

DASSEL ELEMENTARY NEWSLETTER

Rob Nudell, Principal

www.dc.k12.mn.us

April, 2009

FROM THE PRINCIPAL'S DESK...

rob.nudell@dc.k12.mn.us

by Rob Nudell



Spring is in the air. It is nice when the weather warms up and students can be outdoors and have fun playing, socializing, and being physically active. Please continue to watch the weather forecast and help your child(ren) dress accordingly for time outdoors.

Parent/Teacher Conferences in March were well attended. Thank you so much for being actively involved in your child's education. A strong partnership between home and school is critical in helping our students achieve their potential.

Third and fourth graders will be taking the Minnesota Comprehensive Assessments in April. The testing dates are:

April 14th and 15th for Reading

April 21st and 22nd for Math

Please make sure your child is in school these days and ready to give their best efforts.

How can I help my child prepare for the tests?

- ◆ Be sure your child gets a good night's sleep and a nutritious breakfast before test taking.
- ◆ Encourage your child to answer all the questions that they are sure of and to put a small mark by those that give them trouble. The test is not timed, so they may go back to the questions they marked.
- ◆ Work with your school to provide experiences that will improve your child's achievement.
- ◆ Read to and with your child.

- ◆ Write notes to your child and encourage them to write notes and letters to others.
- ◆ Encourage your child to keep a journal or diary.
- ◆ Encourage your child to use math every day.

Some math activities your child can do include: create a grocery budget, explain charts and graphs from newspaper and magazine articles, divide food portions, use rulers to measure objects, measure a recipe, add prices on a shopping trip, and so on.

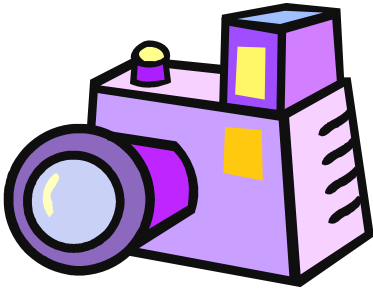
Students in third and fourth grades will take a reading test on April 14th & 15th and a math test on April 21st & 22nd. These tests are mandated by the state of Minnesota and we would like our students to be well prepared. The state sets guidelines as to the number of students we must test in our school. It is very important to have your child at school on these dates and to ensure that they are well rested. Also, please make sure that your child eats a nutritious breakfast before the tests. If your mornings are rushed, remember that our cafeteria does offer a healthy breakfast for students before school. The MCA test results are released to schools during the summer, so you will receive the information at that time.

DONUTS FOR DADS



We would like to invite all kindergarten dads to come to their child's classroom on Wednesday, April 8th for the Mon./Wed. Group or Thursday, April 9th for the Tues./Thurs. Group. Your child will share a donut with you and show you his or her classroom. There will be lots to see and do during this half hour time. Please come from 8:00-8:30 a.m. on the day your child has school. There will be more details coming in future newsletters from your child's teacher.

MEMORY BOOKS ARE HERE!



Get your memory book soon; there are only a few left. The memory books have pictures of all students and staff members. There are many action shots and room for

students to sign each other's books. It's a nice remembrance from the 2008-2009 school year. You may send \$7.75 or a check made out to "**Dassel Elementary**". When our supply is gone, we will be unable to get any more copies printed, so get your copy now!

Name _____

Grade _____ Teacher _____

Number of Books _____ Amount _____



PHYSICS FORCE



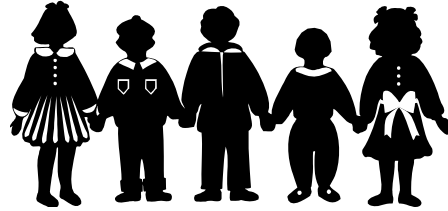
4th Grade students had a great time exploring different Physics experiments and learning about the science of Physics. Students learned about catapults, Fermi Math and different theories of Physics.

Thank you to all of the volunteers who helped to make the day possible!

