JANESVILLE CSD

Address: 505 Barrick Road, Janesville, Iowa 50647 | Phone: 319 987 2581

OCTOBER 2016

Follow JCSD on Facebook: www.facebook.com/JanesvilleCSD
Visit our Facebook site and click the "like" button at the top of the page to receive JCSD news via your Facebook page.

Follow on Twitter @jcsdwildcats

Anyone wanting information on the Janesville Craft Show on Oct. 15 should call:

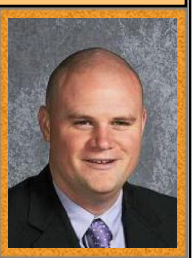
Marilyn Albrecht (319) 352-3853
Carolyn Vossberg (319) 987-2088

WEATHER ALERTS:

Please note that weather delays, early-outs, and cancellations will again be aired on KWWL, KGAN, and KCGR television. Notifications will also be posted via our Facebook site, the Remind App, and school website www.janesville.k12.ia.us.

Congratulations to the 2016 Homecoming Court!

Karlee Boyle & Jack Thode (2015 Queen & King) Tegan Meyer (9th), Julia Meister (9th), Dalton Woodyard (11th), Kevin Hahn (King), London Dodd (Queen), Brady Heath (12th), Kiley Shepherd (12th), John Berry (12th), Gillian Gergen (12th), Caden Conrad (10th), Lilly Nielsen (10th)



It is hard to believe it is already October. This is a good time to provide a severe weather reminder. I encourage everyone to sign up for the Remind App by texting the message @mrbme to 81010. You will get several confirmation text messages verifying your account once it is set-up properly.

This fall we are rolling out our General Obligation Bond information several ways. Mark your calendars for October 25th and October 30th for our two town hall meetings. They will be held at 5pm in the school cafeteria. We will also be mailing flyers and newsletters to our entire tax base. We have hired a new company this time around to ensure that nobody is left out. Watch for a virtual tour to be posted to our website and Facebook account in the next couple of days. It will better explain the project for those of you that cannot make it to the town hall meetings. And lastly, vote! Our voting date is December 6th from 12pm-8pm at Riviera Roose.

October is National Principals Month. We are extremely fortunate to have such a fantastic secondary principal in our district in Mrs. Pugh. She does an incredible job working with our staff and students each day. She also assumes the role of curriculum coordinator in our district which is also a full time job! If you see her this month, please take a moment to thank her for her service to the Janesville CSD!

Go Cats!
BJ Meaney

Homecoming 2016

Homecoming festivities were a success! We are grateful for Mrs. Giraud and Student Council for all of the time and work they put into making it great! This year the dance was moved to Saturday at the request of the students. Based on the numbers, we believe this was a good move. We had a significant increase in the number of students who were in attendance this year. We appreciate all of the parent and community support and were happy to see great attendance for the parade, pep assembly and the football game on Friday night. We love seeing Wildcat Pride spread through the community!

Infinite Campus

The time is finally here to share access to Infinite Campus, our new information management system. Secondary students received account information during the last week of September and all parents should receive information via email by October 11th. This information was shared with parents using the email addresses we currently have on record. If you do not receive this information by October 11th, please contact the school so we can assist you in getting an account set up and to confirm or update email information in our system.

Grading/Reporting

As a school we have been focused on improved grading practices. Practices which will better inform students and parents about student learning. The main purpose of providing feedback to students is to move learning forward and increase student achievement. This is done when students are provided feedback specific to expectations and learning goals for their grade level.

The middle school team and the music department have done extensive learning around these practices. Middle school core content teachers (English literacy, math, science and social studies will be using a standards-based reporting format starting this school year. In the next few years we will continue to spread this type of reporting through the school. Parents of middle school students should have received more information via email or by mail if no current email address is on file. If you did not receive this letter, please contact me and I will get the information to you. We welcome your feedback and questions!

If you would like more information about the benefits and an analogy to explain the philosophy behind new reporting methods, I recommend this read.

Who will pack your parachute? (http://www.joebower.org/2013/05/who-will-pack-your-parachute.html?m=1)

Thank You's go out to:

All the volunteers in the concession stand on game nights & all the fans that cheer our athletes on.

The awesome student section at the volleyball and football games.

To Mrs. Giraud and all the helpers who made the 2016 Homecoming a success!

To all the parents for being patient while we are transitioning to Infinite Campus. We are launching this week!

