

Treynor Community School

"COMMITTED TO EXCELLENCE"



NEWSLETTER

March, 2018

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

Physical Plant and Equipment Levy (PPEL)

The Treynor Board of Education passed a resolution on Monday, February 12, for a special election on April 3, 2018, to ask the Treynor voters to consider a ten-year 67-cent (\$0.67) "voter-approved" Physical Plant and Equipment Levy (PPEL) in combination with an income surtax not to exceed ten percent, both determined annually by the Board of Directors.



Special election on April 3 for PPEL!

Special points of interest:

- ✓ Treynor School District voters will go to the polls on April 3 to pass a Physical Plant & Equipment Levy.
- ✓ Pops Concert is scheduled for March 13th with a meal and music.
- ✓ Kindergarten Roundup is coming on April 23rd.
- ✓ Bloodmobile will be held here on March 14th.
- ✓ Attend Elementary Night of the Arts on March 15th!

Why?

The Board recognizes their commitment to being fiscally responsible to the constituents of the Treynor Community School District. They also recognize this resource would allow us an additional \$160,000.00 annually to, for example, . . .

Safety: Update security for safety (e.g., lighting, cameras)

Technology: Update technology (e.g., hardware, software, copiers and printers for students/staff)

Transportation: Assure safe vehicles for students/staff (e.g., buses, vans, school cars, large vehicle repair)

Brick and Mortar: Renovate buildings (e.g., air conditioning/heating units, bleachers, roof replacements, playground equipment, gym floor refinishing)

Equipment: Purchase equipment to maintain facilities (e.g., scrubbers, snow blowers, lawn mowers)

Grounds: Improve the grounds (e.g., constructing sidewalks, paving, fences)

. . . and the list goes on.

Presently, most of these items are paid through the General Fund, which takes dollars away from items that directly impact the students in the classroom. For example, our last two buses were purchased through the General Fund, as well as technology software.

What?

The Treynor Community School District presently has the regular 33¢ Physical Plant and Equipment Levy (PPEL). With the permission of 50% + 1 (simple majority) of the voters in the April 3 election, we would be able to extend this another 67¢ per \$1000 taxable valuation of property. The impact on you would be , , ,

Homes

\$100,000 home: \$2.91 per month in 2018 and \$2.83 per month in 2019

\$200,000 home: \$6.09 per month in 2018 and \$5.94 per month in 2019

\$300,000 home: \$9.27 per month in 2018 and \$9.05 per month in 2019

Agriculture

\$1 per acre annually in both 2018 and 2019

Inside this issue:

Youth Appreciation	2
Elementary	3
High School	4
Elem. Night of Arts	5
Strength & Cond.	6
Digital Safety	7
Athletic Boosters	8-9
Yearbook	10
P-T Conferences	10
Kind. Roundup	10
Calendars	11-12
Menus	13
Pops Concert	14

PPEL VOTE—APRIL 3

Your Role?

Become informed! Ask questions! Explore the impact on the learning environment of the Treynor Community School District! Identify the impact on you! If you have any questions, you may contact Interim Superintendent Lou Howell at (lhowell@treynorcardinals.org), Business Manager Cindy VanFosson (cvanfosson@treynorcardinals.org) or Board Director Brandon Vorthmann (bvorthmann@treynorcardinals.org).

VOTE on April 3, 2018, from 7:00 A.M. – 8:00 P.M. at the Treynor Community Center, responding to this question on the ballot:

Shall the Board of Directors of the Treynor Community School District be authorized for a period of ten (10) years to levy a physical and plant and equipment tax of not exceeding sixty-seven cents (\$ 0.67) per \$1,000 of assessed valuation, and be authorized annually, in combination, to levy a physical plant and equipment property tax with the levy of property taxes for collection commencing in the fiscal year ending June 30, 2019, and to impose a physical plant and equipment income surtax upon each individual income taxpayer resident in the school district on December 31 for each calendar year commencing with the calendar year 2018 or, each year thereafter the percent of income tax not to exceed ten percent (10%) determined by the Board of Directors each year to be used for the purposes set forth in the full ballot?

Our Thanks!

Thank you for becoming an informed voter.

COMMIT TO BE FIT!

