

# ALMOND-BANCROFT SCHOOL DISTRICT NEWSLETTER

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February 2019

## Notes from the Administrator....

During the month of February, we celebrate Valentines Day, and in so doing, we take time to think about the love we have for our family and others close to us. I thought our community members might enjoy the following:

Not so long ago, in a not so distant land, there lived a beautiful princess and her wise father, the king. The people of the kingdom became very excited when the king sent out a proclamation that the hand of his daughter would be given to the young man who proved himself most worthy.

In just a few days the hillsides of the fair kingdom were filled with suitors who expressed a desire to marry the princess. With them many had brought all the riches they possessed, trying to impress the king and win his favor. With so many courtiers the king stated, it would be difficult to pick the one young man who would be the best husband to his daughter. Therefore the king declared that a contest of sorts was in order. The king determined that the hand of the princess would go to the man who was able to discriminate which star in the sky shone brightest, the most brilliant star in the universe.

"What a silly competition," thought people throughout the kingdom, "How will the likes of such help our king to choose the worthiest man in the kingdom?" The king was highly respected and nobody openly questioned his reasoning. The contest was arranged to begin that very evening.

That night the skies were crystal clear, revealing all the stars of the heavens. Throughout the night hopeful young men presented themselves to the king, each of them believing that they could identify the most brilliant of all the stars. The king would have the royal magician bring him the star through a bit of royal hocus-pocus. Each time the young man would be disappointed to discover that the star would be less than perfect, a slightly bent point or perhaps it was tarnished by a hue of yellow. By the end of the night the hopeful suitors had attempted several times to point out the most brilliant star of the sly, only to fail. Strangely, one young man made no attempts to find the star.

And so it was for three consecutive nights, young men searching in vain to find the evasive star. On not one of the nights, however, did the peculiar suitor participate in the search. To all appearances he appeared disinterested in the venture.

On the fourth night the skies were darkened by an overcast of heavy clouds. Surely, the young men surmised, if the star could not be found on the clearest of nights it would be futile to search for it on such a night as this. They decided it would not be worth their effort to search on this evening.

Imagine their surprise when the odd young man declared that this would be the evening he would locate the star for his king. Everyone considered him crazed and followed him out into the foul evening, hoping to be entertained by his vain attempts.

Barely had the man looked into the skies when he pointed to the heavens and stated, "Their your majesty, is the star you have been searching for." Straining their eyes the people of the kingdom laughed in unison. What they saw was a star so dim that it was Hadley visible. The king alone did not laugh. Instead he ordered the doubting magician to bring down the young man's star.

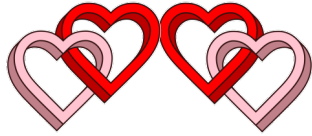
When the magician returned the people had to shield their eyes from being blinded, such was the brilliance of the star. Without doubt it was the heavens most perfect star.

The king spoke. "Each of you looked at this star and saw only a flickering ember. This young man, through his wisdom, recognized it as the greatest star of the heavens shining to the earth despite natures most formidable barriers. He alone realized that in the best of conditions all stars in the heavens seem brilliant. The true test of brilliance, like love, can only be measured when the skies of our lives are overcast by a blanket of clouds.

So dear people, at times if you feel that the skies of your own life are too overcast to see clearly the love of those around you, I hope you remember that what appears to be a dim flicker of appreciation may actually be a love shining brighter and stronger than ever.

