

DECEMBER/JANUARY NEWS

BOYDEN-HULL COMMUNITY SCHOOL DISTRICT - WWW.BOYDEN-HULL.K12.IA.US

Greetings from Mr. Grond:

It has been a busy fall with the start of school, successful fall sports seasons and the construction work for the building.

Building Project

Phase I

In the contractor's eyes there are two parts of Phase I. Part A, which is the music area in the southwest corner, is on schedule. This area is fully enclosed and water tight with work happening on the inside. Part B, located on the NE corner of the and is the location of the new shop. , is several weeks behind due to weather earlier in the year. However, Hoogendoorn in their schedule planning put in place several weeks for them to catch up. Overall we are still anticipating being completed in late June to early July with Phase I.

Phase II

The invitation to bid went out yesterday with the bid submission date on January 10. If there is an acceptable bid on January 10, the Board will accept it at the January meeting, and we are anticipating that work could commence in late spring. There is some uncertainty regarding overall cost. What we have heard is due to uncertainties in the market for construction materials we may experience some higher prices than what would have happened if we had bid this Phase last spring.

Overall it has gone well concerning planning and movement towards completion of the plans and construction. It will be a long-term process over the course of two to three years.

School Closings

We will once again be using School Messenger to notify parents, students and citizens of school closings. We will also use the front page of the school web site as well as local radio and TV stations. Unfortunately we have had to use it several times already and I am hopeful that we can get to the new year without another instance.

Stand Out Promotion

The Sioux County Public Schools have continued a campaign to promote the great things that are happening. Each of the public schools asked teachers, students, parents, grandparents to talk about what makes their school stand out. If you go to Facebook and Sioux County Public Schools, it is informative to see what makes each school stand out, and this page also shows some of the great things happening every day in our local public schools.

Holiday Wishes

Finally, as it has been in years past, my holiday wish for you is simply that these holidays will bring your families together, your hearts and plates full, and your memories lasting!

Open Enrollment Option

Parents/guardians considering open enrollment for their child(ren) into another school district in Iowa need to be aware of the following deadlines for filing the required paperwork.

March 1, 2019 - This is the last date for regular open enrollment requests for the 2019-20 school year. For incoming kindergarten students, the deadline is September 1, 2019.

Applications received after these deadlines will not be approved unless the reason for late filing qualifies for "good cause." There are a number of state-approved reasons that qualify for "good cause," including moving to a new district and change in the parents' marital status.

Transportation Assistance - Parents are responsible for transporting children open enrolled to another district. This applies to all students including those with an IEP. If the need for transportation as a related service is stated in the IEP, as a general rule the parent is responsible for this obligation under open enrollment. If a child open enrolls to a district that is contiguous (borders) to the home district, and the parents' income meets economic eligibility requirements, the family may receive a stipend for transportation or be provided transportation by the district. Income verification must be provided to the resident district.

Students that open enroll in grades 9 through 12, shall not be eligible to participate in varsity contests and competitions during the first 90 school days of transfer. Please contact the Iowa Girls High School Athletic Union at (515) 288-9741 or the Iowa High School Athletic Association at (515) 432-2011 for questions regarding eligibility.

Contact the Superintendent's Office if you have questions or need an open enrollment form.

Elementary News

by Tom Kerr

Elementary Principal

ELEMENTARY NEWS

A special thank you goes out to the P.T.O. for helping with the many great projects at the elementary school over the first several months.

Some of these included the following: providing food for teachers during parent/teacher conferences, Scholastic Book Fair, teacher/staff recognitions, helping with classroom projects, laminating or making copies for teachers, along with ordering school t-shirts this past month. Your support and thoughtfulness has been greatly appreciated by everyone at the elementary building.

We truly had a special month of November for elementary students.

The "Wright Brothers," Denny and Bruce, gave a tremendous presentation at our annual Veterans Day program on Nov. 12th.

Moreover, a special thank you goes to Mrs. Darling, Mrs. Anderson, Mr. Pottebaum, and the entire cast of the fall play, *The Greek Mythology Olympiaganza* who hosted the elementary grades of 4th-6th for a special matinee performance. It is easy to understand why Boyden-Hull has so many talented students in our fine arts programs with this great performance! In addition, we had Nighthawk State Football Mailbag and Send-off, PBIS Teamwork Day, along with sponsoring HeroBoxes for some of our deployed military personnel through coin donations by students and staff members as part of Red Ribbon Week.

