# The Eagle Eye October 2024





# IE Eagle Eye

SCHOOL DISTRICT

COUNTY

MERCER

### October 2024 Activities Calendar



| 1-Oct  | IHSA Regional Girls Golf<br>HS Cross Country           | OPEN TRAC Conference at Monmouth Park | TBA<br>4:30 PM        |
|--------|--|---------------------------------------|-----------------------|
|        | Volleyball   | V. Orion HS                           | 5:00 PM               |
|        | JH Football  | V. Orion Middle School                | 5:30 PM               |
|        | JH Girls Basketball                                    |                                       | 5:30 PM               |
| 2-Oct  | Boys Golf-IHSA Regional                                | Home v. ROWVA-R/W Coop OPEN           | TBA                   |
| 2-001  | SIP DAY  | Early Dismissal                       | 2:00 PM               |
|        | Volleyball   | Home v. Farmington                    | 5:00 PM               |
| 3-Oct  | Homecoming Parade                                      | Downtown Aledo                        | 6:00 PM               |
| 4-Oct  | Varsity Football                                       | Home v. Newman Central Catholic       | 7:00 PM               |
| 5-Oct  | HS Cross Country                                       | Elmwood Invite at Maple Lane Co. Club | 9:30 AM               |
|        | JH Football  | V. Colona Grade School                | 10:00 AM              |
|        | MCHS Homecoming Dance                                  | MC Fairgrounds                        | 8-11 PM               |
| 7-Oct  | IHSA Sectional Girls & Boys Golf                       | OPEN                                  | TBA                   |
|        | JV Football  | V. Newman HS                          | 5:30 PM               |
| 0.0-4  | JH Girls Basketball                                    | Home v. Kewanee Central JH            | 5:30 PM               |
| 8-Oct  | Volleyball   | V. Monmouth-Roseville HS              | 5:00 PM               |
| 9-Oct  | Picture Retakes SIP DAY                                | JH<br><b>Early Dismissal</b>          | TBA<br><b>2:00 PM</b> |
|        | JH Girls Basketball                                    | V. Knoxville JH                       | 5:30 PM               |
|        | JV/V Volleyball  | V. Elmwood HS                         | 6:00 PM               |
| 10-Oct | Picture Retake Day                                     | ELC                                   | TBA                   |
|        | Volleyball   | Home v. Illini West                   | 5:00 PM               |
| 44.0.1 | JH Girls Basketball                                    | Home v. Wethersfield JH               | 5:30 PM               |
| 11-Oct | IHSA State Finals Girls and Boys Golf                  | OPEN V. Dockridge US                  | TBA<br>7:00 PM        |
| 12-Oct | Varsity Football ISHA State Finals Girls and Boys Golf | V. Rockridge HS<br>OPEN               | 7:00 PIVI<br>TBA      |
| 12-001 | JH Cross Country IESA Sectional                        | OPEN                                  | TBA                   |
|        | Mind over Miles 5K                                     | Downtown Aledo                        | 8:00 AM               |
| 14-Oct | HS Cross Country                                       | V. Amboy                              | 10:00 AM              |
|        | Finance Committee Meeting                              | District Office                       | 5:00 PM               |
|        | JV Football  | Home v. Rockridge HS                  | 5:30 PM               |
| 15-Oct | Volleyball   | Home v. Rockridge HS                  | 5:00 PM               |
|        | JH Football  | Home v. Monmouth-Roseville JH         | 5:30 PM               |
| 1/ Oak | JH Girls Basketball                                    | V. Stark Co. JH in Wyoming            | 5:30 PM               |
| 16-Oct | Picture Retakes SIP DAY                                | NBE<br>Early Dismissal                | TBA<br><b>2:00 PM</b> |
|        | Volleyball   | Ridgewood Coop @ Cambridge            | 5:00 PM               |
|        | JH Girls Basketball                                    | Home v. Rockridge                     | 5:30 PM               |
|        | Board of Education Meeting                             | JH Music Room                         | 6:30 PM               |
| 17-Oct | Volleyball   | V. Riverdale HS                       | 5:00 PM               |
|        | JH Girls Basketball                                    | Home v. Orion Middle School           | 5:30 PM               |
|        | Athletic Booster Meeting                               | MCHS Library                          | 5:30 PM               |
| 18-Oct | End of First Quarter                                   |                                       | 4                     |
|        | Varsity Football                                       | V. Princeton HS                       | 7:00 PM               |
| 19-Oct | JH Cross Country-IESA State                            | Maxwell Park, Normal, IL              | TBA                   |
|        | Freshman Volleyball Invite                             | V. Farmington                         | 9:00 AM               |
|        | JH Football  | V. Kewanee HS                         | 10:00 AM              |
|        | HS Cross Country                                       | Patriot Invite @ Detweiller Park      | 1:00 PM               |

