

The McComb Reader

HOME OF THE PANTHERS

The McComb Local School District

328 South Todd St. • McComb, Ohio 45858
419-293-3979 • Fax: 419-293-2412
Website: mccomblocalschools.org
Issue 8 • September 2017



From the Office of the Superintendent

You remember “Uncle Sam” right? “Uncle Sam” is one of the most recognizable symbols in history. His image inspired a nation through conflict, offered optimism, and unified a nation. The legend can be traced back to the War of 1812 representing a soldier Samuel Wilson. While many historians argue “Uncle Sam” was mostly a fictional character, the impact of “Uncle Sam” cannot be disputed.

Much like “Uncle Sam” wants you, so does McComb Local School. You do not need to have a storied past with records and accolades. Partnering with the school is an easy resume to write. Under experience you just need YOU. There are many ways to get involved at the school. Elementary classrooms can use help from time to time with preparing classroom supplies and assisting students in class. Reading to students is another great way you can be involved at school as well. The offices can use help from time to time completing tasks and organizing materials. If you like to spend time outdoors there are ways to assist with facility needs as well.

Being involved at the school is a great way to interact with students and connect with the youth in the district. Staying connected is a great way to stay informed as a district resident.

I recognize not everyone can be involved during the school day and booster clubs and the PTO are other great ways to contribute towards student success.

Our school district is just over 100 square miles and within our boundary are subject experts, great story tellers, and creative minds. “Uncle Sam” may have never existed, YOU DO! Feel free to call the school at 419-293-3979 to discuss ways you can help out.

Tony Fenstermaker

Welcome New Staff Members

Elementary

Mrs. Emily Ellerbrock –
5th/6th grade Science

Middle School

Mr. Shane Bergman – 7th/8th grade
Intervention Specialist
Mrs. Sally Kloepfer –
8th grade English
Mrs. Traci Schnipke –
7th/8th grade Science

High School

Mr. Casey Witt –
History/Social Studies
Mrs. Caitlin Sworden – English
Mr. Joseph Bihn – Chemistry/Science
Mrs. Sarah Becker – School Counselor

McComb Local School

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NAMES AND TELEPHONE NUMBERS YOU SHOULD KNOW

Central Office	419-293-3979	High/ Middle School	419-293-3853
Tony Fenstermaker	Superintendent	Jeremy Herr	Principal
Rindi Schaublin	Secretary	Marlene Barker	Secretary
Linda Clymer	Treasurer	Sarah Becker	HS Guidance Counselor
Lisa Kryling	Assistant Treasurer	Kristine Kern	MS Guidance Counselor
Luke Ewing	Transportation Director	Shawn Woolf	419-293-3161 Athletic Director
Elementary School	419-293-3286		
Matthew Harp	Principal		
Julie Buck	Secretary		
Melissa Day	Guidance Counselor		

**2016-2017 Elementary Yearbooks
are here! If you would like to
purchase please contact
Mrs. Payne or the Elementary Office**

**Support these organizations by
shopping with Schwan's!**



Campaign Codes

Dates	Group	Campaign #
Sept. 1-Oct. 15	STEM Club	33870
Oct. 16-Nov. 30	Senior Class	33871
Dec. 1 – Jan. 15	Junior Class	
Jan. 16 – Mar. 1	Yearbook	
Mar. 2 –Apr. 16	Quiz Bowl	

Use www.schwans.com or 1-855-870-7208.

Orders are delivered directly to your door, no pick up dates! Enter the campaign code on the delivery page of your check out. Once the rest of the codes are available they will be published. Codes can also be found on the schools homepage. Any questions can be directed to Mrs. Hassan at 419-293-3853 ext. 322 or hassant@mb.noacsc.org.



