



HAWK HERALD



VOLUME 10, ISSUE 7

THE NEWSPAPER FOR ALL PRAIRIE CENTRALIANS

MAY, 2012

Physicals, immunizations needed for next year

Depending on the grade, youngsters entering school next year will need several types of exams and immunizations. And there is an advantage to making appointments for exams and shots early: All must be documented by October 15, 2012.

Physical exam

A physical is required for students entering pre-school programs (ECSE, at-risk preK), kindergarten, grade 6, and grade 9. Physicals are required before a student can participate in athletics, as well.

Lead screening

A lead screening is required for all 6-year-olds, or those under 6 entering a school program.

Dental exam

A dental exam is necessary for all children entering kindergarten, grade 2, and grade 6.

Immunizations

Pre-school

- *Diphtheria, pertussis, tetanus*: 4 doses of DTP, Dtap.
- *Polio*: Minimum of 3 doses of IPV
- *Measles*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Mumps*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Rubella*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Hepatitis B*: 3 doses received at proper intervals.
- *Haemophilus influenza B*: Hib vaccine appropriate to age

appropriate to age

Chicken pox:

Varicella immunization is required prior to entrance in pre-school—1 dose on or after the 1st birthday, or a physician's statement verifying disease history, or laboratory evidence of varicella immunity.

Kindergarten

- *Diphtheria, pertussis, tetanus*: 4 or more doses of DTP/Dtap with the last one qualifying as a booster and received on or after the 4th birthday.
- *Polio*: 4 or more doses of IPV, with the last dose qualifying as a booster and received on or after the 4th birthday.
- *Measles*: 2 doses, the first received on or after the 1st birthday and the second no less than 28 days later (usually given as MMR).
- *Mumps*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Rubella*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Hepatitis B*: No requirements.
- *Haemophilus influenza B*: Hib immunization not required after 5th birthday.
- *Chicken pox*: Varicella immunization is required prior to entrance in kindergarten—1 dose on or after the 1st birthday, or a physician's statement verifying disease history, or laboratory evidence of varicella immunity. (see IMMUNIZATIONS on page 2)



Parents, don't forget to make appointments!

Forward

By Dr. John Capasso, Superintendent

As the baseball season begins its long journey into summer, I find myself calling up a memory of many campaigns ago. When I was a kid, a guy named Norb Zubeck taught social studies and, being one of the great baseball men of his time, managed the summer program in Chenoa. When this particular season ended, he boldly decided to garner as many dads as he could as chaperones and bus a bunch of little leaguers to Wrigley Field for a Cubs game. The Northsiders were struggling late in this, the now infamous, '69 season against not only the Miracle Mets, but one of their own patented collapses. That day they played host to the Atlanta Braves, featuring Hammerin' Henry Aaron. Lefty Ken Holtzman was warming up down the leftfield line for the Cubs. Wrigley had oversold the stadium on that warm afternoon and, arriving a little late, we found ourselves SOL in SRO ("sorry, out of luck" in "standing room only" status for those not given to abbreviations!). And, while 100 little boys ran around the park, drove their fathers and the Andy Frain ushers crazy, ate hotdogs, and did just about anything but watch the game, Holtzman pitched a no-hitter! The great Hank Aaron became part of Wrigley lore when he came up in the 7th and cracked a long one to left, a homerun anytime, anywhere . . . except at Wrigley with the wind blowing in. The ball, and essentially the Braves' last real threat against the dominant Holtzman, landed harmlessly in Billy Williams' glove. Holtzie watched the final groundout and drew a mob. It wasn't until years later that we "boys" began to talk about that day, finally at some point realizing the significance of it and what a wonderful, and accidental, gift it was.



We're all raconteurs now and the game is legend. I come to remind those who work with children that the experiences, the lessons, the advice, the listening, the patience, and just the time may take years – may decades – to be appreciated. But, appreciated they will be, my friends. A lonesome bus stands ready to depart . . . you'd best be on it.