#### October Activities Calendar Cont.

| Finance Meeting             | District Office  | 5:00 PM  |  |
|-----------------------------|--|--|--|
| JV Football                 | Home v. Princeton HS   | 5:30 PM  |  |
| NBE PTO Meeting             | NBE  | 6:30 PM  |  |
| JH Girls Basketball         | V. AlWood JH in Woodhull   | 5:00 PM  |  |
| Volleyball (Senior Night)   | Home v. Sherrard   | 5:00 PM  |  |
| Picture Retakes             | MCHS   | TBA  |  |
| SIP DAY                     | Early Dismissal  | 2:00 PM  |  |
| JH Girls Basketball         | V. Sherrard  | 5:30 PM  |  |
| NO SCHOOL                   | PARENT TEACHER CONFERENCE  | 12:00 ~  | 7:30 PM  |
| Volleyball                  | Home v. Rock Falls   | 5:00 PM  |  |
| JH Girls Basketball         | @ Monmouth-Roseville   | 5:30 PM  |  |
| NO SCHOOL                   | PARENT TEACHER CONFERENCE  | 7:30 ~   | 12:30 PM   |
| Varsity Football            | Home v. Mendota  | 7:00 PM  |  |
| IHSA Regional Cross Country | OPEN   | TBA  |  |
| IHSA Regional Volleyball    | TBA  | TBA  |  |
| JV Football                 | V. Mendota   | 5:30 PM  |  |
| JH Girls Basketball         | V. Kewanee Central   | 5:30 PM  |  |
| SIP DAY                     | Early Dismissal  | 2:00 PM  |  |
| JH Girls Basketball         | Home v. Knoxville JH   | 5:30 PM  |  |
|                             | JV Football  NBE PTO Meeting  JH Girls Basketball  Volleyball (Senior Night)  Picture Retakes  SIP DAY  JH Girls Basketball  NO SCHOOL  Volleyball  JH Girls Basketball  NO SCHOOL  Varsity Football  IHSA Regional Cross Country  IHSA Regional Volleyball  JV Football  JH Girls Basketball  SIP DAY | JV Football  NBE PTO Meeting  JH Girls Basketball  V. AlWood JH in Woodhull  Volleyball (Senior Night)  Picture Retakes  MCHS  SIP DAY  Early Dismissal  JH Girls Basketball  NO SCHOOL  Volleyball  JH Girls Basketball  We Monmouth-Roseville  NO SCHOOL  PARENT TEACHER CONFERENCE  Volleyball  JH Girls Basketball  NO SCHOOL  PARENT TEACHER CONFERENCE  Wonmouth-Roseville  NO SCHOOL  PARENT TEACHER CONFERENCE  Varsity Football  Home v. Mendota  IHSA Regional Cross Country  IHSA Regional Volleyball  JV Football  JV Football  JV Mendota  JV Kewanee Central  SIP DAY  Early Dismissal | JV Football  NBE PTO Meeting  NBE  NBE  Orange of Side PM  NBE PTO Meeting  NBE  NBE  Orange of Side PM  NBE PTO Meeting  NBE  Orange of Side PM  NBE PTO Meeting  NBE  Orange of Side PM  NBE PTO Meeting  NBE  Orange of Side PM  NO SCHOOL  NO SCHOOL  PARENT TEACHER CONFERENCE  Volleyball  Home v. Rock Falls  Side PM  NO SCHOOL  PARENT TEACHER CONFERENCE  Tide Parent TEACHER CONFERENCE  NO SCHOOL  PARENT TEACHER CONFERENCE  Tide Parent TEACHER CONFERENCE  Ti |