FROM THE SHARE GRANT PARENT/SCHOOL LIAISON...

by Mary Neu

S.H.A.R.E.
(Supporting Healthy
And Respectful Environments)

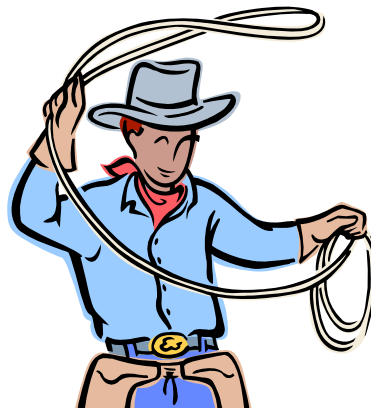


When looking at the resources we have for our OLWEUS Bullying Prevention program, I am seeing the great strategies that are given to us that also work in the parenting of our children everyday. It is important to understand that our kids need guidelines to follow as they are growing up and discovering the world around them.

One of the ideas is that we need to be consistent. That bullying is bullying every time you do it, not just when you get caught. Teasing is teasing every time you do it, not just when you get caught. Our immediate response to any bullying, teasing or other behaviors need to be consistent. When we decide what the consequence is for such an action, we need to have that same consequence every time until our child understands what we are trying to teach them. Parenting can be very trying. But aren't our kids worth it?



KINDERGARTEN ROUND-UP



Kindergarten Round-Up was scheduled for Tuesday, March 17th, at Dassel Elementary. If you did not attend Kindergarten Round-Up and have a child who is eligible to attend kindergarten

next fall (age 5 on or before September 1st), please contact Marlyce Erickson (286-4100 ext. 1500) at the school.

FROM THE COOK'S CORNER...

Doris Kyllonen, Lead Cook



Happy spring, everyone! The lunch ladies are rockin' now that spring has sprung!

We welcome spring and all the fun ways to keep healthy with exercise and food. We will be welcoming the preschoolers and their parents for lunch

on April 29th. We always look forward to seeing our future customers so they can get to know the lunch routine and enjoy a lunch.

Prevention for Preschoolers

Preschool is an optimal time for helping children learn behaviors that will reduce their risk for obesity, as a study done by the University of Maine's Miller School of Medicine proved. A team provided education about healthy habits to the teachers and parents of preschool children attending eight subsidized childcare centers. Teachers learned how to promote better-for-you beverages and how to incorporate health messages into lesson plans, while parents received newsletters and participated in monthly nutrition education dinners to reinforce the habits learned by the kids in preschool. As a result, the children ate more snacks containing fruits and vegetables than did the preschoolers who did not participate in the intervention. At the end of six months, the intervention group also was less likely to be overweight or at risk of being overweight.

We hope parents and teachers will take the time to encourage and participate in helping young people choose healthy eating habits. We in the lunch program do our part by serving nutritious, healthy lunches. We welcome new customers and visitors any time. This is a fun place to eat!

We hope you all had a great break and are as ready as we are for all the great spring days ahead. We'll chat again soon.



DO YOU HAVE A HEALTHY AND ACTIVE FAMILY?

by Amanda Berg



Mrs. Berg enjoys hiking with her family at Split Rock Lighthouse in Two Harbors, MN

A recent article put out by the YMCA states that being a healthy family does not have to be hard, expensive, or boring. Walking the dog, using our local bike path for walking, rollerblading, or biking are great examples of fun ways to get out with your family at a low cost this spring season.

Just 30 minutes of moderate activity each day will improve your family's health. This can even be broken into 10 minute chunks to achieve the same great benefits.

The importance in parent support and involvement in children's activity level is well documented. Research shows parents who encourage and actively participate in recreational fitness can help avoid the trend of inactivity as they approach adolescence.

We invite you to share and participate in our "BE ACTIVE, STAY ACTIVE" campaign. Join our staff as we celebrate the healthy and fun activities we do as a family. If you have a photo of your family participating in a great healthy activity such as hiking, swimming, biking, etc., bring it in with a short description of the active time you spent together, and we will put it on our "BE ACTIVE, STAY ACTIVE" wall.



