From the Superintendents Desk...

As we complete our first full week of school I am constantly reminded of how great our school district is! From my perspective everything has been running smoothly, the weather has been very cooperative and everyone is working hard for the betterment of our students and school district! I have been impressed with how well behaved and polite our students are. I have had several students approach me to introduce themselves and visit with me to get to know me a little better. This has just been great.

Just a couple of quick up-dates on projects that we have going on around the school. Our playground equipment should be delivered on Sept. 7th with installation to begin immediately. Hopefully this will be completed by the end of the week so that the students will have something to play on while out at recess. We anticipate the new bus barn will be completed by the end of September, or the first of October. Our plans, at this time, will be to use the old bus barn as storage for cleaning and paper products. Our new windows are being installed around the middle and elementary school. The new windows are replacing the sliding glass doors that we currently have. Recently I sent a memo out to all of our staff and board members regarding our budget situation. More specifically we are anticipating that we will be receiving across-the-board budget cuts coming from the state level. We are being told at several meetings that the state is anticipating that their revenue levels are significantly down this year due to the economy and that every state department should anticipate significant budget cuts. The Revenue Estimating Committee will convene this month to take a look at the financial condition of the state. Education, in Iowa, consumes approximately 42% of the state’s operating budget. The REC is projecting a loss in state revenues, at this time, at approximately $1.2 billion and it could go higher.

We were spared any significant cuts from last year but I doubt, education will be spared from cuts for this year. We may receive one to two cuts at some time during this current budget year. At this point I am anticipating that we will cuts in the neighborhood of 5%-8%. This will be pretty significant to every school district in the state. This is extremely difficult for school districts to handle as we will be in the middle of our budget year, in the middle of employment contracts that we are committed to fulfilling, and we do not know what type of increase we’ll see in our utility costs, especially as we approach the winter months.

I have asked the staff to do their best to help us reduce energy costs and we have put a freeze on all spending unless it is absolutely necessary. We have also begun bidding out for our cleaning chemicals and paper products to save the school district money. We are trying to be as pro-active as we can regarding these anticipated budget cuts. At this point it’s not a matter of ―if‖, it’s a matter of “when” and “how much” regarding budget cuts. An additional change that you will see, and this is being done to help us reduce our spending, is we will now be posting our newsletter on the school’s website instead of mailing out hard copies. Anyone who wishes to receive the newsletter in the mail please call my office and give us your name and mailing address and we will be happy to mail one to you. This measure will save the district money by not having to pay so much in postage and paper products.

We will continue to look at ways where we can reduce our spending and, together, with everyone’s help we will survive these budget cuts.

GO PEKIN PANTHERS!!!

-Mr. John A. Dotson
Words from Mr. Jeff Eeling, PK-8 Principal…

As we begin the new school year, things have gotten off to a great start. We are experiencing some changes through the school this year. I am excited by the construction of our new playground. It is going to be a safe-surface playground with all new equipment. This is the same type of surface that is currently on the preschool daycare playground. This surface is proven to reduce injuries and the company will in-service the staff on safe supervision. The students are asking every day when it will be finished. Hopefully, by the time you are reading this, they will be playing on it. I would like to take this opportunity to thank a few people for their efforts in this project. Dave Hollingsworth has devoted countless hours helping pour concrete, getting the site ready, hauling dirt, and planting the grass seed to name a few. Russell Capps has allowed us to use many pieces of equipment at no cost to the District. Terry Winn came to the school to help grade the playground with a road grader. These are few of the people that generously donated their time and talents to help make our playground possible. I would also like to thank the Pekin School Board for spending the money to make our facility first class.

The staff will be starting to test the students with a variety of testing probes in the next few weeks. These probes help us get a picture of where each student is currently working, and where they need to improve. One assessment that we use, that we have used for the past several years, is the BRI test. This is an individual test given to each student on an individual basis. With this test the student reads a passage to a tester and they are timed. The tester then marks each mispronounced word. At the end of the test there are ten questions that cover the student’s comprehension of the passage. The staff also will be giving a Star Reading and a Star Math test. These tests are given in conjunction with the Accelerated Reading and Accelerated Math programs. These tests determine a starting point for each student. The teacher then can work with students, at their level, to help them be successful. There are also other tests that the teachers will be giving the students to help gain a clear picture of the students. The teachers will be assessing the students all year with a variety of formative assessments. These assessments will help teachers provide appropriate instruction for students at all levels. We will also be giving the Iowa Test of Basic Skills at the end of March.