Clothing Drive

Sept 22: 7:30am – 7:30pm

Sept 28: 8 am – Noon



Any used items made of cloth or leather. Acceptable items include, but are not limited to: clothing, comforters, blankets, towels, sheets, shoes, bags, and purses. Items will be reused, resold, or recycled. No carpet, mattresses, pillows, or stuffed animals. There will be a trailer outside the cafeteria doors near the south parking lot where donations can be placed. Questions can be directed to Toni Hassan 419-293-3853 ext. 322 or hassant@mb.noacsc.org

**Help support the STEM Club by
cleaning out your closets.**

McFab News

McComb Fine Arts Boosters, McFab, supports all of the fine arts programs at McComb Local School including band, choir, art, and drama. This includes the purchase and cleaning of band uniforms, choir robes, band and choir music, instruments, art supplies, play transcripts, and so on. To raise money for our Fine Arts departments, McFab runs concessions for Varsity and JV Football, Varsity and JV Volleyball, Freshmen Football, and Varsity and JV Girls' Basketball. We need many volunteers to help run concessions at all of these events. If you are a parent or guardian of a student in the McComb School District who participates in band, choir, art, or drama, please consider working at least one or two shifts at any of the concession stands this upcoming year. If interested in helping out, please go to the McFab Facebook page and sign up for a concession stand time slot or contact Holly Hankin at 419-788-3364 or hollyhankin@yahoo.com

McComb Public Library Story Time & After School Programs

Story Time at the McComb Public Library is offered on Tuesdays, from **6:30pm-7:15pm**. Sessions are for children ages 3-5 who are toilet trained. Story Time is on a drop-in basis, so registration is not required. Story Time promotes early literacy and Kindergarten readiness in young children through books, finger plays, music and more. We hope that your child's library experience is the beginning of a lifetime love of literature and learning!

Upcoming Story Time themes:

- Tuesday, September 12: Bugs
- Tuesday, September 19: Fall Begins
- Tuesday, September 26: Apples
- Tuesday, October 3: Colors
- Tuesday, October 10: Leaves
- Tuesday, October 17: Pumpkins
- Tuesday, October 24: Trick or Treat (in the Library)
- Tuesday, October 31: Village Trick or Treat

***** **No Story Time Program*******

AFTER SCHOOL PROGRAMS

After School programs are offered for children in Kindergarten through 5th grade. The sessions are scheduled for the **1st and 3rd Wednesdays of the month at McComb Public Library (3:00-4:00pm)**. These programs are on a drop-in basis, so registration is not required.

- September 20: Board Games
- October 4: Craft
- October 18: Movie (Room on the Broom)

***The Library is in need of Lego donations. We are "constructing" a Lego building program and are asking for donations to help "build" our supply. Thank You! ***

If you have ANY questions please call the McComb Public Library @419-293-2425.



The Elementary Staff on the 1st day of School

"Meet the Candidate"

The McComb Economic Development Organization and the McComb Rotary Club are sponsoring a "Meet the Candidate" night on Wednesday, October 18th at 7:00pm.

It will be held in the McComb School Cafeteria. We encourage everyone to attend and meet the people running for Village Council and Township Trustees.

"Big" Dave Crosser of WKXA, will be our master of ceremonies'. He was here two years ago when we had our last meet the candidate event.

After the meeting there will be cookies and punch for all that attend. Please come join us.

Alumni/Community Band

The Alumni/Community Band will be performing at the homecoming football game against Arlington September 22. The band will rehearse September 21 from 7-8:30pm in the high school band room and football field. If you need an instrument or have any questions please contact Mr. Honse at honsead@drive.noacsc.org or call at 419-293-3853. Thanks and I look forward to seeing you at rehearsal!

Senior Class Trip Openings

There are still three spots open for the senior class trip to New York City. The dates are March 22-25, 2018.

If you are interested, please contact Toni Hassan (hassant@drive.mb.noacsc.org) for more information.

High/Middle School News

General: The 2017-18 school year has started off well. Students are settled into routines and our teachers are getting to know the students in their respective classes. We have several new teachers in both the middle school and high school classrooms. In the middle school, replacing two retirements, are Sally Kloepfer (ELA 8th grade) and Traci Schnipke (Science 7th/8th grades). We also added an intervention specialist, Shane Bergman, to assist with students who have special needs at the middle school level. In



Mr. Herr

the high school, we moved staffing internally and added an Art teacher, Lindsay Schroeder, as well as a new high school counselor, Sarah Becker. Replacing teachers who resigned are new ELA teacher, Caitlin Sworden, new Chemistry/Physics teacher, Joseph Bihn and new History teacher, Casey Witt. All of these teachers have varying degrees of expertise and experience they bring to our school. Our focus is always on making this school the best it can be, while maintaining the great culture that encompasses the McComb School district.