Dassel-Cokato

PTA

everychild.onevoice.®

The mission of the Dassel-Cokato PTA is to foster communication between schools and families as well as supporting children in their work of learning. The Dassel-Cokato PTA hopes to create a collaborative effort with the schools, community, and parents/guardians to ensure a quality, well-rounded education for the children in the D-C area.

The PTA would like to thank the wonderful FFA students that helped with activities and reading during the *Run for Reading* event. We would also like to thank Seena Glessing for helping organize the FFA volunteers! The children that attended this event had a great time playing with the “big kids”. The students played a variety of games with the FFA students in the high school gym, had story time, enjoyed making bookmarks, and exchanged books at the book exchange. It was a fun night for all. The PTA is hoping to make this an annual event, adding a book exchange for parents, too.

Our next meeting is THURSDAY, APRIL 2nd, at 6:30 in the high school media center. Gary Johnson, middle school principle, will be the guest speaker. Gary will be talking about a variety of middle school topics including activity days and how students earn the opportunity to participate, explaining how the middle school day is laid out, and sharing how the middle school is implementing “Project Lead the Way.” We will also be preparing for our annual meeting in May by discussing new officers for the PTA board. The open board positions will be treasurer and vice president. If anyone is interested in serving the board in this capacity please contact Kathy Grochow.

On Thursday, May 7th, the physical education instructors from the elementary, middle, and high schools will be joining us to talk about the physical education program, how it has changed, the importance of physical education for our students, and the academic benefits of Physical Education. They will also be sharing great ideas for keeping

active with children/families in the summer and much more.

The PTA regularly meets the first Thursday of each month at 6:30 in the high school media center.

If you have any question about the upcoming meetings or would like to simply talk to someone about PTA, please contact our Membership Committee Chair, Tonia Olsen at 275-3275. You may also write or email at:

Dassel-Cokato PTA
P. O. Box 632
Dassel, MN 55325
chargerpta@yahoo.com



APRIL MUSIC NOTES...

by *Becky Litzau*



It's that *musical* time of year again! Birds are starting to come out from the cold and sing their songs, and so are the 3rd and 4th graders! The spring program is set for a performance at the PAC on **Tuesday, May 5, at 1:30 p.m. and 7:00 p.m.** Make

sure to come and see your favorite student(s) singing and playing instruments in early May! (And don't forget to enjoy the birds, too!)



DID YOU KNOW . . .

Dragonflies can travel as much as 8 miles in one day.

John Steinbeck had to rewrite *Of Mice and Men* because his dog ate the first draft.

A pound of feathers is heavier than a pound of gold because gold is measure in troy pounds, which contain only 12 ounces, whereas a pound of feathers is 16 ounces.

FROM THE VOLUNTEER CORNER . . .

by *Mary Neu*



Happy Spring! I am excited to think that it is April and spring time!

Our school year is flying by, but there is lots of fun yet to be had here at school.

National Volunteer Recognition Week is celebrated in Minnesota and across the states in April.

I thank the many parents, grandparents and community members that have volunteered with us here at Dassel Elementary this year.

We will be hosting an appreciation on Thursday, May 14th. Please mark that date on your calendar and plan on attending. We thank you for all that you do for our students! More information will be in next month's newsletter.

Volunteering is an important quality for each of us to possess. In these difficult economic times, it is something we all can do that has a positive impact and doesn't cost us anything but our time and a few smiles along the way. I appreciate the people who volunteer and demonstrate the art of giving. And remember, it is never too late to start!

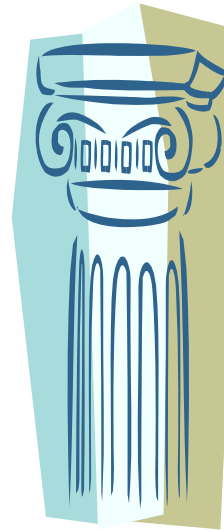
The months of April and May offer many opportunities to be an active part of our school day. Please check your schedule and share some time with us.