Some upcoming events in the elementary:

- **End of the first quarter is October 28.** We will have our Halloween parties on the 30th of October. In November we will have parent-teacher conferences on the 10th and 12th.

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**Pekin PTO News**

**WELCOME BACK TO SCHOOL PEKIN STUDENTS!**

**New and Exciting**

- **Upcoming Events**
  - **November 10, 2009** at 6pm: PTO meeting in the media school-everyone is welcome to attend
  - **December 11, 2009:** Santa’s Workshop—be watching for more information concerning the event in your child’s backpack.

**Pekin PTO News**

Please watch for paperwork in your child’s bag concerning clothing orders mid October

We hope you have a great, safe, and fun school year and we thank everyone for supporting your PEKIN PTO.
2008-2009 Reported Math Scores

2008-2009 Reported Reading Scores

2008-2009 Reported Science Scores

2008 Area Graduation Rate

Pekin 100.0%  Cardinal 92.5%
Keota 88.89%  Sigourney 97.73

ACT College Readiness Indicator

The college entrance exam taken by students at Pekin is the American College Testing Program (ACT). A score of 20 or higher on the 36 point scale for the test indicates probably success in college. There were 22 seniors from the 2009 graduating class that took the ACT last year.

Pekin Average State Average
English score 19.8  21.9
Math score 20.4  21.9
Reading score 21.8  22.9
Science score 21.1  22.4
Composition Score I 20.8  22.4

Proficiency Improvement Goals for Pekin Community School District

Elementary Goal: Increase math scores by participating in Every Student Counts, emphasizing more Accelerated Math program, and AEA math curriculum training.

Middle and High School Goal: Increase reading scores by participating in Second Chance Reading/Supported Reading program and AEA literacy training of instructors.
Welcome back to all of you returning to Pekin, and a special welcome to everyone just joining us. I am excited about the upcoming school year and my new position. I fully believe that I was put on this earth to be a productive citizen and serve my community, state and nation.

By the time you read this newsletter, we will be well into our 1st quarter. We have had a tremendous start to the school year. I would like to compliment the student body for its great start to the school year. High school students have been cooperative with a couple of minor changes designed to protect the facility and make halls more passable. Middle school students are doing great job of behaving and making things go smoothly at lunchtime and throughout the day. I often hear people from outside the district comment on the friendliness and good manners of our students, and it is a genuine pleasure to get to experience that first hand each day.

Major improvements were made to the facility this summer, and more are underway. New windows in the Middle School, new carpet in the library, new bus barn, over 15 Promethean Boards in the middle school and high school and a new restroom by the football field.

I hope that parents will take the opportunity to be involved in their students' education by visiting school, volunteering, attending conferences, and staying in touch with teachers. Parents can track students' grades and attendance through Power School, Pekin's web-based student information system. If parents need user names and passwords, they can contact Technology Director Dustin Coleman. His email is dustin.coleman@gpaea.k12.ia.us.

I am calling on every student to be a good leader this year, and I am going to help celebrate leadership traits. Each of the letters of the word leadership stands for something I expect to see. I have expanded it from last year and added a few more values.

“L” is for “learning.” That is our business and our priority here. Teachers are co-learners. Everyone is an active learner.

“E” is for “enthusiasm.” Students, this is your life. What you do now greatly impacts your future. We are looking for enthusiasm not just from the students, but from everyone here at Pekin; the faculty, the staff, the administration. Enthusiasm from all of us can make this one fantastic year.

“A” is for “attitude.” Life is 10% what happens to us and 90% how we react to it. On a rough day, stop and be thankful for what you have.

“D” is for “discipline.” “Whoever loves discipline loves knowledge, but he who hates correction is stupid.” Exercise self-discipline, because if you don’t it has to be imposed.

