

West Burlington School District Newsletter

West Burlington School District-November 2016

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Superintendent's Remarks

By David Schmitt



First quarter ended on October 25th and we have quietly moved into second quarter. I hope West Burlington Independent School District is meeting your child's needs and the parents' expectations. Please communicate with us any questions or concerns you might have with instructional practice and curriculum delivery. We are here to serve.

The certified enrollment date has come and gone and the results are a mixed bag. Resident students sitting in our classrooms decreased by 29 students. State aid is determined by enrollment. Open enrollment into West Burlington Independent School District has increased by 20 students. We now have 489 students making the choice to attend West Burlington ISD. Our total number of students sitting in our classrooms and receiving instruction is now 912. This is a decrease of 9 students from where we certified our enrollment last October. The school district budget will still modestly grow because of the increase in per pupil State aid and the fact state general fund dollars follow open enrolled students. The assumption we make is the State legislative body will provide an increase in per student spending for PK-12 education for the 2017-2018 school year.

The Teacher Leadership Program is making a positive impact upon our instructional practices. Professional development for our staff and colleague coaching experiences are contributing to instructional improvement. We will find out the impact on learning when our students take the Iowa Assessments in spring 2017. Our teaching staff is doing a great job of working together and collaborating.

West Burlington Schools is working with four other school districts in pursuing legal action against Curriculum Loft. Curriculum Loft is the company who provided the KUNO devices. This group of school districts has hired a reputable law firm to represent our interests. Please be assured we are representing our tax payers' interests well. If/when a major development can become public, you will be the apprised. Thanks for your patience in this matter. The good news in all of this is the way our Chromebooks are performing. WBISD is generally very pleased with the Chromebooks. They are fast, reliable, and they can do what we need them to do. The number of breakdowns is very low, and when there is damage, we can do repairs in-house. We will continue to monitor Chromebook usage and performance.

I hope your student's school year is going well. If you have questions, comments, or concerns, please feel free to contact me at david.schmitt@wbschools.us or call (319)752-8747, option #3. Our mission at West Burlington Independent School District continues to be, Kids First! ✦



HELP-WE NEED VOLUNTEERS!

By Patty McPherson

West Burlington ISD would like to start a “walking school bus” to begin at 7:50AM at 701 Pennington (middle apartment building on Pennington that has the Caspian sign on it). We need parent/ adult volunteers to walk with children to school. The first two blocks on Pennnigton have no sidewalk so kids have to walk in the street then cross West Burlington Avenue. This is before school but NOT after school. Adults will wear bright colored safety vests and walk with at least one adult in front of and behind the kids. Parents, kids and families are welcome to “fall in” and join the group anywhere along the route. We would like to get this started as soon as possible so your help is greatly appreciated. Please consider helping with this project for our kids safety! For more information or to volunteer please call Patty McPherson at 754-6567, ext. 1558. ☒



High School Musical

By Eric Field

West Burlington is about to become the hottest spot north of Havana! The 2016 High School Musical will be Barry Manilow’s Copacabana. Based on the popular 1978 disco song, the musical features the love triangle between Tony Forte, the struggling songwriter who makes ends meet as a nightclub; Lola La Mar, the naive Oklahoma girl who wants to be a star; and Rico Castelli, the menacing gangster who wants to take Lola away to Havana. Featuring a myriad of talented high school singers and dancers, the show provides enough laughs and surprises for the audience to make this the hottest event to hit West Burlington. The show is directed by 8th

and 9th English/Language Arts teacher Eric Field with music direction by choir director Annette Siebers; both of them will be lending their talent to create the show’s choreography. Copacabana will perform in the high school auditorium on Friday, November 18 at 7:30PM, and Saturday, November 19 at 2PM and 7:30PM. Tickets are \$5 and will go on sale in early November. ☒

Junior High Science News

By Susan Ferrell

Dear Parents and Friends, The time is quickly approaching for the junior high science fair. The purpose of this letter is to request your support in helping our students with this project. If you have experience in science, scrapbooking, keyboarding, or you just like to share ideas with students and you have time available during the afternoon we could use your help. The seventh & eighth grade will begin instruction in science fair projects the week of October 31. If you are interested in helping or would like further information please e-mail Mrs. Ferrell at susan.ferrell@wbschools.us or call the school at 319/752-8747, option #1. ☒



Band News

By Mark Eveleth

7th and 8th Grade Band

The 7th and 8th grade band had their fall concert on Thursday, October 20th. This concert was shared with the 7th & 8th grade choir as well as the HS choir.