We also have things to be done at home if that works better for you! Let me know!

Needs list:

- Spring program help
- Projects, both here and at home
- Reading in classrooms
- Special events
- Attending the Volunteer Appreciation in May

GOLDEN RULERS OF THE MONTH FOR MARCH



Every day of school, the students at Dassel Elementary are involved in CARE groups from 9:45 – 10:15. During this time, they have a snack and juice/milk break and are engaged in a lesson about character education. This year we are focusing on the character pillars of resiliency and understanding diversity. One of the activities we do each month is to have the students in each of the nine CARE groups select a Golden Ruler of the

Month to represent their group. They are asked to vote for a member of their CARE group who continually displays all six character pillars and demonstrate the Golden Rule: "Treat others as you would like to be treated".



The students selected for the month of March were:
Back Row: Nick Tormanen, Jewelie Hussman, Emily Monson, Jack Zobel, Marissa Limanen
Front Row: Bruce Lehto, Sydney Greiner, Cole Evjen, Kara Thielsen

There are only two lasting bequests we
can hope to give our children.
One of these is roots;
the other, wings.
- Hodding Carter

IS YOUR CHILD WELL ENOUGH TO ATTEND SCHOOL?

by Kelly O'Fallon



Please consider these general guidelines when deciding if your child is healthy enough to attend school....

Does your child have a fever??

A child with a fever over 100 must be kept at home. Even in the absence of other symptoms, a fever is usually indicative of an infection, which could be contagious. Please do not give your child Tylenol or Ibuprofen to reduce the fever and then send to school. Your child will not feel well when the medicine wears off in 4 hours and they may be exposing other children in the school to that illness. If the fever is absent for 24 hours or more and your child feels well, he/she may return to school.

Does your child have a rash?

Any rash that is undiagnosed needs to be examined by your health care provider before returning to school. If the rash is not contagious, your child may come back to school immediately. If contagious, please follow your provider's instructions as to when it is okay to return to school (a doctor's note is also appreciated). Normally, if the rash is not weeping (has crusted over) and can be covered, it is okay to be in school.

Has your child been vomiting or having diarrhea?

Your child must stay at home until 24 hours after the vomiting and/or diarrhea has last occurred. Please remember to encourage good hand washing techniques to prevent the spreading of germs to other people.

Does your child feel well enough to learn?

Sick children cannot function at their best, which can hinder their school performance. If sick, it is best for your child to stay home and become well rested, so he/she can return to school as healthy and as soon as possible. Sending sick kids to school can delay their healing process, resulting in more school days with decreased academic performance. If your child says he/she does not feel well, please use your

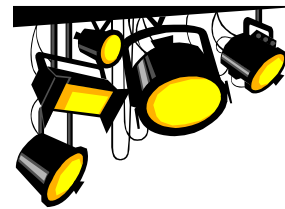
best judgment in determining if school is the best place for them on that given day-You know your child better than we do! Common colds with coughs and runny/stuffy noses can linger for a week or two, so typically children with these symptoms should be in school if no fever is present.

A general rule to consider for other illnesses: If your child requires antibiotics to treat an illness, the child must be on the medication for a minimum of 24 hours before returning to school (this includes skin infections and pink eye). If you have questions or concerns about a specific situation, please contact the health office so we can assist you in making the best decision for your child!



UPCOMING ARTS ASSOCIATION EVENTS

"MORE FUN THAN BOWLING"



This Dassel-Cokato Community Theatre production, directed by Dave Metcalf, is a comedy that looks at bowling as a metaphor for life, death, love! Recommended for ages 13 to adult.

Performances: Saturday, March 28, 7:30 p.m.
Sunday, March 29, 2:00 p.m.
Friday, April 3, 7:30 p.m.
Saturday, April 4, 7:30 p.m.

All Tickets: \$15 (includes dessert)
Location: DAHS Universal Lab Building, Dassel

SHANE & SHANE CONCERT

Two of the Christian format's core artists, Shane Barnard and Shane Everett, will present an uplifting concert enjoyed by the entire family!