“E” is for “excellence.” We have a responsibility to be the best we can be. I personally think that each one of us has been given at least one special gift and its our duty/responsibility to develop these gifts.

“R” is for “reliable.” When you tell someone that you are going to do something, do it.

“S” is for “support.” We cannot achieve and succeed here without support. We are in this together, and if we work together, we will enjoy this time together a great deal more.

“H” is for “honor” Make honor a matter of daily living —develop the habit of being honorable, and solidify that habit with every value choice you make. Honor is a matter of carrying out, acting, and living the values of learning, enthusiasm, attitude, discipline, excellence, respect, support, integrity and personal courage in everything we do.

“I” is for “integrity” Do what is right, legally and morally. Be willing to do what is right even when no one is looking. It is our “moral compass” an inner voice.

“P” is for “personal courage” Our ability to face fear or adversity, both physical and moral courage. Have the personal courage to make our school a safe and enjoyable place for everyone here.

These are our values. If we live by them, we will be successful. Let them help guide us through life.

Each student received a Student Planner in first hour on the first day of school. This planner contains the Student Handbook. Students and parents should familiarize themselves with school policies. The planner also contains hall passes and a number of useful study tools. Students need to hang onto their planner and keep it intact. Right now I am going to highlight several items in the handbook for you.

Right at the front of the handbook are Pekin’s Essential Learning Goals. These are our goals for all Pekin students, what we want students to be able to BE, KNOW, and DO.

Pekin Community Schools Essential Learning Goals
- Interpersonal Skills
- Self-discipline
- Character
- Wellness

Quality Producer
- Timely
- Accurate
- Presentable
- Organized
- Responsible

Self-directed Learner
- Uses Resources
- Has Goals
- Is Self-Aware
- Is Intrinsically Motivated

Collaborative Worker
- Leadership
- Communication
- Responsibility
- Accountability

(working with others)
Mr. Harper...continued from page 4

### Attendance

Let me emphasize a few expectations that we have for attendance and learning here. First of all, students need to be here. Poor attendance is a leading factor in academic problems and the number one reason students are reassigned to an alternative setting. It is very important that if a student is gone for a legitimate reason, such as illness, an appointment, family vacation, etc., that they follow the steps to get the absence excused. A parent should call the school before 10:00 A.M. The student should also bring a note from a parent/guardian explaining the absence when they return to school. Students need to do both of these things so their absence is not counted unexcused. The student should get an admit from the office when they return to school.

If a student has to leave during the school day, they must have parental permission and must sign out. If they don’t follow this process, the absence will be unexcused, and they will have to make up school time outside of school hours. Be aware that three unexcused tardies to school also count as an unexcused absence. Students do not want to have unexcused absences. Besides detention time, they do not get time to make up work after unexcused absences. If they accumulate 7 unexcused absences, the school can report them as truant to the county attorney, drop them from classes, or reassign them to an alternative school.

When they are here they need to get to class on time, too. If they get three tardies in one class in a semester, they will get a two-hour detention. There is a detention for every tardy after the third one, too.

Really if they are here on time, giving a good effort, doing their work and treating others right, their high school years will be trouble-free, and they will learn a great deal.

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### Cell Phones

Students need to keep them in their car, gym locker, hallway locker or do not bring them. If parents need to contact their child, they will need to call the office.

### Lockers Rooms

The locker rooms will be locked at 8:30 each day. They will be unlocked for P.E. and then relocked during class. Large bags, students will need to plan accordingly by leaving it in their car or down size. The locker rooms will not be unlocked because a student forgot something in your bag.

### Lunchroom

Students will stay in the lunchroom for their 20 minute lunch period. Students will not be allowed to go to the gym during lunch. All food will be consumed in the lunch room.

### Activities

I encourage students to get involved in at least one extracurricular activity or club, too. Extra-curricular are a great outlet for teenagers and help make school more fun by making them more connected. Be sure students understand the Good Conduct Policy and Academic Eligibility (No Pass/No Play) rules for participation.

