

Treynor Community School

"COMMITTED TO EXCELLENCE"

NEWSLETTER



December, 2012

"District Details" ... a few notes from Superintendent Elwood

Construction Update.....

Construction work at the site of the new athletic complex continues to progress on schedule. If the weather continues to cooperate, all aspects of the fall work will be complete prior to Christmas break. At this time, they are installing the final sections of the storm water pipe to allow for any rain water to be captured and controlled as it flows through the site. Approximately 90% of the site grading has been accomplished. Once installation of the storm water pipe is complete, the grading contractor will return to finish grading the final 10% of the site and also spread the top soil which was previously excavated and stockpiled. The final work for this fall will be to seed and mulch the entire 18-acre site to serve as a temporary erosion control measure and allow for stabilization of the ground. The site will then be allowed to settle and further compact during the winter months.



Construction work on the new athletic complex continues on schedule!

Special points of interest:

- ✓ If the weather continues to cooperate, all fall work on the athletic complex will be completed before Christmas break.
- ✓ The site will be allowed to settle and compact over the winter.
- ✓ Final design, drawing and construction elements will be finished during the winter.
- ✓ The new facility will hopefully be ready next fall!
- ✓ Check out the website for pictures, etc.!

Final design, drawing and construction elements will be completed by Lamp, Ryneason & Associates during the winter months in preparation for a full slate of construction to begin in the spring. If weather cooperates next spring and summer, we hope to have the facility ready for use next fall. If interested, I've posted some pictures of the fall construction and a site map on the school's website. The site map is one that was used in the early planning phase of this project, so not all elements will be included, but it will give you an idea of how the site is laid out. Once the fall construction is finished, the engineers will create an updated site map which I will post.

Is it Okay to Upgrade My Student's Laptop Case?

We have received this question a few times and at the beginning of the school year it was announced that high school students now have the option to purchase and use their own laptop case. We recommend that students use a well-padded bag or case and we no longer require the case to be approved by our technology coordinator. Therefore, if your high school student is requesting a nicer or more stylish laptop case as a holiday gift, you are welcome to pursue that option. We will continue to supply laptop cases from our existing supply until it is depleted. Once that occurs, students will be expected to provide their own laptop case.

Have a Merry Christmas and a terrific holiday season!!

Go Cardinals!



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Mr. Elwood
Superintendent

CASH FOR STUDENTS



The “Cash for Students” program has begun. Hy-Vee cash register receipts dated from September 1 through December 31, 2012 will be collected in the Elementary, Middle School and High School offices. Hy-Vee gives back \$1.00 for every \$200 spent in any of the fourteen Omaha and Council Bluffs locations up to a maximum of \$2,000. Over \$403,000 in much needed funds has been donated to area schools as a result of this program. All of our proceeds go to the Athletic Booster Club. Remember to save your receipts and turn them in to any of the school offices!

CAUTION: Changes in weather arriving soon...

As the weather begins to change, school cancellations and early dismissals can occur at anytime. If severe weather causes school to be cancelled prior to the start of the day, we will try to have information announced by 6:30 a.m. In most cases, the quickest way to be notified of a change to the school day is via our **Parent Notification** system or by checking on the Treynor School’s website (www.treynorschools.org). In addition to our school resources, the media outlets that will carry our announcements this year are: KMA, WOWT, KMTV and KETV.



If weather or unforeseen circumstances (loss of power, water, heat, etc.) should occur during the school day and school is dismissed early, PLEASE HAVE A PLAN IN PLACE WITH YOUR CHILD. When early dismissals occur during the day an announcement will be broadcast via our **Parent Notification** system and school website. During an unforeseen early dismissal, we usually have limited time to get information out prior to releasing students, and many parents aren’t aware that an early out has taken place. Also, we have over 775 students in the district and only a couple of phone lines in each building. Don’t assume that your child will be able to call you if a decision is made to dismiss school during the regular day. Have a plan in place! The elementary has forms for each parent to keep updated outlining your family’s specific plan to deal with this type of situation. Parents of middle school and high school students need to discuss with their child what plan of action they will take in the event of an early dismissal during the school day. Proper planning now will provide assurance to you and your child that all will be okay should we ever have an unforeseen early dismissal.