Deputy Pollema, our school resource officer, Mrs. Rensink and I will be working with students and staff on a number of emergency operation drills and education plans that are required with the new legislation (Senate File 2364) for all public and private school districts by June 30, 2019. We're already doing a number of these drills such

as fire and tornado, but we'll need to include hazardous materials training and some active shooter discussions/drills as well. Deputy Pollema has worked with staff and students in the past years, and this will be a yearly topic of discussion with all students and staff. There will be more information coming in February and March to parents.

As we head into the holiday season, please take a few moments each day to celebrate the gift of life. Many people will be enjoying the company of loved ones, but let us not forget those who are alone or struggling in this world. Have a Merry Christmas and Happy New Year ☺

SUPER ATTENDANCE AT BHES PARENT-TEACHER CONFERENCES

Parent-teacher conferences were again a huge success. It is obvious that education is a high priority in many homes. The staff and administration of BHES want to thank the parents for their terrific attendance at the Parent-Teacher Conferences. We had 91% represented in attendance at our conferences by one or both parents. The interest the parents show in the education of their children is definitely great. Thanks again

PTO NEWS

Thank you for all the support you gave the PTO during the recent Parent-Teacher Conferences Scholastic Book Fair. With your support, we purchased 78 books for the library and 43 books for the teachers' classrooms. We really appreciate your support. In addition, we want to thank Peg Olson for her coordination of the Book Fair and Conference meal as well.

Giving Back to Some of Our Heroes

Lisa Rensink

In October we celebrated Red Ribbon Week. It is a week where we intentionally focus on ways to keep our bodies healthy and develop good habits and character qualities. Each of those days have a different theme where we talk about the habit or character quality and try to do activities to reinforce the theme. One of our days was a salute to our heroes so our conversation centered around what heroes look like, how they act as well as looking at examples of some heroes, both in real life and our imaginations.

We talked about how heroes come in all sizes and shapes and from all walks of life. They can be found both in real life and in someone's imagination. The Hero theme was a celebration of those people or characters who gave us the desire to be better today than what we were yesterday. And who inspire us to think of others, act on another's behalf, and change the world one act at time.

Along with this theme we had a service project where we collected change in each classroom. The money collected is going to purchase something called a HERO-BOX. These are boxes of goods and items that are specifically sent to those men and women who are serving in the Armed Forces across the world. As a school, we collected \$1050! With that money we are going to be able to support a whole unit! We are so thankful for the men and women who serve our country as well as our families and students who sent money to school. Our hope is that the men and women will get their HERO-BOX in time for Christmas.

ELEMENTARY NEWS

Thank you again!

If you would like to learn more about the HERO-BOX project, you can visit their website at <https://herobox.org>

Second Pop Can Drive

The second drive will take place **December 6 & 7, 2018**. We would greatly appreciate your plastic pop bottles, aluminum cans, or cash donation in an effort to make our second drive even more successful than our first. If you have containers to donate but do not know an elementary student, please call the school at 725-2381.

The pop can tabs are donated to the Ronald McDonald House in Sioux Falls. They sell them by the pound for the aluminum. It is their largest fundraiser. If you wish to contribute, please remove the tabs at home and bring to school.

GENERAL MILLS BOX TOPS FOR EDUCATION

We are again collecting the General Mills Box Tops this year. Please bring them to the office. The money we receive from the Box Tops goes towards class field trips. We are no longer accepting soup labels.

PERFECT ATTENDANCE FOR THE FIRST NINE WEEKS OF SCHOOL

EC: Landon Achterhof, Brock Anderson, Giselle Arcos, Micah Bonestroo, Bennett De Bruin, Tristan Den Besten, Acacia Draayer, Jonna Draayer, Edna Franco, Adryk Hoekstra, Blake Hofmeyer, Gavin Hofmeyer, McCoy Moss, Micah Ochsendorf, Julio Olivares, Madison Pelletier-Ketelson, Addisen Pfungsten, Liam Reetz, Kensley Schafer, Easton Sipma,

Clayton Starkenburg, Olivia Stitt, Anamariz Topete, Micah Vander Bush, Miles Vollink, Cambry Winter

TK: Daniela Alvarado, Christopher Anleu, Alexander Gaul, Julian Sanchez, Kolbie Van Beek, Clara Van Middendorp, Cameron Veltkamp