Registration fees to increase slightly for 2012-13

Registration Aug 7-8!

Registration for the 2012-13 school year is August 7-8.

Although the charge for milk and season passes for extra-curricular events will remain the same, other student registration fees will be increased.

Prices for standard lunches will be increased \$.10 or \$.15, while school sponsored ala carte items will be raised \$.05. Student registration fees will go up \$1—\$2, as will parking and some course-specific fees. Fees have been created for some upper level math and vocational courses.

A new law has enabled PCHS to change the drivers education fee from \$50 to \$75 in order to meet expenses. The fee for athletic and music participation will be raised \$2.

The cost to provide services for students increases each year and, unfortunately, that cost must be passed along to the consumer.

The cost to provide services for students increases each year and, unfortunately, that cost must be passed along to the consumer.

Last day of school May 24

A rare snowless year has moved this year's final day (report card day) back to May 24. Students/parents may pick up report cards from 8 to 9:30 AM from teachers, and 9:30 until Noon in offices. Buses will not run that day.

May 23 is an institute day, with no student attendance.

The **Hawk Herald** is published monthly, August through May by Prairie Central CUSD #8, 605 N. 7th, Fairbury, Illinois 61739.

The **Hawk Herald** is assembled by the Unit Office staff and the "Silver League" of Prairie Central.

Administration

Dr. John Capasso, Superintendent; Daniel Casillas, High School Principal; Tonya Dieken, Junior High Principal; Paula Crane, Upper Elementary Principal; Patricia Boyd, Westview Elementary Principal; Karen Hazelrigg, Meadowbrook and Chatsworth Elementary Principal; Dan Groce, Chenoa Elementary Principal.

Board of Education

Patricia Haberkorn, President; Barbara Schlatter, Vice-President; Ann Steidinger, Secretary; Jeffrey Austman; Jason Dotterer; Mark Slagel; and Corey Steffen.





“Oliver”, Pops concert coming to PC

May is the month for music!

Music Department

Oliver Prairie Central High School will present the musical, *Oliver!*, at the Hawk Center for the Performing Arts (Chenoa Elementary School) on Friday, May 4; Saturday, May 5; and Sunday, May 6. The curtain will go up at 7 PM Friday and Saturday, and Sunday's performance is a 2 PM matinee. Tickets can be acquired from cast members and crew, in the PCHS office, or at the door.

Oliver!, based on the Charles Dickens novel, *Oliver Twist*, follows the adventures of the title character, an orphan who, as fate would have it, winds up in a gang of young thieves and pickpockets run by the kindly, but sinister, Mr. Fagin. There he befriends the Artful Dodger, Nancy, Bet, and a company of street urchins; but also attracts the disfavor of the evil Bill Sikes, Fagin's chief lieutenant and Nancy's husband. The darker and lighter sides of Victorian London come to play as Oliver makes his way to the story's happy ending.

The musical score was written by Lionel Bart and features such familiar songs as “Where is Love?”, “Consider Yourself”, “You've Got to Pick a Pocket or Two”, “As Long as He Needs Me”, and “Reviewing the Situation”. *Oliver!* was an instant hit on Broadway in 1963 and was translated successfully to the screen in 1968.

Pops

The annual Prairie Central pops concert-porkburger dinner-book fair-art show will be held Saturday, May 12, at Prairie Central High School. Dinner will be served from 4 to



6:30 PM in the café, and will include a pork-burger on bun, chips, baked beans, homemade dessert, and drink. Tickets on \$6 and are available from any choir/band member or at the door. Carry-outs will be available (of course, patrons are encouraged to stay and enjoy the festival!).

The art work of PC students will be on display in the small gym, 4-7 PM. The Book Fair will be held in the PCHS library, also 4-7 PM.

Performances by all music groups will begin at 5 PM in the main gym and run until 8:30. The schedule:

4:30-5:30 PM PCJHS/PCHS Jazz Bands
6:00-7:25 PM 5-12 Choruses
7:25-7:30 PM Senior Recognition
7:30-8:30 PM 5-12 Bands

An evening of fine food and fine arts is in store. Mark calendars!

