# High School News



### <u>News from Mrs. Bergan</u>

The 8<sup>th</sup> grade Family and Consumer Science class has put their clothing construction skills to use while working on a class service project, "Diapers for

Haiti". In total, the class constructed over 40 diapers and will be sending them to Haiti through the organization "Midwives for Haiti". This group packages and delivers backpacks to rural areas in Haiti. One baby will need 6-7 diapers that are used, cleaned, hung to dry and then rotated in use

throughout each day. After accepting t-shirt donations, the students cut the patterns and constructed the diapers, adding elastic to the leg



openings and Velcro to the closures. Students are able to progress through the project using written and video pattern directions. Mrs. Bergan has created a shared Google document with written step-by-step directions for making the diaper. Within the document, there are links to videos of Mrs. Bergan performing each step. She uses her teacher Youtube channel to link the videos. This "flipped classroom" format allows students to progress through the project independently at their own pace. Several students not only finished one diaper but also were able to finish several for the cause. T-shirt donations for this project can be arranged with Mrs. Bergan by contacting her through email (<u>ebergan@edgecole.k12.ia.us</u>).

The most usable shirt donations should be:

- -At least 80% cotton
- -Adult size small or larger

-Vibrant or deep colors versus whites or light colors -New to lightly worn

-No holes; stains really do not matter

-Thick heavy screen-prints are not ideal



#### <u>News from Mrs. Meyer</u>

**Senior Parent Reminders:** Seniors need to get senior portraits into Mrs. Melissa Meyer by Jan. 10<sup>th</sup>. Please make sure your son/daughter has their photos

taken and that they are emailed to Mrs. Meyer. If for some reason budget is an issue, we can make arrangements to take photos (for free) for your son/daughter. Also, senior ads are due to Mrs. Meyer by March 20<sup>th</sup>. Watch for a letter to be sent in regards to Senior Ads this fall. Senior Ads do include a yearbook so there is no need to purchase a discounted yearbook if you plan on ordering a senior ad. Those that have already purchased a book will get the Senior Ad for \$20 less. If you have any yearbook questions, please contact Melissa Meyer at <u>mmeyer@edge-cole.k12.ia.us</u> or by calling the school at 928-6412.

# **Student of the Week**



Megan Pierschbacher -Week Dec. 2-8 Maddy Streicher, *Ed-Co Echoes* 

Mr. Millis had the chance to pick the Student of the Week at Ed-Co this week. He chose Megan Pierschbacher, a

student in his Environmental Science class. He chose Megan because she maintains the highest average in the class, takes extremely good notes, and has shared those notes with her classmate Jake while he's been away. Congratulations, Megan!



Jake Jones-Week of Dec. 9-15 Kassidy Krapfl, *Ed-Co Echoes* 

This week at Ed-Co, the agriculture teacher, Mr. Wadsworth, chose the Student of the Week. Mr. Wadsworth

chose Jake Jones, an eleventh-grade student because he has three classes with him and is excelling in all of them. Jake does great work and helps his classmates when they are struggling. Mr. Wadsworth has said that he has given Jake extra work during Jake's morning P.E. class and he has responded enthusiastically. Congratulations, Jake!



#### Kassidy Krapfl-Week of Dec. 16-22 Sophia Wilson, *Ed-Co Echoes*

This week, Mrs. Wille chose Kassidy Krapfl for Student of the Week. Kassidy is in Mrs. Wille's 9<sup>th</sup> grade Physical Science.

"She is starting to ask really good questions," said Mrs. Wille. "She's also a good lab partner." Great job, Kassidy!



### Luka Schulte-Week of Dec. 23-29

By Dayanaira Cates, Ed-Co Echoes

Ms. Harbaugh chooses Luka Schulte from the high school band as the Student of the Week. Luka is always willing to play

anything that comes her way. She is accepted into many honor bands and is a very talented lady. According to Ms. Harbaugh, she's always a blast to be around and is always the spirit of the band. Congratulations, Luka!

