

SOUTH HAMILTON COMMUNITY SCHOOL NEWSLETTER



(www.s-hamilton.k12.ia.us)

IMPORTANT NOTES

Remember to set your clocks ahead one hour at midnight on Saturday, March 8th, as daylight saving time begins the second Sunday in March.

PRIDE BASKETBALL TOURNAMENT

March 8th - Reminder, the Pride Basketball Tournament will be held on Saturday, March 8th.

LATE START

March 5th - There is a 2-hour late start on Wednesday, March 5th, for Teacher Professional Development.

NO SCHOOL - SPRING BREAK

No school March 17th through March 21st for Spring Break.

ELEMENTARY CARNIVAL

Friday, March 28, 2014
5:30 P.M.

See you there!

SNOW MAKE-UP DAYS

April 18th - There will be school on Friday, April 18th to make up for the snow day on January 6th.

May 28th - There will be school on Wednesday, May 28th to make up for the snow day on February 17th.

2013-14 YEARBOOK

Yearbook order forms for the 2013-14 all color book, *The Hawk*, can be found in the school newsletter. If you have any questions please call Mr. Klein at 515-827-5418.

LARGE GROUP SPEECH

Our 2013-2014 Large Group Speech kids performed very well this year. Our district contest was held in Forest City with everyone doing a great job. Five of our six groups also performed at State Contest in Waterloo. Once again, outstanding performances! Judge's comments were all positive. Our One Act performance received straight ones.



One Act Play

Christina Greenfield
Daniel Enabnit
Allyson Ervin
Josie Hyland
Maryssa Check
Michaela Sogard
Rachael Huegerich

"Crushed"

Matthew Schroeder
Trey Woodall
Benji Enabnit
Anthony Watts
Hunter Johnson
Thomas Coster

Two Ensembles

Rachael Huegerich
Noelle Houck

"Fries With That"

Thomas Coster
Jenna Woodall

Kayla Monthei

"Head Games"

Matthew Schroeder

Group Improvisational

Quintin Meldrem Nathaniel Maile Trey Woodall

Musical Theater

"I Can Hear The Bells" from "Hairspray"

Karsen Houck Mariah Van Arsdale Kayla Carlson

Readers Theater

"Letters"

Amy Isvik Karsen Houck Mariah Van Arsdale
Zack Tracy Amelia Seufferer Brianna Hurtt
Emily Coster Maryssa Check Morgan Stouffer
Noelle Houck Tannah Schroeder Kayley Hurtt
Ashley DeLaRiva

We were blessed to have talented kids again this year. Our thanks to all the parents for their support, thanks to Mrs. Schaefer, and thanks to Mr. Schutt for staying after school to work on blocking for musical theater!

Thanks to our bus drivers who got us to and from contest safely with a special thank you to Doug Sogard for making sure our props got where they needed to be.

Join us on March 3rd at 7:00 pm to enjoy these presentations and more from the individual speech contestants!

Angie Robinson and Mindy Gray

Dear South Hamilton Students, Parents, and Patrons:

I recently read an article about the 5 ways to think like a champion and it made me reflect about how we are teaching and guiding our students at South Hamilton.

The five ways are:

Champions expect to win.

Champions celebrate every win.

Champions don't make excuses when they don't win.

Champions focus on what they GET to do, not what they have to do.

Champions believe they will experience more wins in the future.



In the article, it stated to be a champion you must think like a champion. To be a true champion, you must approach life and work with a different mindset and belief system. That way of thinking separates champions from the pack. People will try to drag you down by negative behavior or resistance, but champions refuse to settle for good enough, they constantly strive to be the best.

This reminds me of the 1965 State Championship Basketball Team from South Hamilton. If you did not see my post on twitter, go to the following link to watch the Championship Game between South Hamilton and West Des Moines Valley: [Youtu.be/q7z3ze-kgDM](https://youtu.be/q7z3ze-kgDM).

If you don't think you have what it takes to be a champion, think again. Champions aren't born; they are shaped and molded. This can be seen through a list of some of our most recent champions at South Hamilton:

Congratulations to Mrs. Robinson, Mrs. Gray and the South Hamilton Speech Team. They performed at State Speech on Saturday, February 8th in Waterloo. The ratings were the following: Group Improvisation II, I, II, Head Games: II, II, I, Fries with That: II, II, II, Hairspray: II, II, II, and Crushed: I, I, I.