If students do have bad habits, like smoking or drinking, I would encourage students to replace them with good habits. This would help our students both now and in the future. However if a student chooses to keep their bad habits they need keep them far away from the school. Tobacco, alcohol, or drug possession or use is going to get the law involved, parents called, and a suspension or expulsion. Theft and fighting are going to get students suspended. Foul language is not going to be tolerated. Students will conduct themselves as young adults focused on learning and treat each other decently, too.

### Bullying

Page 9 of the handbook outlines the school’s bullying and harassment policy.

Basically, if someone is bothering student, the student should ask him/her to stop. If he/she does not respect their request and the behavior continues, talk to the Mrs. Harms or me. If the harassment continues after that, there will be disciplinary consequences. If a first incident is severe, there will be no warning before discipline measures.

### Academics

I will mention just a couple of more policy items. First, students do not engage in academic dishonesty. I understand some students see nothing wrong with cheating on homework or plagiarizing a paper. They’re wrong. Students are here to see what they can do and learn and how they can grow, not to steal someone else’s work. Teachers will let students know what their individual policies are on cheating, but generally someone cheating will fail the assignment or test. In college it is not unusual to fail the whole course or even get kicked out of school for academic dishonesty.

Finally, students must use the planner. Not only is it the student’s passbook, but it also has great learning resources in it. Students should be using it to get organized, writing assignments down. Students should bring their planner and a free reading book to every class.

I am not going to go through every rule and penalty. Students know what is appropriate and what is expected.

I love what I do as do all the teachers here at Pekin. If you have a question, please ask a teacher or myself, we are here to help our students be successful. How can we help them reach their goal in life?

Let’s all have an outstanding school year!
Welcome to our 2009-2010 school year! It is hard to believe that the summer is over and we are in yet another school year. I wanted to take the opportunity to tell everyone that your continued support in collecting Box Tops is appreciated. From September to May of last school year our school was able to collect $1,066.80. This money went toward purchasing a new swing for our playground and other supplies for our Reading Renaissance programs. I think this is excellent considering all we had to do was clip each one of those little Box Tops which was worth $.10 each! A BIG thank you goes out to all of you!

This year we will continue collecting Box Tops for Education. Remember that you can send them with your neighbor’s child, send them with a teacher, mail them to the school, or you are even welcome to visit Pekin School. Some of the products that participate in this program are Betty Crocker Frosting, Bisquick Baking Mix, Nestle Juicy Juice, Cheerios, Fiber One Bars, Goodnites Underpants, Ziploc Storage Bags, and Kleenex Facial Tissue. Of course there are over hundreds of products that participate in the Box Tops for Education program so you can go to their website for a complete list of products (www.boxtops4education.com). Another way that you can help our school through this program is by creating an account on-line and doing a little shopping. There are many stores that participate through on-line shopping in giving a percentage of money spent back to our school through your purchase. Some stores that participate are Pet Meds, Barnes & Noble, Best Buy, Dell, Famous Footwear, FTD, Kmarts, Kohl’s, Office Depot, Sears, Target, and Wal-Mart. Again a complete list can be found by clicking on the marketplace of the website.

Our goal this year is about $1200.00! The Box Top for Education program runs from March to April paying the school twice a year. Therefore, we already have a great start for this year! We would like to use the money to continue to expand our school library which will benefit all K-8 grade students. I will continue to update you to how we are progressing toward our goal as the year moves on. Again thank you for all your support in this project. If you have further questions, comments, or need a way to get your box tops to school you can e-mail me at janice.dix@gpaea.k12.ia.us or call the school at 641-661-2351 or 319-695-3707. Together we can meet our goal which will benefit Pekin students.