#### Yearbooks for Sale

The MCHS yearbook is now \$60. To order yours, please visit: https://yearbookforever.com/school-store/OYnKo9EV5MKhDXJvaz8T8kS7

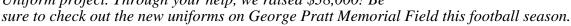


#### **Parent Teacher Conferences**

Parent Teacher Conference Days will be held as they were last year with no student attendance. Please contact your student's school to set up conferences. Times are 12:00 PM to 7:30 PM on Thursday, October 24th, and 7:30 AM to 12:30 PM on Friday, October 25th.

#### Become a Music Booster Member

The Mercer County Music Boosters would like to thank all of our supporters who generously donated to the Marching Band Uniform project. Through your help, we raised \$38,000! Be



Our next meeting will be **Wednesday, October 9th** at 5:30 PM in the High School Band Room. The Music Boosters help supplement the Music Department to best support our music programs. Email Janel Reed with any questions at reedja@mercerschools.org.

Feel free to like the Golden Eagle Music Booster Facebook page for updates.

#### **MCHS Fall Play**



Mark your calendar for the MCHS Fall Play which will be "Lend Me a Tenor". Performances are scheduled for 7:00 p.m. Thursday-Saturday, November 14-16, 2024 and 2:00 p.m. Sunday, November 17, 2024 in the MCHS Auditorium. Stay tuned for more info to come!

# Contact Information

Mercer County School District Office

> 309/582-2238 844/975-1215 fax

Mercer County High School

309/582-2223 844/990-4134 fax

Mercer County Junior High

309/584-4174 844/990-4129 fax

MC Early Learning Center

309/584-5001 844/990-4127 fax

**New Boston Elementary** 

309/587-8141 844/990-4126 fax

**Apollo Elementary** 

309/582-5350 844/972-1553 fax

Mercer County
Transportation Office:

Ernest Dillie, Supervisor Office Phone: 309/584-4630 Cell Phone: 309/371-6354

Jodi O'Leary, Secretary Office Phone: 309/584-4630

**Johannes Bus Service:** 

Kim Lloyd Office Phone: 309/582-2922 Cell Phone: 309/738-9423







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#### HEAD LICE INFO

#### What head lice are

Head lice are tiny insects that feed solely on the blood of people, and are most common on children of early elementary school age. Head lice grasp the head hair with their claws and insert their tiny mouthparts into the skin for just a minute or so to drink a tiny droplet of blood. Lice cannot burrow into the skin and do not play a role in transmitting any disease-causing organisms. Thus, head lice are rarely anything more than a nuisance. These insect pests are most commonly shared by direct head-to-head contact. Activities such as hugging, play wrestling, and sharing a bed all offer opportunities for lice to spread between friends and family members. Regardless of the wealth of the community or family, the cleanliness of the home, or the month of the year, however, ---only about one in every 100 U.S. elementary school children will be infested with head lice, of those infested children, only a few will spread" lice to others.