Kindergarten: Lennon Bonestroo, Juan De Leon, Makenna Kleinwolterink, Hailey Steven, Allison Van Roekel, Maelyn Woelber, Albert Jansma, Ashton Madson, MaKenzie Mesman, Adleigh Tiedeman, William Topete, Milanya Van Schepen

First Grade: Roman De Wit, Sori Draayer, Karol Duenas-Topete, Chase Hoekstra, Ian Van Middendorp, Emalynn Vanden Brink

Second Grade: Madison Anderson, Whitley Diekevers, Landen Dykstra, Andon Hoekstra, Henry Kelley, Paisley Kleinwolterink, Chloee Oldham, David Olson, Emma Ortiz, Jessica Sipma, Anna Van Middendorp, Collin Wellendorf

Third Grade: Devan Boogerd, Danika Buyert, Sage Draayer, Liza Jansma, Lane Moret, Landon Mulder, Grady Noble, Blake Verhoef

Fourth Grade: Rosita Andres, Gannon Cox, Kellen Damstra, Eloise De Wit, Jacob Gaul, Jayden Gonzalez, Axel Gutierrez, Brooklyn Koele, Sophi Moeller, Cheyenne Neuman, Derek Olivares, Landen Pfungsten, Angela Sandoval, Rhiannan Van Beek, Ethan Woelber

Fifth Grade: Alissia Hanson, Danielle Hanson, Edith Hinojosa, Jackson Keizer, Carter Kleinwolterink, Addison Marra, Kade Moret, Griffin Ross, Carston

Tiedeman, Michael Van Der Brink, Alexis Van Voorst

Sixth Grade: Juan Arcos, Emely Berrios, Bryanna Garcia, Zachary Gaul, Ricky Granillo, Andrew Neuman, Raina Nibbelink, Drew Rozeboom, Trevor Verhoef, Blake Woelber, Landon Woelber, Carson Zoet

PRE-SCHOOL CENSUS SURVEY

As an official census is no longer taken, we have no way of having access to the names of students who will be attending preschool and kindergarten classes from the Boyden-Hull District; therefore we are asking you to notify us if you know of parents that have preschool age children who will be 4 and 5 years old by September 15, 2019.

We would ask you to send us the following information:

1. Parent's Name
2. Preschooler's Name
3. Preschooler's Birthdate
4. Address
5. Phone Number

Please send as much information as possible. If you know only the parent's name and address, send that. Include as many parents' names as you know. Please send this information to Tom Kerr, Elementary Principal, Boyden-Hull Elementary School, P.O. Box 129, Boyden, IA 51234. Send parent's names regardless of school affiliation as this information will be shared with the private schools when requested. You may also call 725-2381.

COLD WEATHER CLOTHING

This is a reminder that it is important for students to come to school dressed warmly and prepared

ELEM NEWS (Cont) - JH/HS

to play outdoors this winter. We will usually send them outside for fresh air and exercise at recess from 0 to -10 degrees including the wind factor. Students should wear winter coats, boots, mittens or gloves, a hat or hood, and something on their legs. The children will enjoy recess more if they are warm and learn better after recess if their socks, shoes, and clothes are dry.

Depending on playground conditions, students may be limited to the blacktop or certain areas if they do not have boots or snow pants.

LATE STARTS/BREAKFAST

In the event that school should start late due to weather conditions, breakfast will not be served. The late start puts the time the students would be eating breakfast and the time the noon meal is served too close together. Also, the cooks do not have enough time to clean up after breakfast before preparation for the noon meal begins. In an effort to keep confusion at a minimum, breakfast will not be served any time school begins late.

PARENT VISITATION

We would like to welcome you to visit any class at your convenience. Research indicates that the amount of interest parents show toward their children's assignments and education is a great determinant in the amount of success their child achieves in school. Just give us a call at 725-2381 by 9:00 a.m. to let us know you are coming. You are welcome to have lunch with us at noon. Cost is \$3.65, payable in the office.

NOTE TO ELEMENTARY PARENTS AND STUDENTS REGARDING SAFETY AT BASKETBALL GAMES

In the interest of **safety**, parents are asked to require their children to remain in their seats during ball games. Children and adults should leave the gym only during half-time or between games and should return to their seats before the game resumes unless an emergency arises.