Performance: Friday, April 24, 7:30 p.m.
Tickets: Adults \$20 (\$25 day of show) and Youth \$15
Location: D-C Performing Arts Center

Information and Ticket Purchases:

D-C Community Education, 286-4120

Website: www.dc.k12.mn.us/artscenter

**UPCOMING WINTER
COMMUNITY EDUCATION
ACTIVITIES**

**To register or if you have questions call
Community Education at 286-4120
or get more information by visiting us online at
www.dc.k12.mn.us**

**SCIENCE EXPLORERS SCIENCE DETEC-
TIVE (Gr. K-4)**



Go undercover with Science Explorers and become a spy as we unlock the mysteries of secret codes, experiment with spy tools and more. We will also use the science of crime scene investigation to understand how crimes are solved, while solving the disappearance of the

mysterious slime.

Activity #1026

Thursdays, April 23 & 30
3:15-4:30 PM – Dassel Elem.
Fee: \$26



**FAMILY MOVIE NIGHTS – NEW!!
(Ages 3 and Up)**



Want to enjoy a family night at the movies and not spend a fortune? Join us at the DC Performing Arts Center to enjoy a movie on the big screen. Call to find out what will be showing on the dates below. Sorry there are no snacks allowed in the auditorium. Children must be age 3 and up and be accompanied with an adult.

Activity #3020A

Friday, April 3
7:00 PM – Show time (doors will open at 6:45 PM – NO SNACKS)
Movie to be shown: *Ratatouille*
Location: HS PAC
Fee: \$8 per family

GAME SAMPLER

Gr. 1-3

Instructor: Lisa Grack

A program for boys and girls that is full of fun and excitement and good exercise. Students will play a variety of games in a positive environment. Emphasis is on having fun and good sportsmanship.

Activity #5056A

Gr. 1-3

Cokato

6 Mondays, April 13th -May 18th
3:15-4:30 p.m. – Cokato Elementary – Large Gym
Fee: \$18

Activity #5056B

Gr. 1-3

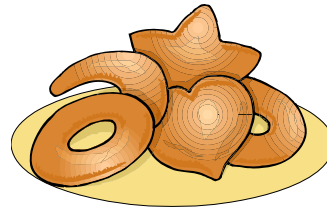
Dassel

6 Tuesdays, April 14th -May 19th
3:15-4:30 p.m. – Dassel Elementary – Large Gym
Fee: \$18



MOTHER'S DAY SURPRISE (Grades K-4)

Instructor: Kim Thompson



Come and make something for you mom that is as special as she is. Make some delicious treats for her just in time

for Mother's Day! How good are you at keeping a secret?

Activity#2065B – Cokato

Tuesday, May 5 - 3:15-4:45 PM
Cokato Elem. Room #106, (use main door for pick-up)
Fee: \$15, includes all supplies

Activity #2065A – Dassel

Thursday, May 7 - 3:15-4:45 PM
Dassel Elem. Room #145
Fee: \$15, includes all supplies

Registration Deadline: Thursday, April 30



FROM THE SOCIAL WORKER...

by Carmen Tschida



TESTING/MEDIA?

In April 2007, I had the opportunity to attend a workshop addressing the affects of media violence on our society. During the workshop, reference was made to the Indiana University Brain Scan

Research reporting “media violence stunts or ‘retards’ kids brain development: children with violent TV, movie, and video game exposure had reduced cognitive brain function.” Lt. Colonel Dave Grossman, the speaker and author of several books in this area referred to this brain scan research several times during the workshop. He described media violence as “knocking out the logical part of the brain, and the brain becoming intoxicated and shutting down.” The good news was that when students went three days without media violence – the brain looked “detoxified” and looked like a typical left brain with low levels of violence exposure.