#### How to manage and prevent head lice at school

Head lice infest people, *not* school buildings or buses. A louse that falls from the hair will very likely die within hours, and almost certainly die by the next day. Thus, applying insecticides in the school or bus to control or prevent head lice is unnecessary and wasteful. It may also be prohibited by law. If a child does have lice, only the child's parent or guardian should or need be notified—ideally at the end of the day. The parent should be offered scientifically and medically sound information on how to manage the problem. Divulging the child's medical condition to the teacher or principal, or to other students and their parents, would violate confidentiality. Head lice may be an annoyance, but they are neither a serious medical problem nor a public health issue. The school's efforts regarding lice is to educate students, parents, and school personnel with up-to-date information. Unjustified actions include screening children for lice or nits, treating children at school, treating the school building, and excluding from school children who are infested or presumably infested.

#### Much ado about nits

Lice eggs seem to cause more panic among parents and school staff than does nearly any other problem associated with head lice. Dead eggs and the remnants of hatched eggs remain firmly glued onto the hair for weeks, months, or even years. If nits are discovered, look for a live (crawling) louse. If none is found, then the logical conclusion is that the child is likely no longer infested. Check again occasionally, but do not treat unless a live louse is found. The vast majority of objects presumed to be nits are simply bits of debris. But because bits of debris are frequently misidentified as lice eggs, many children are misdiagnosed, sent home, and treated unnecessarily.

Head lice are acquired mainly by *direct head-to-head contact* with an infested person. Inanimate objects (such as combs, brushes, hair accessories and other such items) serve little, if any role in the transmission of head lice. Louse combs used to remove lice should be rinsed in hot water and wiped clean with a towel or a small brush. Generally, hot water from the water faucet will be sufficient to kill lice and their eggs with just a few seconds of exposure. If the water it too hot for washing hands, it is likely adequate to kill lice and eggs quickly on combs. Boiling the water is excessive for this purpose, and risks causing burns and damaging some combs. Shared helmets and headphones in schools or recreational settings would rarely, if ever, harbor an occasional head louse or nit. The effort necessary to effectively inspect and clean these devices, however, is not warranted. Shared lockers or coat hooks pose even less risk as sources of contamination.

#### What parents can do to eliminate and prevent head lice

Before considering any kind of treatment, find a live (crawling) insect and make sure it is a louse. If lice are found on one family member, then all other children and adults in the home should be checked as well. If the hair is fairly fine and not tangled, then a lice or nit comb can be useful in detecting and removing these insects and their eggs. Some, but not all, infestations can be eliminated by this method. If combing is difficult, impractical, or has been unsuccessful, then pediculicides can prove valuable. Pediculicides are special insecticide products registered by the Food and Drug Administration (FDA) to treat lice. Most over-the-counter (OTC) pediculicides contain pyrethrins (extracts of chrysanthemum flowers) or their synthetic equivalent. Used as directed on the package, these products can be effective at killing lice. A repeat treatment, about 10 days after the first, is often needed.



District Office: 203 N Washington Street, Joy, IL 61260

Phone: 309.582.2238 Fax: 844.975-1215 www.mercerschools.org

Dear Parents/Guardians.

With the cold and flu season upon us, and our rising cases of respiratory illness in the district, please keep the following guidelines in mind when deciding whether or not to send your student to school. This will help to control the spread of infectious diseases at school and allow your student to be available for learning. Students should remain home for the following reasons:

Students should remain home for the following reasons:

- For a temperature greater than 100.4 degrees. Students should be fever free for 24 hours without the use of medication such as acetaminophen or ibuprofen before coming back to school.
- If diagnosed with a strep infection. Students need to be on an antibiotic for a minimum of 24 hours, fever free, and feeling well before returning to school.
- If your student has vomited or had persistent diarrhea (3 times or more in a day). Students
  need to be free from vomiting and/or diarrhea for 24 hours before coming back to school.
- If your student has a heavy, moist productive cough, chest congestion, or discolored nasal drainage.
- If your student has been diagnosed with Influenza or other respiratory illnesses, please keep them home until they are fever free for 24 hours without medications and symptoms have improved.