Have a great day and new year,

Dennis Raabe



### DATES TO REMEMBER

2/20-Board Of Education Meeting, 6:30 p.m., Board Room

2/22-No School, Student and Staff Non-Attendance Day



### **Almond-Bancroft School District**

Dennis Raabe  
District Administrator

Jeff Rykal  
PK-12 Principal

Sandra Ciula  
PK-12 Dean of Students

Andria Bena  
Special Ed Director/  
Psychologist

#### School Board

President:  
Bonnie Warzynski

Vice President:  
Debbie Bradley

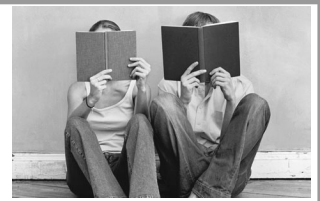
Treasurer:  
John Ruzicka

Clerk:  
Kim Weiss

Directors:  
Keith Dernbach  
Eugene Fosmire  
Brad Garner

# Reading Nook

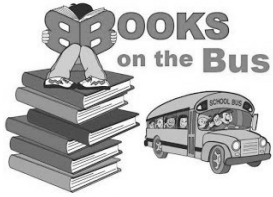
Thank Yous and Dates to Look Forward To



## Donated Books

Reading First! and Sentry Insurance Foundation have partnered together to donate a nature-based series and an environmental themed ABC book by author/illustrator Lori Taylor to Portage County schools. The books for our school were added to our monthly birthday book selection. Thank you Reading First! and Sentry Insurance Foundation for supporting reading in our youth.

## Books on the Bus



The Almond-Bancroft School District is working with our bus company to start an initiative to have books available on buses for students to read and enjoy on their ride to and from school. This idea was inspired by the Southern Door County School District, where the program was invented. We are in the beginning phase of the program, getting books labeled and pocket holders designed for two buses. Thank you to those who are helping set up this beneficial program: Kim Weiss, who brought the idea to our attention and working with a seamstress to create the book pockets; Jaimie Winn for donating books, and Kathy Miner and Brenda Saldana for labeling books. Also, thank you to administration and Jeff Walker for

supporting literacy in our schools.

If you'd like more information about this program please visit: <https://dpi.wi.gov/news/dpi-connected/books-bus-invented-southern-door>

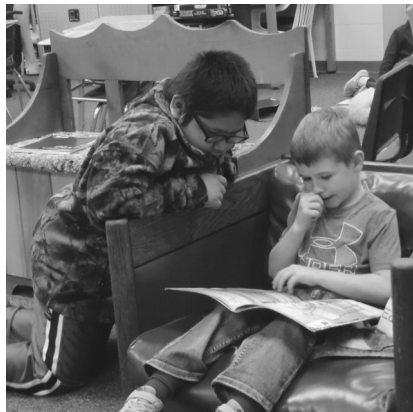
## Read Across America 2019

Mark your calendars! The annual Read Across America celebration of reading and Dr. Suess' birthday will happen on Friday, March 1st. Watch the newsletter, Facebook, and classroom handouts for more details.

Happy Reading!  
Mrs. Negro



## 4th and 5th Grade Reading Adventures!



4th/5th graders were meeting with their 2nd grade book buddies. The students write back and forth to each other and then get together on Friday afternoons to read.



About once a month the 4th/5th graders are responsible for reading a book, writing a summary and a reaction, and then preparing a related project. The students share their reader's response projects with their classmates.



# ELEMENTARY STUDENT ARTWORK

Snowy landscapes by Kindergarten artists were inspired by Grandma Moses. They learned how to make tints (add white) and shades (add black); cut shapes for buildings and trees; and add details of snow and ice using oil pastels. These two little artists had very different ways of creating the finished piece!

Harlee Schultz & Bennett Wiza



## Geography Bee 2019

On Thursday, January 17th, the 4th-8th grade Geography Bee took place. There were three students who qualified from each grade.

Out of the 15 competitors, Mya Dembach and Felicity Budelier made it to the finals. Felicity came away with win. She will be taking an online test soon to see if she can qualify to move on to the state competition.

**Good luck Felicity!**



## 8th Grade Technology-Education Class



8th Grade Technology Education students are working on CO2 race cars. Students design, construct, and form cars out of wood planks to compete against each other. Students must consider variables of aerodynamics, drag, weight, and other forms of resistance when developing their cars. Additional consideration is given to those designs of a unique shape and representation. Emily Wysocki shows off her car designed as a chicken.

# CWC All Star Honors Choir

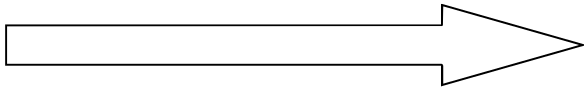
Almond-Bancroft High School Choir students participated in the CWC All Star Honors Choir on Saturday, January 26th.