Reminder: Our **Parent Notification** system will contact your family via home phone, cell phone, work phone, email or text to alert you of a change to the school schedule. By default, your home phone is called in a non-emergency and all registered phone numbers are called in an emergency. However, it is up to each family to set up how they prefer to be notified. If you need to register for the Parent Notification system, directions can be obtained on the school’s website by clicking on Tech Support and then Articles. Once registered, you can change phone numbers, email addresses and update your contact preferences. If you do not register, you will need to contact one of the school secretaries to update your contact information.

“SOUPER BOWL” FOOD DRIVE



The Junior Optimist Service Club will be having a “Souper Bowl” food drive near the weekend of the Super Bowl. This is a national project of Junior Optimists International. The food will first go to the local food bank with remaining items to MOHMS or another soup kitchen in the area. Canned goods especially are appreciated.

THE SCHOOL DAY JUST GOT HEALTHIER

- Healthy school meals are a critical investment in our children's health and future success of our nation. The previous school meal standards were developed 15 years ago and did not meet current nutritional guidelines.
- School meals—which are funded by taxpayers—should offer the healthiest meals possible and not contribute to health issues or drive up costs for Americans. The new standards ensure that children have the energy they need to learn in class and be physically active, while reducing their risk for obesity, diabetes, high blood pressure, and other serious chronic diseases.
- The new standards are based on recommendations from the Institute of Medicine and consistent with the Dietary Guidelines for Americans (DGA's). Calorie levels can't be viewed without context, while the new calorie levels may be either lower or comparable to the previous minimum calorie standards, the new school meals portions are "right sized" to reflect the proper balance between food groups.
 - The new school meals offer more fruits and vegetables at lunch than the previous meal pattern, and the amount of fruits will double at breakfast beginning school year 2014-15. Whole grains are also increased substantially.
 - In practice, many students are being served the same amounts of protein under the new standards. For some age groups, the old standards permitted more than adequate amounts of meat/meat alternate to meet the nutritional (protein and iron) needs of children and adolescents. The new standards ensure that the requirements for meat/meat alternates for each age group are in line with current nutrition science.
- The new school meals are designed to meet only a portion of a child's nutritional needs over the course of the school day.
- Schools and families have options to help meet the needs of highly active students who may need additional calories, such as athletes. Schools have no limit on making available second helpings of fruits and vegetables, and depending on how close they are to the calorie limits, a second carton of milk may be an option. Schools can also structure after-school snack and supper programs to include service to athletes. In addition, individual students and/or sports teams can also supplement food provided through Federal programs with items provided from home or other sources.





Cardinal Financial Literacy Update

Protect Your Child's Personal Data to Help Avoid Future Problems



By now, most adults are aware of the threat identity theft poses to their financial well-being. With the help of increased security to prevent data breaches and more consumer vigilance to protect personal data, the number of adults victimized by identity theft decreased 28 percent year-over-year (2009 to 2010), according to the [2011 Identity Fraud Survey Report](#) by Javelin Strategy & Research.

While this is good news, there's a new trend that could have a negative impact on a segment of the population that isn't even aware that they have a personal identity to protect - children.

According to the [Federal Trade Commission](#) (FTC), more than 140,000 children in the United States are victims of identity fraud annually. The FTC reports that one 17-year-old victim discovered that several houses, cars and \$750,000 worth of debt were tied to his [Social Security](#) number. In another instance, eight people were suspected of opening 42 bank accounts using a minor's Social Security number.

What puts children at a higher risk for identity theft? Their Social Security numbers. A child's stolen Social Security number can be fraudulently used for many years without detection. As a result, by the time it's been discovered, the financial damage has already been done.