Studies show that students with good nutrition and eat breakfast have:

- ◆ Higher test scores
- ◆ Better attendance
- ◆ Improved concentration
- ◆ Fewer discipline referrals
- ◆ Greater overall achievement

Make sure your child gets up in time to have a nutritious breakfast either at home or at school. Tip: if they're having trouble waking up early enough, move their bedtime back.



OPTIMIST YOUTH APPRECIATION PROGRAM



The Treynor Optimist Club will have their annual Youth Appreciation Program on Sunday, April 22 beginning at 3:00 p.m. at Zion Congregational Church. A reception will follow in the fellowship hall. Teachers nominate at least two boys and two girls in grades 7-12 to be honored. Other students, such as all state speech, art, etc., will also be recognized. Once a student is honored, he/she is not considered in any future year. Teachers receive a list of past honorees to avoid any duplication. The students introduce their family members and have a brief interview before receiving their certificates. The public is invited. This is the 28th year of the program.

FROM THE ELEMENTARY PRINCIPAL'S DESK



It's that time of year for all of us here at Treynor Elementary to start looking forward to spring and all of the activities it will bring! Our students had a great February and were able to participate in a number of activities that included Class of the Month Popcorn Party, Valentine's Day parties, Invention Convention, Dance camp, Treynor Cardinal Bank, Junior Achievement and so much more.

Some of the activities March has in store include the JTW Elementary Night of the Arts, Parent-Teacher Conferences, Elementary Dance and the Spring Book Fair. Be looking for information regarding these events coming home soon.

Students in grades three through five will be taking the annual Iowa Assessments the week of April 16th. More details regarding this test will be sent home later this month. Please let me know if you have questions regarding the testing.

Feel free to stop by to visit or you may call or email at anytime (712-487-3422 or jkay@treynorcardinals.org). Thanks for all of your support!

Mrs. Kay, Principal
Treynor Elementary School

UPCOMING ELEMENTARY EVENTS

March 7	Early Dismissal—1:00 p.m.
March 14	Early Dismissal—1:00 p.m.—Teacher Professional Development Babysitting Clinic after school
March 15	JTW Elementary Night of the Arts 6:30—8:00 p.m.
March 16	Elementary Dance 3:30—5:30 p.m.
March 20	Literacy Night 5-7:00 p.m.
March 22	First Grade Music Concert—7:00 p.m.
March 23	Early Dismissal—1:00 p.m.—End of 3rd Quarter
March 26—29	Scholastic Book Fair Week
March 27	Early Dismissal—2:00 p.m. Parent-Teacher Conferences 4:00—8:00 p.m.
March 29	Early Dismissal—2:00 p.m. Parent-Teacher Conferences 4:00—8:00 p.m.
March 30	No School for students
April 2—4	No School for students



OPEN ENROLLMENT DEADLINE

Parents/guardians considering the use of the open enrollment option to enroll their child/children in another public school district in the state of Iowa should be aware of the following dates:

March 1, 2018: the last date for regular open enrollment requests for the 2018-2019 school year, except for "good cause" reasons or kindergarten applications.

Kindergarten applications must be filed on or before September 1 of the school year in which open enrollment is requested. (September 1, 2018 for the 2018-2019 school year).

For further details, contact the school Superintendent's office at 712-487-3414.

THOUGHTS FROM THE HIGH SCHOOL PRINCIPAL.....

MR. McNEAL

The month of February was a very productive month for the students and staff at the High School. We continue to excel in a wide range of extracurricular activities. Here is a list of those activities.



The wrestling team placed 2nd at the sectional tournament which advanced them to the Regional Duals. Ian Dinsmore, Brennon Mauer and Brock Fox advanced to the District Wrestling meet.

The girls basketball team finished as WIC Champions, ended the regular season ranked #2 in Class 2A and qualified for the State Tournament as the #1 seed.

Madelyn Deitchler, Kayla Chapman and Konnor Sudmann have been named to the Iowa Girls Coaches' Association (IGCA) All-District Basketball Team.

The boys' basketball team finished as WIC Champions, ended the regular season ranked #1 in Class 2A and qualified for the State Tournament as the #1 seed.

Dillon Faubel has been selected to play in the Iowa Basketball Coaches Association (IBCA) All Star Game. He was one of forty seniors selected from throughout the state.

Luke Clausen was one of twenty-four student athletes selected as an Academic All State in basketball. Luke was also selected Player of the Week by Prep Hoops Iowa.