CWC students selected for the All Stars Honors Choir rehearsed throughout the day under the direction of Eric Barnum and performed in a concert for the public that afternoon.

Congratulations to Annie Weiss, Angela Rogers, Briana Borski, Maryah Cook, Sydney Otto, Jake Stuebs, & Robert Frank!

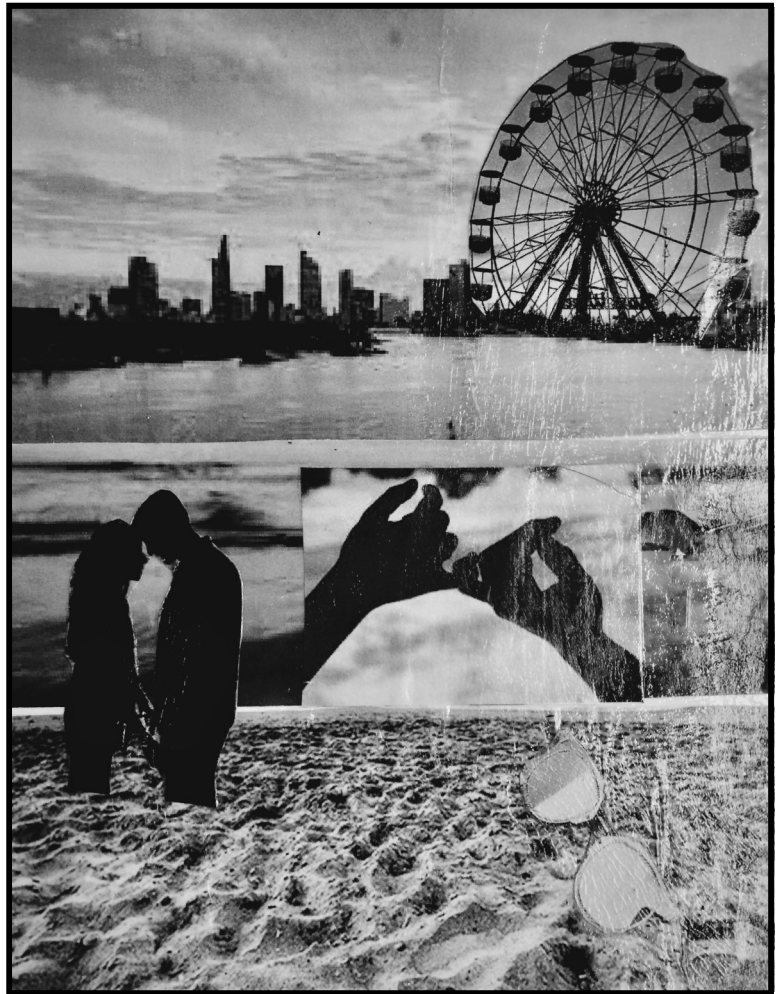


## HIGH SCHOOL STUDENT ARTWORK



Monica Huerra, currently a sophomore at Almond-Bancroft High School is representing the Visual Arts with her sunny collage.

Monica created a composition using cut out printed pictures, arranged, and glued onto a surface. Monica successfully brought meaning to her artwork through reflection and experimentation.



### PIE-Partners In Education Meeting Tuesday, February 5, 2019 at 3:45 pm

Please consider attending. Current PIE members will be retiring after this year. We are looking for some interested parents to take over this beneficial school volunteer group. If you have any questions feel free to call Trina Warzynski at 715-366-2941 x422 or by email [twarzynski@abschools.k12.wi.us](mailto:twarzynski@abschools.k12.wi.us).



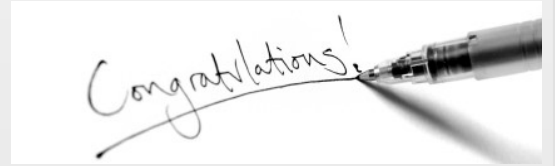
# Congratulations to the Class of 2019 for their outstanding success on the ACT exam.