Lt. Grossman advocated for a reduction/elimination of screen time for 3–10 days prior to student testing. He has developed a curriculum, and has been collecting data that supports the following findings. Following 10-day media violence shut down; his data demonstrated an increase in test scores in the areas of math, increased student attendance, and an increase in athletic performance. He also cited figures that demonstrated a decrease in violence/bullying incidents, and obesity. The information on the Indiana University Brain Scan Research, Lt. Grossman’s research, and other information is available on the following websites: www.killology.com. or www.mediafamily.org This is also a part of the National Institute on Media and the Family, which encompasses the www.SayYestoNo.org.

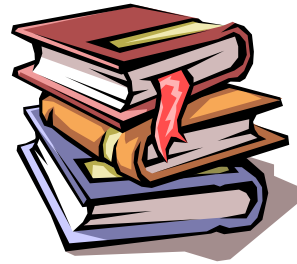
I encourage all families to think about “detoxifying” our children’s brains by taking a 3-10 day break from media/screen time. A suggested date to start would be April 5th (10 days prior to MCA testing) or April 10th (3 days prior testing). If your family is

successful in this challenge, please share with us so we can recognize your family/students efforts.

If you are interested in materials/activities of what to do instead of watching the “screen”, contact me or Mary Neu for fun family activities.



I LOVE TO READ MONTH



“I Love to Read Month” is a special time in the year to celebrate everything about reading! In Miss Silverberg’s first grade classroom, we had some very special “mystery readers” (parents and staff)

and as a culminating celebration at the end of February, we had a storybook character dress up day! Students dressed up as Laura Ingles, Junie B. Jones, Tinkerbell, Jack from the Magic Tree House series, and many more! We also had a famous “trouble maker” disrupt our class! We were visited by a favorite character, the “**Cat in the Hat!**” It was such a surprise for the students! The Cat read The Cat in the Hat Comes Back by Dr. Seuss. The students made connections with the snowstorm we had just a few days earlier. It was a great way to celebrate our reading in first grade! Thanks to all those parents and Dassel staff who were able to come in and read to our class. The students loved it!



“ Cat in the Hat”



Miss Silverberg
(dressed up as
“Fancy Nancy”)

FROM THE MEDIA CENTER...

by Pam Dille



Getting Back to Nature

The week of April 12-18, 2009 marks National Environmental Education Week. A great deal of information about this event and many activity ideas may be found at:

<http://www.eeweek.org>

One of the more interesting links on this website is a poll that resulted from Richard Louv's 2005 book *Last Child in the Woods: Saving our Children from Nature Deficit Disorder*. Mr. Louv's premise is that children are depending too much on artificial entertainment (T.V., computers, Xboxes, Nintendo, etc.) and are missing out on the restorative effects of "nimble bodies, broader minds, and sharper senses" that are developed during time spent exploring the outdoors. To read more about this and to take the "Nature-Deficit Disorder Survey" go to: <http://www.eeweek.org/resources/survey.htm>

Right on the heels of Environmental Education Week is the 29th anniversary of Earth Day. The first Earth Day originated through the efforts of U.S. Senator Gaylord Nelson (of Wisconsin). Since the early 1960's Senator Nelson had growing concerns about pollution and its negative effects on our environment. Senator Nelson decided the best approach to effect change would be to teach students in our schools and universities about these problems. On the first Earth Day, April 22, 1970, students all over the country were mobilized to work on this big problem. As a high school senior, I remember our entire class spent a day cleaning the parks in our community.

Environmental Reading

The following link is an annotated bibliography of some great "Green Reads" for elementary students found on the National Environmental Educational Foundation website:

http://www.eeweek.org/resources/green_reading.htm

Our Dassel Media Center is fortunate to own many of these titles. You may now browse our patron's catalog from your home by accessing the Dassel Elementary website and following the links through

the Media Center > Media Center website > Teachers and Parents > Dassel Elementary Patron's Catalog > Dassel Elementary Media Center or you may click on the following URL:

<http://destiny.dc.k12.mn.us/cataloging/servlet/prese ntadvancedsearchredirectorform.do?l2m=Library%20Search&tm=Catalog&l2m=Library+Search>