Students should not be on the playing surface of the floor at any time. Your cooperation in avoiding an accident will be appreciated. Students also are not to be left unsupervised in the commons. They are often running around the coat racks and delving in the personal belongings of others. It is the **parents' responsibility** to see that their children follow these rules. It is advised that the parents keep the younger children with them during the game.

BOYDEN BUILDING OPEN FOR WALKERS

The Boyden-Hull Elementary School is open for walkers during the winter months 6:15 - 7:30 a.m.

If you are interested in walking in the school, please contact the elementary office at 725-2381.

JH/HS NEWS

by **Dan Pottebaum**

JH/HS Principal

WINTER DRIVING AND WINDSHIELD TIME:

Winter has quickly come upon us once again. We encourage students to give themselves extra travel time to and from their destinations. In the fall, it may have been an uneventful commute to and from school, but with icy and snowy road conditions, extra travel time can help a student. Students may leave the house in the morning and the sun may be shining and we see a couple of inches of snow before we

leave school. Please remind your child to take their time entering and exiting the school parking lot. No one wants to have a minor accident in a parking lot. Taking your time and being more cautious can go a long way to prevent bumping into or sliding into another vehicle.

We would also ask you to please remind your child to have proper clothing along when attending school and extra curricular activities. A hat, gloves, and coat are always necessary, even when riding a school bus. One never knows if an accident or breakdown in cold weather can cause injury to students through frost bite, etc. If driving your own vehicle, it is time to check that you have emergency gear onboard as well. Our goal is to get everyone to and from school safely. If your child every has a dead battery or needs assistance, please have them stop in the office and we can help your student.

State Patrol Officer, Vincent Kurtz, began making videos two years ago called "Windshield Time" that we have shared with students. These videos were created to provide helpful tips or reminders to high school age students of situations that they may come across as young drivers. A common goal for all of us; parents, school districts, and law enforcement, is to get students safely to and from school or their destinations. These short videos are helpful to young drivers and to parents what situations to be aware of and possibly conversations that need to be discussed. Here are the links that Trooper Kurtz has shared with local school districts:

Here is the link to our YouTube channel if you would prefer to subscribe:

JH/HS NEWS (cont.)

<https://www.youtube.com/channel/UCOrRTkXxRDJvNRX4PQ0mPvg/videos>

The most recent Windshield Time Video is on the topic of distracted driving. We recently had Waylon Pollema present to the Boyden-Hull JH/HS students during two short presentations the dangers of distracted driving and how easily we are distracted as drivers. The Windshield Time video is a bit harsh, but the reality of distracted driving is that it could not only harm yourself, but other people and their families.

https://www.youtube.com/watch?v=0nWlu_rUOCs&feature=youtu.be

YOUR FUTURE @ WORK:

On Friday, January 4, 2019, all of the 10th grade students will be attending an event at Northwestern College called "Your Future at Work." This event is the 4th year for this event and one of the primary goals is to expose the students in Sioux County Schools to the job and career opportunities that our county can offer. To learn more information, please follow "Your Future at Work" on FaceBook at yourfuture@work. Parent are welcome to attend the event on January 4th. It starts at 11 am in the Bultman Center at Northwestern College in Orange City.

STUDENT LED PARENT TEACHER CONFERENCES:

Students and staff continue to prepare for the Student-Led Parent Teacher Conferences that will be held in the Spring of 2019. At this point, all of the student have created or updated their e-Portfolio website. Staff can either direct students which activities or artifacts to add to

their portfolio or students can add individual activities or artifacts.

The student will then be able to share this e-Portfolio with their parents and others using the Google Site it is connected. We had a lot of positive comments about the Student Led Conferences last spring. The students now know what to expect and how better to prepare for the spring conferences.

In addition to the conferences, Waylon Pollema has arranged for the "What You Don't See" trailer to be present at at least one of the conference nights. This trailer is shared state-wide by law enforcement to educate parents/guardians. Here is a link to their website page:

<https://whatyoudontsee.com/>

The goal of the trailer is to emulate a typical teenagers room and educate parents/guardians of the signs or clues that your child may be hiding something in their room.

This may be a vaping device, paraphenalia, or other signs of high risk behaviors. We will have more information about the exact date in which the "What You Don't See" trailer will be at the Boyden-Hull JH/HS during the Student Led Conferences during the week of March 11th.

