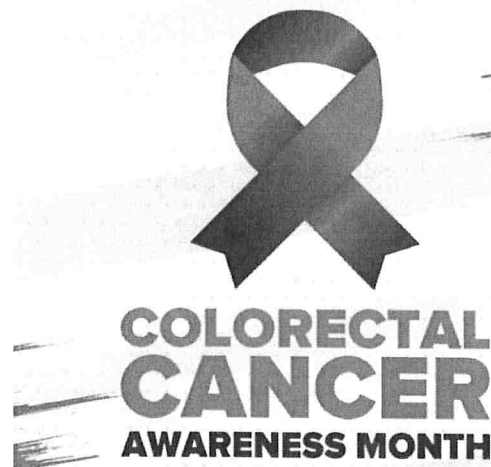
PUBLIC HEALTH DEPARTMENT

March Newsletter

Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of death from cancer in the United States. However, it's unique because it can be prevented through regular screenings. Here are two important reasons why getting screened is crucial:

1. Screening can detect early signs of colon and rectal cancer, allowing doctors to take steps to prevent the disease from developing.
2. Screening can also identify colorectal cancer at an early stage, when treatment is most likely to be successful.



National Nutrition Month



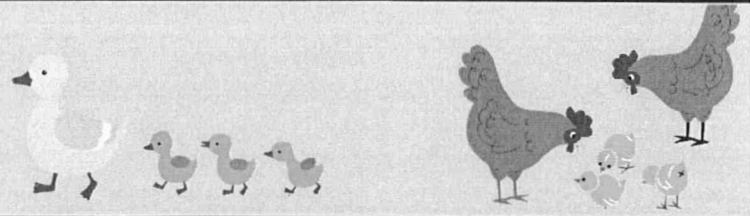
2024 NATIONAL NUTRITION MONTH

According to the Centers for Disease Control and Prevention (CDC), about 40% of the sodium consumed by Americans comes from the following foods:

- Deli meat sandwiches
- Pizza
- Burritos and tacos
- Soups
- Savory Snacks (e.g. chips, crackers, popcorn)
- Poultry
- Pasta mixed dishes
- Burgers
- Egg dishes and omelets

But remember, the sodium content can vary significantly between similar types of foods. **So, use the Nutrition Facts label to compare products, and don't forget to check the serving size in order to make an accurate comparison.**

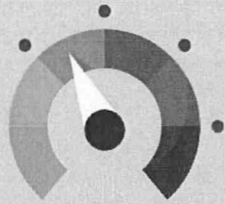
Backyard Flock



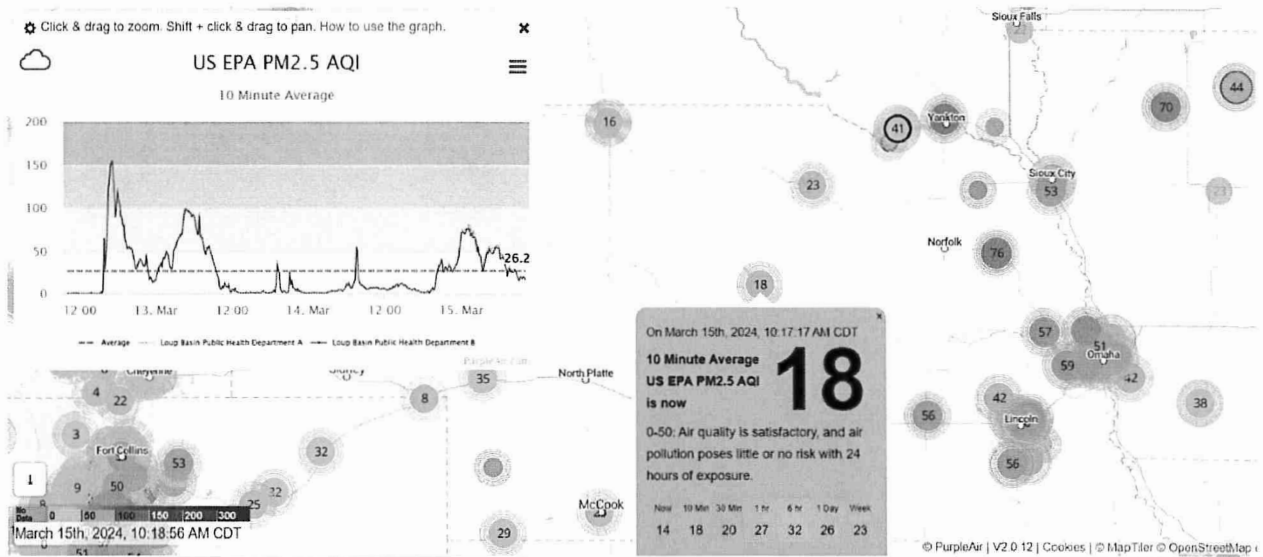
Most farm stores in the district are now stocking chicks and ducklings. While maintaining a flock can be enjoyable and educational, it's essential to note that poultry may carry harmful germs that can cause illness. **Remember to wash your hands immediately after handling poultry or anything within their vicinity.** These germs can cause a variety of illnesses in people, ranging from minor skin infections to serious illnesses that could cause death. Whether you are building your first coop or are a seasoned backyard poultry owner, you should know the risks of keeping poultry and the simple things you can do to stay safe.