Athletics: Graduating a stellar senior class sees our Panther athletes rebuilding this year. However, our athletes believe they are reloading not rebuilding. The rest of the conference has been chasing us for the last few years in both football and volleyball. A famous coach once said, "The only thing harder than winning championships is winning another one." Our athletic director, coaches and students have fostered a winning attitude in our athletes. They compete to win and take pride in their accomplishments. We work every day not only on the specific skills needed to compete in each sport but also on creating good citizens, who will one day represent our society.

Personal: A young boy came home from school after the first day and before he even sat down his mother asked him, "So, how was the first day of school?"

"I didn't learn enough," the boy replied, "they said I have to go back tomorrow."

Elementary School News

Dear McComb Elementary School Community:

It is hard to believe that we are already in the month of September! Here at McComb Elementary we have definitely "Hit The Ground Running!"

Teachers, staff and students have been busy acclimating themselves to the "Back to School" routine. On opening day, the teaching staff organized a "Welcome Back to School" Assembly for the entire building. This was the 1st of its kind at McComb Elementary and it was AWESOME! The energy and excitement of the assembly is part of the theme we have here for our teaching staff that includes BRINGING THAT

1ST DAY ENERGY ALL 180 DAYS!! We want our students to feel that 1st day energy EVERYDAY of the school year!

So, far I have had the opportunity to get into each and every classroom to introduce myself and talk about building wide expectations! Part of those expectations include an acronym of the word LEAD:

Together we **L.E.A.D.** and inspire each other to be respectful life-long learners.

Love learning
Excel in all we do
Achieve goals together
Do the right thing

This "Mission Statement" is posted in every classroom and throughout the building. Our goal here at McComb Elementary is for teachers to model and reinforce this belief with the hope that all our students will **Love** learning, **Excel** in all they do, **Achieve** their goals and **Do** the right thing!

My door is always open! Feel free to contact me with any questions or concerns and follow McComb Elementary on Twitter: **@MCELEPrincipal**

Thanks and have great September!
Matt Harp
Principal - McComb Elementary School
328 S. Todd St.
McComb, Ohio 45858
(419)293-3286
Twitter: **@MCELEPrincipal**



Matt Harp

~ CONGRATS ~

Congratulations Jacob Rider on setting a new school record in Boys Varsity Cross Country. Jacob ran a 16:55 on Saturday, September 2nd at the Columbus Grove Invite, beating the previous record of 17:13.



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org

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First Day of School

WKXA's "Big Dave in the Morning" drove, McComb 4th grade student, Dallas Donaldson to school on the first day of school. Thanks to Big Dave and LaRiche Chevrolet Cadillac for this great opportunity for Dallas.

School Delays & Closing Information

Weather Delays and Cancellations are a part of our daily routines during the school year. Just a reminder that the safety of our students is our primary consideration when we delay or cancel school or an activity. We will try to have our decision made by 6:30 a.m. Following are the forms of media used to broadcast this information.

Radio Stations

WFIN - 1330 AM
 WKXA - 100.5 FM
 WBUK - 106.3 FM
 WCKY - 103.7 FM
 WAFX - 107.7 FM
 WBVI - 96.7 FM
 WFOB - 1430 AM

T.V. Stations

Channel 11
 Channel 13
 Channel 24

Websites

www.thecourier.com
www.wkxa.com
www.wfin.com
www.1063thefox.com

OhioAlerts



~ THANKS ~

Thank you to Mrs. Laura Redd and Mrs. Kimberly Schmitt for participating in the 1st annual Donkey Race at the Hancock County Fair. Mrs. Redd and Mrs. Schmitt raised money to be donated to the Flag City Honor Flight.