THE WILDCAT WAY

CARING ★ RESPECTFUL ★ RESPONSIBLE ★ POSITIVE

The Wildcat Way is a symbol of excellence. Students who get 'caught' exemplifying the Wildcat Way are given a Wildcard by a faculty member. Things like being a positive role model or being kind and courteous can earn you a Wildcard. This past month over 60 Wildcards were issued, and these four students were drawn in one of the following age categories; PK-2 Hayden Anderson, 3-5 Liz Hovenga, 6-8 Keegan Eastman, and 9-12 Haven Martin. The September winners were presented with gift certificates from Dairy Queen.

From the Counseling Office: Chad Angel

Greetings from the school counseling office! I look forward to working with all the students, their families, and our staff at Janesville CSD during the 2016-17 school year.

The following are some updates of what we've worked on so far and some upcoming dates of important events:

High School:

Iowa College Application Day

On Monday, September 19 2016, Janesville CSD participated in the Iowa College Application Campaign. Three different college representatives came to Janesville High School & assisted seniors with this project. Janesville CSD is one of numerous high schools across the state that participated in this event in order to assist students with the college application process. Our goal was to ensure that all members of our senior class apply to at least one college for the upcoming 2017-18 year.

Free Application for Federal Student Aid (FAFSA)

The FAFSA is required for any type of federal financial aid and many types of state and college aid.
*Visit www.fafsa.gov to complete the online application any time after Oct.1 of your senior year and before your college's priority filing date.
*Call (800)4-FED-AID to request a paper form.
*Fill out the FAFSA every year you want to be considered for aid.
*Before you actually fill out the FAFSA, request an FSA ID and gather some necessary information.
--You and one parent each need an FSA ID to complete the FAFSA. Request a FSA ID at: https://fsaid.ed.gov
Your FSA ID is used to: sign your FAFSA electronically, make changes or corrections to your FAFSA, check the status of your application, and renew your FAFSA in the future.
*Gather the following documents & information for both you and your parents:
--Social Security numbers
--Driver's license numbers, dates of birth and date of parents' marriage/divorce
--Most recent federal tax forms, including W-2 forms
--Current bank account & investment statements.
--Records of untaxed income received last year.
--Last year's business and farm records
--Total amount of child support paid or receivedACT Test

I know many students are signed up to take the **ACT** here this fall. I would encourage any seniors who have not taken the ACT, but plan to, to get signed up! Juniors, you have a little time yet, but some of you may wish to look into taking it now. For information on the actual ACT test dates and to register, go to www.actstudent.org/start (please remember to put in our **school code** when you register: **162-200**). The link for **ACT Prep** information is http://www.actstudent.org/testprep/.

*Please note that ACT does offer a 30-minute Writing Test as an *optional* component to the ACT Assessment. Post-secondary institutions have varying needs and have made their own decisions about whether to require the results from the ACT Writing Test for admission and/or course placement purposes. Therefore, students will need to decide whether to take the Writing Test based on the requirements of the institutions they are considering.
Most schools do NOT require it for admission, but feel free to check with me or call the school of interest to verify.

College Visits
Now is a great time for juniors and seniors to take college visits. Students/families can set up their own visits or contact me to help set up a visit. I would ask for a week's notice so that it gives the college adequate time to mail directions, parking information, itinerary, etc. This will also give students adequate time to notify classroom teachers in advance so that they can line up any assignments that will be missed. In addition to actually traveling to a college for a visit, college/military representatives will come to Janesville in order to meet with students as well. Students should pay attention to our school announcements so they are aware of the college rep. schedule.

College & Military Representatives Visiting Janesville CSD
Interested juniors and seniors desiring to meet with college and/or military representatives need to do the following:

1. Obtain a pre-arranged absence form from the guidance office at least one day prior to the rep's visit.
2. Obtain permission and the signature of the classroom teacher of any class that you will be missing as a result of the visit. Visits usually last 30-45 minutes.
3. Obtain a yellow pass from Ms. Harken after you show her your signed pre-arranged absence form.

October rep visits include:
Oct. 3: Capri College @ 10:00 AM
Oct. 12: North Iowa Area Community College (Mason City) @ 9:15 AM
Oct. 17: Iowa State University @ 9:30 AM
Oct. 17: Drake University @ 10:00 AM
Oct. 18: Loras College @ 10:00 AM

Other **test dates** to be thinking about:

1. **PSAT-October 19** from 8:30-12:00 for **JUNIORS**. This assessment is OPTIONAL and the cost is $16/student.

Reminders:

-Pay attention to the school website for scholarship information.
-Pay attention to the announcements and postings outside the counseling office for college reps that come to visit our school.
-If you plan to use a college visit day, **you must stop in the counseling office to get a form BEFORE you go**. Seniors get 2 excused college visit days and juniors get 1 excused college visit day.
-HS students interested in taking 2nd semester college-level courses that have not taken the Compass or ACT test yet, can visit with Mr. Angel or Mrs. Harken for more information. Mr. Angel will be taking any sophomore who is interested to Hawkeye Community College in December to take the test but juniors and seniors who want to take the test can set up individual appointments with Mrs. Harken to take the Compass at Janesville HS.