Air Quality



Did you know we have a PurpleAir Monitor in our district, located at LBPHD! Having this air monitor in our district, lets individuals have a live report of the air quality. The monitor tracks particles in the air (smoke and dust) to let individuals know if the air quality is impacted. People can track the air quality 24/7 at [AirNow.gov](https://airnow.gov) or map.purpleair.com. The image below is from map.purpleair.com.



App Launch



LBPHD is excited to offer to the public a mobile app! To find the app, search in the app store for "Loup Basin Public Health Department." After downloading the app you will have to access to the many things offered by LBPHD.

Seasonal Respiratory Update

COVID-19 Vaccine Update

The CDC Advisory Committee on Immunization Practices (ACIP) now recommends adults ages 65 years and older should receive an additional updated 2023-2024 COVID-19 vaccine dose at least 4 months following their first dose. To get your latest booster shot, please call us to arrange an appointment at 308-346-5795.

Guidance

CDC updates and simplifies respiratory virus recommendations (Flu, COVID-19, RSV.) As always, stay home if you are sick and not feeling well to help slow the spread. If your symptoms are improving and you have been fever free for 24 hours or longer without medicine, you are considered to no longer be contagious with a sickness.

**SYMPTOMS
IMPROVING**
+
FEVER FREE

Prevention Steps &
Strategies

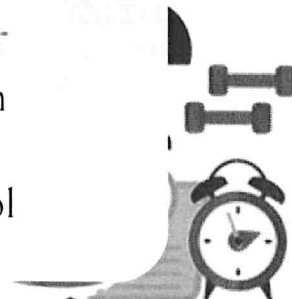
**-STAY UP TO DATE WITH
VACCINATION**
-PRACTICE GOOD HYGIENE
**-TAKING STEPS FOR CLEANER
AIR**

