



October 2020 Activities Calendar



1-Oct	JH Cross Country	@Lake Storey Park, Galesburg	4:00 PM
2-Oct	SIP Day Custodian Appreciation Day		
5-Oct	Girls Golf	MC vs Galva	4:00 PM
6-Oct	Board of Education Committee Meeting	Transportation Meeting	4:30 PM
	Boys Golf—Regional	TBA	9:00 AM
7-Oct	Varsity Cross Country	MC vs. Stark County @ Toulon	4:00 PM
	Girls Golf—Regional	TBA	
8-Oct	Board of Education Committee Meeting	Policy Meeting	4:30 PM
9-Oct	End of 1st Quarter		
12-Oct	Board of Education Committee Meeting	Building and Grounds Meeting	6:00 PM
	Boys/Girls Golf Sectional	TBA	9:00 AM
13-Oct	Picture Day	Mercer County High School	
14-Oct	Picture Day SAT Exam (Seniors Only)	Mercer County Intermediate School 9th-11th Remote Learning Day	
15-Oct	Picture Day	MCJH/New Boston Elementary	
16-Oct	Girls Golf—State	Red Tail Golf Course	8:30 AM
	Boys Golf—State	Prairie Vista Golf Course	8:30 AM
17-Oct	HS Cross Country	Peoria Detweiller Park	1:00 PM
19-Oct	Board of Education Committee Meeting	Finance Meeting	4:30 PM
21-Oct	Board of Education Meeting	MCIS Music Room	7:00 PM
22-Oct	No School	Parent Teacher Conferences	12:00 PM ~ 7:30 PM
23-Oct	No School	Parent Teacher Conferences	7:30 AM ~ 12:30PM
24-Oct	HS Cross Country-Regional	TBA	10:00 AM
31-Oct	HS Cross Country—Sectional	TBA	10:00 AM

Reminder From the School Nurse

- If your child is kept home or sent home from school not feeling well, **ALL SIBLINGS MUST** also be kept home. The school nurse will contact you.
- If your child fails the COVID screening, that child and **ALL SIBLINGS MUST** stay home.
- If your child is sent home from school or is kept home due to any of the COVID symptoms, one of the following documents **MUST** be received by the school the day **PRIOR** to them returning:

A doctors note with an alternate diagnosis

OR

A negative COVID test

Please note ~ **BUS RIDERS WILL NOT** be allowed on the bus if we have not received the paperwork in advance!

Again, thank you for your understanding and ongoing cooperation with our COVID prevention policies and procedures as we work to help protect your children.



What head lice are

Head lice are tiny insects that feed solely on the blood of people, and are most common on children of early elementary school age. Head lice grasp the head hair with their claws and insert their tiny mouthparts into the skin for just a minute or so to drink a tiny droplet of blood. **Lice cannot burrow into the skin and do not play a role in transmitting any disease-causing organisms. Thus, head lice are rarely anything more than a nuisance.** These insect pests are most commonly shared by direct head-to-head contact. Activities such as hugging, play wrestling, and sharing a bed all offer opportunities for lice to spread between friends and family members. Regardless of the wealth of the community or family, the cleanliness of the home, or the month of the year, however, **---only about one in every 100 U.S. elementary school children will be infested with head lice, of those infested children, only a few will spread" lice to others.**

How to manage and prevent head lice at school

Head lice infest people, *not* school buildings or buses. A louse that falls from the hair will very likely die within hours, and almost certainly die by the next day. Thus, applying insecticides in the school or bus to control or prevent head lice is unnecessary and wasteful. It may also be prohibited by law. If a child does have lice, only the child's parent or guardian should or need be notified—ideally at the end of the day. The parent should be offered scientifically and medically sound information on how to manage the problem. Divulging the child's medical condition to the teacher or principal, or to other students and their parents, would violate confidentiality. **Head lice may be an annoyance, but they are neither a serious medical problem nor a public health issue.** The school's efforts regarding lice is to educate students, parents, and school personnel with up-to-date information. **Unjustified actions include screening children for lice or nits, treating children at school, treating the school building, and excluding from school children who are infested or presumably infested.**