7th and 8th grade band lessons take place during the day and students come out of another class to receive their lesson. Every student chose the time and day for their lessons. All lessons are individual and last 15 minutes. All students should have at least 100 minutes of practice time each week in order to improve on their instrument. There are times when a student must miss a lesson because of a class activity. A missed lesson counts as a zero (or "F") in the grade book until it is made up. It is best to get lessons rescheduled as soon as possible. I am sending out daily reminders of lesson times to the students and the teachers so we should not have any issue with lesson attendance.

Please check your home e-mail for information on the band and check the online grade book daily to see how your child is doing in band. I update the band grades daily.

High School Band

Marching Band

The marching band had a great fall season to practice in. The weather was beautiful for all of our performances. This young band is starting to mature and with their level of performance is improving!! This is very encouraging. The band competed in two festivals and state contest this year. Each performance the band showed great improvement and the band ended with an Excellent rating at state contest. The future looks bright for the Marching Falcons as long as our parents encourage their sons/daughters to practice at home and stay in band!

High school lessons take place throughout the school day. Every student chose the time and day for their lessons. All lessons are individual and last 15 minutes. All students should try and get about 100 minutes of practice time each week in order to improve on their instrument. I am sending out daily reminders of lesson times to the students and the teachers so we should not have any issue with lesson attendance. Missed lessons must be rescheduled in order to receive credit.

Please check your home e-mail for information on the band and check the online grade book daily to see how your child is doing in band.

High School Jazz Band

The high school jazz band started Wednesday, October 19th. The jazz band will rehearse every Day A from 7:30AM to 8:13AM. Those students who have Zero Hour PE on Day A will attend Day B PE until jazz band ends in March.

The band will perform for service organizations in December and at the Falcon Follies Friday, March 3rd. We will also plan on competing in the State Jazz Band Contest on Saturday, January 28th at Burlington High School and the SEIBA Jazz Band Festival on Saturday, March 4th at Iowa City West High School

(Continued on the Next Page)

2017 High School Music Department Performance Trip

Students in HS band and/or choir will be taking their trip to San Antonio, Texas March 22 through March 26, 2017. Each ensemble will perform when we are there. The students in grades 9th through 12th have been raising funds for this trip by selling Red Wheel Frozen Food Products. This has been done in the fall and in the spring every year. Students receive 40% of the profit and that money goes into an account held by the school. This fall's fundraiser started October 14th and the items will be delivered to the school on Monday, November 21st and should be picked up for delivery at 3:30PM. ❖



IOWA NON-DISCRIMINATION STATEMENT

“It is the policy of the Independent School District of West Burlington not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.7. If you have questions or grievances related to compliance with this policy by the Independent School District of West Burlington, please contact the Iowa Civil Rights Commission, Grimes State Office Building, 400 E. 14th St., Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; web site: <http://www.state.ia.us/government/crc/index.html>.” ❖

EQUAL EDUCATIONAL OPPORTUNITY STATEMENT

The school district does not discriminate in its education programs or educational activities on the basis of sex, race, religion, color, national origin, age, marital status (for programs), sexual orientation, gender identity, socio-economic status (for programs), creed or disability. Students are educated in programs which foster knowledge of, and respect and appreciation for, the historical and contemporary contributions of diverse cultural groups including those of race, color, national origin, gender, disability, religion, creed, and socio-economic background, as well as men and women, to society. The programs include contributions and perspectives of Asian Americans, African Americans Hispanic Americans, American Indians, and European Americans. Students who feel they have been discriminated against are encouraged to report it to the school district Affirmative Action Coordinator. The Affirmative Action Coordinator is David Schmitt and can be reached at 607 Ramsey Street, West Burlington, IA 52655, (319) 752-8747. Inquiries may also be directed in writing to the Director of the Region VII Office of Civil Rights, U.S. Department of Education, 310 W. Wisconsin Avenue, Suite 800, Milwaukee, WI 53203-2292, (414) 291-1111, or the Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146, (515) 281-5294. ❖



A HUGE Thank You!