Regardless of a child's age, it's never too early to protect their identity. A study by [Carnegie Mellon University](#) found that some identity theft victims were as young as five-months old. Unfortunately, as they mature into adults, these victims may find it difficult to buy a car, secure a job, get financial aid for college or purchase their first home. Especially, if they don't learn about the theft until their credit rating is severely damaged.

The three national credit reporting companies do not release credit report information for children under the age of 13. Therefore, credit report information for them is not available through [AnnualCreditReport.com](#). However, parents may be able to receive this information directly from [TransUnion](#), [Experian](#) and [Equifax](#). Visit these sites directly and search using "child identity" or "minor child instructions" to see if reporting options are available. If this review finds no credit report tied to a child's Social Security number, odds are good that the child is in the clear.

CARDINAL FINANCIAL LITERACY CONT'D.

Saving for Emergencies: How to Save \$500 to \$1,000 for Emergencies



Maintaining an emergency savings account may be the most important difference between those who manage to stay afloat and those who sink in debt. An emergency savings fund consists of a small amount of money, usually in a savings or share account, that you do not have easy access to.

Keeping \$500 to \$1,000 of savings for emergencies can allow you to easily meet unexpected financial challenges such as:

- repairing the brakes on your car;
- paying for a visit to the doctor when your child has the flu;
- covering the dental expense of filling a cavity;
- paying for a parking ticket; or
- flying to visit a sick parent.

5 Ways to Save \$500 to \$1,000 for Emergencies

1. **Save Automatically.** Have part of your paycheck automatically deposited into a savings or share account or set up regular transfers from your checking to your savings account.
2. **Save your loose change.** Putting aside fifty cents a day over the course of a year will allow you to save nearly 40% of a \$500 emergency fund.
3. **Make your monthly credit card payment on time.** The \$30-35 you save by not being charged a late fee each month on one card would save you most of the money you need for \$500 in emergency savings.
4. **Save a portion of your tax refund.** Use tax form 8888 to split your return.
5. **Bring lunch to work.** If buying lunch at work costs \$5, but making lunch at home costs only \$2.50, then in a year, you could afford to create a \$500 emergency fund and still have money left over.

Where to Keep Emergency Savings

It's usually best to keep emergency savings in a savings or share account. These types of accounts allow you access to your money when you need it. Keeping your money in a savings account makes it much less likely that you will use these savings to pay for everyday, non-emergency expenses.

HOLIDAY MUSIC CONCERTS



Fifth and sixth grade band students will be in concert on Monday, December 3rd at 7:00 p.m. in the high school auditorium. Following their concert, sixth grade students will entertain parents, family and friends, also in the high school auditorium.

On Monday, December 10th, the junior high choir and concert band will have their concert at 6:30 p.m. in the high school auditorium. There will be a short break and the high school will present their concert at 8:00 p.m.

The 4th grade vocal concert will be held on Monday, December 17th at 7:00 p.m. in the high school auditorium.

Santa Claus is Coming to Town!

TREYNOR ELEMENTARY SCHOOL
SATURDAY, DECEMBER 8TH 9-11AM



Come visit Mr. & Mrs. Santa Claus
And make presents for
Mom, Dad, Grandma & Grandpa

CRAFTS WILL BE AVAILABLE FOR KIDS TO MAKE
FOR EVERYONE ON THEIR SHOPPING LIST!
CRAFT ITEMS ARE \$1/\$1.50 EACH

Get your
Sweets at the
Cookie Walk

Dont forget your camera Mom & Dad!

\$5 per Bucket

EVENT SPONSORED BY: *Junior Treynor Women* 

Cardinal Counseling



Connections

Newsletter for MS/HS students and parents from the MS/HS school counselor

Phone: 487-3181 Email: sirvin@treynorcardinals.org Dec., 2012/Jan., 2013

The College Financial Aid Puzzle

January begins the financial aid season for prospective college students. The following article is to present students and parents with basic information to assist in understanding the financial aid process. The next two articles are a basic re-print from last year with current dates.