Please continue to remind your student of the importance of frequent hand washing, healthy eating, avoiding sharing drinks and food, covering their coughs and sneezes, and proper use and disposal of tissues during this cold and flu season. When notifying the school of your child's absence, please give us the reason for the absence along with the symptoms your student is experiencing.

#### October 2024



#### **Contact Information**

Mercer County High School 1500 South College Ave Aledo, IL 61231

Phone: 309-582-2223

Ext. 1

Fax: 844-990-4134

School Counselors
Tami Hainds
haindst@mercerschools.org
Catherine Staker
stakerc@mercerschools.org

Counseling Secretary
Ashley Clark
clarka@mercerschools.org



Like us on Facebook!!!

Mercer County HS Counseling
Office



# Counselor's Information

#### Mark Your Calendars

October 16th MCHS College & Career Day

October 18th End 1st Qt

Oct. 24th-25th No School P/T Conferences

#### MCHS College & Career Day

Mercer County High School will be hosting a College/Career Day on Wednesday, October 16th during school in the high school gymnasium. We are excited to announce that we will have a mixture of colleges, universities, local unions, local businesses, trade schools, and military personnel on hand. We really want to make sure that we have something for everyone. They will be available in an "open house" format, with a table set up, to answer questions or obtain information from. Right now, we have over 40 tables that will be set up but are expecting a few more.

There will be a scholarship opportunity/opportunities for senior students just for attending and signing up.

#### Mind Over Miles 5K Run/Walk

Do you love to run/walk AND care about mental health awareness? Join The Gray Matters Collective for our first 5K run/walk: Mind Over Miles.

Packet pick- up begins at 8am | Race starts at 9am

\$10 for students | \$20 for adults

All attendees must register before October 5th and registrants ages 17 or under must be registered by an authorized adult or legal guardian.

Register with the QR Code:



Please park in the Mercer County High School parking lot and follow signage to the registration tables.

We will have a speaker to start the race and QC CAN therapy dogs. We will see you there!

#### THEGRAYMATTERSCOLLECTIVE

Page 2 Counselor's Information



#### College Representatives at MCHS

College representatives meet with interested students September through December. . College visits are held during advisory. Students must report to their class before leaving to meet with a representative. The following representatives will be at Mercer County High School:

U of Dubuque Oct 7th
Trinity Nursing Nov 8th
ECC Nov 18th
Blackburn Nov 21st

#### Post-Secondary Plans for Seniors

- Ms. Hainds & Mrs. Staker held Senior Jump Start on Wednesday, September 25th for seniors and their parents. They hopefully answered any questions anyone had about post grad planning but if you have additional questions please email or call the counseling office.
- Seniors are encouraged to submit college applications at this time. Seniors should submit post-secondary school applications to the school of their choice by mid October.
- Seniors needing a transcript sent to a college should log in to their Parchment account and make their requests. Please stop by the counseling office or email Ms. Hainds, Mrs. Staker or Mrs. Clark with any questions.

Please stop by the counselor's office with any questions or concerns you may have about Post-Secondary plans.



#### **Post-Secondary Visits**

Juniors & Seniors get three TOTAL college visit days that are excused to visit post-secondary schools. Forms may be picked-up in the counselor's office and must be returned to the main office at least one day prior to the visit, for the absence to be excused. Keep in mind that most post-secondary schools have special fall preview days on Saturdays and encourage parents/students to make private appointments if they cannot attend a preview day. Several colleges are currently offering scholarships to students who attend the preview days. Scholarship eligibility is often based on a qualifying essay or a drawing.