May music activities (date, event, place, time):

- May 1—Westview 1st & 2nd grade music program, PCHS gym, 6:30 PM;
- May 4, 5, 6—PCHS musical, Hawk Center for the Performing Arts (Chenoa Elementary), 7 PM (4th/5th) & 2 PM (6th);
- May 12—Pops concert/porkburger dinner/art show/book fair, PCHS, 4:30-8:30 PM;
- May 14—PCHS music awards night, PCHS café, 7 PM;
- May 18-19—PCJHS trip to Six Flags, TBA, TBA;
- May 25—PCHS band at graduation, PCHS gym, 7 PM; and
- May 28—PCHS band at Memorial Day observances, TBA, TBA.

Educational thought

Our great minds explore a great institution!

-John Milton, *Emile: Tractate of Education, 1644*

“I shall detain you no longer in the demonstration of what we should not do, but straight conduct ye to a hillside, where I will



point ye out the right path of a virtuous and noble education; laborious indeed in the first ascent, but else so smooth, so green, so full of goodly prospect and melodious sounds on every side that the harp of Orpheus was not more charming.”



(IMMUNIZATIONS)

Grades 1-5

- *Diphtheria, pertussis, tetanus*: 3 or more doses of DTP, Dtap or Td with the last dose qualifying as a booster and received on or after the 4th birthday.
- *Polio*: 3 or more doses of IPV, with the last dose qualifying as a booster and received on or after the 4th birthday.
- *Measles*: 2 doses, the first received on or after the 1st birthday and the second no less than 28 days later (usually given as MMR).
- *Mumps*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Rubella*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Hepatitis B*: Required for entrance into early childhood classes and grades 5-12.
- *Chicken pox*: Varicella immunization is required prior to entrance in grades 1-5—1 dose on or after the 1st birthday, or a physician's statement verifying disease history, or laboratory evidence of varicella immunity.

Grades 6-12

- *Diphtheria, pertussis, tetanus*: 3 or more doses of DTP, Dtap or Td with the last dose qualifying as a booster and received on or after the 4th birthday. **Beginning in 2012-13**, any student entering the 6th or 9th grade is required to show proof of having received 1 dose of Tdap (tetanus, diphtheria, acellular pertussis) vaccine regardless of the interval since the last Dtap, DT, or Td dose.
- *Polio*: 3 or more doses of polio with the last dose qualifying as a booster and received on or after the 4th birthday.
- *Measles*: 2 doses, the first received on or after the 1st birthday and the second no less than 28 days later (usually given as MMR).
- *Mumps*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Rubella*: 1 dose received on or after the 1st birthday (usually given as MMR).
- *Hepatitis*: 3 doses received at proper intervals.
- *Chicken pox*: **For school year 2012-13** a varicella immunization is required for students entering pre-school through 10th grade, or a physician's statement verifying disease history, or laboratory evidence of varicella immunity.



Administrators to rotate in 2012-13

Citing the need to put at least one principal in each building, make leaders more accessible to all populations, and position them in such a manner that they can be more effective, Superintendent John Capasso announced new assignments for 2012-13.

Ms. Trish Boyd will become full-time principal at Meadowbrook Elementary School, while Mr. Brian Quam will move from his current post as dean of students at PCHS to become the new principal at Westview.

Mr. James DeMay, now an interim administrator at PCJHS, will assume Mr. Quam's vacated position at PCHS.

Ms. Karen Hazelrigg, for several years the

principal at both Chatsworth and Meadowbrook Elementaries, will serve exclusively Chatsworth.

Capasso explained to each affected staff that the Board has had concerns for quite some time about the safety of a building without an administrator present half of the time. Also, in the wake of several recent reforms, new duties and time demands have been thrust upon administrators—organizing Response to Intervention, keeping pace with a more rigorous teacher evaluation program, and preparing staff to address Common Core learning standards to name a few.