Thank you to everyone who came out and supported our Scholastic Book Fair! We were able to keep close to 400 books from the Book Fair to put in our library. We also had money left over where we will be able to purchase more books from Scholastic throughout the year. The students are very excited to get new books in the library each year and your support makes this possible. Also, a special thanks to everyone who helped with the Book Fair. We couldn't have done it without the help of our staff and volunteers!

The West Burlington Industrial Technology program is very grateful for Southeastern Community College's generous \$3000 donation towards new welding equipment in our welding lab.



We would also like to recognize Winegard Co., for their \$250 donation for robotic parts that are utilized in our 8th grade Project Lead the Way Automation and Robotics class.

Thank you to all the local businesses and individuals who are helping to support the West Burlington Schools with your donations. ☒

It's not just school breakfast. It's bigger than that. It's starting the day off right at West Burlington Independent School District.

You've probably heard it before—**breakfast is the most important meal of the day**. This tried-and-true saying is supported by years of research that show the important health benefits of eating a well-rounded breakfast in the morning. For instance, breakfast eaters are more likely to maintain a healthy weight¹, are less likely to be hungry later in the day², and consume more nutrients than those who rarely eat breakfast³.

Breakfast is important for your student's success, both in and out of school. Eating breakfast can help improve math, reading, and standardized test scores², improve memory and focus in the classroom⁴, and establish healthy habits for later in life.

Eating school breakfast is easier than ever! School breakfast cuts down on the morning rush to get your child ready for the day. It means you have one less thing to worry about in the morning!

Breakfast at West Burlington Elementary starts at 7:30AM and 7:45AM at Jr/Sr high school.



1. Timlin, M., Pereira, M., Story, M., & Neumark-Sztainer, D. (2008). Breakfast eating and weight change in a 5-year prospective analysis of adolescents: Project EAT (Eating Among Teens). *Pediatrics*, 121, e638-645.
2. Rampersaud, G.C., Pereira, M., Girard, P., Adams, J., Metz, J. (2005). Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*, 105(5), 743-60.
3. Min, C. et al. (2011). Skipping breakfast is associated with diet quality and metabolic syndrome risk factors of adults. *Nutrition Research and Practice*, 5(5), 455-463.
4. Wesnes, K.A., Pincock, C., Richardson, D., Helm, G., & Hails, S. (2003). Breakfast reduces declines in attention and memory over the morning in schoolchildren. *Appetite*, 41(3), 329-331.

FEDERAL NON-DISCRIMINATION STATEMENT:

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To file a program complaint of discrimination, complete the USDA Program Discrimination complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) MAIL: U.S. DEPARTMENT OF AGRICULTURE
OFFICE OF THE ASSISTANT SECRETARY FOR CIVIL RIGHTS
1400 INDEPENDENCE AVENUE, SW
WASHINGTON, D.C. 20250-9410
- (2) FAX: (202) 690-7442; OR
- (3) EMAIL: PROGRAM.INTAKE@USDA.GOV.

"This institution is an equal opportunity provider."

It's not just school lunch. It's bigger than that. It's getting the facts about lunchtime in West Burlington Independent School District

School lunch at West Burlington is always a great choice. The cafeteria staff works hard each and every day to prepare healthy and tasty meals for students. ["At *West Burlington*], we want students to feel good throughout the day and perform the best they can in the classroom," says Patty McPherson, Food Service Director. Meals served in your child's school make it easier than ever before to build a healthy plate full of the nutrients kids need to grow and succeed, throughout the school day and beyond.