The ACT is an exam that every junior in the state takes to ascertain their readiness for post-high school education. Sixty percent of our students who participated in the ACT exam scored in the range which is considered Proficient or Advanced in both math and English. In the entire state there were only a handful of school districts that had a higher percentage of their students who exceeded this 60% threshold of Proficient and Advanced.

We commend the hard work of our scholars that led to this success, as well as the effort of our amazing staff who have created opportunities for our students to grow and succeed throughout their PreK-12 careers. Despite our small size, our educators and scholars have demonstrated that the Almond-Bancroft School District provides young people the same opportunities for success as the largest schools in the state.

As you see our scholars about town, please let them know how proud we are of their accomplishments.

Again, Congratulations to the Class of 2019!



## Dear friends of the community,

The Junior class parents are taking on an exciting venture this year and need your help! We have created a committee to plan the first annual post prom at Almond- Bancroft School this year. Prom takes place on May 4, 2019. Teen alcohol-related situations and driving while intoxicated fatalities, increase dramatically on Prom night. We are planning a lock-in at the school to give the kids a safe and fun place to be. We will be providing entertainment such as large inflatables, games, movies, food and of course PRIZES! Through donations, we would like to provide a prize for every student who attends.....big goal, we know:)

As you know this will be a costly evening and will take a village to provide this for our children. Knowing how involved and supportive our community has been in the past, we would like to ask for your help with this important venture. With your support we hope to raise enough money to make this a night to remember!

If you are interested in donating to the Post Prom Committee please make checks payable to AB Post Prom and send them to:

Almond- Bancroft School  
1336 Elm St.  
Almond, WI 54909  
% Candace Beggs

If you have any items you would like to donate that need to be picked up please call (608)931-3034 or email [cbeggs@abschools.k12.wi.us](mailto:cbeggs@abschools.k12.wi.us)

If possible we would like to receive donations by March 1, 2019.

Thank you in advance for your support and helping to make a difference in our community!

Sincerely,

Almond- Bancroft School Post Prom committee

## ATTENTION, ALL JUNIOR CLASS PARENTS!

The next Post Prom meeting is Feb. 4th at 6:30 pm in the school library.

We are in the planning stages and would love the input!

## A-B Post Prom Fundraiser!

Schwan's Cares is a fundraiser to help support Post Prom, please consider ordering, the orders come to your door and 20% gets donated to Post Prom!

Just go to the Schwan's website and place your order with the code they provide.

You can find us on the website under AB Post Prom!



- 2/1-MS Wrestling Invite @ Tri-County  
MS gym, 4:15 pm  
-HS Girls Basketball home vs.  
Pittsville, JV 6:00 pm, Varsity 7:30 pm  
-MS Girls Basketball home vs. Port  
Edwards, 5:00 pm
- 2/2-HS Wrestling Conference  
Tournament @ Menominee Indian  
9:30 am  
-HS Boys Basketball @ Just a Game  
-Wisconsin Dells, JV 5:50 pm,  
Varsity 7:30 pm  
-HS Hockey Co-op @ Hartmeyer  
Ice Arena-Madison, 7:30 pm
- 2/4-MS Girls Basketball @ Rosholt,  
4:00 pm  
-HS Boys Basketball @ Rosholt, JV  
6:00 pm, Varsity 7:30 pm  
-HS Hockey Co-op @ Ice hawk  
Arena, 7:00 pm  
-HS Girls Basketball home vs.  
Pardeeville, JV 6:00 pm, Varsity  
7:30 pm
- 2/5-HS Girls Basketball @ Pacelli,  
Varsity 7:00 pm  
-MS Girls Basketball @ Westfield,  
4:30 pm
- 2/7-MS Girls Basketball @ Tri-County,  
4:30 pm  
-HS Boys Basketball home vs.  
Gresham, JV 6:00 pm, Varsity 7:00  
pm, C-Team 6:00 pm vs. SPASH
- 2/8-HS Girls Basketball @ Gresham, JV  
6:00 pm, Varsity 7:30 pm
- 2/9-HS Boys Basketball home vs.  
Barneveld, JV 2:00 pm, Varsity  
3:30 pm  
-HS Hockey Co-op @ SPARC Ice  
Arena, 2:00 pm
- 2/11-MS Girls Basketball home vs.  
Pittsville, 5:00 pm  
-MS Wrestling Invite @ New  
Lisbon, 5:30 pm  
-HS Girls Basketball home vs.  
Rosholt, JV 6:00 pm, Varsity 7:30  
pm
- 2/12-MS Girls Basketball @ St. Peter,  
5:00 pm  
-HS Boys Basketball Home vs.  
Pacelli, C-Team and JV 6:00 pm,  
Varsity 7:30 pm
- 2/14-HS Girls Basketball home vs. Wild  
Rose, JV 6:00 pm, Varsity 7:30 pm
- 2/15-HS Boys Basketball @ Wild Rose,  
JV 6:00 pm, Varsity 7:30 pm
- 2/18-MS Girls Basketball home vs. Wild  
Rose, 5:00 pm
- 2/21-HS Boys Basketball @ Port  
Edwards, JV 6:00 pm, Varsity 7:30  
pm