**Congratulations to all our students
who participated in the county fairs.**

No School
Friday, October 20, 2017
Teacher Professional Development

COMING SOON

ELECTRONIC LUNCH TICKETS

Attn: McComb Local School District families:

Ever wish you could set up a lunch account at school for the students in your family that would allow you to monitor what your child(ren) are purchasing while at school? How about setting restrictions (if desired) on what/how much your child can purchase during the school day? Or, be able to alert you when your child's account is low of funds (if set up) and give you the flexibility to add money to their account by either sending money to school or adding additional funds via a secure website or mobile app?

Well....your wish is about to come true. **McComb Local School District** is excited about teaming up with PaySchools and installing a state of the art computerized POS debit system giving parents the ability to manage their child's meal account over the internet using PayForIt.net. This new technology benefits the schools, the parents, and the kids. Cashiers will spend less time taking deposits at the serving line so the children have more time to eat their meals. Parents will no longer have to worry about money not reaching the cafeteria or their child running out of money. Kids won't have to worry about not having money to pay for their meals.

The system is set to be operational on October 1st (date pending). More detailed informational letter will be sent home soon explaining everything you need to know about how the system works. It is a **VERY IMPORTANT** piece of information so be on the lookout for it.

Sincerely,
Steve Rider
Food Service Director
McComb Local Schools

September 2017 Calendar

FB=Varsity Football
JVFB=Junior Varsity Football
FFB=Freshman Football

VB=Varsity/JV Volleyball
G=Golf
CC=Cross Country

JHFB=Junior High Football
JHVB=Junior High Volleyball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Fair Break-No School FB-A-Wayne Trace 7 pm	JVFB-H-Wayne Trace 10 am VB-A-Lehman Catholic 9 am CC-A-Grove 9 am
3	Labor Day-No School	G-A-Arl/NB 4:30 pm	JHVB-H-VB 5 pm VB-A-VB 5:30 pm	G-H-Elmwood 4:30 pm JHFB-A-HL 5 pm	FB-H-HL 7 pm	JVFB-A-HL 10 am G-A-NB 8 am CC-A-Tiffin 9 am
10	JHVB-A-NB 5 pm VB-H-NB 5:30 pm G-A-Arc 5 pm		Board Mtg 5:30 pm JHVB-A-Leipsic 5 pm VB-H-Leipsic 5:30 pm	CC-A-Riverdale 5 pm JHFB-H-Arc 5 pm	FB-A-Arcadia 7 pm	JVFB-H-LCC 10 am VB-A-Toledo Christian 10 am JHVB-A-Ada 10 am CC-A-OG 9 am
17	FFB-H-LB 5 pm JHVB-H-Arl 5 pm G-A-MC 4:30 pm VB-A-Arl 5:30 pm	JHVB-A-SPP 5 pm	G-BVC 9 am JHVB-H-Riverdale 5 pm VB-A-Riverdale 5:30 pm	JHFB-A-Arl 5 pm	FB-H-Arl 7 pm Homecoming Dinner	JVFB-A-Arl 10 am VB-A-CG/PH 10 am G-A-Sycamore Springs 9 am CC-A-VB 9 am
24	JHVB-A-PG 5 pm VB-H-PG 5:30 pm	JHVB-A-HN 5 pm	JHVB-H-LB 5 pm VB-A-LB 5 pm	JHFB-A-Leipsic 5 pm	FB-H-Leipsic 7 pm 8th gr Chicken Noodle Dinner	JVFB-A-Leipsic 10 am CC-A-Kalida 9 am