Much ado about nits

Lice eggs seem to cause more panic among parents and school staff than does nearly any other problem associated with head lice. Dead eggs and the remnants of hatched eggs remain firmly glued onto the hair for weeks, months, or even years. If nits are discovered, look for a live (crawling) louse. If none is found, then the logical conclusion is that the child is likely no longer infested. Check again occasionally, but do not treat unless a live louse is found. The vast majority of objects presumed to be nits are simply bits of debris. But because bits of debris are frequently misidentified as lice eggs, many children are misdiagnosed, sent home, and treated unnecessarily.

Head lice are acquired mainly by *direct head-to-head contact* with an infested person. Inanimate objects (such as combs, brushes, hair accessories and other such items) serve little, if any role in the transmission of head lice. Louse combs used to remove lice should be rinsed in hot water and wiped clean with a towel or a small brush. Generally, hot water from the water faucet will be sufficient to kill lice and their eggs with just a few seconds of exposure. If the water is too hot for washing hands, it is likely adequate to kill lice and eggs quickly on combs. Boiling the water is excessive for this purpose, and risks causing burns and damaging some combs. **Shared helmets and headphones in schools or recreational settings would rarely, if ever, harbor an occasional head louse or nit.** The effort necessary to effectively inspect and clean these devices, however, is not warranted. **Shared lockers or coat hooks pose even less risk as sources of contamination.**

What parents can do to eliminate and prevent head lice

Before considering any kind of treatment, find a live (crawling) insect and make sure it is a louse. If lice are found on one family member, then all other children and adults in the home should be checked as well. If the hair is fairly fine and not tangled, then a lice or nit comb can be useful in detecting and removing these insects and their eggs. Some, but not all, infestations can be eliminated by this method. If combing is difficult, impractical, or has been unsuccessful, then pediculicides can prove valuable. Pediculicides are special insecticide products registered by the Food and Drug Administration (FDA) to treat lice. Most over-the-counter (OTC) pediculicides contain pyrethrins (extracts of chrysanthemum flowers) or their synthetic equivalent. Used as directed on the package, these products can be effective at killing lice. A repeat treatment, about 10 days after the first, is often needed.

Public Notices

ANNUAL NOTICE OF NONDISCRIMINATION & CIVIL RIGHTS GRIEVANCE PROCEDURES

Notice of Nondiscrimination

The Mercer County School District will not be discriminate and will provide equal educational and extra-curricular opportunities for all students including vocational education students without regard to race, color, national origin, ancestry, sex ethnicity, language barrier, religious beliefs, physical and mental handicap or disability, or economic and social conditions, or actual or potential marital or parental status.

Uniform Grievance Procedure

Students, parents, guardians, employees, or community members should notify and administrators if they believe that the school board, its employees, or agents have violated their right guaranteed by the State or Federal Constitution, State or Federal statute, or board policy, or have a complaint regarding:

Title 2 of the American with Disabilities Act;
 Title 9 of the Education Amendments of 1972;
 Section 504 of the Rehabilitation Act of 1973;
Individuals With Disabilities Education Act, 20 U.S.C. 1400 et seq.
Title 6 of the Civil Rights Act, 42 U.S.D. 2000d et seq.
Equal Employment Opportunities Act (title 7 of the civil Rights Act) 42 U.S.C. 2000e et seq.
 Sexual harassment (Illinois Human Rights Act, Title 7 of the Civil Rights Act of 1964, and Title 9 of the Education Amendments of 1972);
 The misuse of funds received for services to improve educational opportunities for educationally disadvantaged or deprived children;
 Provision of services to homeless students.