Congratulations to Head Coach Terrones, Assistant Coaches Nathan Hill, Jeremiah Ubben, Doug Sogard and the South Hamilton Boy's Basketball team on becoming Champions of the Heart of Iowa Athletic Conference. This is the first combined HOIAC Boys Basketball Championship since 2001.

Congratulations to Head Coach Fisher, Assistant Coaches Tony Woodall, Nancy Diersen and the South Hamilton Girls Basketball Team on a great season.

Congratulations to Head Coach Brodie, Assistant Coach Bret Johnson and the South Hamilton Wrestling Team on a great season. Wrestlers moving on to districts are JD Rader, Austin Roys, Jordan Toillion, and Luke Peters.

Congratulations to Band Director Tom Klaver and the South Hamilton Pep Band. You rocked the gym every basketball game and wrestling meet.

Congratulations to Steph Vierkandt and the South Hamilton Gems on yet another State Championship. Great job ladies!

As the days continue to slip away leading us into spring, here is a quick checklist of just a couple of events that are coming up in the next month or so:

- o Spring Break will be Monday, March 17th through Friday, March 21st.
- o We will be having school on Friday, April 18th and May 28th to make-up our snow days. All other snow days will be added onto the end of the school year.
- o Iowa Assessments will be the first week of April.

Thank you for supporting South Hamilton Community Schools.

As always, if you have any questions or concerns, please call me at 515-827-5479

Thank you,
Tim Johnson



Doug Hatch
Guidance Counselor

IOWA ASSESSMENTS

Each year students in Iowa take the Iowa Assessment, an array of standardized tests that measure your student's ability in Reading, Language Arts, Science, and Social Studies. The Iowa Assessments help determine how students are performing on the state curriculum as described in the Iowa Core. They measure student growth and progress from year to year. The Iowa Assessments help teachers identify student's strengths and identify areas that may need additional emphasis. The assessments produce information that enable sound decision-making and provide a focus for teachers to evaluate their instruction. Iowa Assessment scores provide information on your child's performance relative to their school, the state of Iowa, and the nation.

THE ACT

Two dates remain for this current school year's ACT testing for 4-year college-bound students. Registration dates are March 7th and May 9th for the respective test dates on April 12th and June 14th students register online at www.actstudent.org/start. South Hamilton's School Code: 162-215.

These spring test dates are excellent opportunities for juniors to take the ACT for the first or second time. This gives them a great advantage going into their senior year having already taken the ACT or being able to re-take the ACT test early or begin the application process towards colleges in the fall. Most colleges prefer early applications, and being accepted early sets students up for more housing and scholarships opportunities.

FAFSA FINANCIAL AID FORM

College bound students must complete the FAFSA in order to qualify for financial aid for the 2014-2015 school year. Each individual college establishes a due date for this form; most schools have deadlines between March 1st and April 15th. The FAFSA form is available online at www.FAFSA.ed.gov.

SCHOLARSHIPS

Each week the guidance department receives new scholarships which are posted on the guidance website. Seniors should be checking the site weekly for updates. These application forms are updated as we get them.

SENIOR DUES

Seniors must pay \$40 to South Hamilton for their cap, gown and diploma. This fee must be paid by May 1, 2014. Students and/or parents can pay either cash or check to the main office.

**MARCH CHECKLIST
FOR SENIORS**

- If you haven't done so already complete your FAFSA.
- Watch for your Student Aid Report (SAR). Check that it lists all the colleges you have applied to.
- Be prepared to submit a copy of your federal tax forms to colleges you have applied to.
- Find out from colleges if you need to submit any additional financial aid verification forms.
- Ask your school counselor about local scholarships.

**FEBRUARY CHECKLIST
FOR JUNIORS**

- Attend college and financial aid fairs and schedule college visits.
- Talk with your guidance counselor about taking college-level courses next year.
- Register for the April or June ACT Test.

VARIETY SHOW
March 27
7:00 PM



The High School Fine Arts Department will present a Variety Show on Thursday, March 27th at 7:00 p.m. Admission will be \$5.00 for Adults and \$3.00 for Students. Vocal, instrumental, dance and comedy skits will be featured in the show, led by senior emcees Mr. Logan Koopman and Mr. Zack Zoske.