October 2017 Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	JHVB-H-HL 5 pm VB-A-HL 5:30 pm	CC-A-PH 4:30 pm	JHVB-A-CR 5 pm VB-H-CR 5:30 pm	JHFB-H-Riverdale 5 pm	FB-A-Riverdale 7 pm	JVFB-H-Riverdale 10 am CC-A-Fostoria 9 am 8th VB Tournament at VB
8	JHVB-H-Vanlue 5 pm VB-A-Vanlue 5:30 pm		Board Meeting 5:30 pm	JHFB-H-VB 5 pm	FB-A-VB 7 pm	JVFB-H-VB 10 am VB-A-Carey 10 am CC-A-Owens 9 am (BVC) 7th VB Tournament at LB Archbold Band Show 7 pm
15	Choir Invite		Meet the Candidate 7 pm	PTO Sales Pick Up JHFB-A-PG 5 pm	End of 1st Nine Weeks No School FB-H-PG 7 pm	JVFB-A-PG 10 am
22					FB-A-LB 7 pm	
29						

SEPTEMBER 2017 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza ~~~~~ Mini Cheeseburger or Mini Corn Dogs, Salad Bar, Green Beans, Fruit Bar, FF Milk	Cinnamon Roll ~~~~~ Pepperoni or Cheese Stuffed Crust Pizza, Salad Bar, Carrots, Fruit Bar, FF Milk	Breakfast Sandwich ~~~~~ French Toast Sticks or Mini Pancakes, Sausage, Hashbrown, Fruit Bar, FF Milk **Note: No Salad Bar**	Mini Pancakes ~~~~~ Loaded Beef or Chicken Nachos, Salad Bar, Refried Beans, Fruit Bar, FF Milk	Chef's Choice ~~~~~ BBQ Chicken Sandwich or Spicy Popcorn Chicken, Salad Bar, Tater Tots, Fruit Bar, FF Milk
Pancake Wrap ~~~~~ Breaded Chicken or McRib Sandwich, Salad Bar, Green Beans, Fruit Bar, FF Milk	Sausage Biscuit & Gravy ~~~~~ Pepperoni Filled Breadstick or Cheese Pizza Cruncher Bites, Salad Bar, Sweet Potatoes, Fruit Bar, FF Milk	Breakfast Burrito ~~~~~ Philly Cheese Steak or Chicken, Salad Bar, Spicy Curly Fries, Fruit Bar, FF Milk	French Toast Sticks ~~~~~ Beef or Chicken Taco, Salad Bar, Refried Beans, Fruit Bar, FF Milk	Chef's Choice ~~~~~ Turkey Burger or Hot Dog Sandwich, Salad Bar, Salty Snack, Fruit Bar, FF Milk
Breakfast Bar ~~~~~ Chicken Strips or Breaded Pork Sandwich, Salad Bar, Green Beans, Fruit Bar, FF Milk	Funnel Cake ~~~~~ Pepperoni Calzone or Cheese Filled Breadstick (Bosco), Salad Bar, Carrots, Fruit Bar, FF Milk	Breakfast Sandwich ~~~~~ Sweet & Sour Chicken or Mongolian Beef, Salad Bar, Asian Blend w/Baby Corn, Fruit Bar, Fortune Cookie, FF Milk	Waffle Stix ~~~~~ Totally Taco Pizza Snack Wedge or Chili Cheese Wrap, Salad Bar, Black Beans, Fruit Bar, FF Milk	Chef's Choice ~~~~~ Grilled Cheese (Amer. or Swiss) w/Tomato Soup, Salad Bar, Spicy Curly Fries, Fruit Bar, FF Milk