Pekin After-Prom Committee

The Pekin After-Prom committee is starting its fundraising for the 2009 – 2010 school year. Prom this year is scheduled for April 17th, 2010. Fundraising items are:

- Team spirit necklaces are currently for sale during the home football and volleyball games. Amy Jones is the chair for this project. If you would like to help or order, please contact her.
- There are two meals on the schedule for December 11th and January 8th. Please watch for information in upcoming newsletters and the newspaper concerning this fundraiser.
- We would also like to get the pop-can drive up and going. Parents and students from each of the communities will be needed to help with this, as well as the use of trailers to haul and store the cans.
- Cleaning up after U of I ballgames; Pat Rose is currently checking on this and hopefully we can get some dates set and use this as another great fundraiser.
- Senior girls are also planning a fundraiser, but need your help in collecting pop top tabs. Please turn them into Jamie Sterling, Allie Hammes or Connie Hammes.

Parent meetings will be held at the school, with the dates to be announced.

After prom is sponsored by the senior class and their parents, but all prom attendees benefit from a successful event. After-prom is a safe, fun-filled, drug, cigarette and alcohol free environment in which to celebrate prom night. We all know the alternatives available if not for this event. After-prom requires working with students, families, friends, neighbors, churches, businesses and entire communities. Without the support of all of us, these after prom activities would cease to exist. Please consider donating your time, energy, or funds to the after prom event. If you have any questions, concerns, ideas, or would be willing to help please contact: Connie Hammes, Chairperson.
From the High School Guidance Office
--Mrs. Harms

As in most years, Pekin High School began the 2009-10 year with "something(s) old and something(s) new." Added to this mix is that some of the things that are "old" to returning high school students and their parents are, indeed, new to the incoming freshmen and their parents. In contrast, some new procedures to sophomores through seniors will in future years be viewed as the "old way" to freshmen since these procedures will have been in place from their very first days of high school. With this as the background, the following is most certainly a combination of both old and new information!

Testing dates for 2009-10 School Year:
--ACT: These dates along with the registration deadlines as well as the opportunity to register for the test itself are on the ACT website: www.actstudent.org This information is also posted on the guidance bulletin board.

--Iowa Tests of Educational Development (ITED): This battery of tests for students in grades 9-11 has now been moved to be given in March instead of November.

Student Tips for Success:
--Use your student planners. Write in it your assignments, deadline dates, school activities, and other information that will help keep you organized and informed.
--Listen to the announcements. Announcements are read at the end of first period. Copies are also available on the high school office counter. Using the excuse, "I didn't know," doesn't carry much weight when that information has been included in the announcements, sometimes several times.
--Check the guidance bulletin board for opportunities and updates. This is especially important for seniors. A calendar listing dates of visits from various college representatives as well as a list of scholarship opportunities are two examples of items posted and regularly updated.
--Stay healthy. Good hygiene, healthy eating habits, and getting plenty of rest at night are keys to success in any area.
--Recognize that success comes in many forms. Take pride in your accomplishments and acknowledge the accomplishments of others even though they might be very different from yours.
--Help to keep Pekin High School a safe place. You can do this in many different ways. Follow the rules, treat others with respect, share with a trusted adult things that you know or have heard that might endanger others, lend a helping hand, take personal responsibility. Success and a safe environment are closely linked partners.

Pekin High School 2009-10 Exchange Students

This year, Pekin Community High School is hosting four exchange students:
--Juliana Antoniol from Brazil. Host family: Todd and Theresa McCreedy
--Maria Kinnerup from Denmark. Host family: David and Crista Harper
--Leonardo Mascagni from Italy. Host family: Todd and Theresa McCreedy
--Danilo Stojanovic from Serbia. Host family: Robert and Nancy Byers

The following suggestions will enhance the exchange student experiences for the exchange students themselves, for the school, and for the community.

If you have an exchange student in your class, please give the student five minutes to introduce himself/herself and to answer a few questions from classmates. If you meet these students in the community, take the time to introduce yourself. Ask them questions and invite them to share things about themselves and their countries. Welcome them to our community.

For all teachers and advisors, at some point during the school year, invite the students to give a 20-minute presentation about their country to your class and/or club. These students also often welcome the opportunities to give presentations to civic groups, church groups, and other community organizations.

“Citizen diplomacy, acceptance, and tolerance develop best through our conscious effort in having these students teach us about their countries and cultures. With their presence, we have a great opportunity to broaden our world.”