### Ed-Co Emergency Closure Process

As the winter weather season is now in full swing, Edgewood-Colesburg Community Schools will continue to evaluated the process it uses to decide when to close schools due to bad weather and how to best alert parents and students about the closure. The district is aware of the implications of emergency school closures. We realize when schools shut down parents must make alternative plans, bus and food services must be altered, class and test schedules must change, and events must be canceled. We also feel strongly that our students' education can best be served when they are in class; however, safety is our number one priority. We will always do what is best to safeguard the well-being of our students and staff, but sometimes closing schools is not the obvious choice. The school district covers almost the width of an entire county. There have been times when the weather has changed, road conditions have deteriorated, or a storm has stalled over the area that a last minute decision has been made to close. These late decisions are made to protect our students and staff. There are many factors that are considered.

The images of our bus drivers on slippery roads, of young children standing at frozen bus stops, and teens, or their parents, driving in hazardous conditions is always present when the decision is made to close schools. Once the decision is made, the Edgewood-Colesburg Community Schools must disseminate the message quickly to the media, staff, and parents.



You can obtain school closings, late starts, early outs, and cancellations at the following locations: Text messages are available through Edgewood-

Colesburg Community School Web Site at <u>www.edge-</u> <u>cole.k12.ia.us</u> and also the Iowa School Alerts program at

https://public.govdelivery.com/accounts/IAEDU198 9/subscriber/new?qsp=CODE\_RED

KWWL-TV 7	
KCRG-TV 9	
KGAN-TV 2	

KMCH- 94.7 FM Radio KCTN- 100.1 FM Radio

\*Some stations get the information on faster than others. The best advice is to listen to more than one so our information is not overlooked.

Since parents are the primary protectors, they will need to decide what is best for their children regardless of any decision by the school district. The option to keep children home when weather conditions are extreme is always at the parents' discretion and the school understands and respects the decision. Parents can contact the school and arrange for an excused student absence. All families should make advanced arrangement for their children in case of school closures and for the rare situation when it is necessary to close school because of a power failure or another circumstance. Children should know where to go if a parent will not be home and how to contact parents and guardians. Make sure your parent contact information, including work telephone numbers, are kept up-to-date with the school.

During cold weather you should always make sure your child is dressed appropriately. Bulky coats and boots can be stored in classrooms, or other areas designated by the principal in addition to student lockers so don't be afraid to bundle them up. Working together we can ensure the safety of the Edgewood-Colesburg Community Schools during the hazardous weather season.



#### CONTINUOUS NOTICE OF NONDISCRIMINATION Code No. 102.E2

It is the policy of the Edgewood-Colesburg Community School District not to 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: Karla Trenkamp, District Equity Coordinator, 409 East Street, Colesburg, IA 52035, 563-856-2415, <u>ktrenkamp@edge-cole.k12.ia.us</u>

# **Elementary News**



### <u>Elementary Music Notes</u>

The K-2<sup>nd</sup> Spring Concert will be held on Monday, April 6<sup>th</sup> at 7:00 p.m. The 3<sup>rd</sup>-6<sup>th</sup> grade Spring Concert will be held on Tuesday, March 10<sup>th</sup> at 7:00 p.m. The 3<sup>rd</sup>-

4<sup>th</sup> grade Orff groups and 5<sup>th</sup>-6<sup>th</sup> grade band will also perform on March 10<sup>th</sup>. All concerts will be held in the Colesburg gym.



#### News from Mr. Weber

I can't believe we are already halfway through the school year! The 5<sup>th</sup> and 6<sup>th</sup> graders have been doing a fantastic job in math so far. The 5<sup>th</sup> graders just finished

working on multiplying decimals and will be working on dividing decimals next. Both 5<sup>th</sup> grade classes have come so far already and I'm excited to see what the new year brings for them! The 6<sup>th</sup> graders are also hard at it. They just finished working with percents and are starting to work on units of measure. This group are super fun to work with every day!

In 6th grade, we started doing the Harry Potter Club. We meet on Mondays and Tuesdays during lunch and we read from the first book, *Harry Potter and the Sorcerer's Stone.* We keep track of house points and they can earn house points primarily through trivia at the end of each meeting. As of right now, the standings are: 1st- Gryffindor with 155 points, 2nd-Ravenclaw with 143 points, 3rd- Hufflepuff with 135 points, and 4th- Slytherin with 91 points.

In our Harry Potter club, we also play quidditch on every other Friday. Quidditch in Harry Potter is similar to how popular soccer is to the rest of the world.