Listed below are some common myths about school lunch. Learn the facts about school lunch by visiting schoolmeals.educateiowa.gov and take a look at the "School Lunch Myths" or "FAQ" sections of the website.

Myth #1: School cafeterias only serve prepackaged food.

Truth: The Iowa Department of Education's Fresh Fruit & Vegetable Program (FFVP) and the Iowa Department of Agriculture's Farm-to-School Program work to make sure that children eating school lunch have access to a variety of fresh fruits and vegetables. Many of these foods are grown by Iowa farmers!

Myth #2: Frozen and canned fruits and vegetables are not as healthy as fresh.

Truth: In the winter months, fresh produce can be hard to find or expensive and sometimes doesn't taste great. Luckily, frozen fruits and vegetables provide the same nutrients as fresh. In fact, flash-freezing fruits and vegetables when they are ripe preserves their nutritional value, so they are actually more nutritious than fresh fruits and veggies that have been sitting around for a while. Same for most canned fruits and veggies—when these foods are canned, they keep those nutrients longer than fresh fruits and vegetables.

Myth #3: School lunch guidelines do not provide enough calories for active, growing children.

Truth: The new meal rules were developed to make sure that students are getting enough to eat—even if they are very active outside of school. Remember that school meals provide only one part of a child's nutrition and energy needs over the course of the day. School lunch should meet just one-third of the daily calorie needs of school children.

For more information and tips to keep your growing child feeling satisfied throughout the school day, or specific tips for fueling your student-athlete, visit the It's Not Just School Lunch website at schoolmeals.educateiowa.gov.

The bottom line: School lunch is not only a healthy and nutritious part of your child's day—it's a step in the right direction towards a healthier West Burlington School District.

It's not just school lunch. It's choosing to support your school.

Have you ever wondered where the money you pay for school lunch goes? It's not as simple as you might think. Let's say your child spends \$2.50 on school lunch. That money doesn't necessarily add to your school's income. School meals cost more to prepare than what students pay for them. Most of this difference is covered by reimbursements from the United States Department of Agriculture (USDA). Schools automatically receive a certain amount of money from the USDA for each meal served at the school. **Schools that meet the federal rules for school lunch receive an additional 6 cents of reimbursement per school lunch sold.**

However, if your student buys food through the a la carte line instead of school lunch, the school does **not** receive money from the USDA for these purchases. In addition, the money from vending machine sales often gets split between the school and the vendor, resulting in a **loss of profit** for the school.

What if my child qualifies for free or reduced lunch?

Our school gets money from the federal government to help cover the cost of providing free or reduced price meals. Schools where more than 60% of lunches served are free or reduced price receive an additional \$.02 reimbursement per lunch served.

¹University of Iowa Public Policy Center. (2013). *Iowa parent school lunch survey: Formative research for communication about school meal pattern changes* [White Paper].

²School Nutrition Association. (2008). School lunch: Good for kids and good for your wallet. Retrieved from http://schoolnutrition.org/uploadedFiles/School_Nutrition/102_ResourceCenter/MarketingYourProgram/PRToolkit/ValueofLunch08.pdf

³School Nutrition and Fitness. "Bagged Lunch vs. School Lunch." Available from http://district.schoolnutritionandfitness.com/sublettecsd1/files/Bagged_Lunch_Vs_School_Lunch_combined.pdf

It's not just school lunch. It's making sure every student gets enough food to last the school day.

You have probably heard about the national standards for school lunch that include a limit on calories served per school lunch. Since these new standards were passed, some parents have complained that their child is not getting enough to eat at school lunch.

In fact, the new meal standards are there to make sure that students are getting enough to eat—even if they are very active outside of school. Remember that school meals provide only one part of a child's nutrition and energy needs over the course of the day. School lunch is supposed to meet just one-third of the daily calorie needs of school children.