**The Wisconsin Interscholastic Athletic Association has a message for parents of high school student-athletes:**

**Dear Mom and Dad: Cool it.**

*If you are the mother or father of a high school athlete here in Wisconsin, this message is primarily for you.*

When you attend an athletic event that involves your son or daughter, cheer to your heart's content, enjoy the camaraderie that high school sports offer and have fun. But when it comes to verbally criticizing game officials or coaches, cool it.

Make no mistake about it. Your passion is admired, and your support of the hometown team is needed. But so is your self-control. Yelling, screaming and berating the officials humiliates your child, annoys those sitting around you, embarrasses your child's school and is the primary reason Wisconsin has an alarming shortage of high school officials.

It's true. According to a recent survey by the National Association of Sports Officials, more than 75 percent of all high school officials say "adult behavior" is the primary reason they quit. And 80 percent of all young officials hang up their stripes after just two years of whistle blowing. Why? They don't need your abuse.

Plus, there's a ripple effect. There are more officials over 60 than under 30 in many areas. And as older, experienced officials retire, there aren't enough younger ones to replace them. If there are no officials, there are no games. The shortage of licensed high school officials is severe enough in some areas that athletic events are being postponed or canceled—especially at the freshman and junior varsity levels.

Research confirms that participation in high school sports and activities instills a sense of pride in school and community, teaches lifelong lessons like the value of teamwork and self-discipline and facilitates the physical and emotional development of those who participate. So, if the games go away because there aren't enough men and women to officiate them, the loss will be infinitely greater than just an "L" on the scoreboard. It will be putting a dent in your community's future.

If you would like to be a part of the solution to the shortage of high school officials, you can sign up to become a licensed official at [HighSchoolOfficials.com](http://HighSchoolOfficials.com). Otherwise, adult role models at high school athletic events here in Wisconsin are always welcome.

*Written by Karissa Niehoff, Executive Director of the National Federation of State High School Associations and David Anderson, Executive Director of the Wisconsin Interscholastic Athletic Association.*

**Attention Almond Friends and Family:**

Order a Rose, Plush, or Lollipop for your special someone for Valentine's Day!



Starting Monday February 4th and continuing through Thursday February 14th, Students, Parents, and Staff can purchase candy grams for delivery. Candy grams will be delivered at the end of the day on February 8th and the 14th. (If students are absent they will be delivered that next delivery day). Please fill out the form below and return it to office or Mr. Nowinski the Student Council advisor.

If you want to order a real rose, **ORDERS MUST BE IN BY FEBRUARY 8TH.** Otherwise, the last day for an order to be delivered on Valentine's Day is **February 12th.**

-AB Student Council

**Almond-Bancroft Student Council Valentine's Day Candy Grams for Sale!**

The ABHS Student Council will be selling Valentine's Day Candy Grams all of February! Starting on February 4th, students can purchase candy grams during lunch hour OR by turning in the order form with money to Mr. Nowinski. Valentine's Day Candy Grams will be delivered on February 8th and on Valentines Day, February 14th.