Place	House	Wins	Losses	Points
1st	Gryffindor	2	0	400
2nd	Hufflepuff	1	1	350
3rd	Ravenclaw	1	1	220
4th	Slytherin	0	2	130

The Quidditch standings are:

The intense war in our daily game of SET rages on. As of right now, Mr. Weber's class has the best SET time of the year at 2 minutes and 35 seconds. The all-time record belongs to Mrs. Ramsey's 2018-2019 class with a scorching time of 2 minutes and 33 seconds.

#### News from Mrs. McCool

Wrapping up 2019, we're looking at 2020 with 20/20 vision! With the Leader in Me, students have learned about Wildly Important Goals (WIGs). As teachers, we

have been encouraged to set WIGs class-wide, as well as personally, and to have students serve as accountability partners in our efforts. Students are reminded often of their special education IEP goals and how their daily work provides the building blocks to achieve those goals. Daily repeated readings also increase background knowledge in science and social studies (and recently, holiday topics).

Upon return from the holiday break, all students will be reviewing building expectations and topics covered during the first four months of school. New Year's resolutions, much like WIGs, will also be discussed. My goal for 2019 "Be Kind" has been replaced with 2020's "More or Less". Seeking a healthy balance of work and play, I think "More or Less" provides the flexibility I need daily. I want to read more for both professional growth and personal leisure so I can learn more. I want to show more school spirit and be a better citizen more, especially regarding climate change. I want to listen more and talk less to build better relationships to make me a more effective teacher. I want to be less judgmental, compare myself to others less, and worry less. I want to encourage students and their parents to consider similar resolutions/WIGs to "More or Less" help out at home, whether it be reassurance of regular routines already developed, including the implementation of dedicated study spaces or clear expectations of homework support.

Happy New Decade to you and yours!





#### <u>News from Mrs. Meyer</u>

Many parents are concerned when their child wants to check out the same book over and over from the library. Is this ok? There is a lot of research to

support why this is just fine, here is an excellent article that I found giving some positive reasons why. Happy reading, even if it is the same thing over and over again!

Why Reading the Same Book Repeatedly Is Good for Kids (Even If It Drives You Nuts)

Does your child have a favorite book they want to read over and over again? Or worse, wants *you* to read over and over again? I bet you've memorized every word. You loved its adorable illustrations and clever text when you first brought it home, but now you've grown to hate it. You might even wish it would disappear forever. I feel your pain. I know it can be maddening, but before you toss this particular book, you may want to reconsider. Despite its annoyances, repetitive reading — whether you're reading to your child or they're reading to you — offers a surprising number of benefits for new readers.

#### **Vocabulary and Word Recognition**

The more a child reads, the larger their vocabulary becomes. When a child reads or hears the same book multiple times, they become familiar and comfortable with a greater number of words. That text you've memorized? Chances are your child has too, and that's a good thing.

#### Pattern and Rhythm

Hearing favorite stories read aloud helps children become aware of the pattern and rhythm of text. Language is more than just words — it's how words sound and connect to each other. Parents can model the rhythms of reading for children who are just learning how language works.

#### Fluency

Fluency is the ability to read text <u>"accurately, quickly,</u> and with expression." Repetitive reading allows a child to read without stumbling or stopping, and reading time becomes more pleasant for everyone. Once a child masters one book, it makes moving on to another more appealing.

#### Comprehension

Reading comprehension is the ability to understand all the components of a story — from plot to character development to symbolism. Comprehension is <u>"the essence"</u> of reading. Each time your child reads or hears a book read to them, they learn more about the story itself. Each pass through the text or illustrations allows them to dive deeper into the story's meaning, preparing them for more complex narratives down the road.

#### Confidence

With fluency and comprehension comes greater reading confidence. Children who can follow a story and don't stumble over words are more self-assured about their abilities and more likely to enjoy reading. Knowing that repetitive reading is good for your kids may not make reading *Goodnight Moon* for the thousandth time any easier, but maybe it'll help you stay sane while you do it.

Corneal, Devon A, "Why Reading the Same Book Repeatedly is Good for Kids (Even if it Drives You Nuts)." Brightly, Penguin Random House, 2019, www.readbrightly.com/why-reading-the-same-bookrepeatedly-is-good-for-kids/. Accessed 9 Dec. 2019.