JUNIOR HIGH STUDENT COUNCIL

The Junior High Student Council hosted a junior high game night on January 31st and was a big hit! We raised about \$250 for the Kids Cancer Squad. The Winter Fest Dance was held on Valentine's Day and was also a blast! Many found the photo booth to be the best part. The student council sold roses in the elementary building from February 9th to the 13th. All the money we made will go towards our student council field trip in April. If you are a junior high student interested in going on this field trip you must attend at least twelve meetings and help with at least one of our projects before the trip.

– submitted by Emily Willadsen

**NEWS FROM THE
ATHLETIC DEPARTMENT**
Todd Coy, Athletic Director

PRIDE BASKETBALL TOURNAMENT

March 8 - Reminder, the Pride Basketball Tournament will be held on Saturday, March 8th in the High School, Elementary, Ellsworth and Randall Gyms.

CONGRATULATIONS!

Congratulations to the Boys Basketball Team on winning the Heart of Iowa Conference Championship.

THANK YOU

A big thank you to the South Hamilton Pep Band, under the direction of Mr. Tom Klaver, for creating a great atmosphere at this winter's athletic events. Great job and very much appreciated.

The Athletic Department would also like to thank: Charles Wilcox - Basketball Clock Operator; Amanda Donohoe - Athletic Trainer; Steph Nicholson and Steve Butler - Official Score Book; the many volunteer concession stand workers; the many ticket takers; South High Pride Booster Club members; and the South Hamilton Dance Team for making all of our winter activities a success



2014 Hawks for Hope Night

The South Hamilton Hawks basketball teams, cheerleaders and the Kids Cancer Squad, would like to thank the community and their sponsors for making the 2014 Hawks for Hope Night a tremendous success. \$8500 was raised through the sale of Hawks for Hope t-shirts, paper basketballs, pink ice cream, silent auction, raffle tickets and our free-will offering dinner. We could not have done this without the generous giving of our sponsors and donors. A personal thank you to our food donors: Hickory Park Restaurant in Ames, Hy-Vee Grocery Store, downtown Fareway Store, Great Western Bank, Anderson's Meat and Grocery, Co-Mart, and First American Bank in Jewell and Ed Perry. The generosity of these businesses and individuals, as well as the support of our communities, will make a difference for the children and their families affected by cancer. Thank you.

PROM 2014

Plans for Prom 2014 are underway. If any community group, business, or individual would like to donate a "give-away" item or money to help make the drug/alcohol free event be even more successful, you may bring your contribution to the high school or mail to:

South Hamilton High School
Attn. Jim Klein
315 Division St.
Jewell, IA 50130

Your past support has always been appreciated and a big thank you in advance for your help in making Prom 2014 a big success.

There will be Prom web link on the South Hamilton webpage for more information.

PROM PARENT MEETING

There will be a meeting for all interested parents and students in grades 11-12 to work on Prom 2014. This meeting will be on Tuesday, March 4 at 6:30 pm in the high school resource center. If you have any questions contact Mr. Klein.

**SCHOOL DELAY & CANCELLATION
ANNOUNCEMENTS**

When school is delayed or cancelled due to inclement weather, it will be announced on:

- KQWC (1570 AM or 95.7 FM)
- WHO (1040 AM)
- KJYL (100.7 FM)
- WHO (Channel 13)
- KCCI (Channel 8)
- WOI (Channel 5)



Information will also be posted on the South Hamilton School website at:

www.s-hamilton.k12.ia.us

Emails will be sent out to parents registered for parent portal accounts via Infinite Campus.

When school is *delayed* it is important that you continue checking these sites for a possible cancellation announcement.

Students that ride the bus, as well as their parents, should become familiar with the alternate bus route system.

2013-2014 Yearbook Order Form

ALL COLOR YEARBOOK!

The Hawk, with the theme *In Search Of...*, will have 128 pages in color again this year. We are looking at some special features and items—the biggest still being all color. We will only be ordering 130 books this year, so get your order in early.

The cost of this year's *Hawk* is \$50 and you can have it personalized for an additional \$5.

To order a book, please complete the form below and mail it with your payment to:
(Make checks payable to South Hamilton High School)

South Hamilton High School
Mr. Jim Klein, Yearbook
315 Division Street
Jewell, IA 50130

You may also bring your order to the office at either the elementary or high school building.

Name: _____

Address: _____

Phone Number: _____

Child's Name: _____ Grade: _____

I have enclosed \$ _____ for the following _____ (no.) yearbooks at \$50 each.

Personalization (add \$5.00 to cost): _____

Your check is your receipt. If you have any questions, please call the school 515.827.5418 and ask for Jim Klein. Thank you for your continued support and your order for *The Hawk*.