The new assignments will take effect July 1.

Meadowbrook to get full-time principal!

Cookbook proceeds to combat hunger

FCCLA at it again!

FCCLA members are promoting a cookbook they produced to raise funds for *Share Our Strength*. Cookbooks are available from any FCCLA member or the PCHS main office for \$10. Only 100 copies will be sold. The cookbook contains over 300 recipes contributed by FCCLA members, “Friends of FCCLA”, and area residents.

100% of the money raised from this effort will be given to the charity. The goal of *Share Our Strength* is to end childhood hunger in

America by 2015. Its platform is “It is not enough to eat: we must make sure children are getting the nutrition they need to live healthy, active lives. That is why *Share Our Strength's* highest priority is to make sure every child in America gets the nutrition he or she needs to learn, grow, and thrive.”

Share Our Strength is the National out-reach project of FCCLA. FCCLA is the student organization of the Family and Consumer Science department at PCHS.

Board of Education news . . . From the April 19 meeting at the Prairie Central Unit Office

Board to issue life-safety bonds

Will keep school safe, efficient, accessible



The Prairie Central Board of Education took a step closer to issuing bonds for a major life-safety overhaul of its buildings and grounds at its April 19 meeting. The Board retained the services of First Midstate, Inc., as bond underwriters; and Chapman & Cutler as bond attorneys.

The Board hopes to review and approve the final life-safety application to the Illinois State Board of Education—to be prepared by architect Randall Middleton—at its regular meeting on May 17. It will hold an obligatory hearing on June 21, and, assuming the application is approved as presented by the ISBE, issue bonds at its July meeting, yet to be established. It is possible that work on the projects can commence late this Summer.

The ISBE approves life-safety applications and authorizes schools to issue life-safety bonds (borrow money) to make buildings safe, efficient, and accessible.

Plans principally involve extensive roof repair/replacement, boiler burner replacement and boiler valve installation, bleacher replacement, track refurbishment, carpeting to cover damaged tile, and tuck-pointing;

The Board desires to keep the cost at or near \$2 Million.

The Board also

- Approved the minutes of its previous regular and special meetings;
- Approved the consent agenda - treasurer's, activity fund, petty cash, investment, financial, and cafeteria reports; financial summary; and both current and interim bills;
- Heard the superintendent's report regarding

the Legislature's proposed budget for elementary/secondary education (a lowering of the state aid foundation level, an increase in pension liability, but a slight increase in transportation reimbursement), the timing of categorical payments (the comptroller's payments are running about 6 months behind in most categories), the cancellation of PC's participation in the Race-to-the-Top grant initiative (unreasonable reporting demands, reduced grant amount), the organization of PERA and Common Core meetings, the search for speech therapy services, the recent curriculum council meeting, the recent technology committee meeting, the procedure for the issuance of life-safety bonds, and future nursing services;

- Discussed the bus fuel contract;
- Approved a resolution to retain First Midstate/Chapman & Cutler as the underwriter/law firm for the aforementioned life-safety bond issuance;
- Approved amendments to Chapter 5 of the Board Policy Manual (Articles 500.14 - 500.75-AP2);
- Approved an ISBE maintenance grant application for \$50,000;
- Approved stipends and fees for 2012-13;
- Approved handbook changes for Prairie Central Junior High;
- Retained Floyd and Associates as the auditing firm for FY12;
- Entered/exited executive session;
- Accepted the resignations of **Darren Ropp** (with intent to retire as a vocational agricul-

- ture teacher following the 2015-16 school term), **Brian Hassett** (as freshmen girls basketball coach), and **Diane Rieger** (with intent to retire as district bookkeeper, effective June 30, 2012);
- Appointed **Greg Pulaski** (as a two-hour-per-day custodian at Chenoa Elementary), **Sandy Ropp** (as assistant volleyball coach at PCHS for the 2012-13 school term);
- Accepted a teacher's request for a leave of absence for the 2012-13 school year; and
- Adjourned at 10:25 PM.

