



The Aggie Express

A publication of the Beal City Public Schools

www.bealcityschools.net

April 2009

Reading Month at Mayes Elementary

March is reading month and the students had fun celebrating it! We kicked off reading month on Dr. Seuss' birthday with special prizes for good character in the cafeteria. We have also had several hat days and other dress up days. Hop on Pop day was a fun day for students, as they were treated to a free bag of popcorn sponsored by the PTO. Thank you to the PTO and parent volunteers for helping make all of that popcorn! The students have also been enjoying Reading Buddies. Each lower elementary classroom is paired up with an upper elementary classroom for part of the day every Wednesday this month. The students look forward to reading to each other every week. The students also attended the CSI:



Cyber Safety Initiative assembly in which they learned how to stay safe on the internet.



This assembly was packed with important information for students and was also presented to parents in an evening session. This year our guest reader for reading month was our very own, Jan Newman. Mrs. Newman retired this past summer after many years of dedicated service in the Title 1 classroom. Mrs. Newman visited the kindergarten through sixth grade classrooms as our guest reader and shared stories with the students. The students and staff enjoyed spending time with Mrs. Newman on this special day. Another reading month favorite is the Old Time Radio Show, which is hosted by Mr. Klapp every morning. Mr. Klapp keeps us informed of the reading month activities, inspires us with daily poetry, and has us on

the edge of our seats with the scary story of the day. He also keeps us laughing at his jokes and at the all time favorite segment, "Duh, Danny". We have several upcoming events yet this month, which include a book exchange, Reading Rainbow, Camp Read-a-lot, and the I Love Reading Man show. Mr. Klapp, otherwise known as the I Love Reading Man, has entertained the students for the last several years with his stories, songs, jokes, and skits. The students are excited to see what interesting, fun, and educational things Mr. Klapp has in store for them this year.

Thank you to the PTO, Mrs. Newman, Mr. Klapp, the elementary staff, the cafeteria crew, parents, and students for making reading month a success this year.



Read Around the Planet with Second Graders

HOWDY!! March 9 was an exciting day for the second graders in Ms. Jen Courtright's class at Beal City Elementary School. They took part in a live teleconference with other students from Paris, Texas. This program was called Read Around the Planet. Ms. Courtright's class presented a play from the book, The Michigan Counting Book written by Kathy-Jo Wargin. The book told about Michigan history and its endangered species.



The partner class in Paris recited a book called Fancy Nancy. They also sang us a song they had been working on for their spring play. It was "Deep in the Heart of Texas". Both classes had time to ask each other questions about their state. We found out that in Texas they do have scorpions and that they did have snow once (1/8 of an inch), and they had to call off school! The kids really enjoyed this fantastic experience. One student even commented, "That was AWESOME!! When can we do that again?!"

Mrs. MariAnne Reihl's second graders shared a live teleconference with students from a school in the Finger Lakes region of New York State. They performed a place value skit for us and we shared the book, M is for Mitten by Kathy-Jo Wargin. We included props like cherries, a white pine branch, and Kellogg's cereal representing Michigan products.

We even signed a copy of the book and mailed it to them. It was lots of fun! They showed us a picture of their elementary school...it had an upstairs in it. We hope to participate in this project again.



There will be an informational meeting for parents and students interested in learning about Dual Enrollment on Wednesday, April 22, at 7:00p.m. in the Media Center. If you have a child who plans to dual enroll next year, it is very important that you and your child attend the meeting.

Festival of Banners

Art Reach of Mid Michigan is sponsoring an exciting new event to occur in Mt Pleasant from this May to September. The event is called the Festival of Banners. The Festival of Banners is a celebration of art and community spirit. One of the goals is to produce banners to fly on downtown street poles through the Summer months. The banners are to be designed and painted by local students and adults and will create a unique and colorful city streetscape. Seventh and eighth grade students in Mrs Cleveland's junior high art classes have submitted designs for consideration by the Art Reach selection committee. Students illustrated some of their favorite summer scenes and pastimes. We are very hopeful that work of our own Beal City students will be chosen for display on the streets of Mt Pleasant this summer.