FOR YEARBOOK STAFF USE ONLY:

Receipt Number: _____ Check Number: _____



Dear Parents,

During the last day of March and the beginning of April your daughter or son will be taking the New Iowa Assessments. This replaces the Iowa Tests of Basic Skills. These are standardized achievement tests that are taken by children all over the nation. The main purpose of these tests are to provide the school with information that can be used to improve instruction and to help teachers make sound educational decisions about each student's learning. The scores allow teachers and parents to monitor each student's year-to-year growth and to identify each student's strongest and weakest areas of achievement. A copy of your child's test results are sent home with the end of year report card

The New Iowa Assessment will cover many of the fundamental skills your child is learning in school: reading comprehension, language, and mathematics. In addition, we will be testing in the areas of social studies, science and sources of information.

The results from the test will not be used to grade students. However; teachers, counselors, and administrators will use the results to monitor students' learning of many of the important skills taught in school.

Students should be encouraged to do their best on these tests, as they should for all of their school activities. By making sure your child is properly rested and eats a nutritious breakfast daily, you can help your child have a positive testing experience.

Sincerely,
Paul Hemphill



12th Annual Carnival
South Hamilton Elementary
Friday, March 28th
5:30 – 8:00 p.m.



Don't forget to plan on attending the Elementary Carnival on March 28th. Raffle tickets will be sold prior to the carnival, by the students. There will be a Silent Auction, games and many fun activities for the kids. Carnival hours are 5:30 – 8:00 pm. This is the Elementary Booster Club's major fundraising event of the year so we hope to see all of you here!!!!!!

FIRST GRADE NEWS

Early in the month first graders studied a story about where food comes from and welcomed Larry Green of Stanhope to their classroom. Larry collects sap from Silver Maples on his farm and makes maple syrup with it. Larry brought a slide show, a tap with a branch, and syrup for sampling for first graders. February was National Dental Health Month. Dr. Pollard from Pollard Family Dentistry in Ames visited the first grade classrooms to discuss brushing and dental health with students. Every first grader received a new toothbrush. First graders discussed foods which are good for their teeth and foods they should eat less of. They charted brushing and flossing for the month and learned what dentists do. First graders took a virtual tour of a dentist office and used interactive websites to learn more about teeth. They created tooth diagrams and made their own paper models of teeth. First graders ended the month with a solar system study. They made flip books about the planets, studied stars and spent time finding constellations at a favorite website called kidsastronomy.com. Students used the Star Lab Portable Planetarium to identify planets, constellations and stars in this unit.

KINDERGARTEN/ PREP KINDERGARTEN ROUND-UP

We've made some BIG changes from how we've done Round-up in the past!!!!

- 1.Children are invited to attend with their parents.
- 2.Information packets will be sent to parents before the meeting.
- 3.Parents and children will tour the building and Kindergarten rooms.
- 4.“Question and Answer” time following tour.

When: March 11, 2014

Where: Elementary Lunchroom

Time: 6:30 p.m.

Families of children who will be five years old by September 15, 2014 are encouraged to attend Kindergarten/Prep-Kindergarten Round-up on Tuesday, March 11th at 6:30 p.m. in the South Hamilton Elementary building. Kindergarten teachers, Cindy Riedemann, and Missy Coy; Prep-K Sonia Heins; school nurse, Vicki Olthoff; and elementary principal, Paul Hemphill, will be available to give a tour of the building and answer questions parents might have. To make sure your child is registered call the elementary office at 515-827-5096. Help spread the word about registering by reminding other parents of children who will be five by September 15, 2014.

Is Prep-Kindergarten for My Child?

To qualify for Prep-Kindergarten, your child must be five by September 15, 2014. (This is the same requirement for Kindergarten.) Sometimes students with late spring or summer birthdays benefit from the Prep-Kindergarten option. Consider Prep-K for your child based on readiness skills, and at the recommendation from your child's preschool teacher. Prep-Kindergarten is a half-day program. We work with letters and sounds, writing, numbers and other Kindergarten skills (listening, participating, following directions). Please plan to attend the Prep-Kindergarten/ Kindergarten Round-up Tuesday, March 11th at 6:30 p.m. Many questions will be answered, and you will have the opportunity to speak with both Prep-K and Kindergarten teachers.