DRIVERS EDUCATION COURSES:

Boyden-Hull will continue to offer Drivers Education Courses in the summer. We have decided to try a Driver's Education Session during the school year. Please complete the pre-registration form below for your son or daughter to pre-register them into the Winter 2019 Boyden-Hull Driver's Education Course. We will be limiting this class size to 25 students and will prioritize based on age and need for the students. The

following dates fulfill the 30 hours of class time required by law. Students must attend all 10 sessions to successfully complete the course work and also complete the 18 hours of driving (6 behind the wheel and 12 observing). Please carefully look through the dates for the class time and make sure that your child does not have any conflicts. No absences are allowed and no refunds will be given for conflicts.

WINTER CALENDAR FOR DRIVER ED CLASSES

Dates, Times, Other Activities:

- Mon., Jan. 7, 2019 -6:00-9:00 pm
(FCCLA Meeting)
- Thur., Jan. 31, 2019 -6:00-9:00 pm
(JH WR)
- Mon., Feb. 4, 2019 -6:00-9:00 pm
(JH Girls BB - Boyden)
- Tues., Feb. 26, 2019-6:00-9:00 pm
- Thur., Feb. 28, 2019 -6:00-9:00 pm
- Tues. , Mar. 5, 2019 -6:00-9:00 pm
- Thur., Mar. 7, 2019 -6:00-9:00 pm
- Tues., Mar. 19, 2019 -6:00-9:00 pm
- Thur., Mar. 21, 2019 -6:00-9:00 pm
- Mon., Mar. 25, 2019 -6:00-9:00 pm
(All-State Speech)

Driving Times:

Students will be asked to drive either after school from 4 - 6 pm during the weekdays or 11 am - 5 pm on Saturdays following the class time. These times will be established once the students are enrolled and know their schedules.

Please complete the registration form by Friday, January 4, 2019. At that time, we will review the registrations and those who are 14, hold a learner's permit, and may

JH/HS NEWS (cont.)

require a Minor school license will be considered for these sessions. Priority will be given to age first.

Below were the rates for the 2018 Driver's Education classes.

Resident of the Boyden-Hull CSD - \$280

Non-Resident of the Boyden-Hull CSD - \$385

These fees will be collected prior to the start of the Drivers Education Classes beginning on January 4th.

BASKETBALL AND WRESTLING SEASON:

As the basketball and wrestling season is begins, we would ask for your cooperation and support in the following areas.

Sportmanship - As a school district, we want to represent our communities with pride and integrity. We ask that all of our students, coaches, parents, and fans exhibit sportmanship in cheering on our beloved Comets and Nighthawks. Please cheer for our student athletes and teams and NOT against the other student-athletes, coaches, or schools.

We also ask for the cooperation of elementary parents during the games. Please remind your child(ren) to sit during the contest and at quarter breaks or half times, to use the restrooms or concession stand. This is a safety concern and we need your help. Please instruct your child to sit either by you or in the student section during the course of the event. We appreciate your cooperation and help.

LATE STARTS AND STUDENT DROP-OFF TIMES:

When school starts late for weather conditions or other scheduled teacher in-service days, it is important that parents NOT drop their children off at school before supervision is provided. The Boyden-Hull schools provide bus supervision one half hour before school begins. On days that we have a late start, it may be harmful to have students unsupervised until the bus does arrive. In the past we have had students dropped off at school at the "regular" hours, and the students have been unsupervised for two or more hours. We ask that you are aware of emergency days and other scheduled changes of school times, and make appropriate arrangements for your children. For information related to weather announcements, please click on the "Weather Resource" link on the left hand side near the bottom. This link will provide you with information to subscribe or adjust your notification in School Messenger, a list of radio stations, a list of TV stations and other resources available. We also have the capability to send our mass e-mails to parents and students using the JMC program. If you have a new or updated e-mail, please contact the building secretary to have the e-mail address added or changed.

CHRISTMAS BREAK:

We will dismiss school at 1:00 p.m. on, Friday, December 21st. There will be NO SCHOOL from December 22nd -January 1st. School will resume on Wednesday, January 2, 2019. We are coming back as early as possible to allow for as much time in the summer months for construction.

BH QUIZ BOWL TOURNAMENT- We will be hosting the Annual BH Quiz Bowl on Saturday, January 26th. This is a bit earlier this year as the weekend that we normally host

in February is on President's Day Weekend and a number of schools may not have school on that Friday or the following Monday. Just as in any other activity of the school, we cannot host these events without much help from our staff and other volunteers. If anyone in the community would be interested in being a reader or scorer for the quiz bowl tournament, please contact Mr. Kent Zevenbergen (kent.zevenbergen@boyden-hull.org) at the JH/HS.

MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL FROM THE BOYDEN-HULL FAMILY!

Band Events

December Newsletter

Band Events

December 4- Pep Band

December 10- HS/JH Christmas Program 7:00 PM

December 11- Pep Band

December 14- Pep Band

December 19- Chocolate/Butter Braid Delivery

HS Honor Band

This year, Anna Godtland was selected to participate in the NWIBA Honor Band on January 5. The festival will be held in Sioux City, at Eppley Auditorium on the Morningside campus. Anna has also been asked to participate in the NWIBA Honor Orchestra on trombone on January 24 held at Northwestern College.

Some Boyden-Hull Varsity Football Trivia

by Rob Van't Land

With the finish of another successful varsity football season, a few

JH/HS NEWS (cont.)

historical notes of interest may be in order.

Boyden-Hull began their football program in 1964, making this the 55th year of football for us. Prior to sharing with Rock Valley, we had 3 winning seasons, including back to back undefeated seasons in 1970 and 1971, with those teams both going 8-0. The state playoffs were begun in 1973.

Since we began sharing with Rock Valley in 1990, we have had 21 winning seasons out of the 29 seasons of shared football. We have made the playoffs 15 times, including 12 consecutive appearances, from 2007 to 2018.

This past season's semi-final game against Waukon in the Dome was the 500th game for Boyden-Hull. The overall record for BH in those 55 seasons is 259-242. Prior to sharing with Rock Valley our overall record was 62-151. The overall record for the shared program with Rock Valley is 197-97. Our overall playoff record is 22-14.

On a final note, this year's Senior class suited up for 11 playoff games in their 3 varsity seasons and were finished their seasons in the top 4 teams in the state all 3 years. They are to be commended on a fantastic career.

BREAKFAST & REGULAR MEALS

HEALTHY HABITS TOOLKIT

WHY IS BREAKFAST IMPORTANT?

A healthy breakfast gives your child the nutrition their body needs to start the day. Children who eat breakfast are more likely to do well in school, have an overall better mood, eat healthier during the day, and have a healthy weight.

WHY IS IT IMPORTANT TO EAT THREE MEALS A DAY?

Eating breakfast, lunch, and dinner gives the body the energy and nutrition it needs during the day. Skipping meals can actually cause your child to eat more than needed during the day.

WHAT MAKES A WELL-BALANCED BREAKFAST?

Try to have at least 2 different food groups as part of your child's breakfast. Here are a few ideas to try at home!

Protein	Eat a variety of protein foods such as scrambled eggs, nuts or peanut butter. Dairy foods like milk and yogurt also have protein.
Grains	Whole-grain cereal or oatmeal are healthy grains that can be eaten with fruit for a well balanced breakfast.
Fruits	Include fresh fruit like a banana, apple, or berries.
Vegetables	Add vegetables like bell peppers and spinach to your scrambled eggs. Try spinach or kale in smoothies.
Milk	Have a glass of low-fat or fat-free milk, or a serving of yogurt.

TIPS FOR ENCOURAGING YOUR CHILD TO EAT REGULAR MEALS

If Your Child isn't Hungry in the Morning

To start the healthy habit of eating breakfast every morning, make changes in steps. Start off with a glass of milk every morning. Next, add whole-grain cereal. Finally, add fruit for a balanced breakfast.

If Your Child isn't Interested in Eating Breakfast

Encourage him/her to help you make breakfast in the morning; preparing breakfast together can be a fun part of your morning routine.

If there's no Time in the Morning for Breakfast

Choose healthy breakfast options that your child can eat on the go that require no or little preparation: dry cereal, fresh fruit, cup of yogurt, or a hard-boiled egg.

If Your Child isn't Hungry for Lunch or Dinner

If your child has snacks between meals, try smaller snack portion sizes or fewer snacks between meals overall. Limit or avoid snacks after dinner to encourage your child to eat when dinner is served.



Healthy Choices Count!