The administrators will attempt to resolve complaints resorting to this grievance procedure and if a complaint is filed to address the complaint promptly and equitably. The right of a person to prompt and equitable resolution of the complaint filed hereunder shall not be impaired by the person's pursuit of other remedies. Use of this grievance procedure is not a prerequisite to the pursuit of other remedies and use of this grievance procedure does not extend any filing deadline related to the pursuit of other remedies.

Filing a Complaint

A person (hereinafter Complainant) who wishes to avail him/herself of this grievance procedure may do so by filing a complaint with any district administrator. The Complainant shall not be required to file a complaint with a particular administrator and may request an administrator of the same sex. The administrator may request the Complainant to provide a written statement regarding the nature of the complaint or require a meeting with the parent(s)/guardian(s) of a student. The administrator shall assist the Complainant as needed.

Investigation

The administrator will investigate the complaint or appoint a qualified person to undertake the investigation on his/her behalf. If the Complainant is a student, the administrator will notify his/her parent(s)/guardian(s) that they may attend any investigation meetings in which their child is involved. The complaint and identity of the Complainant will not be disclosed except 1) as required by law or this policy, or (2) as necessary to fully investigate the complaint, or (3) as authorized by the Complainant. Within 10 school days of the date the complaint was filed, the administrator shall file a written report of his/her findings with the Superintendent. The administrator may request an extension of time. If complaint of sexual harassment contains allegations involving the Superintendent, the written report shall be filed with the school board, which will make a decision in accordance with Section 3 of this notification. The Superintendent will keep the board informed of all complaints.

Decision and Appeal

Within 5 school days after receiving the administrator's report, the Superintendent shall mail his/her written decision to the Complainant by U.S. mail, first class, as well as the administrator. Within 5 school days after receiving the superintendent's decision, the administrator may appeal the decision to the school board by making a written request to the board. Within 10 school days, the board shall affirm, reverse, or amend the superintendent's decision or direct the superintendent to gather additional information for the board. Within 5 school days of the board's decision, the superintendent shall inform the administrator of the board action. The Complainant may appeal the board's decision to the Regional Superintendent pursuant to Section 3-10 of The School Code and, thereafter, to the State Superintendent pursuant to Section 2-3.8 of The School Code. This grievance procedure shall not be construed to create an independent right to a school board hearing. The failure to strictly follow the timelines in this grievance procedure shall not prejudice any party.

The names of the administrators who may handle complaints are the following principals: Bill Fleurette, Apollo Elementary School, 801 SW 9th St., Aledo, IL 61231 (582-5350); Marcus Bush, New Boston Elementary School, 301 Jefferson St., New Boston, IL 61272 (587-8141); Ryan Koresko, Intermediate School, 1002 SW 6th St., Aledo, IL 61231 (582-2441); Tim Sedam, Junior High School, 203 N. Washington St., Joy, IL 61260 (584-4174); and Stacey Day, High School, 1500 S. College Ave., Aledo, IL 61231 (582-2223).

Public Notices Continued

PEST MANAGEMENT

Notice is hereby given to staff, parents, students, and community members that Mercer County School District will be using the least amount of air-borne pesticide to maintain its buildings. AAA Pest Control of Aledo will be spraying the building sites the SECOND MONDAY OF EACH MONTH starting at 5:00am.

STATEMENT OF NON-DISCRIMINATION

Mercer County School District is an equal opportunity establishment offering programs and employment without regard to race, color, national origin, sex, or handicapping conditions. Any grievances or complaints shall be placed with the principals in any of the school offices.

INTERNET AWARENESS

As a school district we would like to take the opportunity to let you know that the school provides internet filters that prohibit access to web journaling as well as adult content and other inappropriate sites. The filter blocks many sites automatically while others get blocked as soon as we learn of their existence.