Sonia Heins

Prep-K/ Kindergarten Teacher

SCHOOL NURSE NEWS

Vicki Olthoff

KINDERGARTEN ROUND-UP

Please keep in mind the items required/requested for enrollment for kindergarten by the beginning of the school year: a copy of your child's birth certificate (*proof of age), *immunization record with all immunizations up to date, copy of a recent (within a year) physical exam and a dental screen certificate. Preschoolers and Prep Kindergarten students need immunization records as well. (* is required by Iowa Law)

Vision Screening: Wolfe Clinic in Webster City will NOT be offering a free screen for incoming kindergarteners as they have in the past. Health insurance has changed under the Affordable Care Act, and your insurance may now cover a complete vision exam. They found, for that reason, too few people signed up for, or needed, a free screen. Please note there is an Iowa law that states parents must present proof of a vision screen for incoming kindergarteners; HOWEVER, at this writing the Department of Public Health is working on how exactly to implement the program as directed by the law. Several things are currently being debated, so if your child has Medicaid, HAWK-I, or other insurance that covers an eye exam, I would recommend you take advantage of it whether or not the law will actually be enforced this year. We may not know anything for sure until school begins in August. Information from Wolfe Clinic will be included in the Kindergarten Roundup folders.

WINTER BOOK FAIR

We would like to extend a big THANK YOU to all the students, parents, and community members who helped make the winter elementary school Scholastic Book Fair a success. We were able to select many new books for the library. We hope you enjoy the new books in your home libraries as much as the students enjoy the new books in the elementary library. The support from the surrounding communities is very much appreciated!

Sandy Bell, Book Sale Chairperson & Elementary Library Assistant; Kathy Houck, Teacher Librarian

ATTENTION PARENTS!
KINDERGARTEN 2014-15

If you have a child(ren) who will 5 years old by September 15, 2014, please fill out the information below and return to the elementary either by mail: South Hamilton Elementary, 315 Division St., Jewell, IA 50130; or with your older child. Your help is appreciated. If you have already contacted the school, please disregard.

Child's Name: _____ Birthdate: _____

Parent's Name: _____

Address: _____

City: _____

Phone Number: _____



4-YEAR OLD PRESCHOOL 2014-2015



South Hamilton Community School will be running a 4-year old preschool program for the 2014-2015 school year. Students must be 4 years old by September 15, 2014 to qualify. If you are a resident of the South Hamilton School District and have a child you would like to enroll please contact the Elementary School at 515-827-5096 or you may fill out the form below and mail to: South Hamilton Elementary, 315 Division St., Jewell, IA 50130.


Child's Name: _____ Birthdate: _____

Parent's Name: _____

Address: _____

City: _____

Phone Number: _____

~ March 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 District Individual Speech Boys BKB Districts
2	3 7:00pm Speech Night Girls State BKB	4	5 2-Hour Late Start, Tchr PD	6 HOIAC Fine Arts Festival All-Iowa Honor Dance Practice	7 9:00am FFA Blood Drive All-Iowa Honor Dance Practice ACT Registration Deadline	8 All-Iowa Honor Dance Performance @ DM 3-7 South High Pride Basketball Tourney
9	10 Boys State BKB 6:00pm School Board Mtg	11 5:00pm Preschool Family Night 6:30pm Kdg Round-up 6:30pm 9-12 Band/Vocal Concert	12 HS Fine Arts Memory Mates	13 4:00pm 6 th Band Solo/ Ensemble Contest	14 Last Day of 3 rd Qtr	15 State Individual Speech
16	17 Spring Break – No School 3:00pm TR-G V @ ISU HS Golf Begins 	18 Spring Break – No School 4:30pm TR-B V @ ISU	19 Spring Break – No School	20 Spring Break – No School	21 Spring Break – No School	22
23	24 4 th Qtr Begins	25	26 8:20am Senior Announcement Delivery 8:30am Jostens Mtg with Jr Officers	27 7:00pm SH Fine Arts Variety Show	28 5:30pm Elementary Carnival	29
30	31 Iowa Assessments All-State Ind Speech 4:30pm TR-G/B V NEH @ WC	Notes:				