Steps for Filing the FAFSA

The major form to fill out is the Free Application for Federal Student Aid (FAFSA). This form cannot be completed until after January 1. It can be done two ways. One way is to fill out a paper form. Those are available from Mr. Irvin. The other and most recommended way is to fill out the FAFSA on-line. It is recommended to file on-line because the student's financial aid numbers get to the Department of Education and specific colleges within seven to ten days. The paper FAFSA will take about three weeks. The on-line version is also the most accurate. The Department of Education is actually phasing out paper FAFSA applications. Here are the steps to follow to file the FAFSA:

- 1) In December register for a personal identification number (PIN). This is an electronic signature on the FAFSA on-line. Both the student and one parent should register for a PIN. To register for a PIN go on-line to www.pin.ed.gov. It is not required to have a PIN to file the FAFSA on-line, but it makes it more convenient and faster. If you as a parent already had a parent for another son/daughter, you can use that one. Each individual student needs their own PIN>
- 2) If possible after January 1, try to get income tax forms done as soon as possible. It makes it easier to do the FAFSA. If that is not possible, parents can do an estimate of income on the FAFSA. It is not required to have your income tax return finished before you do the FAFSA.
- 3) Pay close attention to the financial aid priority date for the particular college that a student is interested. The FAFSA needs to be done before that date to have the best chance for financial aid. Contact the college financial aid office or go to www.icansucceed.org on the Iowa College Access Network (ICAN) College Planning Center website to find out specific financial aid priority date.
- 4) When parents and students have their income information, fill out the FAFSA. To complete the FAFSA on-line go to www.fafsa.ed.gov. The website will have a number of links to give information. There will be a link to fill out a FAFSA for the first time.
- 5) After filing the FAFSA, the Department of Education will send students either by email or by postal mail a Student Aid Report (SAR). The SAR is a report of the financial aid information that has been filed on the FAFSA. It is a check of information. If any information is not correct, it can be corrected either on the FAFSA web site or on paper by postal mail. Important: Keep a copy of the Student Aid Report for future reference.
- 6) The major information that the FAFSA generates is an Expected Family Contribution (EFC). The EFC is an index based on the family/student income and assets that is used to determine eligibility for financial aid programs. College financial aid offices will receive the

student's EFC and financial aid information from the Department of Education. The college will then generate a financial aid award package that will be sent to the student to accept or decline for any student who has been granted admission.

More Information on College Financial Aid

- 1) If you have questions about your particular financial aid situation, the three major sources of free information are Mr. Irvin, School Counselor, 487-3181; ICAN College Planning Center 877-272-4692 (a counselor is there Monday and Friday 8:00-4:30; Tues, Wed, Thurs. 8:00-5:30); your student's college financial aid office.
- 2) Several organizations contact families on financial aid. Many charge a fee for their services. Generally, any information that a family receives from an organization for a fee can be received for free from your guidance counselor, ICAN College Planning Center, or college financial aid offices. Anytime that a company contacts you and wants money to help with financial aid, ACT testing, or career guidance, more than likely they are charging for services that you already receive free through the school counselor. If you are not sure about a company or organization, please give Mr. Irvin a call.
- 3) Several Internet sites exist that will charge a family a fee for their service. One such site is www.fafsa.com. This is not the Department of Education site. This site will charge about \$80 to file a FAFSA. The correct Internet address for the Department of Education is www.fafsa.ed.gov. Be careful to go to the correct web site.
- 4) Many families who make higher incomes are tempted to not file the FAFSA. Most colleges will encourage all families to file the FAFSA. College financial aid offices want to make sure that as much federal and state aid can be used to fill student's financial need. To determine this, a FAFSA must be filed. Also for any federal based student loan, a FAFSA will be required.
- 5) What alternatives does a parent or student have if the family financial situation changes drastically after the FAFSA has been filed? A student can request from their college financial aid office to make a professional judgment. A professional judgment is a special adjustment in financial aid when an unexpected event occurs (ie. a job layoff or extended illness of a parent) that will negatively impact family income. If a family has filed their FAFSA and one of the parents loses their job or has a long illness and cannot work, the student can ask the college financial aid office to do a professional judgment and adjust financial aid because the reported parent income will be lower than expected. This is totally within the prerogative of the college financial aid office.
- 6) When the EFC is computed on the FAFSA, student income is given more weight than parent income. If a student has been saving money for college for a car or a computer, it is advisable to go ahead and purchase the item before filing the FAFSA. Then the money will not show up as student assets.
- 7) Many families will receive letters to participate in a verification process. Verification will occur either because a college will pick a FAFSA at random or because the information on the FAFSA is incomplete. (ie. Income was estimated) It will be necessary for the student to complete the verification process. Follow the directions sent by the college to complete verification. You are not being accused of doing anything wrong, a certain number of FAFSA applications are randomly targeted for verification.
- 8) The major rule of thumb involving questions of financial aid is to contact your student's prospective college financial aid office to have them interpret and rule on specific situations.