COLLEGE CONNECTIONS

A representative from Hawkeye Community College comes into the guidance office from 1:00-3:00 PM once a month and assists interested students with ANY type of college preparations. Now, although this person is from HCC, they are not here to recruit for HCC and you do not need to be planning to attend HCC, they are simply here to assist our students with college applications, filling out the federal financial aid form, scholarships, choosing a college major, taking college courses in HS, and answering questions about post-secondary options. This is an opportunity that I hope our high school students take advantage of. I've utilized this resource in the past and I've found them to be very helpful. Janesville CSD's College Connections rep. is Danielle Weber and she will be here on the following dates: Oct. 11, Nov. 1, Dec. 13, Jan. 3 & 24, Feb 14, March 7 & 28, April 18, and May 9. Ms. Harken, Guidance Secretary, helps coordinate appointments. Students can e-mail Ms. Harken at laura.harken@janesvilleschools.net in order to set up an appointment. Ms. Weber is an expert on college information and we feel fortunate to have her assistance!

ATTENTION HS SENIOR MALES:

All men are required to register with Selective Service within 30 days of their 18th birthday. The law applies to citizens as well as non-citizens, and failure to register is a felony offense. Additionally, registration is required to be eligible for federal job training, federal student loans, and federal employment, including the Post Office, Park Service, and Forest Service, and many other state and local programs. **To register:** go to http://www.sss.gov

Middle School:

In October, I will be starting classroom guidance for 6th, 7th, and 8th graders. I will be going into Mrs. Foelske's Social Studies class every other week to work with MS students. I'm looking forward to getting started with our Wildcat Middle School students in the classroom!

Elementary:

Guidance for K-5 will also be starting up in October and I'm looking forward to getting into elementary classrooms to teach our 'lil Wildcats as well! I will be using a curriculum called Second Step for our K-5th grade students that I believe will be very beneficial. Guidance is a time for me to go into the classroom to teach a short lesson on some area of academic, social/emotional, or career development. It is an important time for me to make those connections with the elementary students in order to build a relationship so they feel comfortable knowing what a school counselor does and how I can help them when needed.

If you need to contact me, please call the school (987-2581), or email me at chad.angel@janesvilleschools.net

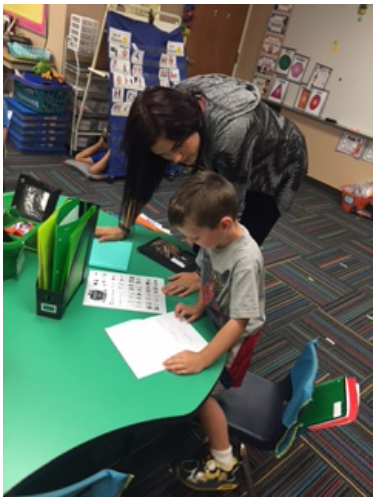
TEACHER LEADERSHIP

~Translating the vision into reality.

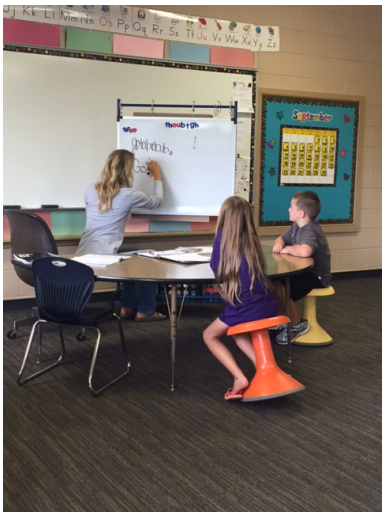
~Heather Howland

JCSD has added another layer to Teacher Leadership in 2016-2017! In addition to having an Instructional Coach to support and facilitate professional learning opportunities, we have six model teachers that will lead the way in developing the culture of learning that we are envisioning. They are reflective practitioners and global thinkers who focus on the *art* of teaching and are learning ways to be transparent with the work they are doing. Morgan Temple and Todd Foelske are participating in a class called *Teaching Transparently*, which supports them in learning about this new role.

The TL Team developed a Mentoring and Induction program for beginning teachers. In previous years we have used supports provided by AEA 267, but have now designed a program that is aligned to the district's professional development efforts and the Iowa Teaching Standards. Beginning teachers are paired with a mentor who supports them in the first two years. Katie Limyao, Morgan Temple and Casey Giraud are mentoring beginning teachers this year!