SPECIAL EDUCATION SERVICES AVAILABLE

Mercer County School District #404 is a member of Black Hawk Area Special Education District which is a cooperative of school districts in Mercer, Henderson, and Rock Island counties. The purpose of the cooperative is to assist districts in providing service to students with special educational needs. Special education services are available to all students of the district from ages three to twenty-one or until graduation from a secondary program. Each district is required to offer services ranging from individual tutoring to placement in residential schools. However, most students with special needs are served by specially trained teachers in resource rooms in each school. These pupils spend part of the day in their regular classes and part of the day in the resource room. In some cases, a child may require special education services in his/her home or in a hospital because of a temporary physical or health problem. This service is part of the total special education program.

When a student appears to be having consistent educational or emotional problems, he/she may be referred by teachers, parents, or the child himself for the case study. A case study includes a psychological evaluation and health history and is done with parental permission. Parents also have the right to participate in planning educational programs for children eligible for special education. A comprehensive set of rules and regulations govern procedures for services to special education students.

The district also conducts various screening programs to identify students in need of special services. An annual screening in the spring is held for children ages three to five. Speech, hearing, and vision clinics are held at regular intervals to assess children to handicapping conditions.

If you have any questions regarding special services in your school, please feel free to contact your principal.

TITLE 1 PROGRAM

The Title 1 program in the Mercer County School District is funded under the No Child Left Behind Act of 2001. Title 1 of this act provides financial assistance to local school districts to provide services which help at-risk children achieve the high standards expected of all children.

The main goal of the program is to provide a wide range of assistance so that students can achieve the high standards expected of all students. Characteristics of the Mercer County Title 1 programs are:

The instruction is supplemental to the regular instruction taking place in the classroom.

In class as well as after class assistance is provided.

Through diagnosis and teaching, we endeavor to discover and overcome the special and particular needs of each student.

The Title 1 program is correlated to the student's classroom program.

The Title 1 teachers keep in close touch with the classroom teachers to find out what the Title 1 student's immediate needs are.

All parents and community members are encouraged to offer suggestions for next year's elementary Title 1 programs. If you have any questions or suggestions concerning the Title 1 program, please contact Superintendent Scott Petrie at (309) 582-2238.

PARENTS RIGHT TO KNOW: In accordance with the No Child Left Behind Act of 2001 (NCLB), the Mercer County School District is required to notify parents of each student attending a Title 1 school that they may request information regarding the professional qualifications of their child's teacher(s) and paraprofessional staff. NCLB allows parents to ask for the following information about their child's class room teacher(s): (1) whether the teacher has met state qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction; (2) whether the teacher is teaching under emergency or other provisional status, through which state qualification or licensing criteria have been waived; (3) the bachelor's degree major of the teacher and any other graduate certification or degree held by the teacher and the field of discipline or the certification or degree; and, (4) whether the child is provided services by paraprofessional and if so, their qualifications. Please contact the principal's office in writing if you require this information.

TITLE 9 NOTICE

Title 9 of the Education Amendments of 1972, commonly called Title 9, is designed to eliminate discrimination on the basis of sex in any educational program or activity receiving federal financial assistance. Mercer County School District #404 is required to conduct all activities in such a manner as to prevent discrimination based on sex in educational and related activities including all extra-curricular activities. Questions concerning Title 9 may be directed to the school district.

EMERGENCY CLOSING OF SCHOOLS

We do not expect to let out early on any day other than previously announced. It may be necessary to have early dismissals due to emergency conditions such as excessive heat, bad weather, road conditions, or boiler breakdown, etc. Parents are expected to be alert to these possibilities and make arrangements for the care of children arriving home early. Arrangements could be made with a friend, neighbor, or relative. Emergency dismissals will be announced on local and Quad-city radio and TV stations as well as sent out on the automated parent contact phone system, school website, and Facebook.

ASBESTOS NOTIFICATION

Four of our school buildings in the district (Apollo, High School, Junior High, and New Boston) contain asbestos. Areas have been identified and are constantly maintained and re-inspected every six months by designated personnel in our district. Every three years a company is hired to conduct an inspection and report findings. The reports are kept in each of the buildings and at the district office for review.