THE EAGLE EYE Page 3

## **SAT Test Dates—SAT.org**

SAT No Essay—\$68

(late fee required—\$34)

The following SAT test dates are available for all high school students who wish to take the test. \*Please note the SAT will be given here at the high school in April to all Juniors.

| Test Date               | Registration Deadline     |  |
|-------------------------|---------------------------|--|
| October 5, 2024         | <b>September 20, 2024</b> |  |
| November 2, 2024        | October 18, 2024          |  |
| <b>December 7, 2024</b> | November 22, 2024         |  |
| March 8, 2025           | February 21, 2025         |  |
| May 3, 2025             | <b>April 22, 2025</b>     |  |
| June 7, 2025            | May 27, 2025              |  |

#### Tami Hainds Catherine Staker

Secretary

Ext. 1

#### **ACT Test Dates <u>ACT Plus Writing</u>**

ACT No Writing-\$69

ACT Plus Writing-\$94

Test option change - \$25

(late fee required-\$38)

The following ACT test dates are available for all high school students who wish to take the test:

| Test Date         | Registration Deadline | Late Fee Deadline |
|-------------------|-----------------------|-------------------|
| October 26, 2024  | September 20          | October 7         |
| December 14, 2024 | November 8            | November 22       |
| February 8, 2025  | January 3             | January 20        |
| April 5, 2025     | February 28           | March 16          |
| June 14, 2025     | May 9                 | May 16            |
| July 12, 2025     | June 6                | June 20           |

Students may register on-line at www.act.org and use a credit card for payment. REMEMBER to include Mercer County High School's code 140008 on the registration information so the school has your ACT scores for your transcript. Keep in mind that the ACT can be taken multiple times & colleges do not care if scores go down on retakes. Colleges will not pull the highest scores from multiple dates but do take the highest scores from one single test date regardless of the number of times the test has been taken. \*\*Fee waivers are available if you qualify.



School Counselors

Ashley Clark

(309) 582-2223

<sup>\*</sup>Fee waivers are available if you qualify. See the Counseling office with questions

#### **THEGRAYMATTERSCOLLECTIVE**

# 5K RUN / WALK



S A T U R D A Y
OCT, 12 2024
REGISTER WITH THE OR CODE

MERCER COUNTY H.S. 1500 S COLLEGE AVE, ALEDO, IL 61231



PACKET PICK-UP BEGINS AT 8 A.M.
RACE STARTS AT 9 A.M.
\$10 FOR STUDENTS | \$20 FOR ADULTS

ALL ATTENDEES MUST REGISTER BEFORE OCTOBER 5
AND REGISTRANTS AGES 17 OR UNDER MUST BE
REGISTERED BY AN AUTHORIZED ADULT.







Oct. 14th, 6-7:30pm Oct.15th, 5:00-6:30pm

800 NE 6th Ave, Aledo, IL 61231

There are no income or age guidelines. Items will be distributed on a first come, first served basis. No early distribution.

\*Donations being collected now until Oct. 13 for New or Gently Used coats, hats, mittens, snow pants, etc.



Questions, contact the church office at 309-582-7812.



# October Breakfast Menu 2024

Skim Chocolate and 1% White milk served everyday.

#### Menu Subject to Change



| Mon  | Tue   | Wed   | Thu   | Fri  |
|--|---|---|---|--|
|  | 1<br>Burrito<br>Yogurt cup<br>Fruit/milk                  | 2<br>Biscuit and gravy<br>Fruit/milk        | 3<br>Cereal<br>Donut<br>Fruit/milk            | 4<br>Breakfast Sandwich<br>Fruit/milk  |
| 7<br>Pancake<br>Sausage link<br>Fruit/milk | 8 Oatmeal w/ brown sugar Pop Tart Fruit/milk              | 9<br>Ham/Egg/Cheese bar<br>Fruit/milk       | 10<br>Sausage link<br>Hashbrown<br>Fruit/milk | 11<br>Cereal<br>Muffin<br>Fruit/milk   |
| 14<br>Waffle<br>Sausage link<br>Fruit/milk | 15<br>Sausage link<br>Hashbrown<br>Fruit/milk             | 16<br>Cereal<br>Nutri-Grain<br>Fruit/milk   | 17<br>Breakfast pizza<br>Fruit/milk           | 18 Ham/Egg/cheese bar Fruit/milk   |
| 21<br>Cereal<br>Donut<br>Fruit/milk        | 22<br>Breakfast sandwich<br>Fruit/milk                    | 23<br>Pancake<br>Sausage link<br>Fruit/milk | NO SCHOOL PARENT TEACHER CONFERENCES          | NO SCHOOL PARENT TEACHER CONFERENCES   |
| 28<br>Cereal<br>Muffin<br>Fruit/milk       | 29<br>Oatmeal w/ brown<br>sugar<br>Pop Tart<br>Fruit/milk | 30<br>Biscuit & gravy<br>Fruit/milk         | 31<br>Burrito<br>Yogurt cup<br>Fruit/milk     | Nondiscrimination: In the operation of USDA Child Nutrition programs, no child will be discriminated against because of race, color, national origin, age, sex or disability. If you feel you have been, please call (309) 582-2238. |