Scholarships

Scholarships come in all sizes and types. There are numerous criteria and whole number of various factors. Here is some information about helping seniors and senior parents apply for scholarships.

- 1) Types of Scholarships. Scholarships are designed with certain priorities in mind. Most are going to fall into one or several categories such as need based, academic, community service, career based.
- 2) It is best if seniors sit down and compile basic information into a portfolio to be used to complete scholarship applications. Seniors need to compile information such as activity participation, awards and honors, community service activities, references. Do not be modest. Be sure to compile all awards, activity participation, and community service.

- 3) Two good scholarship search websites are www.fastweb.com and www.collegeboard.com. On the FastWeb site, a student fills out a profile and FastWeb will send emails that will match their profile.
- 4) Many scholarships want essays written to address a topic of the scholarship. Students need to use good grammar and spelling along with creating a neat application.
- 5) Pay close attention to scholarship deadlines. If a scholarship requires a recommendation, please contact the person writing the recommendation well ahead of the deadline.
- 6) Mr. Irvin can assist students to look for scholarships, but most of the work will have to be assumed by the student. But do not hesitate to consult him for help.

Scholarship Central

Scholarship Central is your one stop information center for scholarship information on the Treynor website (www.treynorschools.org). Scholarship Central is found by moving your mouse to the Counseling Link on the Treynor website and then click on Scholarship Central There is a links box on Scholarship Central that will lead to helpful scholarship websites that include scholarship searches, scholarship hints, and links to two local scholarship websites.

FAFSA Form Day

On February 22, 2013, Treynor High School will host a FAFSA Form Day for senior parents who would like assistance in completing the FAFSA Form. The FAFSA is the major financial aid form that prospective college students use to apply for financial aid. More information will be sent out to all senior families about the day in early January.

See these Web Sites for Financial Aid Help

ICAN (College Planning Center)	www.icansucceed.org
Iowa College Student Aid Commission	www.iowacollegeaid.org
Federal Student Aid	federalstudentaid.ed.gov
FAFSA on the Web	www.fafsa.ed.gov
Federal PIN Site	www.pin.ed.gov
FinAidFacts	www.finaidfacts.org
Iowa College Goal Sunday (Free Financial Aid help)	www.iowacgs.org

Iowa Assessment Tests (Grades K-11)

Reminder that the Iowa Assessment Tests (formerly known as Iowa Tests of Basic Skills (grades K-8) and Iowa Tests of Educational Development (grades 9-11) will be given during the week of March 11-15, 2013.

Scholarship Websites

Fast Web	www.fastweb.com
Fin Aid	www.finaid.com
College Board	www.collegeboard.com
Scholarship Help	www.scholarshiphelp.org
Merit Aid	www.meritaid.com
School Soup	www.schoolsoup.com
Southwest Iowa Education Foundation	http://www.swiowaeducationalfoundation.org/home.asp
Scholarships and Grants	http://www.scholarshipsandgrants.us/
I Have A Plan Iowa	www.ihaveaplaniowa.gov

Tips for Filing for Financial Aid From the Iowa College Access Network

January marks the start of financial aid season for students planning to attend college this fall. Students need to fill out and file their Free Application for Federal Student Aid (FAFSA) form to qualify for federal financial aid.