Chenoa Elementary awarded INet grant

Chenoa Elementary has been awarded an Illinois Nutrition Education and Training (INet) grant. The \$3,500 stipend will be used at Chenoa to fund the resources and staff training needed to meet healthy eating and nutrition education criteria established by the Healthier U.S. School Challenge (HUSC) commission.

Grant funds will be used to

- Purchase food for a "Fresh Fruit and Vegetable Fair" and a Dairy sampling;
- Issue a "Nutrition Nuggets" monthly newsletter to families;
- Provide NutriKids Software for [Menu Planning and Nutrition Analysis](#);
- Offer a variety of curriculum, colorful posters, and activities; and
- Provide a nutrition presentation from ISU students.



Homework and student suggestions

Many bright students enter middle school and high school with poor study habits. They have earned good grades in the past by doing only some of the written assignments and little or no study. This works for less demanding subjects. Students often apply the same casual study habits to more challenging subjects as well. Unfortunately, challenging subjects require careful attention to assigned homework as well as extra study. The student flounders, not understanding the need for extra study and uncertain how to accomplish this new task.

Here are some hints to study more efficiently:

- Middle school students should spend one or two hours daily on homework and study.
- College-bound high school students should spend one to four hours daily. This is the norm. This is necessary to do your best and to prepare for college entrance exams.
- Get enough sleep. Your brain needs sleep to function. Caffeine and sugar do not make up for lack of sleep.
- Avoid alcohol and drugs. They will cloud your brain and impair concentration.
- Bring books home daily. Students often feel

that leaving school without books is a sign of status. Unfortunately, this does not work.

- Study in a bedroom, sitting at a table or desk. Do not study at the kitchen table, as the kitchen is too busy and noisy for serious study.



- Keep your study area neat and clean. Clutter will distract you from the task at hand.
- Keep the room a bit cool. You will fall asleep if the room is too warm.
- Keep the TV off and keep music off or low while doing homework. Most of us can only do one thing at a time. Loud music gives your mind an excuse to drift from the task of homework.
- Do not let an after-school job interfere with homework and study. Your number one job at this time is being a student.
- Start your homework at a reasonable time. Remember that it will take several hours. Starting at 10:00 PM will not work.
- Do your most difficult subjects first, while you are still fresh. Save your easier and more enjoyable subjects for last.
- Take a five-minute break every 30-60 minutes.

Reprinted from the Cleveland Clinic

Your brain becomes tired after serious study and needs a brief rest.

- Do not talk on the telephone or hang out with friends until all homework and studying are complete. Ask your family to take messages and return calls later.
- Do assigned homework carefully. Don't just blow through it.
- If necessary, parents can check homework nightly for completion and understanding.
- Textbooks cannot be read like a novel. Sit at a desk with the textbook, a pencil, and a piece of paper. Read slowly and carefully, jotting down important points as you read. Memorize these important points. Pay special attention to charts and diagrams.
- Do the study questions at the end of the chapter. Look up the answers to be sure you are correct.
- Go over the chapter a second time, reading the words in bold face type.
- Take notes in class and re-read them at home. Memorize important points.
- Study challenging subjects nightly. Cramming the night before a test will not work for challenging subjects.

HAWK-HERALD

Prairie Central C.U.S.D. #8
605 North 7th
Fairbury, IL 61739

Topics in this edition:

- *Registration information for 2012-13*
- *Upcoming music events*
- *Administrative rotation*
- *FCCLA cookbook project*
- *Board meeting summary*
- *Homework tips*



Next year's school calendar can be seen on the Prairie Central CUSD #8 website at www.prairiecentral.org

May

2012



Dates to Remember:

	<u>Events</u>
May 22	Last Full Day of School
May 23	Institute (No Student Attendance)
May 24	Last Day of School (Report Card Day)