(For the most updated schedule of events please visit our website (www.s-hamilton.k12.ia.us) and select the Calendar tab on the home page then HOIAC Activity Calendar.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2014 Elementary Breakfast Menu				
3 Breakfast Wrap, Choice of Fruit 100 %Fruit Juice Milk	4 Cook's Choice	5 Assorted Cereals WW Toast, Choice of Fruit 100% Fruit Milk	6 Breakfast Pizza, Choice of Fruit 100% Fruit Juice Milk	7 French Toast Sticks w/ Syrup Choice of Fruit 100 % Fruit Juice Milk
10 Breakfast Cookie, String Cheese Choice of Fruit 100 %Fruit Juice Milk	11 Pancake Sausage Stick w/ syrup Choice of Fruit 100% Fruit Juice Milk	12 2 HOUR LATE START	13 Muffin Yogurt Choice of Fruit 100 % Fruit Juice Milk	14 Waffle w/ syrup Choice of Fruit 100 % Fruit Juice Milk
24 Breakfast Wrap, Choice of Fruit 100 %Fruit Juice Milk	25 Breakfast Slider Choice of Fruit 100 % Fruit Juice Milk	26 Assorted Cereals WW Toast, Choice of Fruit 100% Fruit Milk	27 Breakfast Pizza Choice of Fruit 100 %Fruit Juice Milk	28 French Toast Sticks w/ Syrup Choice of Fruit 100 % Fruit Juice Milk
31 28 Waffle w/ Syrup, Choice of Fruit 100 %Fruit Juice Milk				

Meals are offered to all participants without discrimination based on race, color, national origin, sex, age or disability, creed, sexual orientation, gender identity or religion. The same meals are offered to all participants of approximately the same age according to program requirements. Menu items in italics represent alternative lunch selections for students in grades 4-6 Fruit and/or vegetable selections and low-fat milk are included with each meal. Nutritional analysis of menus is available by contacting: Terri Cook, Food Service Director @ 827-5418 or e-mail: terri_cook@s-hamilton.k12.ia.us