The FAFSA is a free form available from the U.S. Department of Education either online at www.fafsa.gov or on paper by calling (800) 4-FED-AID. Although students and parents can fill out the form without professional assistance, the forms are often confusing. Use these tips to help ensure the FAFSA is correctly filled out.

Get PINs. Each student and at least one parent should request a personal identification number (PIN) from www.pin.ed.gov prior to filling out the FAFSA. The PIN allows parents and students to sign the online form electronically and make changes later.

Time it right. The FAFSA should be filed as soon after Jan. 1 as possible and before the priority filing deadlines at schools the student is applying to. Since students' and parents' most recent federal and state tax records are needed to fill out the form, the timing can be tricky. If necessary, tax and income information can be estimated to file the FAFSA in a timely manner; the FAFSA will need to be updated once taxes are filed.

Be prepared. Several pieces of information for the student and the parent are needed, including:

- Social Security numbers, dates of birth and driver's license numbers.
- Most recent state and federal tax statements.
- W-2s forms and records of all income from last year (taxed and untaxed).
- Bank and investment statements.
- Farm and business records.
- Alien registration numbers for those who aren't U.S. citizens.

Using the FAFSA on the Web Worksheet from www.fafsa.gov helps families organize information and understand how to fill out the FAFSA. A free virtual presentation on filing the FAFSA found at www.ICANSucceed.org also shows the steps involved.

Be complete and accurate. Filers should read all the directions carefully and fill out the form completely and accurately. Students and parents with questions can visit www.fafsa.gov or contact the Iowa College Access Network[®] (ICAN) for free assistance. Call (877) 272-4692 to make an appointment for one-on-one help over the phone or in person at either the Cedar Rapids or West Des Moines College Planning Center. Free help is also available at Kaplan University in Council Bluffs on Feb. 23 and Feb. 26, 2011, during Iowa College Goal Sunday. Visit www.IowaCGS.org to learn more.

File electronically. Filing electronically is quicker than completing a paper form. Electronic filing also reduces errors and speeds up processing time.

Repeat once a year. The FAFSA needs to be filled out each year students plan to attend college.

About ICAN

ICAN is the College Access Network for Iowa, as designated by the National College Access Network (NCAN). The ICAN College Planning Centers in West Des Moines and Cedar Rapids provide free information and support to students and their families as they plan their postsecondary education and apply for financial aid. For more information about ICAN, call (877) 272-4692 or visit www.ICANSucceed.org.

December 2012



Merry Christmas!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Treynor Wrestling Tournament 10:00
2	3 JH Boys BB Tri-Center Here 4:15 5th & 6th Grade Band & 6th Grade Vocal Concert 7:00 in Auditorium	4 Boys JV BB @ Riverside 4:30 G & B Var BB @ Riverside 6:00 & 7:45	5	6 JH Boys BB 7th @ Glenwood Middle School & 8th Here 4:00 Wrestling Here 6:00	7 G & B JV/Var BB AHST Here 6:00 & 7:30	8 SWIBA HS Auditions @ Red Oak Wrestling @ Lenox 10:00
9	10 Christmas Concerts in Auditorium JH @ 6:30 HS @ 8:00 Board Mtg. 5:30	11 JH Boys BB Griswold Here 4:00; 9th B BB Griswold Here 4:30; G & B JV/Var BB Griswold Here 6:00 & 7:45	12 Early Dismissal Teacher Inservice @ 1:00	13 JH Boys BB Riverside Here 4:15; 9th G & B BB Harlan Here 6:00; & 7:30	14 9th Boys BB @ Underwood 4:30 WIC Wrestling @ Audubon 5:00 G & B Var BB @ Underwood 6:00 & 7:45	15 WIC Wrestling @ Audubon 9:00 G & B JV/Var BB @ St. Albert 5:00/6:30
16	17 9th Girls BB @ A.L. 6:00 4th Grade Music Concert @ 7:00 p.m. in Auditorium	18 9th BB Mo Valley Here 4:00; Wrestling @ WCV 5:00 G & B JV/Var BB Mo Valley Here 6:00/7:45	19	20 G & B 9th BB @ Glenwood 6:00/7:30	21 Elem. Christmas Parties @ 12:30 End of 2nd Quarter 2:00 Dismissal	22
23	24 Christmas Vacation	25 	26	27	28	29