Amy Anderson and Emily Stensland are taking the *Best Practices in Literacy Instruction* course at AEA 267. The focus is to learn about the Workshop Model to teaching literacy. Workshop is a balanced approach that includes reading, writing and word work. Teachers use mini-lessons to introduce or review skills/concepts and include ample time in the literacy block for independent reading and writing. Students choose the books they read, and teachers conference with them one-on-one to develop skills.



Morgan Temple, Abby Rau, Dana Sorensen are implementing the *Guided Reading Plus* intervention in the special education and Title One classrooms. The goal is to enable the struggling reader to acquire flexible strategies for solving problems in reading and writing, while maintaining a focus on comprehension. Students are making great progress and gaining confidence!

Student Council:
by Olivia Waller

The student council has just finished their first event of the year: Homecoming! We all had a fun time at the festivities, and we hope everyone else did as well. Here are the final rankings from Homecoming 2016:

Dress Up Day Winners:
Monday: Mackenzie Bengen, Trevor Dirks; Lauren Hunemuller, Michael Lowrie
Tuesday: Evelyn Eastman, Logan Buseman; Molly Stanhope, Will Baker
Wednesday: Chloe Carlson, Jake Bromwich; Natalie Dirks, Dalton Woodyard
Thursday: Eve Andrews, Chloe Carlson, Hope Hovenga, and Kali Pletz, Christian Heiser and John Seedorff, Bridget and Callie Widner, and Michael Lowrie
Friday: Kamryn Umthum, Christian Heiser, Grace Hovenga, and Will Baker

Powderpuff Sports:
Football: Seniors 1st, Sophomores 2nd
Volleyball: Sophomores 1st, Freshman 2nd

Floats: Seniors 1st, Sophomores 2nd, Freshmen 3rd, Juniors 4th

Overall High School Class Winner: Seniors

Overall Middle School Class Winner: 8th grade

King & Queen: London Dodd and Kevin Hahn

Congratulations to all of the dress up day winners, and to London and Kevin. Congratulations to the Wildcats for winning the homecoming football game 63-41 and to the volleyball team for taking 1st place at the Charles City Tournament. Thank you to everyone for helping make Homecoming 2016 a success!

Events to Watch:

This October, the student council will be planning a **Character Counts Week.** The six pillars of character we will be emphasizing that week will be: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. The week will involve fun activities for all grades to help them remember what it really means to be a Wildcat – having good character, and following the Wildcat Way!

BASKETBALL SEASON IS UPON US!!!

What a great start to the 2016-17 school year! The football and volleyball teams are having outstanding seasons. Good luck to them the rest of the way! With that said, it's time to start looking ahead to the winter season. There will be open gym on Sunday's for high school girls basketball players from 5:30 to 6:30. If you have questions, contact Coach Chidester. (steve.chidester@janesvilleschools.net)

THE GIANT PIGGY BANK

Welcome back! We are looking forward to another great year with the GIANT Piggy Bank! We are NOW OPEN on Wednesday mornings from 8 a.m. to 8:15 a.m. in the elementary commons. Deposit envelopes and applications are available at the Piggy Bank each morning as well. Stay tuned for weekly and monthly drawing specials! It's never too early or late to start SAVING for your future!

AMANDA STARK | LOAN ASSISTANT
124 FIRST STREET SE | P.O. BOX 58 | WAVERLY, IA 50677 | WWW.STATEBANKIA.COM
E: ASTARK@STATEBANKIA.COM | P: 319-352-6000 | F: 319-352-9215

Congratulations to Gillian Gergen for getting your 1,000th kill!