-Sherrie Nesly: World Link Inc

“Every accomplishment starts with the decision to try.”
PHS Drama Department Presents

The Beverly Hillbillies

Come and listen to a story about a man named Jed
A poor mountaineer, barely kept his family fed,
Then one day he was shootin at some food,
And up through the ground came a bubblin' crude.

That’s right! The Pekin High School Drama Department is proud to announce this year’s fall play: The Beverly Hillbillies! This play has an extremely comical plot and a cast to fit about 30 students. Of course, the main characters, Jed, Granny, Elly May, and Jethro, from the classic television show will be present as well as several other incredibly interesting characters.

Auditions were held on September 2nd, and practices for the play are under way. Along with the cast, there is a crew of students working behind the scenes.

The Beverly Hillbillies will be presented in the Pekin High School cafeteria on November 13th – 15th. The curtain will rise at 7:00pm for the Friday performance, while the Saturday show will include a dinner theatre at 6:00pm, featuring Granny’s possum soup and rabbit pie. Be sure to call Judy in the office for reservations. The final performance of the play will be a matinee beginning at 2:00pm on Sunday.

Ya’ll come to the show now, y’hear?

Pekin Music Students begin Fundraising efforts

Pekin music students will begin to sell Mr. Z’s frozen food products and gifts on September 25th. Chorus and band students from 6th grade through 12th grade will be participating in this fundraising campaign. The profits from this fundraiser go to one of two places.

1. Each student has a Music booster trip account. A percentage of what the total profit is will go into each individual’s account. Our next trip will be taken during 2011 and we have not discussed where we will go at this time. We have taken trips to St. Louis, Chicago, Kansas City, Minneapolis, Washington DC, and New York City.
2. A very small percentage of the profits go into the Pekin Music Booster General fund to help pay for yearly expenses (i.e. music, instrument replacement & repair, festivals, MS band students marching at Adventureland, guest directors, etc).

If you have not seen a Pekin Music student by October 1st, please call Kay Evans, Brenda Hagedon, or Josh Taylor at 319-695-3705, so that we may send you a specific student.

Order forms and money will be due on October 5th. Products will arrive on November 19th. Most products should be delivered before Thanksgiving.

Happenings of Pekin’s Dollars for Scholars

Pekin Dollars for Scholars major fundraiser is scheduled for Friday, November 6, 2009 with the doors opening at 5:30 p.m. and dinner at 6:00 p.m. in the high school gym. This date may have conflicts because of the Football playoff schedule. If there is a conflict, November 20th is scheduled to be used in place of November 6th. Please watch your local newspaper for any date changes.

This event will include a dinner (sponsored by the Pekin Ruritans), entertainment and an auction. Juniors and seniors will be selling tickets for this enjoyable event. If you are not contacted and would like to help Dollars for Scholars, please call Judy Atwood in the high school office to purchase your ticket. Remember, it isn’t just this year’s senior class that will benefit from money raised, but also future classes.

Pekin Dollars for Scholars is an organization of local citizens that are interested in the further education of Pekin students. There are good and valuable people in this organization. More are needed. If you are concerned with the further education of Pekin students, please contact Bo Northup to become a vital member of Pekin Dollars for Scholars. Hopefully with time, more students, parents, grandparents, alumni, business owners and other concerned individuals will do their part to continue to make this venture a success. Don’t miss out on the fun November 6, 2009 and give kindly to this outstanding venture.
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<td>V Football – here w/Iowa Valley – 7pm</td>
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<td>Regional VB</td>
<td>Regional VB</td>
<td>District XC - TBA</td>
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<td></td>
<td>JH Wrestling Practice Starts</td>
<td>Regional VB</td>
<td>Teacher In-service 1:00 dismissal</td>
<td>Start of 2nd Qtr</td>
<td>Regional VB</td>
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<tr>
<td></td>
<td>JH GBB Practice Starts</td>
<td></td>
<td>Sub-State FB – 7pm</td>
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<td>State XC – Ft. Dodge</td>
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<td>Sports Booster Mtg-6:30</td>
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<td>End of 1st qtr (45 days)</td>
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# November 2009