The High School Jazz Band finished first at the SWIBA District Festival which qualifies them for the Iowa Jazz Championships for the 27th consecutive year. Sarah Gann was also named the top soloist in our class.

Clarissa Weitzel won a Silver Key for her drawing and Meaghan Cox received two Honorable Mentions for her drawing and painting in the Scholastic Art Awards competition.

Upcoming Events

Feb. 26—March 3	Girls State Basketball Tournament in Des Moines
March 5—March 10	Boys State Basketball Tournament in Des Moines
March 7	1:00 Early Dismissal for Teacher Professional Development
March 10	State Individual Speech contest in Nevada, Iowa
March 14	Blood Drive 8:00—2:00 in the East gym
March 20	National Honor Society Induction Ceremony 6:30 in Auditorium
March 21	1:00 Early Dismissal for Teacher Professional Development
March 23	1:00 Early Dismissal—End of the Quarter
March 27	2:00 Early Dismissal for Parent-Teacher Conferences 4:00—8:00
March 29	2:00 Early Dismissal for Parent-Teacher Conferences 4:00—8:00

TREYNOR ELEMENTARY



NIGHT OF THE ARTS



THURSDAY, MARCH 15TH 6:30-8PM

Elementary Night of the Arts is planned for Thursday, March 15th from 6:30 – 8:00pm. Ice cream with all the toppings will be served in the cafeteria for a free will donation with proceeds going towards the purchase of a new iPad/tablet for the art room. This will be used to upload a better quality picture of the kids' art onto Artsonia. Any remaining funds will be put towards the Orff Xylophones project so that every student can learn and play without having to "wait their turn".

Come out and enjoy the student artwork that will be on display and stop in to the gym for music performances. Performance times are scheduled as follows:

- 6:30: Kindergarten
- 6:45: 1st Grade
- 7:00: 2nd Grade
- 7:15: 3rd Grade
- 7:30: 4th Grade
- 7:45: 5th Grade

TREYNOR WATCHDOGS

Are you smarter than a 5th grader? Are you a man? Can you contribute 30 minutes to help Treynor Elementary children learn? The WatchDOGS male mentoring program has made it very easy for adults to play educational games in small groups. But, only in half-hour increments. If you have a free morning off, vacation, or retirement time, consider giving 30 minutes to leading games that make math or reading fun. Elementary teachers like small group sessions for students needing extra help with basic skills. They typically do not have the luxury of giving extra time to just a handful of kids. That is where the WatchDOG program comes in. These adults sign up for a 30-minute block of time in advance. The teachers can plan ahead and have fun activities ready for that adult and typically four students. The WatchDOGS get to pick the grade level and time they want.

While the school likes female adult volunteers, they are particularly short of adult men helpers. WatchDOGS help fill that void and shows to students that education is not just a mother-driven activity.

This is part of the Cardinal Core community volunteer organization. To be a WatchDOG, men must allow a simple background check that Cardinal Core pays. They get a free WatchDOG t-shirt they wear in the school so the students and staff know them. Sign-up for WatchDOG sessions are all in 30 minute slots and are done online well in advance. "If you like children in small doses, and really want to see them catch up with their peers, become a WatchDOG. It truly is fun and games for only 30 minutes."

Contact Natalie Suden at Treynor Elementary, 712-487-3422, ext. 1, for complete details.

Strength and Conditioning

The Treynor High School Strength and Conditioning program is hitting unprecedented levels and starting to see the fall of school records for certain lifts. We just completed our winter max period for all of our athletes; we tested them on bench press, squat, deadlift and power cleans. Each athlete has an individualized program that they are to follow for 8 weeks, after which they max out to establish new baselines for their programs moving forward.

To give you a little context of where our program was at 4 years ago - we had 2 male athletes in the 300 pound squat club, 0 athletes in the 225 pound bench club and 0 athletes in the 200 power clean club; as of this article being written we now have 26 athletes in the 300 pound squat club, 15 athletes in the 225 pounds bench club and 14 athletes in the 200 power clean club.

Our female athletes have seen the same growth as we now have 13 female athletes in the 175 pound squat club, 8 athletes in the 100 pound bench club and 14 athletes in the 90 pound power clean club.