Class 1A - Region 5

Janesville

B7 - Mon 10/24 7:00PM
Janesville

Bracket Winner B7

AGWSR

B1 - Tue 10/18 7:00PM Ackley

Bracket Winner B1

Clarksville

B11 - Thu 10/27 7:00PM
Janesville

Bracket Winner B11

North Butler

B2 - Tue 10/18 7:00PM
Greene

Bracket Winner B2

CAL

B8 - Mon 10/24 7:00PM
Greene

Bracket Winner B8

Northwood-Kensett

B3 - Tue 10/18 7:00PM
Northwood

Bracket Winner B3

Newman Catholic

B13 - Tue 11/1 7:00PM
Clarion

Bracket Winner B13

Regional Champion

Fort Dodge St. Edmond

B4 - Tue 10/18 7:00PM
Fort Dodge St. Edmond

Bracket Winner B4

Paton-Churdan

B9 - Mon 10/24 7:00PM
Fort Dodge St. Edmond

Bracket Winner B9

Glidden-Ralston

B12 - Thu 10/27 7:00PM
Fort Dodge St. Edmond

Bracket Winner B12

West Bend-Mallard

B5 - Tue 10/18 7:00PM
West Bend

Bracket Winner B5

West Hancock

B10 - Mon 10/24 7:00PM
West Bend

Bracket Winner B10

North Iowa

B6 - Tue 10/18 7:00PM
Buffalo Center

Bracket Winner B6

Bishop Garrigan

October 2016

Janesville School Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 X
2 X	3 X	4 X	5 X	6 JH VB @ JVILLE 4:15 VS DUNKERTON	7 FB*@ RICEVILLE 7 PM	8 VAR VB TOURNEY-HAMPTON-DUMONT 9 AM/ 8TH VB @ DIKE 9 AM
9	10 JH/JV FB @RICEVILLE 4:15/6:15	11	12 2:05 Early Dismissal	13 9TH/10TH/JV/VAR A-P/OSAGE @ PARKERSBURG 5 P.M.	14 7:00 PM FB VAR AGWSR @ Ackley	15 CRAFT SHOW JV VB TOURNEY @ DNH 9 AM
16	17 JH/JV FB @ W CENTRAL 4:15/6:15	18	19 2:05 Early Dismissal	20 SCHOOL PICTURES (MAKE-UP DATE)	21 7:00 pm FB VAR TURKEY VALLEY *HOME	22
23	24 VB Regionals*Home*7 PM	25	26 2:05 Early Dismissal	27 VB Regionals*Home*7 PM	28	29
30	31	11/1*VB Regionals 7 pm @ Clarion.				

PRESCHOOL REGISTRATION POLICY

The Early Childhood Committee has established the following registration policies. The center offers a TTh, MWF, and M-F full day program from 8:15-3:15. This includes preschool in the morning and extended care in the afternoon. There is a MWF preschool only class. This is available for four year olds only and is from 8:15-11:35. A TTH a.m. class is offered for three year olds only from 8:15-10:45 a.m. and a TTh p.m. preschool class is from 12:30-3:00. Registrations for these classes will be taken on a first come basis using the following timeline. To be eligible, your child must be three years of age by Sept. 15 of the year of attendance and be potty trained.

The timeline for registration is:

Sept.-May (1 year prior to attending) Open to children in the Janesville Cons. School District, children open enrolled to Janesville, and the children currently enrolled.

May-June (1 year prior to attending) Open to siblings of children currently or previously enrolled.

June 1 (1 year prior to attending) Open to everyone.

The registration fee guarantees the spot you sign your child up for. If you make changes at a later time, it may result in being put on a waiting list depending on availability.

If you have any questions, please ask and we will be glad to help you.

OMELET EGGSTRAVAGANZA

SUNDAY -- OCT. 16th
8:00AM - 12:30PM

JANESVILLE'S RIVIERA ROOSE COMMUNITY CENTER

ADULTS -- $7.00
4 - 10 -- $3.00
UNDER 4 -- FREE

2 EGG OMELET
MUFFINS, BREADS
DRINKS, FRUIT CUP

SPONSORED BY JANESVILLE MASONS
and WAVERLY EASTERN STAR MEMBERS

Christmas Shoppe Craft Show

Free Admission

Lunch Available

Saturday

October 15, 2016

9 AM – 3 PM

Janesville School
505 Barrick Road
County Road C-50

Over 80 Tables

Sponsored by Alpha Psi Master Chapter of Beta Sigma Phi

October 2016

Preschool

LUNCH

Breakfast is offered every day at school.
If you have questions about breakfast time, please see your school secretary for details.

Benefits of having your student eat breakfast at home or at school are:
Improved focus/concentration in school, increased energy, stabilized and improved mood, and improved metabolism