PTO News



MT PLEASANT
DISCOVERY
MUSEUM

During the April 6 PTO meeting a special presentation will be made regarding the proposed Mt. Pleasant Discovery Museum. Join us at 6:30 p.m. in the Title

classroom to learn more about this very important opportunity. Details regarding the upcoming community-wide garage sale to be held on Saturday, April 25 will also be discussed. We hope to see you there!!

Driver's Training Scheduled

There are three Segment I Drivers Training Classes scheduled for 2009. There will be a class during the spring, summer, and fall. Students must be 14 years old and 8 months by the time the first class takes place. The spring class will run from April 19-20, April 26-27, May 3-4, May 17-18 and May 31-June 1. Classes will meet from 6:00 p.m. to 8:00 p.m. Parents must attend a 30 minute parent meeting on April 14th at 7:00 p.m. Applications for this class are due no later than April 14th, and can be picked up and returned to the High School or Superintendent's Office. Students taking this class will be eligible for the Segment II class that will meet on Sundays for three weeks. Class will meet Sept 13, Sept 20 and Sept 27 from 4:00 – 6:00 p.m.

The summer classes will be held from June 8-12, June 15-19 and June 22-23. Classes will meet from 8:00 a.m. to 10:00 a.m. Parents must attend a 30 minute parent meeting on June 1 at 7:00 p.m. Applications for this class are due no later than June 1 and can be picked up and returned to the High School or Superintendent's Office. Students taking this class will be eligible for the Segment II class that will meet on Sundays for three weeks. Class will meet Oct 4, Oct 11 and Oct 18 from 4:00 p.m. - 6:00 p.m.

The fall classes will meet Sept 13-14, Sept 20-21, Sept 27-28, Oct 4-5, Oct 11-12, and Oct 18-19. Classes will meet from 6:00 p.m. to 8:00 p.m. Parents must attend a 30 minute parent meeting on September 8th at 7:00 p.m. Applications for this class are due no later than September 8th and can be picked up and returned to the High School or Superintendent's Office. Students taking this class will be eligible for the Segment II class that will meet on Sundays for three weeks. Class times will be announced during the parent meeting.

This year's fee is \$270.00 which covers both Segment I and Segment II and is due on or before the first day of class. There is now an option to pay this fee on-line. More information about this option will be discussed during the parent meeting. The fee is non-refundable after the student begins the program.

Kindergarten Round Up

Kindergarten Round Up for students entering school in the fall will be held on Wednesday, April 15 from 8:00 a.m. until 11:00 a.m. in the Media Center. Please call the elementary office at 644-2740 as soon as possible if you have not yet scheduled an appointment. Please bring your child's BIRTH CERTIFICATE, IMMUNIZATION RECORD, AND SOCIAL SECURITY CARD with you. Speech, vision, and hearing tests will be conducted as part of our assessment of your child. While children are being assessed, parents will be completing any paperwork needed for next year. Please pass the word about Kindergarten Round Up to any parents you know who have not signed up yet!

MARK YOUR CALENDARS!

March 28-April 5	Spring Break
April 6	PTO Meeting-ALL parents invited, 6:30 p.m.
April 10	Good Friday - No School
April 15	Kindergarten Round Up and Preschool Sign Up; Camp Hayo-Went-Ha Parent Meeting, 6:30 p.m.
April 20	DSIT Meeting, 6:00 pm and Board Meeting, 7:00 pm
April 24	Parent Advisory Meeting, 8:30 a.m. @ St. Joe's
April 25	Community Garage Sale @ Beal City School, 8:30 am – 3:30 pm (details to be sent home)
May 4-8	Camp Hayo-Went-Ha for 4th-6th graders

The Beal City GSRP Preschool classroom is currently accepting names of preschool age children (age 4 on or before December 1, 2009) for the 2009-2010 school year. Please call the Mayes Elementary Office at 644-2740 if you are interested. Registration and enrollment information will be sent out in April.

Fitness for kids: Getting your children off the couch

Children often have a natural tendency to play hard. Here's how to direct your child's energy into a lifelong love of physical activity.

For many children, biking to the playground and playing kickball in the backyard have given way to watching television, playing video games and spending hours online. But it's never too late to get your kids off the couch. Use these simple tips to give your kids a lifelong appreciation for activities that strengthen their bodies.