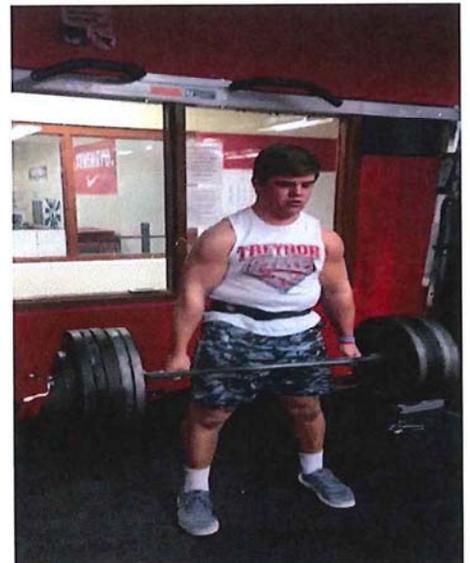
We introduced hex bar deadlifts into our program just two years ago, and Sophomore Ben Boese just broke an 18 year old school record by deadlifting 550 pounds!

We currently offer 7 classes of Strength and Conditioning to our High School students. There are 3 classes of Advanced Strength and 4 classes of Regular Strength. Junior High students are able to come in and lift on Mondays and Fridays from 7-8am. With all of that we regularly have 260+ student athletes come through our doors to get faster and stronger.

As we get ready for spring time and look ahead to summer, we have many new and exciting training opportunities for our kids. If you want to keep up with us and all the successes our student athletes have please follow us on Facebook - search for Treynor Strength and Conditioning or follow me on twitter @coachlovely.

#rollcards

~Coach Lovely



KEEPING YOUR KIDS SAFE IN A DIGITAL WORLD



A SEMINAR TO EMPOWER PARENTS

A PRESENTATION BY TREYNOR SCHOOLS & PARENT CHAMPIONS

**3/21/2018 5:30PM @ SILOS
PIZZA PROVIDED**

Sponsored by JTW, KKAD25, TSBank

Dinner starts at 5:30 and 20-minute presentations will begin at 6:00 p.m.

PRESENTATION WILL FEATURE:

- **Online Safety Overview by Shelly Sudmann,
Assistant County Attorney and Parent**
- **Power of the Screen by Tiffani Pinkerton,
Prevention Specialist at Heartland Family Services**
- **Insider Tips & Tricks for Smart Phones
by Treynor Students Alex Lowe & Tyler Pollock**
- **Q&A Conclusion Session**

In order to provide enough food and seating, please submit your RSVP by contacting Jenny Berens at jberens@treynorcardinals.org. or filling out the [online form](#) on the school website.

EAT DRINK and be *Giving*

**2018 TREYNOR ATHLETIC BOOSTER BASH
A FUNDRAISER DINNER & AUCTION to BENEFIT
TREYNOR ATHLETES**

APRIL 27, 2018

**SIX O'CLOCK SOCIAL HOUR
SEVEN O'CLOCK DINNER & PROGRAM
TREYNOR COMMUNITY CENTER**

Chairs - Dan & Kari Kinsella • Honorary Chairs - Mick & Judy Guttan

**HELP US HONOR THIS YEAR'S COMMUNITY BOOST AWARD RECIPIENT
Gail Hartigan**

★ Adults Only Event ★

DRESS CASUAL- IN YOUR FAVORITE SPIRIT GAME DAY ATTIRE
Will you be our First Spirit Winner?

▲ Please detach and return this portion with your contribution to the youth. Thank you. ▲

YES, I love having a good time and plan on attending the Fundraiser Dinner and Auction to support the student athletes in our community.

I would like to sponsor: Refer to back page for sponsorship levels.

- \$2,500.00 Cardinal Red Sponsorship
- \$500.00 Table Sponsorship
- \$1,000.00 White Sponsorship
- \$50.00 Individual Seating

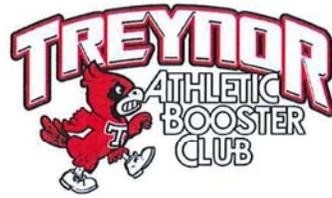
NO, I am not able to attend the Fundraiser and Auction but I would love to support our athletic youth. Enclosed is my gift of:

- \$25
- \$50
- \$100
- Other \$ _____

My check, payable to the Treynor Athletic Booster Club, is enclosed.

Mail to: Treynor Athletic Booster Club P.O.Box 251 Treynor, IA 51575

I am paying by **PayPal**™ (Please see payment instructions on back)



Cardinal Red Premium Sponsorship (\$2,500.00)

You are the "Big Shot" of the evening. Everyone will know your name!