ROE #33 Early Childhood Program Prenatal to Age 3

ROE #33 Early Childhood Program to Age 3 is FREE and available to ALL families with children up to age 3!!

Mission Statement:

We recognize parents as the first and most important teacher. From nest to sky, we'll help you fly!

Virtual Playgroup Opportunities

Please join us the 2nd Tuesday of every month on ZOOM from 10-11am for an educational activity geared for children ages 0-3 years. If you are unable to attend, another opportunity for the virtual group will be held the 3rd Thursday of every month from 6-7pm!!



Allison Kallenbach
Family Educator—Birth to 3
akallenbach@roe33.net
309-715-7326

Chris Olson
Family Educator—Birth to 3
colson@roe33.net
309-715-7326

FOLLOW US ON FACEBOOK!! ROE #33 Early Childhood Program Prenatal to Age 3

Parent Teacher Conferences

Parent Teacher Conference Days will be held by appointment only with no student attendance. Conference times are 12:00 PM to 7:30 PM on Thursday, October 22nd, and 7:30 AM to 12:30 PM on Friday, October 23rd. If you have not received an email from your child's teacher, please call the building office to schedule an appointment.



Contact Information

Mercer County School District Office
309/582-2238
309/582-7428 fax

Mercer County High School
309/582-2223
309/582-5920 fax

Mercer County Junior High
309/584-4174
309/584-4257 fax

Mercer County Intermediate
309/582-2441
309/582-2440 fax

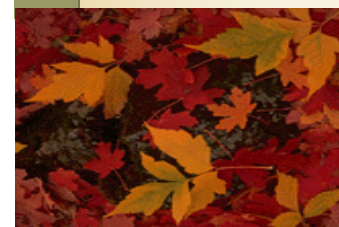
New Boston Elementary
309/587-8141
309/587-3349 fax

Apollo Elementary
309/582-5350
309/582-3457 fax

Mercer County Transportation Office:
Ernest Dillie, Supervisor
Office Phone: 309-584-4630
Cell Phone: 309-371-6354
Jodi O'Leary, Secretary
Office Phone: 309-584-4630
Cell Phone: 309-371-7220

Johannes Bus Service:
Kim Lloyd
Office Phone: 309-582-2922
Cell Phone: 309-738-9423

MERCER COUNTY SCHOOL DISTRICT # 404



Virtual Playgroup Opportunities



Learn



Explore



Engage

Join us the 2nd Tuesday of every month on ZOOM from 10-11am for an educational activity geared for children ages 0-3 years. If you are unable to attend, another opportunity for the virtual group will be held the 3rd Thursday of every month from 6-7pm!

ZOOM MEETING ID: 890 0882 4892 PASSWORD: 1KNTna



golden eagles

Counselor's Information

Contact Information

Mercer County High School
1500 South College Ave
Aledo, IL 61231
Phone: 309-582-2223
Ext. 3
Fax: 309-582-5920

Guidance Counselor
Tami Hains
haindst@mercerschools.org

Guidance Secretary
Erica Biddle
biddlee@mercerschools.org



Like us on
facebook!!!

Mercer County HS Guidance
Office



Follow us on
Twitter!!

@mercocounseling

Mark Your Calendars

- | | |
|----------------|--|
| October 1st | FAFSA Opens |
| October 9th | End 1st Qt |
| October 14th | SAT for SENIORS
(Remote day for Freshmen—Juniors) |
| Oct. 22nd—23rd | No School P/T Conferences |
| October 29th | PSAT/NMSQT for registered Juniors |

SAT for SENIORS is Weds, Oct. 14th 2020

Seniors will be taking the SAT on Oct 14, 2020 at MCHS for their college entrance exam. This test was postponed due to COVID from last Spring. The state of Illinois has contracted with the College Board SAT for schools to administer the SAT at no cost. All colleges and universities will accept the SAT and /or the ACT score.