"We want every kid to leave the lunch room feeling satisfied and energetic". To make sure that your child gets the most out of school lunch and doesn't leave hungry, try the following tips:

Educate your student about the meal standards

Your child may not be choosing to take all the food available to him or her in the cafeteria line. Understanding the amount of food that can be selected the first time through the cafeteria line can help ensure that active kids are getting the greatest energy benefit from their meal. Help your child understand what the calorie maximums really mean—going by the new standards, a school lunch must include fruit, vegetables, a whole grain item, a meat product, and milk.

Consider your options

Schools and families have options to help meet the energy needs of highly active students, such as student-athletes. If your child is active before and/or after school and needs extra food to get through the day, consider packing a small, high energy snack such as apples and peanut butter, trail mix or granola, or a cheese stick or two. Parents can also work with school coaches or extracurricular supervisors to coordinate bringing snacks for extra fuel during after-school activities. Contact your child's school for more information about these options.

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November, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
<p>2:00pm-5:00pm High School Play/Musical Practice @ HS Auditorium</p>	<p>4:00pm-8:00pm High School Play/Musical Practice @ HS Auditorium</p> <p>4:30pm Wrestling-JH Cardinal vs. Multiple Schools @ Cardinal High School</p> <p>4:30pm Basketball-G/JH Danville @ West Burlington High School, HS Gym</p> <p>6:00pm School Board Work Session @ Board Room</p> <p>6:00pm Activities-Conference Central Lee vs. Multiple Schools @ Pizza Hut (Mt. Pleasant)</p> <p>7:00pm-8:00pm Boy Scout's @ ES Gym</p>	<p>4:00pm-6:00pm JH Girls Basketball @ JH Gym</p> <p>4:00pm-6:00pm High School Play/Musical Practice @ HS Auditorium</p>	<p>4:00pm-6:00pm JH Girls Basketball @ JH Gym</p> <p>4:00pm-7:00pm High School Play/Musical Practice @ HS Auditorium</p>	<p>3:30pm-5:00pm Girl Scout's @ ES Classroom</p> <p>4:00pm-7:00pm High School Play/Musical Practice @ HS Auditorium</p> <p>4:30pm Basketball-G/JH Central Lee @ West Burlington High School</p>	<p>2:15pm Early Out</p> <p>4:00pm-6:00pm Basketball @ JH Gym</p>	5
13	14	15	16	17	18	19
<p>12:00pm-4:00pm Great River Hospice @ HS Auditorium</p> <p>2:00pm-6:00pm High School Play/Musical Practice @ HS Auditorium</p>	<p>3:40pm-2:20am Girl Scout's @ ES Classroom</p> <p>4:00pm-9:00pm High School Play/Musical Practice @ HS Auditorium</p> <p>4:30pm Wrestling-JH Mediapolis vs. Multiple Schools @ Mediapolis High School, HS Gym</p> <p>4:30pm Basketball-G/JH New London @ West Burlington High School, HS Gym</p> <p>5:00pm Activities-Conference Cardinal vs. Multiple Schools @ Pizza Hut (Mt. Pleasant)</p> <p>7:00pm-8:00pm Boy Scout's @ ES Gym</p> <p>8:00pm Basketball-G/Varsity WACO @ Iowa Wesleyan College</p>	<p>4:00pm-6:00pm JH Girls Basketball @ JH Gym</p> <p>4:00pm-9:00pm High School Play/Musical Practice @ HS Auditorium</p> <p>4:00pm-6:00pm JH Girls Basketball @ JH Gym</p>	<p>4:00pm-9:00pm High School Play/Musical Practice @ HS Auditorium</p> <p>4:00pm-7:00pm High School Play/Musical Practice @ HS Auditorium</p> <p>4:30pm Wrestling-JH WB / ND / Dan vs. Multiple Schools @ West Burlington High School, JH Gym</p> <p>4:30pm Basketball-G/JH Holy Trinity @ Holy Trinity Middle School</p>	<p>1:00pm Junior High/High School Musical @ HS Auditorium</p> <p>3:30pm-5:00pm Girl Scout's @ ES Classroom</p> <p>4:00pm-9:00pm High School Play/Musical Practice @ HS Auditorium</p> <p>5:00pm Basketball-G/JH Notre Dame @ Notre Dame High School</p>	<p>2:15pm Early Out</p> <p>4:00pm-6:00pm Basketball @ JH Gym</p> <p>7:00pm Junior High/High School Musical @ HS Auditorium</p>	<p>2:00pm Junior High/High School Musical @ HS Auditorium</p> <p>3:00pm Basketball-G/Varsity Fort Madison @ Fort Madison High School</p> <p>4:30pm Basketball-B/Varsity Fort Madison @ Fort Madison High School</p> <p>7:30pm Junior High/High School Musical @ HS Auditorium</p>