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Strips WG Rainbow Roll Sweet Potato Fries Cucumber Slices Pears Milk	4 Turkey/Cheese on WG Bun Green Beans Fresh Broccoli Pineapple Milk	5 Mexican Straw Hats Refried Beans Baby Carrots Dried Fruit Milk Snickerdoodle Cookie	6 Chicken Gravy/ Biscuit Corn Green Pepper Slices Applesauce Milk	7 Pepperoni Pizza Romaine Salad/ Lite Ranch Baby Carrots Fruit Cocktail Milk
10 Italian Grill/ WG Bun Tater Tots Cauliflower Apple Slices Milk	11 Mac and Cheese WG Tea Roll Cooked Carrots Fresh Broccoli Peaches Milk	12 Sloppy Joe / WG Bun Strawberry Spinach Salad Baby Carrots Pears Milk Chocolate Chip Cookie	13 Chicken Nuggets WG Tea Roll Mashed Potatoes/Gravy Cucumber Slices Orange Slices Milk	14 Cheese Quesadilla Peas Black Bean Corn Salad Mandarin Oranges Milk Yogurt
17 Chicken Strips/ Brown Rice Peas and Carrots Fresh Broccoli Strawberries Milk	18 Chicken Tettrazini/ Breadstick Broccoli Celery Peaches Milk	19 Hamburger / WG Bun Baked Beans Baby Carrots Mandarin Oranges Milk	20 Dominoes Cheese Pizza Spinach Salad/ Lite Ranch Cauliflower Strawberries and Bananas Milk	21 Lasagna Roll Ups/ Breadstick Corn Baby Carrots Apple Slices Milk
24 Popcorn Chicken/ WG Tea Roll French Fries Cucumber Slices Pineapple/ Mandarin Oranges Milk	25 Soft Shell Taco Refried Beans Baby Carrots Applesauce Milk Cookie	26 Turkey/Cheese on WG Bun Romaine Salad/ Lite Ranch Green Pepper Slices Orange Slices Milk	27 WG Spaghetti/ Meat Sauce/ Garlic Bread Baby Carrots Cauliflower Bananas Milk	28 WG French Bread Pizza Mixed Vegetables Fresh Broccoli Pears Milk
31 French Toast Sticks/ Sausage Hash brown Triangle Celery Peaches Milk Yogurt		This institution is an equal opportunity provider		

October 2016

JCSD Middle School

LUNCH

Breakfast is offered every day at JCSD.
If you have questions about breakfast time, please see your school secretary for details.

Benefits of having your student eat breakfast at home or at school are:
Improved focus/concentration in school, increased energy, stabilized and improved mood, and improved metabolism

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Strips/ WG Rainbow Roll Deli Sandwich on WG Croissant Sweet Potato Fries/Vegetable Bar Pears Milk	4 Mini Corn Dogs Turkey/Cheese Sub Green Beans/ Vegetable Bar Pineapple Milk	5 Mexican Straw Hats Chicken Bacon Melt Sandwich Refried Beans/ Vegetable Bar Dried Fruit Milk Snickerdoodle Cookie	6 Chicken Gravy/ Biscuit Hamburger/ WG Bun Corn/ Vegetable Bar Applesauce Milk	7 Cheese Pizza Ham Cheese/ Bun Broccoli Romaine Salad/ Lite Ranch/Vegetable Bar Fruit Cocktail Milk
10 Italian Grill/ WG Bun Chef Salad / WG Tea Roll Tater Tots/ Vegetable Bar Apple Slices Milk	11 Mac and Cheese/ WG Tea Roll Chicken Philly WG Bun Cooked Carrots/ Vegetable Bar Peaches Milk	12 Sloppy Joe / WG Bun Honey Mustard Chick. Wrap Baked Beans Strawberry Spinach Sld / Vegetable Bar Grapes Milk Chocolate Chip Cookie	13 Chicken Nuggets/ WG Tea Roll Cooks Choice Alternate Mashed Potatoes/Gravy/Vegetable Bar Orange Slices Milk	14 Cheese Quesadilla Meatball Sub on WG Bun Peas /Vegetable Bar Black Bean Corn Salad Mandarin Oranges Milk Yogurt
17 Orange Chicken/Rice Pulled Pork Sandwich/ WG Bun Peas and Carrots/ Vegetable Bar Strawberries Milk	18 Chicken Tettrazini/ Breadstick Hot Ham and Cheese on WG Bagel Broccoli/ Vegetable Bar Peaches Milk	19 Hamburger / WG Bun Hawaiian Chicken Wrap Baked Beans/Vegetable Bar Mandarin Oranges Milk	20 Dominoes Cheese Pizza Hamburger Patty/ WG Bun Mixed Vegetables Spinach Salad/ Lite Ranch/ Vegetable Bar Strawberries and Bananas Milk	21 Lasagna Roll Ups/ Breadstick Chicken BLT Salad/ Breadstick Corn/ Vegetable Bar Apple Slices Milk
24 Popcorn Chicken/ WG Tea Roll Cheeseburger/ Bun French Fries/ Vegetable Bar Pineapple/ Mandarin Oranges Milk	25 Soft Shell Taco Turkey Cheese Pretzel Sandwich Refried Beans/ Vegetable Bar Applesauce Milk Cookie	26 Hot Dog/ Bun Hatton Chicken Crunch/Rice Green Beans Romaine Salad/ Lite Ranch/ Vegetable Bar Orange Slices Milk	27 WG Spaghetti/ Meat Sauce Garlic Bread Crunchy Chicken Wrap Baby Carrots/Vegetable Bar Bananas/ Milk	28 WG French Bread Pizza Chicken Caesar Wrap Mixed Vegetables / Vegetable Bar Pears Milk
31 French Toast Sticks/Sausage WG Pancakes/ Sausage Hash brown Triangle/ Vegetable Bar Peaches Milk Yogurt	*PB/J Jamwich offered Tuesday and Thursday at Middle School*	This institution is an equal opportunity provider		