January 2013



Happy New Year!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 School Resumes 9th G & B BB Glenwood Here 6:00 & 7:30	4 State Debate 10:00 G & B JV/Var BB @ Audubon 6:00 & 7:45	5 Boosters BB Tournament 9:00 State Debate 10:00; JV Wrestling @ Lo-Ma 9:30; Wrestling @ T-C 10:00
6	7 Wrestling @ West Monona 5:30	8 9th Boys BB T-C Here 4:30 G & B JV/Var BB Tri-Center Here 6:00 & 7:45	9 Elementary Art Attack 3:30 p.m.	10 Boys JV BB East Mills Here 6:00	11 G & B JV/Var BB Riverside Here 6:00 & 7:45	12 State Jazz Band Festival Wrestling @ Griswold 10:00 Boys JV/Var BB Denison-Schleswig Here 2:00 & 3:30
13	14 SWIBA HS Honor Band @ Red Oak JH Girls BB @ Tri-Center 4:15 9th Boys BB @ Thomas Jefferson 4:00	15 G & B JV/Var BB @ AHST 6:00 & 7:30	16 Elementary Art Attack 3:30 p.m.	17 JH Girls BB East Mills Here 4:15 Wrestling Here 6:00 9th Boys BB @ A.L.	18 9th Boys BB @ Griswold 4:30 G & B JV/Var BB @ Griswold 6:00 & 7:45	19 District Large Group Speech Contest @ Glenwood
20	21 No School—Inservice Jazz Band & Jazz Choir @ IWCC JH Wrestling Here 4:15	22 9th Boys BB Underwood Here 4:30 G & B JV/Var BB Underwood Here 6:00 & 7:45	23	24 JH Girls BB Riverside Here 4:15 9th Girls BB @ A.L. 6:00 Wrestling @ C.A. 6:00	25 G & B JV/Var BB @ Missouri Valley 6:00 & 7:45	26 State Jazz Band Festival Wrestling @ Audubon 10:00 G & B Var BB @ Elk Horn-Kimballton 6:00 & 7:45
27 Elementary DIBELS testing week	28 JH Wrestling @ St. Albert 4:00 JH Girls BB Griswold Here 4:15	29 Wrestling @ Riverside 5:30 G & B JV/Var BB Audubon Here 6:00 & 7:45	30	31 JH Wrestling @ Tri-Center 4:15; JH Girls BB @ Underwood 4:15; 9th Boys BB A.L. Here	SWI Honor Choir @ IWCC 7:00	