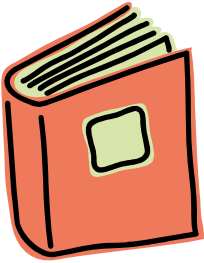
TURN OFF THE T.V. WEEK

It has been several years since Dassel Elementary students took up the challenge to turn off their T.V.s for a week. April 20-26, 2009 marks another "Turn off the T.V. Week." The Dassel Elementary staff wants to challenge all students again this year to turn off the T.V. and all video games for an entire week. Those students who take and keep the pledge will be treated to a special celebration on Friday, May 1st in the Media Center.

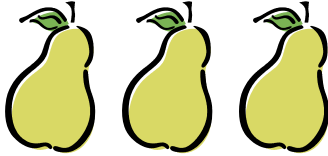
I, _____, pledge not to watch TV or play computer video games for the week of April 20-26, 2009. I understand that if I keep this pledge, I will use this opportunity to read and exercise more, as well as, spend more time with my family and friends.

Healthy alternatives to T.V. can include reading and active indoor or outdoor play.

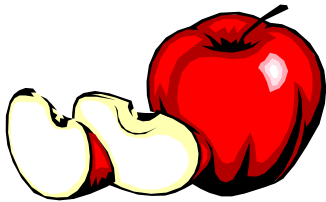
CALENDAR OF EVENTS

2009		A P R I L			2009	
MON	TUES	WED	THURS	FRI		
<p>One of the chief reasons for success in life is the ability to maintain a daily interest in one's work, to have a chronic enthusiasm, to regard each day as important.</p> <p style="text-align: center;">- William Lyon Phelps</p>		<p style="text-align: center;">1</p> <div style="text-align: center;">  <p>5:00 – 8:00 DQ Art Work every Wednesday evening</p> </div>	<p style="text-align: center;">2</p> <p style="text-align: center;">PTA Meeting at the High School Media Center 6:30-8:00</p>	3		
6	<p style="text-align: center;">7</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">8</p> <div style="text-align: center;">  <p>Donuts for Dads Mon./Wed. Kindergarten 8:00 a.m.</p> </div>	<p style="text-align: center;">9</p> <div style="text-align: center;">  <p>Donuts for Dads Tues./Thurs. Kindergarten 8:00 a.m.</p> </div>	<p style="text-align: center;">10</p> <p style="text-align: center;">GOOD FRIDAY</p> <div style="text-align: center;">  <p style="text-align: center;">NO SCHOOL</p> </div>		
13		<p style="text-align: center;">14</p> <p style="text-align: center;">MCA Testing Grades 3 & 4 (Reading)</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">MCA Testing Grades 3 & 4 (Reading)</p>	16		17
20		<p style="text-align: center;">21</p> <p style="text-align: center;">MCA Testing Grades 3 & 4 (Math)</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">MCA Testing Grades 3 & 4 (Math)</p>	23		24
<p style="text-align: center;">27</p> <p style="text-align: center;">MAP Testing</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">28</p> <p style="text-align: center;">MAP Testing</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">MAP Testing</p> <div style="text-align: center;">  <p>Pre-Kindergarten Lunch</p> </div>	30		<p style="text-align: center;">MAP Testing</p> <div style="text-align: center;">  </div>	