PSAT for JUNIORS is Thurs, Oct. 29th 2020

Juniors who have registered will be taking the PSAT-NMSQT on October 29, 2020 at MCHS. This could qualify them for the

National Merit Scholarship list. The PSAT is a practice test for the SAT. Students will need two number two pencils, a calculator, and a book to read.





College Representatives at MCHS

College representatives meet with interested students September through December. Unfortunately due to COVID restrictions MCHS is not allowing outside visitors into the school at this time. If you would like to virtually meet with a particular school's representative during school hours please contact the counseling office.

Post-Secondary Plans for Seniors

- Ms. Hains emailed the Senior Jump Start presentation on Wednesday, September 16th to seniors and their parents. She hopefully answered any questions they had about post grad planning but if you have additional questions please email or call the counseling office.
- Seniors are encouraged to submit college applications at this time. Seniors should submit post-secondary school applications to the school of their choice by mid October.
- Seniors needing a transcript sent to a college should stop by the counseling office or email Ms. Hains or Mrs. Biddle. Please be sure to include in your email the name and address of the school who will receive the transcript.

Please stop by the counselor's office with any questions or concerns you may have about Post-Secondary plans.



Post-Secondary Visits

Juniors & Seniors get three TOTAL college visit days that are excused to visit post-secondary schools. Forms may be picked-up in the counselor's office and must be returned to the main office at least one day prior to the visit, for the absence to be excused. Keep in mind that most post-secondary schools have special fall preview days on Saturdays and encourage parents/students to make private appointments if they cannot attend a preview day. Several colleges are currently offering scholarships to students who attend the preview days. Scholarship eligibility is often based on a qualifying essay or a drawing.

SAT Test Dates—SAT.org

SAT No Essay—\$49.50

SAT with Essay—\$64.50

(late fee required—\$30)

The following SAT test dates are available for all high school students who wish to take the test. *Please note the SAT will be given here at the high school in April to all Juniors.

<u>Test Date</u>	<u>Registration Deadline</u>
August 29, 2020	July 31, 2020
September 26, 2020	August 26, 2020
October 3, 2020	September 4, 2020
November 7, 2020	October 7, 2020
December 5, 2020	November 5, 2020
March 13, 2021	February 12, 2021
May 8, 2021	April 8, 2021
June 5, 2021	May 6, 2021



*Fee waivers are available if you qualify. See the Guidance office with questions

Guidance Counselor
Tami Hains

Secretary
Erica Biddle

(309) 582-2223

ACT Test Dates ACT Plus Writing

ACT No Writing—\$55.00

ACT Plus Writing—\$70.00

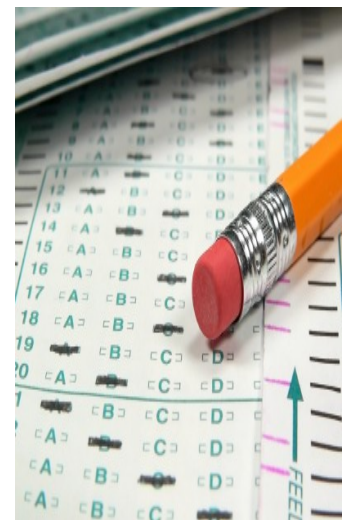
(late fee required)



The following ACT test dates are available for all high school students who wish to take the test:

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Fee Required</u>
Sept. 12th, 13th, & 19th, 2020	August 31	No late fees
Oct. 10th, 17th, 24th, & 25th, 2020	Sept. 25	No late fees
December 12, 2020	November 6	November 7-20
February 6, 2021	January 8	January 9-15
April 17, 2021	March 12	March 13-26
June 12, 2021	May 7	May 8-21
July 17, 2021	June 18	June 19-25

Students may register on-line at www.act.org and use a credit card for payment. REMEMBER to include Mercer County High School's code 140008 on the registration information so the school has your ACT scores for your transcript. Keep in mind that the ACT can be taken multiple times & colleges do not care if scores go down on retakes. Colleges will not pull the highest scores from multiple dates but do take the highest scores from one single test date regardless of the number of times the test has been taken. **Fee waivers are available if you qualify.