Person items delivered to: \_\_\_\_\_ Teacher/Grade @ TOD: \_\_\_\_\_

Special Message: \_\_\_\_\_

Number of: \_\_\_\_\_ Real Roses **\$3.00 each** (only delivered on 2/14/19, must be ordered by 2/8/19)

\_\_\_\_\_ Chocolate Scented Teddy Bear \$3.00 each      \_\_\_\_\_ Valentine Plush Toy \$2.50 each      \_\_\_\_\_ Chocolate Rose \$1.00 each

\_\_\_\_\_ Heart Sucker \$.50 each      \_\_\_\_\_ Sour Lip Sucker \$ .50 each      \_\_\_\_\_ Cotton Candy \$3.00 each

Total enclosed made out to AB Schools: \$ \_\_\_\_\_



**27<sup>th</sup> Annual Portage County Cultural Festival  
Saturday, May 11, 2019  
Volunteers Needed**

The Portage County Cultural Festival is an exciting educational day dedicated to celebrating the ethnic richness that we enjoy in Portage County. Last year, more than 15,000 festival-goers gathered at Stevens Point Area Senior High to enjoy the sights, sounds and aromas of the ethnic food, exhibits, entertainment and children's activities. Volunteering with this event brings new appreciation to the amazing transformation of the high school grounds to a world of cultures and people-right in our own backyard!

**The planning committee invites you to personally volunteer or to arrange for an organization (clubs/athletic teams/etc) that you moderate to sign up for a shift.** Volunteers are needed on: Friday, May 10, 2019 from 3:30 PM – 8:00 PM and on the Festival Day, Saturday, May 11, 2019 from 6:45 AM – 7:00 PM. A variety of volunteer opportunities are available.

To volunteer, please:

- Click on the Volunteers link at [PortageCountyCulturalFestival.org](http://PortageCountyCulturalFestival.org) or
- Visit [VolunteersRock.org](http://VolunteersRock.org) to complete the easy online registration or
- Complete the form below and click "Submit" or email it to [pccfvolunteers@gmail.com](mailto:pccfvolunteers@gmail.com)

For more information, contact the PCCF Volunteer Committee at [pccfvolunteers@gmail.com](mailto:pccfvolunteers@gmail.com).

Thank you for volunteering!

Volunteer Committee, Portage County Cultural Festival



# 2019-2020 ALMOND-BANCROFT PUBLIC SCHOOLS CALENDAR

July						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
July Student Days/Total: 0/0						
July Teacher Days/Total: 0/0						

AUGUST						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
August Student Days/Total: 0/0						
August Teacher Days/Total: 5/5						

SEPTEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
September Student Days/Total: 20/20						
September Teacher Days/Total: 20/25						

OCTOBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
October Student Days/Total: 22/42						
October Teacher Days/Total: 22/47						

NOVEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
November Student Days/Total: 18/60						
November Teacher Days/Total: 19/66						

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
December Student Days/Total: 15/75						
December Teacher Days/Total: 15/81						

JANUARY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
January Student Days/Total: 19/94						
January Teacher Days/Total: 22/103						

FEBRUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
February Student Days/Total: 20/114						
February Teacher Days/Total: 20/123						

MARCH						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
March St. Days/Total: 17/131						
March Teacher Days/Total: 17/140						

APRIL						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
April Student Days/Total: 21/152						
April Teacher Days/Total: 22/162						

MAY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
May Student Days/Total: 20/172						
May Teacher Days/Total: 20/182						

JUNE						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
June Student Days/Total: 5/177						
June Teacher Days/Total: 5/187						