(Continued on the Next Page)

20	<p>2.1 4:30pm Basketball- G/JH Van Buren @ West Burlington High School, HS Gym 4:30pm Wrestling- JH WB / ND / Dan vs. Multiple Schools @ West Burlington High School, JH Gym 6:00pm School Board Meeting @ Board Room 7:00pm-8:00pm Boy Scout's @ ES Gym</p>	<p>22 4:00pm-6:00pm JH Girls Basketball @ JH Gym 6:00pm Basketball- G/JV Cardinal @ Cardinal High School, HS Gym 7:30pm Basketball- G/Varsity Cardinal @ Cardinal High School</p>	23 Autumn Vacation	24 Autumn Vacation	25 Autumn Vacation	26
27	<p>28 3:40pm-2:20am Girl Scout's @ ES Classroom 4:30pm Wrestling- JH Highland vs. Multiple Schools @ Highland High School, Middle School Gym 4:30pm Basketball- G/JH WACO @ Waco High School 7:00pm-8:00pm Boy Scout's @ ES Gym</p>	<p>29 4:00pm-6:00pm JH Girls Basketball @ JH Gym 4:30pm Basketball- G/JV Central Lee @ Central Lee High School 6:00pm Basketball- G/Varsity Central Lee @ Central Lee High School 6:00pm Basketball- B/JV Central Lee @ Central Lee High School 7:30pm Basketball- B/Varsity Central Lee @ Central Lee High School</p>	30 4:00pm-6:00pm JH Girls Basketball @ JH Gym			



School Information: Reminder: Breakfast is served at 7:35 Elementary and 7:45 Jr/Sr high. Come join us! This institution is an equal opportunity organization.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



1 Turkey & cheese sandwich
Sweet potato fries
Peaches
Milk

2 Savorly Salisbury steak
Simply mashed potatoes
Dinner roll
Mandarin oranges
Milk

3 Chicken strips
Cheese breadsticks
Green beans
Pineapple
Milk

1 Divine tenyaki strips
Brown rice
Broccoli
Applesauce
Milk

Tuesday

1 Hoagie sandwich
Baked beans
Pineapple
Milk

2 Tasty tacos
Refried beans
Fresh apples
Milk

3 Pipin hot pizza
Broccoli
Peaches
Milk

4 Turkey & gravy
Dinner roll
Sweet potatoes
Mixed fruit
Milk

2 Mac n cheese
Sliced carrots
Pears
Milk

Wednesday

2 Chicken drummies
Simply mashed potatoes
Breadstick
Mixed fruit
Milk

3 Chicken patty
Broccoli
Pears
Milk

4 BBQ beef sandwich
Baby carrots w/ ranch
Raisins
Milk

NO SCHOOL

3 Breakfast pizza boat
Hash browns
Fresh orange
Milk

Thursday

3 Mini corn dog
Baby carrots w/ranch
Peaches
Milk

4 Tenderloin sandwich
Cali mix(broc,caul,carrot)
Banana
milk

1 Seasoned chicken fajita
Black beans
Kiwi
Milk

NO SCHOOL

Friday

4 Cheesy chicken burrito
Broccoli
Mandarin oranges
Milk

1 BBQ burger
Country veg mix(corn,bean,carrot)
Applesauce
Milk

2 Cheeseburger
Baked beans
Mixed fruit
milk

NO SCHOOL



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