October 2016

JCSD High School

LUNCH

Breakfast is offered every day at JCSD.
If you have questions about breakfast time, please see your school secretary for details.

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Improved focus/concentration in school, increased energy, stabilized and improved mood, and improved metabolism

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Strips/ WG Rainbow Roll Deli Sandwich on WG Croissant Sweet Potato Fries/Vegetable Bar Pears/Fresh Fruit Milk	4 Mini Corn Dogs Turkey/Cheese Sub Green Beans/ Vegetable Bar Pineapple/ Fresh Fruit Milk	5 Mexican Straw Hats Chicken Bacon Melt Sandwich Refried Beans/Vegetable Bar Dried Fruit /Fresh Fruit Milk Snickerdoodle Cookie	6 Chicken Gravy/ Biscuit Hamburger/ WG Bun Corn/ Vegetable Bar Applesauce/ Fresh Fruit Milk	7 Cheese Pizza Ham Cheese/ Bun Broccoli Romaine Salad/ Lite Ranch/Vegetable Bar Fruit Cocktail/ Fresh Fruit Milk
10 Italian Grill/ WG Bun Chef Salad / WG Tea Roll Tater Tots/ Vegetable Bar Apple Slices/Fresh Fruit Milk	11 Mac and Cheese/ WG Tea Roll Chicken Philly WG Bun Cooked Carrots/ Vegetable Bar Peaches/ Fresh Fruit Milk	12 Sloppy Joe / WG Bun Honey Mustard Chick. Wrap/ WG Chips Baked Beans Strawberry Spinach Sld / Vegetable Bar Grapes/ Fresh Fruit Milk Chocolate Chip Cookie	13 Chicken Nuggets/ WG Tea Roll Cooks Choice Alternate Mashed Potatoes/Gravy/Vegetable Bar Orange Slices/ Fresh Fruit Milk	14 Cheese Quesadilla Meatball Sub on WG Bun Peas /Vegetable Bar Black Bean Corn Salad Mandarin Oranges/ Fresh Fruit Milk Yogurt
17 Orange Chicken/Rice Pulled Pork Sandwich/ WG Bun Peas and Carrots/ Vegetable Bar Strawberries/ Fresh Fruit Milk	18 Chicken Tettrazini/ Breadstick Hot Ham and Cheese on WG Bagel Broccoli/ Vegetable Bar Peaches/ Fresh Fruit Milk	19 Hamburger / WG Bun Hawaiian Chicken Wrap/ WG Chips Baked Beans/Vegetable Bar Mandarin Oranges/ Fresh Fruit Milk	20 Dominoes Pizza Hamburger Patty/ WG Bun Mixed Vegetables Spinach Salad/ Lite Ranch/ Vegetable Bar Strawberries and Bananas/ Fresh Fruit Milk	21 Lasagna Roll Ups/ Breadstick Chicken BLT Salad/ Breadstick Corn/ Vegetable Bar Apple Slices/ Fresh Fruit Milk
24 Popcorn Chicken/ WG Tea Roll Cheeseburger/ Bun French Fries/ Vegetable Bar Pineapple/ Mandarin Oranges/ Fresh Fruit Milk	25 Soft Shell Taco Turkey Cheese Pretzel Sandwich Refried Beans/ Vegetable Bar Applesauce/ Fresh Fruit Milk Cookie	26 Hot Dog/ Bun Hatton Chicken Crunch/Rice Green Beans Romaine Salad/ Lite Ranch/ Vegetable Bar Orange Slices/ Fresh Fruit Milk	27 WG Spaghetti/ Meat Sauce Garlic Bread Crunchy Chicken Wrap/ WG Chips Baby Carrots/Vegetable Bar Bananas/ Fresh Fruit Milk	28 WG French Bread Pizza Chicken Caesar Wrap/ WG Chips Mixed Vegetables / Vegetable Bar Pears/ Fresh Fruit Milk
31 French Toast Sticks/Sausage WG Pancakes/ Sausage Hash brown Triangle/ Vegetable Bar Peaches/ Fresh Fruit Milk Yogurt	*PB/J Jamwich offered every day at the HS*	This institution is an equal opportunity provider		

October 2016

JCSD Elementary

LUNCH

Breakfast is offered every day at all WSR schools.
If you have questions about breakfast time, please see your school secretary for details.