BOYDEN-HULL JR/HIGH SCHOOL

DECEMBER 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheesy Baked Ziti³
Corn
Fresh Broccoli

Swedish Meatballs⁴
w/Penne Pasta
Tomatoes

Roasted Turkey⁵
Mashed Potatoes
Gravy
Dinner Roll
Baby Carrots

Sweet & Sour Chicken Nuggets⁶
Brown Rice
Orange Glazed
Carrots
Fresh Broccoli

Chicken a la King⁷
w/ Biscuit
Romaine Garden
Salad

Golden Corn Dog¹⁰
Toasty Tater Tots
Baby Carrots

Chicken Parmesan¹¹
Spaghetti
Lettuce
Italian Mix
Vegetables

Hot Ham & Cheese¹²
Sweet Potato
Waffle Fries
Corn

Nachos¹³
Celery
Lettuce
Tomatoes

Mandarin Orange Chicken¹⁴
Brown Rice
Oriental Vegetables

Homemade Mac & Cheese¹⁷
Breadstick
Peas
Cherry Tomatoes

Hot Turkey Sandwich¹⁸
Mashed Potatoes
Baby Carrots

Creamy Chicken Alfredo¹⁹
Garlic Breadstick
Romaine Salad
Italian Vegetables

Walking Taco²⁰
Spanish Rice
Mexi-corn
Lettuce
Black Beans

Baked Potato Bar w/ Biscuit²¹
Celery

Christmas Break²⁴

Merry Christmas²⁵

Christmas Break²⁶

Christmas Break²⁷

Christmas Break²⁸

Christmas Break³¹

FRESH PICKS



Specials

The Grille
Monday-Hamburger
Tues-Chicken Patty
Wed-Cheeseburger
Thurs-Chicken Nugget
Fri- Mini Corndogs

The Deli
Mon- Turkey Hoagie
Tues- Ham Wrap
Wed- Club Hoagie
Thurs- Turkey Ranch Wrap
Fri- Turkey Sub

Bravo
PIZZA
Mon- Pepperoni
Tues- Sausage
Wed- Cheese
Thurs- Pepperoni
Fri- Meat Lovers

GOOD to GO

Menu Key: FP = Fresh Pick • WG = Whole Grain

ELIOR NORTH AMERICA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Cheesy Baked Ziti</p> <p>Sweet Corn Fresh Broccoli Trees</p>	<p>4</p> <p>Swedish Meatballs w/Penne Pasta</p> <p>Black Beans Fresh Diced Tomatoes</p>	<p>5</p> <p>Roasted Turkey w/Gravy</p> <p>Dinner Roll Mashed Potatoes Corn Baby Carrots</p>	<p>6</p> <p>Sweet & Sour Chicken Nuggets</p> <p>Brown Rice Glazed Carrots Broccoli Trees</p>	<p>7</p> <p>Pepperoni Pizza</p> <p>Crisp Garden Salad Steamed Green Beans</p>
<p>10</p> <p>Golden Corn Dog</p> <p>Toasty Tater Tots Crunchy Baby Carrots</p>	<p>11</p> <p>Crispy Chicken Parmesan</p> <p>Spaghetti Romaine Salad Steamed Italian Vegetables</p>	<p>12</p> <p>BBQ Pulled Pork Sandwich</p> <p>Sweet Potato Waffle Fries Corn</p>	<p>13</p> <p>Cheesy Beef Nachos</p> <p>Pinto Beans Salsa</p>	<p>14</p> <p>Cheeseburger</p> <p>Jo Jo Potato Wedges Crisp Garden Salad</p>
<p>17</p> <p>Homemade Mac & Cheese</p> <p>Breadstick Steamed Peas Cherry Tomatoes</p>	<p>18</p> <p>Tasty Hot Turkey Sandwich</p> <p>Fresh Baby Carrots Mashed Potatoes</p>	<p>19</p> <p>Spaghetti w/ Meat Sauce</p> <p>Garlic Breadstick Fresh Salad Italian Vegetables</p>	<p>20</p> <p>Walking Taco</p> <p>Cilantro-Lime Rice Mexi-corn Romaine Lettuce Black Beans</p>	<p>21</p> <p>Cheese Pizza</p> <p>Fresh Garden Salad Seasoned Green Beans</p>
<p>24</p> <p>No School</p>	<p>25</p> <p>Merry Christmas</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>No School</p>
<p>31</p> <p>No School</p>				

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email Sherri Lokhorst, Food Service Director at boydenhull@aviands.com or call 712.725.2381



This institution is an equal opportunity provider