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 1st Round FB Playoffs</td>
<td>3 Regional VB</td>
<td>4 NO SCHOOL – Teacher In-service</td>
<td>5</td>
<td>6 Qtr Finals- FB – 7 pm Dollars for Scholars</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9 School Board Meeting – 7 pm JH WR @ Van Buren – 4:30</td>
<td>10 Parent-Teacher Conferences 4-8 p.m. School dismisses - 2:30pm 3:40 – Late bus</td>
<td>11 State VB</td>
<td>12 Parent-Teacher Conferences 4-8 p.m. School dismisses - 2:30pm 3:40 – Late Bus JH GBB here w/ Waco 4:30 JH WR @ W. Burlington – 4:30 State VB</td>
<td>13 NO SCHOOL HS Play – 7 pm State VB</td>
<td>14 FB Semi-Finals HS Play – 6 pm Dinner Theater State VB</td>
</tr>
<tr>
<td>15 HS Play – 2 pm</td>
<td>16 HS Wrestling Practice Starts JH GBB @ Van Buren – 4:30 JH WR @ Wapello – 4:30 NO LATE BUS</td>
<td>17 HS GBB – Jamboree- 6 pm</td>
<td>18</td>
<td>19 JH GBB @ Harmony – 4:30 JH WR –here w/Wapello &amp; LT-4:30 No Late Bus</td>
<td>20</td>
<td>21 State FB</td>
</tr>
<tr>
<td>22</td>
<td>23 JH GBB – here w/MSAE – 4:30 JH WR @ Tri-Co. 4:15 HS BBB – Jamboree – 6:30 NO LATE BUS</td>
<td>24 JH WR @ Highland – 4:30 HS GBB @ L&amp;M- 6:00</td>
<td>25 Dismiss @ 2:15 NO LATE BUS</td>
<td>26 Thanksgiving Day</td>
<td>27 NO SCHOOL</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30 JH GBB @ Cardinal – 4:30 JV G &amp; B BB @ WMU – 6 pm</td>
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</tbody>
</table>
### October 2009-Menu

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

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**MENU IS SUBJECT TO CHANGE**

- Milk & 100% Juice is offered with each breakfast
- Either white or chocolate low fat milk is offered with every meal; as is a peanut butter sandwich when not other bread is offered.
- Lettuce salads will be offered to staff, middle school, and high school students.