Attention Apollo & New Boston Elementary Parents!! **(K-4th Grade)**

In cooperation with Genesis Quad Cities, Mercer County School District will be offering a **FREE Flu Clinic** for student's grades K-4th!! This year the consent form is online, you will also be able to access the form on your phone. Please register before Oct. 26! This information is found in the attached letter from Genesis. If your student is a fully remote learner and you would like to have them receive the flu shot, please contact the nurse in your building and they will schedule a time for you to come in.

Where: Apollo Elementary
When: Thursday, October 29th
Time: Morning

Where: New Boston Elementary
When: Friday, October 30th
Time: Morning

If you have any questions, please contact:

Becky Hyett – 309-582-5350 ext. 4 or Holly Lamkin – 309-587-8141





Dear Parents/Guardians,

The Genesis Flu-Free Quad Cities program will be available in the region for the 14th year this fall.

We recognize this year is fraught with uncertainty and concerns as we all continue to work through the COVID-19 pandemic. But, seasonal influenza will also return later this fall.

Health experts stress the importance of getting a flu shot this fall and warn about possible serious complications of having seasonal influenza and COVID-19 at the same time.

This year's clinic may look different. We will be using all the safety measures to help prevent the spread of COVID-19. Your schools clinic maybe a drive up clinic at your child's school, in the school, or another location. Please see information below.

Our goal is to keep your children and those they come into contact with, healthy this flu season!

- The vaccine clinic for your child's school will be:

Oct 29, 2020 at the school

- If you would like your child to receive a free seasonal flu vaccine at your schools scheduled time please COMPLETE THE ONLINE CONSENT FORM on the Genesis website at:
 - <http://www.genesishealth.com/flu-consent>

The Vaccine Information Statement (VIS) may be reviewed prior to signing your child's consent. It should answer any questions you may have about the flu vaccine.

This program does **not** include a second clinic at your child's school for those children that may require a second vaccine. The information sheet that your child will bring home after their vaccine will help you determine whether your child will need a second dose of flu vaccine. Your local health department or primary care physician will be able to assist you as well.

If you have any questions regarding **Genesis Flu-Free Quad Cities** program, please contact Michele Cullen (563) 244-4923 or (563) 242-7165 #3. Thank you for helping to make your child's school and community a healthier place.




October Breakfast Menu 2020

Skim Chocolate and 1% White milk served everyday.

Menu Subject to Change



Mon	Tue	Wed	Thu	Fri
			1 Hash Brown/Sausage Patty 1 cup fruit Milk Choice	2 Ham/ Egg/ Cheese Bar ½ cup Fruit ½ Cup 100% Juice Milk Choice
5 Cereal Fruit Turnover 1 Cup Fruit Milk Choice	6 Biscuits & Sausage Gravy ½ cup Fruit ½ Cup 100% Juice Milk Choice	7 Whole Grain Pancakes Sugar Free Syrup (1/4c) Bacon Strips (2) 1 Cup Fruit Milk Choice 	8 Breakfast Pizza 1 cup fruit Milk Choice	9 Blueberry Bar Bacon Strips (2) ½ cup Fruit ½ Cup 100% Juice Milk Choice
12 Cereal English Muffin ½ cup Fruit ½ Cup 100% Juice Milk Choice	13 Bacon Biscuit/ butter & jam 1 cup fruit Milk Choice	14 Pancake/ Sausage Stick (Sugar Free Syrup (1/4c) 1 Cup Fruit Milk Choice	15 Breakfast Sandwich 1 cup fruit Milk Choice	16 Sausage Links (2) Biscuit/ butter & jam ½ cup Fruit ½ Cup 100% Juice Milk Choice
19 Cereal Donut 1 Cup Fruit Milk Choice	20 Breakfast Sandwich ½ cup Fruit ½ Cup 100% Juice Milk Choice	21 Whole Gr. Waffles Sugar Free Syrup (1/4c) Sausage Links (2) 1 Cup Fruit Milk Choice	22 No School Parent Teacher Conferences	23 No School Parent Teacher Conferences
26 Cereal Muffin 1 Cup Fruit Milk Choice	27 Ham/ Egg/ Cheese Bar ½ cup Fruit ½ Cup 100% Juice Milk Choice	28 Whole Grain Pancakes Sugar Free Syrup (1/4c) 1 Cup Fruit Milk Choice	29 Breakfast Pizza 1 cup fruit Milk Choice	30 Cereal Bar Poptart String Cheese ½ cup Fruit ½ Cup 100% Juice Milk Choice