Prairie Central's web page can be found at
www.prairiecentral.org



Prairie Central Calendar of Events May 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 WV 1st prog(6p) 2nd prog(7p) JH TR @ Paxton Soph/V BBB (H) (4:45p) HS V/JV GSB @ Mahomet Soph TR @ Rantoul	2 CN 1st gr AR Trip JH TR @ Paxton (rain date) HS FFA State Ag Mgmt Contest	3 Musical Preview for students MB Savory Sweets pick up HS V BBB @ Bloomington Soph BBB @ Seneca HS V SB @ Champ Fields HS JV SB @ CornBelt F/S	4 CN Volunteer Rec Assembly UE AR CUBS trip JH State Scholastic Bowl Soph BBB @ Gibson City HS B/G TR @ Mahomet HS V BB @ Bloomington HS V GSB @ Champ Fields HS JV SB @ PBL HS Musical "Oliver" @ CN 7p	5 HS Musical "Oliver" @ CN 7p  Fresh BBB @ IVC HS Math Team @ U of I HS Open WR (8a) both gyms HS V BBB @ Bloomington HS V GS@ChampField JV@ CB FS
6 HS Musical "Oliver" @ CN 2p Teacher Appreciation Week (7th-11th)	7 CN Ned Assembly JH TR @ Dwight HS V G TR @ Coal City Fresh BBB (H) (5p) HS V BBB @ Bloomington	8 CW PTO Meeting (4:30p) CN 2nd gr F/T to Museum Soph BBB (H) (4:30p) HS V/JV GSB @ Pontiac Music Boosters (7p)	9 JH TR @ Dwight (rain date) HS Cheer Tryouts Athletic Boosters 7p	10 CW/CN 3rd/4th AR trips MB 3rd gr AR trip HS V BBB @ Seneca Fresh BBB @ Olympia HS FFA State Envirothon HS Cheer Tryouts HS JV GSB (H)(4:30p) Senior Awards Night (7p)	11 MB 4th gr AR trip UE AR Museum trip HS G TR Sectional Soph BBB (H) (5p) HS FFA State Envirothon	12 PopsconcertDinner/ArtShow JH TR Sectional HS G V TR Sectional HS V SB @ Peotone HS B TR @ Mahomet Soph/V BBB (H) (10/11/12/2) Fresh BBB @ Herscher HS JV GSB (H) (10a)
13 Mother's Day 	14 MB Principals Book Club UE Discovery Day HS Music Awards (7p) HS V BBB @ Paxton Soph BBB (H) (4:30p) HS V SB Regional HS B/G News Gazette	15 JH Jazz Band Concert HS Flag Tryouts HS FF State Mechanics @ UofI	16 CW Games Day (12:30p) HS Flag Tryouts HS V BBB Regional	17 CN 1st to Miller Park MB Volunteer Rec Assembly UE Pride Assembly HS Flag Tryouts Fresh BBB (H) (4:30p) HS G TR State Finals Board of Ed meeting (7p)	18 CW/CN 2nd gr AR trip UE TGIF (3-5p) JH TR State meet HS B TR Sectional	19 JH TR State meet HS B TR Sectional HS G TR State @ Charleston
20 HS Baccalaureate (7p)	21 CW Library F/T CN Awards Assembly MB Games Day HS Dance Team practice (6p)	22 Last Full Day of Student Attendance CN Field Day UE Awards Assembly JH Track Awards (6p) HS Dance Team Practice FCCLA Family Potluck (6:30p)	23 NO SCHOOL Teacher Institute HS V BBB Sectional HS V SB Sectional	24 Report Card pickup (8-9:30a) HS B TR State Finals HS Dance Tryouts	25 HS Graduation 	26 HS B V TR @ Charleston
27	28 Memorial Day  HS Band performs HS V SB Super-Sectional HS V BBB Super-Sectional	29	30 HS Marching Band—Camp 	31 HS Marching Band—Camp	JUNE 1 & 2 HS V SB/BB State finals HAVE A GREAT SUMMER!!!!	