JOIN US AT THE 2024 HEALTH FAIR

Mark Your Calendar



2024 Health Fair
Thursday, April 4th
4:00-7:00 pm
Burwell High School



- 2024 -

APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

NO SCHOOL

2

Cereal or Toast or Pancakes
Juice-Fruit
Milk-Yogurt

3

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

4

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

5

Cereal or Muffin
Juice-Fruit
Milk-Yogurt

8

Cereal Toast
Or Pancakes
Juice - Fruit
Milk - Yogurt

9

French Toast
Egg or Sausage
Juice - Fruit
Milk - Yogurt

10

PopTarts - PBJ
Or Granola Bar
Juice - Fruit
Milk - String Chesse

11

Biscuit & Gravy
Or Omelet w/ Toast
Juice - Fruit
Milk - Yogurt

12

Cereal - or Muffin
Juice - Fruit
Milk - String cheese

15

Cereal or Toast or Pancake on a Staix
Juice-Fruit
Milk-Yogurt

16

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

17

PopTarts - PBJ
Or Granola Bar
Juice - Fruit
Milk - String Chesse

18

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

19

Cereal
Cinnamon roll
Juice-fruit
Milk-yogurt

22

Cereal or Toast or Pancakes
Juice-Fruit
Milk-Yogurt

23

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

24

Pop-Tart or PB&J or Protein Ball
Juice-Fruit
Milk-Yogurt

25

Breakfast Sandwich or Omelet w/Toast
Juice-Fruit
Milk-String Cheese

26

Cereal or Donut
Juice-Fruit
Milk-Yogurt

29

Cereal or Toast or Pancake
Juice-Fruit
Milk-Yogurt

30

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

BREAKFAST MENU

This institution is an equal opportunity provider

MENU SUBJECT TO CHANGE

- 2024 -

APRIL

MONDAY

1

NO SCHOOL

2

Macho Nacho
Green Beans
Fruit Cup
Dinner Roll or Cookie
Milk

TUESDAY

3

Chili Cheese Fries
Or Stuffed Potato
Fruit/Crazy Pie
Dinner Roll
Milk

WEDNESDAY

4

Chicken Nuggets
Corn
Fruit Cup
Diner Roll
Milk

THURSDAY

5

Hot Ham & Cheese
Chips
Baked Beans
Fruit Cup
Milk

FRIDAY

8

Corndog or Plaindog
Tater
Fruit Cup
Milk

9

Chicken Noodle
Mashed Potatoes
Fruit Cup/ Strawberry
Cake
Dinner roll
Milk

10

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

11

Senior Class Menu
Chicken Alfredo
Or Lasagna
Green Beans
Fruit / Dirt Cup
Garlic Bun, and Milk

12

BBQ Pork Sandwich
Chips
Baked Beans
Fruit Cup
Milk

15

Chicken Nuggets
Corn
Fruit Cup
Dinner roll
Milk

16

Taco Salad
w/ Lettuce & Cheese
Carrots
Fruit Cup
Milk

17

Pig in a Blanket
Or Runza
Green Beans
Fruit Cup/Apple Crisp
Milk

18

Spaghetti w/Meat
sauce
String cheese
Broccoli
Fruit salad
Bread stix
Milk

19

Senior Class Menu
Cheeseburger/Polish dog
Chips
Baked Beans
Fruit Cup
Your cookie treat
Milk

22

Burrito
w/Lettuce Cheese
Salsa
Green Beans
Fruit Cup
Milk

23

Beef and Noodles
Mashed Potatoes
Fruit Cup/Strawberry
Pie
Dinner Roll
Milk

24

Chicken Fajita
w/ Lettuce Cheese
Salsa
Carrots & Peas
Fruit Cup
Milk

25

Senior Class Menu
Homemade Pizza
Corn
Fruit Cup
Chocolate Chip Cookie
Milk

26

Turkey Sandwich
Chips
Baked Beans
Fruit Cup
Milk

29

Corndog or Plain Dog
Taters
Fruit Cup
Milk

30

Creamed Chicken
w/Biscuit
Mashed Potatoes
Fruit Cup/Apple Crisp
Milk

LUNCH MENU

This institution is an equal opportunity provider

MENU SUBJECT TO CHANGE

April 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|--|---|--|
| | 1 NO SCHOOL Easter Break | 2 10am HS Track v Rock County @Rock County | 3 NE State FFA Convention | 4 NE State FFA Convention 5:30pm Poetry Night | 5 NE State FFA Convention | 6 |
| 7 | 8 | 9 HS Track v North Central @Rock County | 10 11:30am National Guard Fly In | 11 State FBLA Convention 7pm Elem Spring Concert | 12 State FBLA Convention 10am HS Track v Burwell @Burwell | 13 State FBLA Convention |
| 14 | 15 7:30pm 7th-12th Spring Program @Sargent | 16 JH Track v Burwell @Burwell HS Track Invite @Overton | 17 10 o'Clock Start Teacher's in Service District Music Contest | 18 | 19 | 20 |
| 21 | 22 | 23 10am JH Track Invite @Arnold | 24 | 25 | 26 NO SCHOOL PK-6 HS Track MNAC v South Loup @South Loup JH Track MNAC @Arnold | 27 Nate Metschke 5th-6th Honor Band @Neligh -Oakland PROM |
| 28 | 29 | 30 | | | | |