Includes Premier Company or Individual Logo Exhibition in Multiple Locations, 2 Tables for 8, Dinner and Drinks

White Sponsorship (\$1,000.00)

Your Company Logo or Name will be displayed at the dinner. Make sure you bring your business cards!

Includes Company or Individual Logo Exhibition, Table for 8, Dinner and Drinks

Table Sponsorship (\$500.00)

You purchase a table and we'll make sure everyone knows you did!

Includes Company or Individual Logo Exhibition, Table for 8, Dinner and Drinks

Individual Seating (\$50.00)

Thank you so much for helping out our athletes. You're going to have a blast!

Includes Dinner and Drinks

To learn about opportunities to support the
Trey nor Athletics, please visit us online at

www.treynorboosterclub.com

Thank you for



Cardinal Red Premium Sponsorship: Name (Company or Individual) _____

White Sponsorship: Name (Company or Individual) _____

Table Sponsorship: Name (Company or Individual) _____

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

Table Guest Names:



Payment and Registration Online Instructions:
Log onto our website www.treynorboosterclub.com
click on the *Pay Pal* link to make your payment and
Booster Bash link to Register.

SENIOR PARENTS—YEARBOOK INFO NEEDED

Senior parents—please remind your senior student to submit a senior and baby photo to yearbook@treynorcardinals.org in jpeg or png format by April 1. Please make sure to order Senior Recognition Ads and Yearbooks as soon as possible at JostensYearbooks.com.



Also remember, you can place your order on the Yearbook Page of the Treynor Schools website, or complete an order on Jostens.com.

NATIONAL BREAKFAST WEEK



During March, schools throughout the country will celebrate National School Breakfast Week. It is a great time for your child to try school breakfast!!

Watch for the breakfast meatball promotion coming up the first week of March!

KINDERGARTEN ROUNDUP



If you have a student who will be in Kindergarten next fall, please plan to attend Kindergarten Roundup on Monday, April 23rd. If you don't have a child currently in school, please call the elementary office to make sure that your upcoming child is on our list. An informational letter will be sent out the end of March. Please let us know if you are planning to send your child to Kindergarten and do not receive a letter. If you have questions, please contact Mrs. Kay, Elementary Principal, 712-487-3422.

PARENT-TEACHER CONFERENCES

Parent-Teacher Conferences will be held on Tuesday, March 27 and Thursday, March 29. Conferences will be held from 4:00—8:00 p.m. In order to prepare for conferences, school will be dismissed at 2:00 p.m. on both days. All families with elementary students will be receiving a letter in their backpacks concerning Parent-Teacher Conferences. If you have any questions about times/dates, please contact Natalie at the elementary school office at 487-3422.



SPRING—EASTER BREAK



There will be no school on Friday, March 30, Monday, April 2, Tuesday, April 3 and Wednesday, April 4 for Easter /Spring break.

March 2018

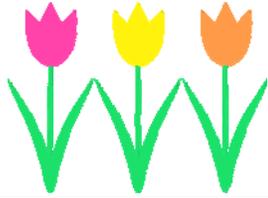


Happy St. Patrick's Day!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Girls State Basketball in Des Moines	2 Girls State Basketball in Des Moines	3 Girls State Basketball in Des Moines
4 Community Pep Rally 3:30	5 11:30 Early Dismissal Boys State Basketball in Des Moines 4:30 p.m.	6 Elem/JH Honor Choir Here Boys State Basketball in Des Moines	7 1:00 Early Dismissal Boys State Basketball in Des Moines	8 Boys State Basketball in Des Moines	9 Boys State Basketball in Des Moines	10 Individual State Speech @ Nevada
11	12 G & B Golf & Boys Soccer Practices Begin Girls Track @ ISU; Board Meeting 6:30	13 Pops Concert 5:30 p.m. Boys Track @ ISU	14 1:00 Early Dismissal Teacher Inservice Quiz Bowl Here 1:30; Blood Drive East Gym	15 Reiver Jazz Choir Festival @ IWCC	16 WIC Weightlifting Championships @ Mo Valley 4:30 B Track @ BVU	17 
18	19 JH Honor Choir & WIC HS Inst. Fest @ Underwood 12:30 Girls Soccer Practice Begins	20 NHS Induction Ceremony 6:30 p.m. in Auditorium	21	22 1st Grade Concert in West Gym 7:00	23 1:00 Early Dismissal End of 3rd Quarter	24
25	26 All State Individual Speech in Cedar Falls Begin 4th Quarter	27 2:00 Dismissal 4-8 Conferences Jazz Choir Championships @ WDM Valley BTrack @ Audu-	28	29 2:00 Dismissal 4-8 Conferences Girls Track @ Audubon 4:30 V/JV B Soccer Harlan Here	30 NO SCHOOL	31