TREYNOR COMMUNITY SCHOOL

December, 2012 Breakfast & Lunch Menus



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Juice or Fruit Choice of Cereal Muffin Square	4	Juice or Fruit Pancakes Syrup	5	Juice or Fruit Choice of Cereal Granola Bar	6	Juice or Fruit Breakfast Bagel K-5 Biscuits/Gravy 6-12	7	Juice or Fruit Choice of Cereal Cinnamon Toast
Taco Soup Whole Grain Corn Chips Fresh Broccoli Sliced Pears Snickerdoodle (6-12 Salad Bar)		Corn dog Garden Spinach Salad Seasoned Peas Apple Wedges (4-12 Salad Bar)		Beef & Noodles Mashed Potatoes Fresh Baby Carrots Blueberry Oat Muffin Pineapple Tidbits (4-12 Salad Bar)		Chicken Quesadilla Whole Grain Tortilla Chips/Salsa Green Beans Orange Smiles (4-12 Salad Bar)		Grilled Chicken on Bun Oven Fries Seasoned Corn Sliced Peaches No 2nd Choice	
10	Juice or Fruit Choice of Cereal Toast/Jelly	11	Juice or Fruit French Toast Sticks w/Syrup	12	Juice or Fruit Choice of Cereal Donut	13	Juice or Fruit Breakfast Square	14	Juice or Fruit Choice of Cereal Muffin
Taco Burger on Bun Lettuce/Tomato Refried Beans Chilled Pears (6-12 Salad Bar)		Meatball Sub Lettuce/Tomato Tri Tater Green Beans Fresh Kiwi Cherry Crisp 6-12 (4-12 Salad Bar)		Italian Pasta Bake Green Pepper Strips & Baby Carrots Whole Grain Bread/Jelly Applesauce 9-12 Royal Brownie (4-12 Salad Bar)		Baked Chicken Drumsticks Savory Rice Fresh Broccoli Oatmeal Roll Chilled Peaches (4-12 Salad Bar)		Pizza Slice Tossed Salad/Romaine Garlic Bread Stick w/Marinara Sauce Fresh Banana (No 2nd Choice)	
17	Juice or Fruit Choice of Cereal Toast	18	Juice or Fruit Pancake Stick w/Syrup	19	Juice or Fruit Choice of Cereal Poptart	20	Juice or Fruit Breakfast Bagel	21	Juice or Fruit Breakfast Square
Chicken Wrap Romaine/Tomato Mix Spanish Rice Steamed Carrots Tropical Fruit (6-12 Salad Bar)		Hamburger on Bun Dark Green Leaf Lettuce & Tomato Sweet Potato Puffs Fruit Mix Rice Krispy Bar (4-12 Salad Bar)		Chicken Noodle Soup Grilled Cheese on Whole Grain Bread Green Beans Baby Carrots Applesauce (4-12 Salad Bar)		Taco Salad Whole Grain Chips & Salsa Refried Beans Cinnamon Puffs Pineapple Tidbits (4-12 Salad Bar)		Hotdog on Whole Grain Bun Potato Wedges Broccoli w/Cheese Chilled Fruit (No 2nd Choice)	
24		25	MERRY CHRISTMAS!	26		27		28	
NO SCHOOL VACATION				NO SCHOOL VACATION		NO SCHOOL VACATION		NO SCHOOL VACATION	
31		1	HAPPY NEW YEAR!	2		3	Juice or Fruit Sausage Links Eggs	4	Juice or Fruit Choice of Cereal Toast/Jelly
NO SCHOOL VACATION				NO SCHOOL VACATION		Soup Bar 6-12 Chicken Noodle K-5 W. G. Corn Chips 6-12 Celery & Cucumbers Cinnamon Roll Orange Smiles (No Salad Bar)		Chicken Nuggets Mash Potatoes/Gravy Fresh Broccoli Wheat Roll/Jelly 6-12 Chilled Fruit (No 2nd Choice)	

Elementary: \$1.00 Breakfast—\$1.75 Lunch; Extra Milk \$0.50

MS—HS: \$1.00 Breakfast—\$1.90 Lunch; Extra Milk \$0.50

Breakfast includes 100% juice and a milk choice. All lunches include a fruit choice available each day, whole grain bread and buns are served along with a daily milk choice.



**Trey nor Community
School**

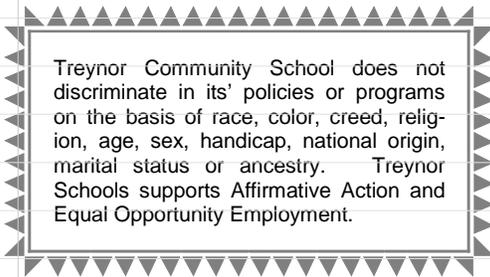
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POSTAL CUSTOMER

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CHRISTMAS VACATION



School will be dismissed at 2:00 p.m. on Friday, December 21. School will resume on Thursday, January 3, 2013.

From the administrators, teachers and staff, a very Merry Christmas and a Happy New Year to you and yours!

**Merry
Christmas**