# Viking of the Week



**Dean Gourley-Week Dec. 2-8** Lynn Uhlenkamp, *Ed-Co Echoes* 

This week Dean Gourley is Viking of the Week. Dean is in Ms. Prestemon's kindergarten class. His family consists of

his mom, Emily; his dad, Kent; his sister, Annabelle; and his brother, Nick. Dean's hobbies are playing with his toys, playing with his siblings, and riding his bike. His favorite thing in school is recess. Dean felt happy when he found out that he was Viking of the Week. Dean helps others when they fall and need help. Good job, Dean!



#### Jenna Hamann- Week of Dec. 9-15

Jenna Hamann, a third-grade student in Mrs. Brady's class, is Viking of the Week. Her family includes her mom, Shanna; her dad, Aaron; and her brother,

Dakota. Jenna also has a cat named Lilly. Jenna likes to draw and paint. She also likes to take things apart to make new things and build with Legos. Jenna's favorite part of school is her teachers because they are very good, and she says that it is important for her and other kids to learn. She was very happy to be chosen as Viking of the Week. Congratulations, Jenna!



Harper Salow-Week of Dec. 16-22 Lynn Uhlenkamp, *Ed-Co Echoes* 

This week Harper Salow is Viking of the Week. Harper is in Ms. Huff's 1<sup>st</sup> grade class. Harper is the daughter of Andy and

Crystal. She has a brother named Holden. Some of Harper's hobbies are making crafts and playing with daycare friends. Her favorite thing about school is art class. Harper was happy that she was chosen for Viking of the Week because she didn't even know that there was something called Viking of the Week. Around the classroom, Harper likes to take care of others when they get hurt and helps others when cleaning up. Great job, Harper!



Arianna Lott-Week of Dec. 23-29 By Lynn Uhlenkamp, *Ed-Co Echoes* 

This week Arianna Lott is Viking of the Week. Arianna is in Mrs. Brouilette's second-grade class. Arianna is the

daughter of Luke and April. She has a brother named Xander and a sister named Lily, along with the new baby on the way. Arianna has 5 cats, 3 kittens, and 6 chickens. Some of Arianna's hobbies are art and playing on her jungle gym with her sister. Her favorite thing about school is lunchtime because they have good food. Arianna was happy and excited that she was chosen for Viking of the Week. Arianna is a friend to everyone. Great job, Arianna!



### Faith Kirby-Week of Dec. 30-Jan. 5

Faith Kirby is Viking of the Week. She is in Ms. Wright's third-grade class. Faith's family includes her parents, Wayne and Tammy; her brother, Carson; her sisters,

Campbell and Lauren; and her dog, Axl. Faith enjoys softball, basketball, volleyball, gymnastics, dance, art, and Girl Scouts. At school, her favorite subject is math because she is good at it and likes to challenge herself. Faith always helps others when they are stuck on hard math problems. She was both surprised and excited to be chosen as Viking of the Week. Congratulations, Faith!

# **District News**



#### From Superintendent Rob Busch

Happy New Year! Hope you are planning to make 2020 the best ever. As in most situations, a quality outcome won't be possible without a total team effort. The

same is true in education. The bus drivers ensure that students arrive to and from school safely each day. The cooks provide hundreds of healthy meals per day. The facilities are clean thanks to our custodial staff. The secretaries ensure the daily business needs are met. The teachers and support staff work to challenge the minds of our students. The administrative team maintains safe and orderly learning environment to support students. And without the students, families, and community that value education, it would not be all-possible. As we begin 2020, I would like to thank all the members of the Edgewood-Colesburg Community School District team.

Last summer, I sent an email describing the world as "weird." It has definitely changed since I was a kid and raised my own. I wish this newsletter would have went out before the holiday break so you could have spent some more time on it. I would encourage you to review safety plans with your children. There are many different websites available for guidance: https://www.ready.gov/plan or

https://www.safety.com/create-a-home-safety-planfor-your-family/

I would also encourage you to review Internet security with your children. Scott Frank presented information to our 5<sup>th</sup> through 12<sup>th</sup> graders in November. Information for discussion is available at https://digitalempowermentproject.com/

Another item I would ask you to discuss with your child is vaping. The Iowa Department of Public Health has put out information to help families with this discussion. <u>https://idph.iowa.gov/tupc/vaping-information</u>

As stated in the beginning of the article, education takes a team effort. With the Iowa legislative session about to begin, please sign up at <u>www.promiseiowa.org</u> to learn more about supporting public education. A letter to your local legislator never hurts.