**1 Breakfast**  
**Eggs/Toast**

**Lunch**  
Oven Fried Chicken, Mashed Potatoes & Gravy, Carrots, Pears, Rice Krispie Bars

**2 Breakfast**  
**French Toast**

**Lunch**  
Toasted Cheese Sandwich, Broccoli & Cauliflower, Mandarin Oranges, Cookie

**3**

**Breakfast**  
**Breakfast Pizza**

**Lunch**  
Ravioli, Green Beans, Peaches, Bread Sticks

**Breakfast**  
**Breakfast Pizza**

**Lunch**  
Teriyaki Chicken Strips, Corn, Breaded Tomatoes, Pasta Salad, Sliced Apples, Choc. Cake

**Breakfast**  
**Pizza Dipper**

**Lunch**  
Mini Corn Dogs, Baked Beans, Spinach, Pears, Snicker doodle cookie

**Breakfast**  
**French Toast**

**Lunch**  
Tuna Salad Sandwich, Potato Chips, Broccoli & Cauliflower, Pineapple, Peanut Butter Bar

**4**

**Breakfast**  
**Sausage & Toast**

**Lunch**  
Ham on SMB, French Fries, Carrot Sticks, Applesauce, Orange Wedges

**Breakfast**  
**Breakfast Pizza**

**Lunch**  
Ravioli, Green Beans, Peaches, Bread Sticks

**Breakfast**  
**Eggs & Toast**

**Lunch**  
Teriyaki Chicken Strips, Corn, Breaded Tomatoes, Pasta Salad, Sliced Apples, Choc. Cake

**Breakfast**  
**Eggs & Toast**

**Lunch**  
Mini Corn Dogs, Baked Beans, Spinach, Pears, Snicker doodle cookie

**Breakfast**  
**French Toast**

**Lunch**  
Tuna Salad Sandwich, Potato Chips, Broccoli & Cauliflower, Pineapple, Peanut Butter Bar

**11**

**Breakfast**  
**Eggs/Toast**

**Lunch**  
Sloppy Joes on SMB, Corn, Applesauce, Creamy Rice

**Breakfast**  
**Breakfast Pizza**

**Lunch**  
Chicken Tetrazzini, Green Beans, Peaches, Peach Cobbler

**Breakfast**  
**Pizza Dipper**

**Lunch**  
Taco Salad, Corn Chips, Salsa, Pineapple Double Treat Peanut Butter Cookie

**Breakfast**  
**French Toast**

**Lunch**  
Baked Potato, Cheese Sauce, Ham, Broccoli & Cauliflower, Pears, Cornflake Bar

**18**

**Breakfast**  
**Sausage & Toast**

**Lunch**  
Pork Fritter on SMB, Potato Salad, Mixed Veggies, Mixed Fruit

**Breakfast**  
**Breakfast Pizza**

**Lunch**  
Macaroni & Cheese, Little Smokies, Peas, Mandarin Oranges, Choc. Cake

**Breakfast**  
**Eggs & Toast**

**Lunch**  
Spaghetti & Meat Sauce, Corn, Spinach, Applesauce, Hot Rolls

**Breakfast**  
**French Toast**

**Lunch**  
Pizza, Carrots, Lettuce Salad, Peaches, Toll - House Bar

**Breakfast**  
**Pizza**

**Lunch**  
Fish Nuggets, French Fries, Coleslaw, Pears Ice Cream

**25**

**Breakfast**  
**Eggs/Toast**

**Lunch**  
Hamburger on SMB, Corn, Breaded Tomatoes, Applesauce

**Breakfast**  
**Breakfast Pizza**

**Lunch**  
Creamed Turkey on Biscuits, Peas, Mandarin Oranges

**Breakfast**  
**Sausage Gravy & Biscuits**

**Lunch**  
Beef & Bean Burrito, Lettuce, Cheese, Salsa, Green Beans, Pears, Choc. Chip Cake

**Breakfast**  
**Sausage & Toast**

**Lunch**  
Chicken & Noodles, Mashed Potatoes, Carrots, Butter Beans, Peaches, Hot Rolls

**Breakfast**  
**Pizza Dipper**

**Lunch**  
Ham, Buttered Spaghetti, Mixed Veggies, Sliced Apples, Apple Crisp
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
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<tbody>
<tr>
<td>1</td>
<td>Sausage &amp; Toast</td>
<td>Lunch</td>
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<tr>
<td>2</td>
<td>Breakfast Pizza</td>
<td>Lunch</td>
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<tr>
<td>3</td>
<td>Breakfast Pizza</td>
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<tr>
<td>4</td>
<td>NO SCHOOL</td>
<td>Lunch</td>
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<tr>
<td>5</td>
<td>Breakfast Pizzas</td>
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<tr>
<td>6</td>
<td>Breakfast Pancakes</td>
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<tr>
<td>7</td>
<td>Breakfast Pizza</td>
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<td>8</td>
<td>NO SCHOOL</td>
<td>Breakfast Dairy &amp; Bread</td>
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<td>9</td>
<td>Breakfast Eggs &amp; Toast</td>
<td>Lunch</td>
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<tr>
<td>10</td>
<td>Breakfast Biscuits &amp; Gravy</td>
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<td>Breakfast Pizza Dipper</td>
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<td>29</td>
<td>Breakfast Eggs &amp; Toast</td>
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- **MENU IS SUBJECT TO CHANGE**
- **Breakfast**
- **Lunch**

**Notes:**
- Milk & 100% Juice is offered with each breakfast.
- Either white or chocolate low fat milk is offered with every meal; as is a peanut butter sandwich when not other bread is offered.

- Lettuce salads will be offered to staff, middle school, and high school students.

- Vitamin A is known to prevent "night blindness." and carrots are loaded with Vitamin A.

- You're More Likely To Be Hungry If You're COLD!