Nondiscrimination: In the operation of USDA Child Nutrition programs, no child will be discriminated against because of race, color, national origin, age, sex or disability. If you feel you have been, please call (309) 582-2238.



October Lunch Menu 2020

Skim Chocolate and 1% White milk served everyday.

Menu Subject to Change



Mon	Tue	Wed	Thu	Fri
	Thurs. Oct. 1 → APOLLO/NBE ONLY Breaded Fish Shapes Romaine Side Salad Cheese Stick Peach Cup → → → → → → → → → →	Fri. Oct. 2 → APOLLO/NBE ONLY Chicken Patty/bun Cauliflower w/ranch Goldfish Crackers Pineapple Cup → → → → → → → → → →	1 MCIS/JH/HS ONLY Cheese-rite/ bun Pickles Pretzels Celery and Carrot Sticks Apple Slices/ Juice	2 MCIS/JH/HS ONLY Crispito Broccoli w/cheese sauce Orange Wedges Oatmeal Cookie
5 Tator Tot Casserole Whole Grain Bread Peas Rosy Applesauce	6 Hot Ham & Cheese/bun Baked Beans Yogurt Mixed Fruit	7 Taco Haystack <i>(chips/ cheese/ salsa/ lettuce)</i> Cooked Carrots Cantaloupe/Honeydew Churro	8 Goulash Bread Stick Mixed Vegetables Frozen Peach Cup Cottage Cheese	9 Pizza Broccoli/Cauliflower/ Carrots w/cheese sauce Fresh Plum Cheese Stick
12 Salisbury Steak Whole Grain Bread Baked Fries Grapes	13 Scalloped Potatoes/Ham Bread Stick Cheese Stick Cooked Carrots Peaches	14 Super Nachos (chicken, tortilla chips, cheese sauce, lettuce, salsa) Refried Beans Apple Sauce Cup	15 Sloppy Joe/bun Peas Pineapple Rice Krispie Treat	16 Variety Sandwich Vegetable Soup Romaine Side Salad Watermelon
19 Chicken Patty/bun (AP,NB) Baked Chicken (Int,JH,HS) Whole Grain Bread (Int, JH, HS) Green Beans Apple Sauce	20 Crispito/cheese Refried Beans Rosy Pears Whole Grain Cookie	21 Super Nachos (hamburger, tortilla chips, cheese sauce, lettuce, salsa) Mixed Vegetables Fruit Cocktail	22 No School Parent Teacher Conferences	23 No School Parent Teacher Conferences
26 Deli Sandwich Cole Slaw Apple Slices Chocolate Pudding	27 BBQ Pulled Pork/bun Baked Beans Blueberries Cottage Cheese	28 Chicken Fajita w/white sauce/tortilla chips Romaine Side Salad Spanish Rice Orange Wedges	29 Meat Loaf Whole Grain Bread Mashed Potatoes/gravy Cooked Carrots Peaches	30 Beef Stew w/biscuit Beet Sticks Pineapple Cheese Stick

Nondiscrimination: In the operation of USDA Child Nutrition programs, no child will be discriminated against because of race, color, national origin, age, sex or disability. If you feel you have been, please call (309) 582-2238.