Prairie Central Lunch and Breakfast Menu

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Breakfast is offered daily at All schools</p>  <p>Fruit/Juice and Milk Offered with Breakfast</p>		<p>1 Hot Dog/Bun; Potato Rounds; Cottage Cheese; Chilled Peaches</p> <p>Breakfast: Funnel Cake</p>	<p>2 Soft Shell Taco (Meat, Cheese, Soft Shell); Shredded Lettuce, Salsa; Corn on the Cob; Fresh Orange Slices</p> <p>Breakfast: Pancake Sausage Dog</p>	<p>3 Pizza; Buttered Peas Strawberries/Bananas Rice Krispie Treat</p> <p>Breakfast: Breakfast Pizza</p>	<p>4 Chicken Nuggets Baked Potato/Toppings California Blend; Fresh Apple</p> <p>Breakfast: Cook's Choice</p>	<p>5</p>
<p>*Check student account balance online *Monitor lunchroom purchases *Make payments to your student's lunch account *Receive e-mail reminders when your student's balance is low *Set up Auto-replenish payments www.mealpayPlus.com</p>	<p>7 Corn Dog Nuggets; Baked Beans Tiny Pretzel Twists Chilled Pears</p> <p>Breakfast: Breakfast Bagel</p>	<p>8 Max Cheese Dippers; Dipping Sauce Hot Candied Carrots; Fresh Grapes</p> <p>Breakfast: Egg Patty/Cheese, Biscuit</p>	<p>9 Oven Roasted Chicken; Mashed Potatoes/Gravy; Dinner Roll Seasoned Green Beans; Chilled Peaches</p> <p>Breakfast: Pancake, Sausage</p>	<p>10 Chicken Fajitas (Chicken, Cheese, Soft Shell); Seasoned Corn; Chilled Applesauce; Jello Square</p> <p>Breakfast: Breakfast Pizza</p>	<p>11 Nacho Supreme (Meat, Cheese Sauce); Tortilla Chips, Refried Beans Shredded Lettuce; Warm Fruit Crisp</p> <p>Breakfast: Cook's Choice</p>	<p>12</p>
<p>Free & Reduced meal forms can be obtained from each of the building offices at any time throughout the school year.</p> <p>Joni BesGrove, Food Service Director 815-692-2115</p>	<p>14 Cheeseburger/Bun; Buttered Peas Potato Rounds; Chilled Mixed Fruit</p> <p>Breakfast: French Toast Stix</p>	<p>15 Stuffed Crust Pizza; Corn on the Cob; Chilled Applesauce</p> <p>Breakfast: Cinnamon Roll</p>	<p>16 Taco Salad (Meat, Cheese); Shredded Lettuce, Salsa, Tortilla Chips; Warm Cinnamon Apples; Frozen Yogurt</p> <p>Breakfast: Pancake Sausage Dog</p>	<p>17 Spaghetti with Meat Sauce; Garlic Bread; Fresh Romaine Lettuce Salad Chilled Peaches;</p> <p>Breakfast: Breakfast Bacon Scramble</p>	<p>18 Turkey Roast; Mashed Potatoes/Gravy; Seasoned Corn Chilled Pears</p> <p>Breakfast: Cook's Choice</p>	<p>19</p>
<p>Milk and Bread Offered Daily</p>  <p>Salad Bar Offered Daily at JH and HS</p>	<p>21 Corn Dog; Oven Potatoes Seasoned Corn Graham Crackers</p> <p>Breakfast: Cook's Choice</p>	<p>22 Sub Sandwich (Meat, Cheese, Sub Bun); Baked Beans; Corn Chips or Tiny Pretzel Twists; Treat</p> <p>Breakfast: Cook's Choice</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>Students who participate in school breakfast are more likely to consume fruit and milk at breakfast.</p> 		<p>29</p>	<p>30</p>	<p>31</p>		