Benefits of having your student eat breakfast at home or at school are:
Improved focus/concentration in school, increased energy, stabilized and improved mood, and improved metabolism

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Strips WG Rainbow Roll Sweet Potato Fries Cucumber Slices Pears Milk	4 Mini Corn Dogs Green Beans Fresh Broccoli Pineapple Milk	5 Mexican Straw Hats Refried Beans Baby Carrots Dried Fruit Milk Snickerdoodle Cookie	6 Chicken Gravy/ Biscuit Corn Green Pepper Slices Applesauce Milk	7 Pepperoni Pizza Romaine Salad/ Lite Ranch Grape Tomatoes Fruit Cocktail Milk
10 Italian Grill/ WG Bun Tater Tots Cauliflower Apple Slices Milk	11 Mac and Cheese WG Tea Roll Cooked Carrots Fresh Broccoli Peaches Milk	12 Sloppy Joe / WG Bun Strawberry Spinach Salad Baby Carrots Grapes Milk Chocolate Chip Cookie	13 Chicken Nuggets WG Tea Roll Mashed Potatoes/Gravy Cucumber Slices Orange Slices Milk	14 Cheese Quesadilla Peas Black Bean Corn Salad Mandarin Oranges Milk Yogurt
17 Chicken Strips/ Brown Rice Peas and Carrots Fresh Broccoli Strawberries Milk	18 Chicken Tettrazini/ Breadstick Broccoli Celery Peaches Milk	19 Hamburger / WG Bun Baked Beans Baby Carrots Mandarin Oranges Milk	20 Dominoes Cheese Pizza Spinach Salad/ Lite Ranch Cauliflower Strawberries and Bananas Milk	21 Lasagna Roll Ups/ Breadstick Corn Grape Tomatoes Apple Slices Milk
24 Popcorn Chicken/ WG Tea Roll French Fries Cucumber Slices Pineapple/ Mandarin Oranges Milk	25 Soft Shell Taco Refried Beans Baby Carrots Applesauce Milk Cookie	26 Hot Dog/ Bun Romaine Salad/ Lite Ranch Green Pepper Slices Orange Slices Milk	27 WG Spaghetti/ Meat Sauce/ Garlic Bread Baby Carrots Cauliflower Bananas Milk	28 WG French Bread Pizza Mixed Vegetables Fresh Broccoli Pears Milk
31 French Toast Sticks/ Sausage Hash brown Triangle Celery Peaches Milk Yogurt		This institution is an equal opportunity provider		

October 2016

JCSD

BREAKFAST

Breakfast is offered every day at JCSD.
If you have questions about breakfast time, please see your school secretary for details.

Benefits of having your student eat breakfast at home or at school are:
Improved focus/concentration in school, increased energy, stabilized and improved mood, and improved metabolism

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG English Muffin Yogurt Fruit and Fruit Juice Milk	4 Mini Cream Cheese Bagels Fruit and Fruit Juice Milk	5 WG Cinnamon Breakfast Ca Fruit and Fruit Juice Milk	6 WG Blueberry Muffin Yogurt Fruit and Fruit Juice	7 WG Granola Bar Toast Fruit and Fruit Juice Milk
10 WG Pancakes/ Syrup Fruit and Fruit Juice Milk	11 WG Poptarts Yogurt Fruit and Fruit Juice Milk	12 Bagel Fruit and Fruit Juice Milk	13 WG Banana Muffin Yogurt Fruit and Fruit Juice Milk	14 Mini Waffles Fruit and Fruit Juice Milk
17 Assorted Cereal Toast Fruit and Fruit Juice Milk	18 WG Choc Chip Muffin Yogurt Fruit and Fruit Juice	19 WG Cinni Mini's Yogurt Fruit and Fruit Juice Milk	20 Cinnamon Roll Yogurt Fruit and Fruit Juice Milk	21 WG English Muffin Yogurt Fruit and Fruit Juice Milk
24 Mini Cream Cheese Bagels Fruit and Fruit Juice Milk	25 WG Blueberry Muffin Yogurt Fruit and Fruit Juice	26 Cereal Bar Yogurt Fruit and Fruit Juice Milk	27 Frosted WG Long John Yogurt Fruit and Fruit Juice Milk	28 Bagel Fruit and Fruit Juice Milk
31 Assorted Cereal Toast Fruit and Fruit Juice Milk		This institution is an equal opportunity provider		