Thank you for allowing us to educate your children this year. As always, I ask that you please become involved with the educational opportunities for our young people and assist us in making Edgewood-Colesburg the best school in the State of Iowa. I thank you for taking the time to read these articles as we proceed through a very exciting 2019-2020 school year. If you have ideas for improvement or areas of concern, please contact me by phone at 856-2415 or e-mail at <u>rbusch@edge-cole.k12.ia.us</u>.

Your Partner in Education, Rob Busch

## January Calendar of Events

\*Events are subject to change. For the most up to date information go to www.edge-cole.k12.ia.us

#### Jan. 2-Classes Resume 4:00pm-JV/V Girls/Boys Basketball @ Central Jan. 3 4:30pm-JV/V Girls/Boys Basketball vs. East Buchanan Jan. 6 6:00pm-IV Boys vs. Monticello @ Edgewood Jan. 7 4:00pm- JV/V Girls/Boys Basketball vs. North Linn @Edgewood Jan. 9 6:00pm-HS Wrestling @ Colesburg Jan. 10 4:30pm- JV Girls/Boys Basketball @ Central City 6:00pm-V Girls Basketball @ Central City Ian. 11 10:00am-HS Wrestling @ Central 2:00pm-V Boys Basketball vs. Central City @ Coe College Ian. 13 12:00pm-HS Conf. Instrumental Festival @ Lisbon 6:00pm-JV Boys Basketball vs. Clayton Ridge @ Colesburg Jan. 14 4:00pm-JV/V Girls/Boys Basketball vs. Alburnett @ Edgewood Jan. 16 6:00pm-IV Boys Basketball @ Alburnett 6:00pm-HS Wrestling @ North Linn Jan. 17-End 1st Semester 1:30pm-Early Dismissal 4:00pm-JV/V Girls/Boys Basketball vs. Starmont @ Edgewood Jan. 18 9:00am-Conf. HS Large Group Speech Contest @ Midland 10:00am - 4:00pm-FBLA Regional Contest @ Edgewood Ian. 20 7:00pm-Freshman/JV Boys Basketball @ Western Dubuque Jan. 21 4:00pm-JH Boys Basketball vs. North Fayette Valley @ Edgewood 4:30pm-JV/V Girls/Boys Basketball @ Maquoketa Valley

### Jan. 23

4:00pm-JH Boys Basketball vs. Alburnett @Edgewood 6:00pm-JV Boys Basketball @ Springville 6:00pm-HS Wrestling @ Central City Ian. 24 4:30pm-JV/V Girls/Boys Basketball @ Springville Jan. 25 9:00am-District Large Group Speech 10:00am-HS Wrestling @ East Buchanan Ian. 27 4:00pm-JH Boys Basketball @ East Buchanan 6:00pm-JV Boys Basketball @ Monticello Ian. 28 4:00pm-JV/V Girls/Boys Basketball vs. East Buchanan @ Edgewood Jan. 30 4:00pm-JH Boys Basketball @ Maquoketa Valley HS 5:30pm-HS Wrestling @ Monticello Ian. 31

4:30pm-JV/V Girls/Boys Basketball @ North Linn



### EXTRA CURRICULAR EVENTS

We are looking forward to excellent extra-curricular events at Edgewood-Colesburg. We share the responsibility for appropriate behavior at the

activities. For the safety of all spectators and support of the participants, the following are Ed-Co's expectations.

- Be respectful and quiet during the national anthem. Hold your right hand over your heart.
- Watch the game.
- Visit with your friends.
- Demonstrate good sportsmanship, be respectful and courteous to others; Support the teams, cheer and clap.
- Be a positive credit to your family, school and community.
- Leave your seat only between quarters, at half time and between game