# October Lunch Menu 2024

Skim Chocolate and 1% White milk served everyday.

#### Menu Subject to Change



| Mon   | Tue  | Wed  | Thu   | Fri  |
|---|--|--|---|--|
|   | 1<br>Crispito<br>Refried beans<br>Carrots/lettuce<br>Chips/salsa<br>Fruit/milk       | 2<br>Cheeseburger on a bun<br>Yogurt cup<br>Green beans<br>Fruit/milk                  | 3 Walking Taco Romain lettuce Tomatoes/chips Cheese Fruit/milk  | 4 Pizza Broccoli/carrots Tomatoes Churro Fruit/milk  |
| 7<br>Chicken patty on a bun<br>Carrots/tomatoes<br>Rice Krispie treat<br>Fruit/milk | Ribette on a bun<br>Beans<br>Chips<br>Fruit/milk                                     | 9<br>Breakfast sandwich<br>Hashbrown<br>Yogurt cup<br>Fruit/milk                       | 10 Pizza pasta Cottage cheese Breadstick Broccoli/carrots Fruit/milk  | Shrimp poppers Spinach/Romaine lettuce Tomatoes/green pepper Cheese stick Fruit/milk   |
| 14 Salisbury steak Potatoes with gravy Carrots Dinner roll Fruit/milk               | 15<br>Mini corn dogs<br>Beans<br>Goldfish crackers<br>Fruit/milk                     | Mac & cheese Little smokies Broccoli/carrots Fruit/milk                                | 17<br>Chicken pasta<br>Bread<br>Peas<br>Fruit/milk  | 18 Tenderloin on a bun Spinach/Romaine lettuce Broccoli/tomato/green pepper Fruit/milk   |
| 21 Deli sandwich Romaine salad w/ Broccoli/tomato/cucumber Chips; Fruit/milk        | 22<br>Hot dog on a bun<br>Baked beans<br>Carrots<br>Fruit/milk                       | 23 Pizza Broccoli/carrots Red & green peppers Pudding Fruit/milk                       | NO SCHOOL PARENT TEACHER CONFERENCES  | NO SCHOOL PARENT TEACHER CONFERENCES   |
| 28<br>Biscuit & gravy<br>Hashbrown<br>Carrots<br>Fruit/milk                         | 29<br>Chicken nuggets<br>Baked beans<br>Cherry tomatoes/red<br>peppers<br>Fruit/milk | 30<br>Chicken nacho<br>Romaine lettuce<br>Tomatoes/cheese sauce<br>Chips<br>Fruit/milk | 31<br>Chef Salad<br>Meat/spinach/romaine<br>lettuce/tomato<br>Broccoli/cucumbers<br>Breadstick; cheese; cookie;<br>Fruit/milk | Nondiscrimination: In the operation of USDA Child Nutrition programs, no child will be discriminated against because of race, color, national origin, age, sex or disability. If you feel you have been, please call (309) 582-2238. |