BREAKFAST MENU AT DASSEL ELEMENTARY

2009		A P R I L			2009
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 Cereal Cinnamon Toast Fruit Sauce Choice	2 Doughnut Yogurt Fruit Juice	3 Cereal Mini Muffin Fresh Fruit	
6 Breakfast Pizza Fruit Choice	7 Cereal Cinnamon Sticks Fruit Sauce Choice	8 Pancakes Smokie Link Fruit Juice	9 Cereal Toast with Sugar & Cinnamon Peaches	10 GOOD FRIDAY NO SCHOOL	
13 Cereal Mini Muffin Fruit Juice	14 Omelet Toast Fruit Juice	15 Cinnamon Roll Cheese Slice Fresh Fruit	16 Breakfast on a Stick Toast Fruit Sauce	17 Cereal Granola Bar Fruit Juice	
20 Apple Strudel Sticks Cheese Stick Fruit Juice	21 Cereal Muffin Fresh Fruit	22 French Toast Sticks Smokies Fruit Juice	23 Cereal Toast with Jelly Fresh Fruit	24 Cereal Bar Yogurt Fruit Sauce Choice	
27 Cereal Granola Bar Fruit Juice	28 Waffle Sticks Sausage Link Fruit Sauce	29 Breakfast Cereal Toast with Sugar & Cinnamon Fruit Choice	30 Doughnut Yogurt Assorted Fruit Juice	½ pint milk served with each meal	

ANTICIPATED FAMILY FOOD COST FOR THE MONTH OF APRIL, 2009.



Grades K-4:

Breakfasts: 21 days x \$ 1.00 = \$21.00
 Regular Lunches: 21 days x \$ 1.50 = \$31.50
 Reduced Lunches: 21 days x \$.40 = \$ 8.40
 Extra milks = 35 cents

Please write your child's first and last name on the check or envelope to ensure proper credit to the account. We welcome you to join your child for a meal!



LUNCH MENU

AT DASSEL ELEMENTARY

2009		A P R I L			2009	
MON	TUES	WED	THURS	FRI		
<p>In the operation of child feeding program, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>		<p>1 Goulash French Bread Seasoned Corn Fresh Fruit Schoolmade Bar</p>	<p>2 <i>Holiday Dinner</i> Chicken Breast Alfredo Noodles Fresh Steamed Broccoli Fresh Dinner roll Rainbow Sherbet</p>	<p>3 Fish Frys Potato Choice Carrots Bread Choice Fresh Fruit</p>		
<p>6 Hot Dog on Bun Oven Fries Baked Beans Sauerkraut Fruit Sauce Choice Twins Pop</p>	<p>7 Hamburger on Bun with Fixings Savory French Fries Vegetable Choice Fruit Sauce</p>	<p>8 Super Nachos with Fixings Seasoned Corn Bread Choice Fresh Fruit</p>	<p>9 Grilled Cheese or Tuna Sandwich Tomato Soup Crackers Veg. Relishes Fruit Choice</p>	<p>10 GOOD FRIDAY NO SCHOOL</p>		
<p>013 French Toast Sticks Smokies Tri Tater Orange Slices Asst. Juice</p>	<p>14 Lasagna Coleslaw French Bread Seasoned Green Beans Fresh Fruit</p>	<p>15 Mini Corn Dog Savory French Fries Broccoli & Cheese Bread Choice Fruit Sauce Choice</p>	<p>16 Pizza Seasoned corn Bread Choice Fresh Fruit</p>	<p>17 Sub Sandwich with Fixings Potato Rounds Fresh Veggies & Dip Fruit Sauce Choice</p>		
<p>20 Chicken Nuggets Scalloped Potatoes Peas Bread Choice Fruit Sauce Choice</p>	<p>21 Hot Ham & Cheese Batter Bites Carrot Sticks Fresh Fruit Rice Krispie Bar</p>	<p>22 Chicken Strips Mac & Cheese Seasoned Peas Fruit Sauce Choice</p>	<p>23 Cheese Bread with Pizza Sauce Lettuce Salad Fresh Fruit</p>	<p>24 Sloppy Joes Oven Fries Seasoned Green Beans Apple Crisp</p>		
<p>27 Pizza Seasoned Corn Bread choice Fruit Sauce</p>	<p>28 Country Fried Steak Mashed Potatoes Gravy Carrots Fresh Roll Fresh Fruit</p>	<p>29 Chicken Patty on Bun Batter Bites Green Beans Fresh Fruit</p>	<p>30 Chow Mein Rice/Noodles Cole Slaw Pineapple/Mandarin Oranges Fortune Cookie</p>	<p>½ pint milk served with each meal</p>		