April 2018



Happy Easter!
Happy Spring!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter 	2 NO SCHOOL	3 NO SCHOOL JH Track @ Underwood 4:00; G Var/JV Soccer @ Mo Valley 5/6:30	4 NO SCHOOL	5 Jazz Championships @ Ames B Track @ Mo Valley 4:30 G Track @ Harlan 4:30 B Var/JV Soccer @ Conestoga	6 G & B Golf @ AHSTW 4:00 G Track @ Nodaway Valley B Track @ Denison/Schleswig G & B V Soccer @ Underwood	7 State Solo & Ensemble Contest Girls Soccer @ Thomas Jefferson 8:30 a.m.
8	9 Boys Track Here 4:30 G & B Golf Lo-Ma Here 4:00 School Board Meeting 6:30	10 G Track @ Lewis Central G Var/JV Soccer @ West Central Valley 5:00/6:30	11	12 B Track @ AL G Track @ TC G JV/V Soccer @ A.L. 4:30/6:00 B JV/V Soccer @ Nod. Valley	13 G & B Golf @ Audubon 4:00 B Track @ Underwood 4:30 G & B V Soccer Mo Valley Here 5:00/7:00	14 Prom
15 Iowa Assessments →	16 G & B Golf Underwood Here 4:00 JH Track Here 4:30	17 JH Track @ Clarinda 4:15 G & B V Soccer @ AHSTW 5:00/7:00	18 1:00 p.m. Early Dismissal Teacher Inservice	19 WIC Art Show @ Audubon JH Track @ Audubon 4:00 B Track @ Griswold 4:30 G & B Soccer @ Riverside 5/6:30	20 WIC Art Show @ Audubon G & B Golf @ Griswold 4:00 G Track @ Underwood 5:00 G V/JV Soccer Atlantic Here	21 WIC Art Show @ Audubon B JV Soccer @ Glenwood 8:30
22 WIC Art Show @ Audubon Optimist Youth Appreciation	23 WIC Art Show @ Audubon G & B Golf @ Tri-Center 4:00 B Track @ Glenwood 4:30 G Track Here 4:30 G & B JV Soccer	24 G & B Track @ Audubon 4:00 ; B V/JV Soccer @ Clarinda Academy 5:00	25 Progress Reports Sent Home	26 Drake Relays G & B Golf @ Mo Valley 4:00 JH Track @ Red Oak 4:15 G Track @ Woodbine 5:00	27 Drake Relays	28 Drake Relays MS Large Group Band @ Red Oak G Soccer @ Denison-Schleswig B Soccer @ Riverside
29	30 G & B Golf Riverside Here Baseball Practice Begins			G & B Soccer @ Panorama 5:00/7:00 5/6 Band & 6th Vocal Concert in Auditorium 7:00		