## 2019-2020 Special Events

New Staff Orientation	August 14
Staff In-service - No Students	August 26-30
Staff Day/Registration, Picture Day, & OPEN HOUSE	August 28
Labor Day - NO SCHOOL	September 2
First Day for Students	September 3
NO SCHOOL	October 21
End of Quarter 1	November 5
Parent/Teacher Conferences 4:00 - 7:30 PM	November 12 & 14
Thanksgiving Vacation	November 27-29
Winter Break Vacation	December 23 - January 3

End of 1st Semester	January 24
Teacher In-service - No Students	January 27
Spring Break - NO SCHOOL	March 23-27
End of Quarter 3	April 3
Parent/Teacher Conferences 4:00 - 7:30 PM	April 14 & 16
Last Day for Seniors	May 21
High School Graduation 7:00 PM	May 22
Memorial Day - NO SCHOOL	May 25
End of 2nd Semester/Last Day	June 5 * 12:00 Dismissal

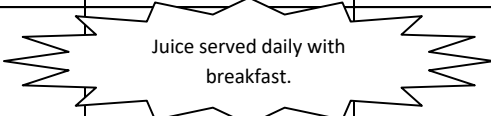
	New Employee In-service Day
	Teacher In-service Day - No Students
	Registration/Picture Day/ Open House 4:00-7:30 PM
	Student & Staff Non-attendance Day
	Student Attendance Day
	Last Day of Quarter/Semester
	Parent-Teacher Conference 4:00-7:30 PM

Approved: December 19, 2018



# Almond-Bancroft Menus, February 2019

## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cinnamon Roll-36 g Yogurt-20 g
4 Breakfast Bar-37 g	5 Oatmeal-32 g Whole Grain Toast-32 g	6 Cereal-25 g Muffin-22 g	7 Frudel-37 g Yogurt-20 g	8 Bagel-29 g Yogurt-20 g
11 Pancake Sausage on Stick-17 g	12 French Toast Sticks-22 g	13 Breakfast Pizza-24 g	14 Breakfast Sandwich-27 g	15 Cinnamon Roll-36 g Yogurt-20 g
18 Frudel-37 g Yogurt-20 g	19 Cereal-25 g Muffin-22 g	20 Scrambled Eggs-2 g Whole Grain Toast-32 g	21 Cereal-25 g Muffin-22 g	22 No School
25 Breakfast Pizza-24 g	26 Pancake Sausage on Stick-17 g	27 Cereal-25 g Muffin-22 g	28 Oatmeal-32 g Whole Grain Toast-32 g	

### Morning Milk

\$2.80-M-W PK  
\$2.80-T-Th PK  
\$6.65-K-5<sup>th</sup>  
(\$ .35 a day)

### Breakfast Prices:

Reduced – No Charge  
4K (M-W) – 8 days @ 1.50=\$12.00  
4K (T-Th) – 8 days @ 1.50=\$12.00  
K-12<sup>th</sup> grade – 19 days @ 1.50 = \$28.50

### Juice Carbs

Apple Cherry-14 g  
Apple-14 g  
Grape-18 g  
Orange-13 g

### Milk Carbs

Skim-13 g  
1% White-13 g  
F/F Chocolate-20 g

## Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; display: inline-block;">This institution is an equal opportunity provider.</div>				1 Taco Meat-5 g Soft Shell-28 g Hard Shell-10 g Corn-17 g Fruit Cocktail-15 g
4 Chicken Fajita-14 g Green Beans-4 g Blueberries-17 g	5 Corn Dogs-20 g Ravioli-30 g Carrots-6 g Applesauce-22 g	6 Chicken Alfredo with Noodles-25 g Corn-17 g Peaches-17 g	7 Cheeseburger Hot Dish-32 g Peas-11 g Pears-17 g	8 Pizza-37 g Salad Bar-2 g Pineapple-18 g
11 Beefy Nachos-16 g Corn-17 g Strawberries-22 g	12 Chicken Gravy-5 g Mashed Potatoes-15 g Bread-12 g Green Beans-4 g Fruit Cocktail-15 g	13 BBQ Pork-10 g Whole Grain Bun-22 g Hash Browns-31 g Baked Beans-29 g Applesauce-22 g	14 Orange Chicken-9 g Rice-37 g Broccoli-5 g Peaches-17 g	15 Cheese Fries-35 g Salad Bar-2 g Pears-17 g
18 Chicken Pattie-38 g on Bun-22 g Wedges-15 g Baked Beans-29 g Pineapple-18 g	19 Mostaccioli-12 g Salad Bar-2 g Peaches-17 g	20 Hamburger Gravy-6 g Mashed Potatoes-15 g Bread-12 g Corn-17 g Pears-17 g	21 Chicken Nuggets-12 g French Fries-17 g Green Beans-4 g Mandarin Oranges-20 g	22 <b>No School</b>
25 Hot Dog on Bun-35 g Tater Barrels-17 g Baked Beans-29 g Applesauce-22 g	26 Country Pork Chop-15 g Mashed Potatoes-15 g Gravy-22 g Carrots-6 g Fruit Cocktail-15 g	27 Salisbury Steak-12 g Buttered Noodles-30 g Green Beans-4 g Pineapple-18 g	28 Pizza Dippers-38 g Salad Bar-2 g Peaches-17 g	