March 2014 Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Poppin' Pork Tenderloin on WG Bun Broccoli w/ Cheese Fruit and Vegetable Bar</p> <p>Alt: Chef Salad</p>	<p>4 Pop Up Pancakes , Syrup Omelet HashBrown Muffin Fruit and Vegetable Bar</p> <p>Alt: Crispy Chicken on a Bun</p>	<p>5 Popular Pasta w/ Meat Sauce Garlic Bread Spinach Salad Fruit and Vegetable Bar</p> <p>2 hour late start Alt: Spaghetti w/ Alfredo Sauce</p>	<p>6 Popcorn Chicken Mashed Potatoes WG Roll Fruit and Vegetable Bar</p> <p>Alt Enchilada</p>	<p>7 Shrimp Poppers Mac n Cheese Seasoned Peas WG Roll Fruit and Vegetable Bar</p> <p>Alt Beef Stew in a Breadbowl</p>
<p>10 Chili WG Cinnamon Roll Baby Carrots Applesauce Fruit and Vegetable Bar</p> <p>Alt: Baked Potato w/ Ham and Cheese Sauce</p>	<p>11 Hamburger Potato Salad Baked Beans WG Cookie Fruit and Vegetable Bar</p> <p>Alt: Turkey Gravy over Biscuit</p>	<p>12 Straw Hat Shredded Lettuce/tomatoes/salsa/sour cream Refried Bean Casserole Fruit and Vegetable Bar</p> <p>Alt: Cook's Choice</p>	<p>13 Mozzarella Cheese Sticks w/ Marinara Sauce Green Beans Fruit and Vegetable Bar</p> <p>Alt: General Tso's Chicken w/ Rice</p>	<p>14 WG Cheese Pizza Seasoned Corn Caesar Salad Fruit Juice Bar Fruit and Vegetable Bar</p> <p>Alt: Fish Sandwich on a WG Bun</p>
17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	20 SPRING BREAK	21 SPRING BREAK
<p>24 Walking Taco Shredded Lettuce/Tomato/Salsa/Sour Cream Sweet Potato Puffs Churro Fruit and Vegetable Bar</p> <p>Alt: Chicken Lo Mein</p>	<p>25 Mr. Rib on a WG Bun Tri Tator Coleslaw Fruit and Vegetable Bar</p> <p>Alt: Breakfast Sandwich</p>	<p>26 Goulash Green Beans Garlic Breadstick Caesar Salad Fruit and Vegetable Bar</p> <p>Alt: Deli Sandwich on Goldfish Bread</p>	<p>27 Comdog Hashrounds Peanut Butter Crunch Bar Fruit and Vegetable Bar</p> <p>Alt: Chicken Fried Rice</p>	<p>28 Tomato Soup Grilled Cheese Crackers Fruit and Vegetable</p> <p>Alt Cook's Choice</p>
<p>31 Turkey Burger on a WG Bun Oven Roasted Fries Fruit and Vegetable Ba</p> <p>Alt Taco Salad</p>				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 2014 HIGH SCHOOL Breakfast Menu	Variety Cold Cereal & WG Toast offered daily			
1 Breakfast Cookie, Yogurt , Assorted Fresh Fruit, 100 % Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	2 Pancake Sausage Stick w/ syrup, Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	3 Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	4 Breakfast Sandwich Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	5 French Toast Sticks w/ syrup, Egg Patty Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk
8 Cinnamon Pastry, Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	9 COOK'S CHOICE or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	10 2 HOUR LATE START NO BREAKFAST	11 Sausage Gravy over Biscuit Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	12 Pancakes w/ syrup, Egg Patty, Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100%Fruit Juice Milk
24 Breakfast Wrap, Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	25 Pancake Sausage Stick w/ syrup Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	26 Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	27 Breakfast Sandwich Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk	28 French Toast Sticks w/ syrup, Egg Patty Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk
31 Cinnamon Pastry Assorted Fresh Fruit, 100% Fruit Juice Milk or Choice of Cereals WW Toast Jelly/Margarine 100% Fruit Juice Milk				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Poppin' Pork Tenderloin on WG Bun Broccoli w/ Cheese Fruit and Vegetable Bar Alt: Chef Salad Bar	4 Pop Up Pancakes , Syrup Omelet HashBrown Muffin Fruit and Vegetable Bar Alt: Crispy Chicken on a Bun	5 Popular Pasta w/ Meat Sauce Garlic Bread Spinach Salad Fruit and Vegetable Bar 2 hour late start Alt: Spaghetti w/ Alfredo Sauce	6 Popcorn Chicken Mashed Potatoes w/ Gravy WG Roll Fruit and Vegetable Bar Alt Enchilada	7 Shrimp Poppers Mac n Cheese Seasoned Peas WG Roll Fruit and Vegetable Bar Alt Beef Stew in a Breadbowl
10 Chili WG Cinnamon Roll Baby Carrots Applesauce Fruit and Vegetable Bar Alt: Baked Potato w/ Ham and Cheese Sauce	11 Hamburger Potato Salad Baked Beans WG Cookie Fruit and Vegetable Bar Alt: Turkey Gravy over Biscuit	12 Crispito Shredded Lettuce/tomatoes/salsa/sour cream Tortilla Chips Refried Bean Casserole Fruit and Vegetable Bar Alt: Cook's Choice	13 General Tso Chicken Rice Stir Fry Veggies Fortune Cookie WG Roll Fruit and Vegetable Bar Alt: Mozzarella Cheese Sticks w/ Marinara Sauce	14 WG Cheese Pizza Seasoned Corn Caesar Salad Fruit Juice Bar Fruit and Vegetable Bar Alt: Fish Sandwich on a WG Bun
17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	20 SPRING BREAK	21 SPRING BREAK
24 Walking Taco Shredded Lettuce/Tomato/Salsa/Sour Cream Sweet Potato Puffs Churro Fruit and Vegetable Bar Alt: Chicken Lo Mein	25 Mr. Rib on a WG Bun Tri Tator Coleslaw Fruit and Vegetable Bar Alt: Breakfast Sandwich	26 Goulash Green Beans Garlic Breadstick Caesar Salad Fruit and Vegetable Bar Alt: Deli Bar	27 Comdog Hashrounds Peanut Butter Crunch Bar Fruit and Vegetable Bar Alt: Chicken Fried Rice	28 Tomato Soup Grilled Cheese Crackers Fruit and Vegetable Alt Cook's Choice
301 Turkey Burger on a WG Bun Oven Roasted Fries Fruit and Vegetable Ba Alt Taco Salad Bar	MARCH 2014 HIGH SCHOOL LUNCH MENU			

Meals are offered to all participants without discrimination based on race, color, national origin, sex, age or disability, creed, sexual orientation, gender identity or religion. The same meals are offered to all participants of approximately the same age according to program requirements. Menu items in italics represent alternative lunch selections for students in grades 4-6 Fruit and/or vegetable selections and low-fat milk are included with each meal. Nutritional analysis of menus is available by contacting: Terri Cook, Food Service Director @ 827-5418 or e-mail: terri_cook@s-hamilton.k12.ia.us