TREYNOR COMMUNITY SCHOOL

March, 2018 Breakfast & Lunch Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Juice or Fruit Egg WG Toast	2 Juice or Fruit WG Cereal Long John
(We reserve the right to make changes or substitutions as necessary.)			Chicken Strips Triangle Potatoes Green Beans WG Bread 6-12 Pears (4-12 Salad Bar)	French Toast Sticks Sausage Fresh Veggies Banana (No Salad Bar)
5 Juice or Fruit (1/2 c.) WG Cereal WG Breakfast Bar K-5 WG Mini Cinnis 6-12	6 Juice or Fruit WG Pancakes Sausage K-5 Breakfast Meatball 6-12	7 Juice or Fruit WG Cereal K-5 Breakfast Bar 6-12	8 Juice or Fruit Egg, Sausage, Cheese Biscuit	9 Juice or Fruit WG Cereal Toast
WG Corn Dog Mac & Cheese Mixed Vegetables Applesauce (6-12 Salad Bar)	Beef Taco Potato Rounds Peas Bean Salsa 6-12 Pears (4-12 Salad Bar)	Chicken Sandwich Sweet Potato Fries Fresh Veggies K-5 Broccoli Slaw 6-12 Peaches (4-12 Salad Bar)	Mr. Ribb Triangle Potatoes Carrots Fresh Fruit (4-12 Salad Bar)	Pizza Sticks K-5 Cheesy Garlic Bread 6-12 Corn Garden Salad Pineapple & Cookie (No Salad Bar)
12 Juice or Fruit (1/2 c.) WG Cereal Breakfast Bar	13 Fruit or Juice Pancake Stick	14 Fruit or Juice WG Cereal Breakfast Bar K-5 Biscuits/Gravy 6-12	15 Fruit or Juice Breakfast Pizza	16 Fruit or Juice WG Cereal Long John
Pizza Crunchers K-5 Fiestada 6-12 Seasoned Peas Garden Salad Pineapple/Oranges (6-12 Salad Bar)	Walking Tacos Fiesta Beans Potato Rounds Applesauce (4-12 Salad Bar)	Meatball Sub Sweet Carrots Mozzarella Sticks 9-12 Kiwi Brownie (4-12 Salad Bar)	Roast Turkey & Gravy Mashed Potatoes Dressing 6-12 Green Beans Peaches (4-12 Salad Bar)	Super Nachos Bean Salsa 6-12 Corn Applesauce (No Salad Bar)
19 Fruit or Juice WG Cereal Breakfast Bar	20 Fruit or Juice French Toast K-5 Grab & Go Waffle 6-12	21 Fruit or Juice WG Cereal Breakfast Bar K-5 Muffin 6-12	22 Fruit or Juice Eggs, Sausage, Toast	23 Fruit or Juice WG Cereal Breakfast Bar
Chicken Nuggets Baked Beans Apples WG Bread 6-12 Orange Smiles (6-12 Salad Bar)	Pork Fritter on Bun Cheesy Potatoes Fresh Carrots Peaches Cake (4-12 Salad Bar)	Grilled Chicken Sand. Roast Broccoli Triangle Potatoes Pineapple (4-12 Salad Bar)	Pasta Bake K-5 Pasta Bar 6-12 Green Beans Garlic Bread Pears (4-12 Salad Bar)	Grilled Cheese Oven French Fries Peas Garden Salad Fruit (No Salad Bar)
26 Fruit or Juice WG Cereal Breakfast Bar	27 Fruit or Juice WG Pancakes Sausage	28 Fruit or Juice Biscuits & Gravy	29 Fruit or Juice Egg, Cheese Toast	30 NO SCHOOL
Pancakes Sausage Vegetable Tray Fresh Fruit (6-12 Salad Bar)	Chicken Noodle K-5 Chili 6-12 Crackers Celery & Carrots Applesauce Cinnamon Roll (4-12 Salad Bar)	Sloppy Joe Oven Fries Broccoli Peaches (4-12 Salad Bar)	Chicken Shapes K-5 Stir Fry 6-12 Seasoned Rice Green Beans K-5 Pineapple/Oranges (No Salad Bar)	NO SCHOOL

Elementary: \$1.35 Breakfast—\$2.25 Lunch; Extra Milk \$0.50

MS-HS: \$1.35 Breakfast—\$2.40 Lunch; Extra Milk \$0.50

Breakfast includes 100% juice or fruit (1/2 cup required) 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. Treynor Community School is an equal opportunity provider.



**Trey nor Community
School**

PO Box 369
Trey nor, IA 51575
Phone: 712-487-3414
Fax: 712-487-3332



POSTAL CUSTOMER

ADDRESS SERVICE REQUESTED

It is the policy of the Trey nor Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the principals, who serve as the equity coordinators:

- Jill Kay, Elementary Principal, #2 Elementary Drive, 712-487-3422, jkay@treynorcardinals.org
- Jenny Berens, Middle School Principal, 102 E. Main, 712-487-3181, jberens@treynorcardinals.org
- Gary McNeal, High School Principal, 102 E. Main, 712-487-3804, gmcneal@treynorcardinals.org

POPS CONCERT—MARCH 13



The annual Pops Concert will be held on Tuesday, March 13. Dinner begins at 5:30 p.m. with music starting at 6:00 p.m. This year's theme is "A Night at the Grammys".

Come and enjoy a great dinner and fantastic music by our middle and high school students.