# January Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit and milk will be served daily with breakfast		1 NO SCHOOL	2 Pancake Stick K-6 Bagel 7-12	3 Omelet & Toast K-6 PBJ 7-12
6 Mini Cinnis K-6 Poptart & Yogurt 7-12	7 Waffles K-6 Long John & Yogurt 7-12	8 Biscuits & Gravy K-6 Muffin 7-12	9 Breakfast Burrito & Toast K-6 Bagel 7-12	10 Breakfast Wrap & Toast K-6 Saus,Egg,Cheese Biscuit 7-12
13 Breakfast Bites K-6 Poptart & Yogurt 7-12	14 Long John & Yogurt K-12	15 Breakfast Pizza K-12	16 Breakfast Bar & Toast K-6 Bagel 7-12	17 Eggs & Toast K-6 French Toast 7-12
20 Muffin K-6 PBJ 7-12	21 Mini Donuts & Yogurt K-12	22 French Toast K-6 Muffin 7-12	23 Sausage & Toast K-6 Bagel 7-12	24 Ham Patty & Toast K-6 Waffles 7-12
27 Poptart & Yogurt K-12	28 Breakfast Pizza K-6 Long John & Yogurt 7-12	29 Sausage, Egg, Biscuit K-6 Muffin 7-12	30 Fruit & Yogurt Parfait Toast K-6 Bagel 7-12	31 Little Smokies & Toast K-6 Pancakes 7-12
Meal Prices: Breakfast PK-12 \$1.60 Breakfast Adult \$2.10 Lunch PK-6 \$2.40 Lunch 7-12 \$2.60 Lunch Adult \$3.75	PBJ offered daily Grades 5-12 can choose a Chef Salad, Garden Salad or Hoagie	1 NO SCHOOL	2 Hotdog WG Bun Baked Chips Baked Beans Peaches & Pears Alternative Main Dish: Pizza	3 Pizza K-6 Pizza Hut Pizza 7-12 Romaine Lettuce Cherry Tomatoes Applesauce Alternative Main Dish: No Alternative Meal
6 Turkey Croissant Baked Chips Baked Beans Pears Alternative Main Dish: Chicken Quesadilla	7 Spaghetti Breadstick Romaine Lettuce Carrots Apple Slices Alternative Main Dish: Chicken Nuggets WG Dinner Roll	8 Fish Shapes K-6 WG Butter Sandwich 7-12 Fish Square 7-12 WG Bun 7-12 Green Beans Mandarin Oranges Alternative Main Dish: Sausage, Egg , Cheese Biscuit	9 Chicken & Noodles WG Dinner Roll WG Biscuit 7-12 Peas Applesauce Alternative Main Dish: Brat /WG Bun Scooby Snacks	10 Ham Patty WG Bun American Cheese Augratin Potatoes Peaches Alternative Main Dish: Turkey Fritter WG Bun
13 Super Nachos Corn Side Kicks Alternative Main Dish: Hamburger WG Bun	14 Rib Patty Broccoli Cauliflower Peaches Jello Jigglers Alternative Main Dish: Pizza	15 Hoagie Baked Beans Banana Alternative Main Dish: Pizza Crunchers	16 Hamburger WG Bun Savory Carrots Mandarin Oranges Alternative Main Dish: Popcorn Chicken WG Dinner Roll	17 Grilled Cheese Tomato Soup Celery Carrots Applesauce Alternative Main Dish: Hotdog WG Bun Animal Crackers
20 Chicken Wrap Corn Peaches Alternative Main Dish: Turkey Fritter WG Bun	21 Pork Fritter WG Bun Baked Beans Apple Slices Alternative Main Dish: Meatball Sub	22 Chicken Nuggets WG Dinner Roll Mashed Potatoes Green Beans Mandarin Oranges Alternative Main Dish: Hamburger WG Bun	23 Beef & Noodles WG Dinner Roll Peas Applesauce Alternative Main Dish: Cheddarwurst Animal Crackers WG Bun	24 Breadsticks Romaine Lettuce Cherry Tomatoes Pears Alternative Main Dish: Meatball Sub
27 Walking Taco's Fiesta Beans Applesauce Alternative Main Dish: Hamburger	28 Pancakes Sausage Tri Tators Oranges Applesauce 7-12 Alternative Main Dish:	29 Pizza Hut K-6 French Bread Pizza 7-12 Romaine Lettuce Cherry Tomatoes Banana No Alternative Meal	30 Riblets WG Butter Sandwich Augratin Potatoes Peaches Alternative Main Dish:	31 Sloppy Joe WG Bun Green Beans Pears Alternative Main Dish: Corn Dog
Bun	Hotdog WG Bun Animal Crackers		Beef Fritter WG Bun	