### Lunch Prices:

Reduced 4K (M-W) - 8 days @ .40= \$3.20  
Reduced 4K (T-Th) - 8 days @ .40= \$3.20  
Reduced K-12 – 19 days @ .40 = \$7.60  
4K (M-W) - 8 days @ 2.25= \$18.00  
4K (T-Th) - 8 days @ 2.25= \$18.00  
K-5<sup>th</sup> grade -19 days @ 2.25 = \$42.75  
6<sup>th</sup> – 12<sup>th</sup> grade -19 days @ 2.50 = \$47.50

Disclaimer: Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide– and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods.



## **4K Registration 2019-2020**

The Almond-Bancroft School District will be sending out letters soon to all district families that have a student eligible for Pre-Kindergarten (4K) during the 2019-2020 school year. If you or someone you know has a child who will be 4 before September 1, 2019, they are eligible! However, they will need to have registered their child on the school's census in order to be on the mailing list.

In addition, the School District will also be sending out Preschool Questionnaires to all district children that are between the ages of 30-40 months. The questionnaire that is enclosed will be specific to his/her age range. Families need to have registered their child on the school's census to receive a packet. Not all children of this age are on our census.

### **How do we get added to the census?**

If you, or someone you know, have young children not on the census, please call/have them call Sandy Barden at 715-366-2941 x108 and provide her with the child's name, birthdate, and address. Please note: children can be added to the school census at any age – they do not need to be 30 months!

### **Eat Breakfast at School!**

Mornings can be really crazy...the alarm doesn't go off...the kids don't want to get up...there's no time to eat breakfast before the bus comes...or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is served at school! School breakfast will energize your child's day and provide them with a healthy start. A nutritious breakfast helps students be more alert so they can learn more in class, and has plenty of vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. You can't find a healthy breakfast at such a low cost anywhere else.

So help your child start the day right with school breakfast!

### **Desayuno en la Escuela!**

Las mañanas pueden ser algo difíciles...la alarma no suena...los niños no se quieren levantar...no hay tiempo para desayunar, el bus ya va llegando...o quizás los niños no tienen hambre. O tal vez el joven se lleva un chocolate y una soda para comer en camino a la escuela. Si esto pasa en tu casa, ¡tenemos buenas noticias!

¡Los niños pueden desayunar en la escuela! Sus niños pueden comenzar el día saludablemente al comer el desayuno en la escuela. Un desayuno saludable ayuda a los estudiantes estar más alertos, y así aprender más. El desayuno tiene vitaminas y nutrientes para un cuerpo fuerte y saludable.

Y el desayuno en las escuelas no cuesta mucho. Si ya calificas para comidas gratis o comidas a precio reducido, también calificas para el Programa de Desayunos Escolares, y no tienes que llenar más formularios. No encontrarás un desayuno saludable a tan bajo precio en otro lugar.

¡Ayuda a tu niño a comenzar el día bien con desayunos escolares!

Almond-Bancroft School  
1336 Elm St  
Almond, WI 54909

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