OCTOBER 2017 MENU

Breakfast Bosco ~~~~~ Bacon Cheeseburger or Popcorn Chicken, Salad Bar, Seasoned Waffle Fries, Fruit Bar, FF Milk	Cinnamon Roll ~~~~~ Pepperoni or Cheese Pizza, Salad Bar, Carrots, Fruit Bar, FF Milk	Breakfast Burrito ~~~~~ Salisbury Steak or Grilled Chicken, Mashed Potatoes, Salad Bar, Corn, Fruit Bar, FF Milk	Mini Pancakes ~~~~~ Loaded Beef or Chicken Nachos, Salad Bar, Refried Beans, Fruit Bar, FF Milk	Chef's Choice ~~~~~ Breaded Chicken Sandwich or Corn Dog, Salad Bar, Spicy Curly Fries, Fruit Bar, FF Milk
Pancake Wrap ~~~~~ Chicken Nuggets or BBQ Pork Sandwich, Salad Bar, Green Beans, Fruit Bar, FF Milk	Chs. Omelet w/Sausage Link ~~~~~ Fiestada Pizza or Cheese Filled Breadstick (Bosco), Salad Bar, Sweet Potatoes, Fruit Bar, FF Milk	Breakfast Sandwich ~~~~~ Build Your Own Breakfast Burrito (w/Egg, Cheese, Sausage or Bacon & other toppings), Hash Browns, 100% Juice Choice, Fruit Bar, FF Milk **NOTE: NO SALAD BAR**	French Toast Sticks ~~~~~ Crisпитos or Enchiladas, Salad Bar, Refried Beans, Fruit Bar, FF Milk	Chef's Choice ~~~~~ Chicken Strips or Popcorn Fish Basket, Salad Bar, Tater Tots, Fruit Bar, FF Milk
Breakfast Bar ~~~~~ Sloppy Joe or Hot Dog, Salad Bar, Salty Snack, Green Beans, Fruit Bar, FF Milk	Funnel Cake ~~~~~ Pepperoni or Cheese French Bread Pizza, Salad Bar, Carrots, Fruit Bar, FF Milk	Breakfast Burrito ~~~~~ Lasagna Rollup or Spanish Rice, Salad Bar, Peas, Garlic Bread, Fruit Bar, FF Milk	Waffle Stix ~~~~~ Chicken or Cheese Quesadilla, Salad Bar, Black Beans, Fruit Bar, FF Milk	Teacher In-Service
Breakfast Pizza ~~~~~ Mini Cheeseburger or Mini Corn Dogs, Salad Bar, Green Beans, Fruit Bar, FF Milk	Cinnamon Roll ~~~~~ Pepperoni or Cheese Stuffed Crust Pizza, Salad Bar, Carrots, Fruit Bar, FF Milk	Breakfast Sandwich ~~~~~ Shredded Chicken Sandwich or Meatloaf Sandwich, Salad Bar, Crinkle Cut Fries, Fruit Bar, FF Milk	Mini Pancakes ~~~~~ Loaded Beef or Chicken Nachos, Salad Bar, Refried Beans, Fruit Bar, FF Milk	Chef's Choice ~~~~~ BBQ Chicken Sandwich or Spicy Popcorn Chicken, Salad Bar, Tater Tots, Fruit Bar, FF Milk
Pancake Wrap ~~~~~ Breaded Chicken or McRib Sandwich, Salad Bar, Green Beans, Fruit Bar, FF Milk	Sausage Biscuit & Gravy ~~~~~ Blood & Guts Filled Fingers or Beetle Bites, Grass Clippings, Kidney...Beans, Fruit Fly Bar, FF Milk **HAPPY HALLOWEEN**			Menu Subject to Change If you qualify for free or reduced meals this also applies to breakfast.

News

BREAKFAST INFO

	Breakfast
Grades PreK-12 & Adults	\$1.25
Reduced	\$0.30
Extra Milk (1/2pt)	\$0.50

Breakfast served daily from 7 a.m. to 8 a.m.

Breakfast Menu

Hot Breakfast: Daily Hot Breakfast Option is stated on the Menu (at left).

Alternate Daily Breakfast Options: Instant Oatmeal, Cereal, Cereal Bars, Pop Tarts.

****Breakfast includes whole fruit, juice, and milk****

LUNCH INFO

	Lunch
Grades 1-5	\$2.25
Grades 6-12	\$2.55
Adult	\$2.75
Reduced	\$0.40
Extra Milk (1/2pt)	\$0.50

SALAD & FRUIT BAR

Salad Bar consists of fresh mixed greens and a rotation of sliced green peppers, broccoli, diced tomatoes, cucumbers, baby carrots, prepared salad, and choice of fat free dressings.

Fruit Bar consists of fresh apples, bananas, oranges, grapes, canned unsweetened applesauce, pears, mandarin oranges, peaches, pineapple and mixed fruit.

Note: A second veggie option of choice will be offered most days.

All grain products are WHOLE GRAIN unless otherwise noted.

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