Set a good example

If you want active kids, be active yourself. Go for a brisk walk, ride your bike or spend some time gardening. Kids ages 6 to 17 years old need at least an hour a day of such moderate activities. Three or more days a week should be more vigorous activities such as those that include running or jumping rope. Adults need at least 2.5 hours a week of moderate intensity exercise or 75 minutes of vigorous activities.

Invite your family to play catch or to join you on a walk. Talk about physical activity as an opportunity to take care of your body, rather than a punishment or a chore. Praise, reward and encourage activity. Set goals and have everyone track their activities and progress.

"A parent's active lifestyle is a powerful stimulus for a child," says Edward Laskowski, M.D., a specialist in physical medicine and rehabilitation and co-director of the Sports Medicine Center at Mayo Clinic, Rochester, Minn. "You are a role model for your children; set a good example by making physical activity a priority in your life."

Limit screen time

A surefire way to increase your children's activity levels is to limit the number of hours they're allowed to watch television each day. You might limit screen time – including television, video games and computer time. The American Academy of Pediatrics recommends no more than one to two hours a day. To make it easier, don't put a television in your children's bedrooms, and keep the computer in a family area. Also consider limiting other sedentary activities, such as text messaging or chatting on the phone. If your children play video games, opt for those that require movement. Activity-oriented video games – such as dance video games and video games that use a player's physical movements to control what happens on the screen – boost a child's calorie burning power. In a Mayo Clinic study, kids who traded sedentary

screen time for active screen time more than doubled their energy expenditure.

Establish a routine

Set aside time each day for physical activity. Get up early with your children to walk the dog or take a walk together after dinner. Start small, gradually adding new activities to the routine as you – and your children – become more fit.

Let your children set the pace

For many kids, organized sports are a great way to stay fit. But team sports or dance classes aren't the only options. If your child is artistically inclined, take a nature hike to collect leaves and rocks that your child can use to make a collage. If your child likes to climb, head for the nearest neighborhood jungle gym. If your child likes to read, walk or bike to the neighborhood library for a book. Or simply turn on your child's favorite music and dance in the living room. "Every child is wired differently," Dr. Laskowski says, "We all have certain strengths and characteristics that influence our interests. The key is finding things that your children like to do."

Promote activity, not exercise

To keep your kids interested in fitness, make it fun.

*Get in the game. Play catch, get the whole family involved in a game of tag or have a jump-rope contest. Try classic movement games such as Simon says or red light, green light. If you don't remember the rules, make up your own!

*Try an activity party. For your child's next birthday, schedule a bowling party, take the kids to a climbing wall or set up relay races in the backyard.

*Put your kids in charge. Let each child take a turn choosing the activity of the day or week. Batting cages, bowling and neighborhood play areas all count. What matters is that you're doing something active.

*Give the gift of activity. Make gifts and rewards things like activity-related equipment, games or outings.

"Incorporating physical activity into your children's lives does much more than promote a healthy weight," Dr. Laskowski says. "It sets the foundation for a lifetime of fitness and good health."

The Athletic Office would like to take this opportunity to thank all the parents, grandparents, and community members that helped out with our winter basketball season. From the taking of tickets and running the clock to keeping the book and announcing. It takes several people to make our season run smoothly and without the many dedicated volunteers it would not be possible. We thank you again as we look forward to the start of the busy spring sports season.

Sports Physicals

Beal City High School is hosting a Sports Physical Night on Thursday, April 30, 2009 from 6:00 – 7:00 p.m. for any Beal City Students in grades 7 thru 12 who plan on participating in any sport next year. The physical will be valid the entire 2009/2010 school year and the cost of the physicals is \$10.00.

You will need to have a completed physical form with the proper signatures as well as emergency contact information and insurance information. Physical cards are available in the High School or Athletic Offices.

Failure to bring a COMPLETED physical form will result in the athlete being turned away until the form is properly filled out.

JR High Football Sign Up

Beal City Junior High Football sign up and equipment sizing will be Wednesday, April 22 and Thursday, April 23 in front of the big gym from 6:00 to 8:00 p.m. The age groups are for students who will be in the 7th & 8th grades in the fall of 2009. For more information please call Mick Straus at 644-5224.

Beal City Athletic Association

As of right now, the concession stand will not be open for most of the softball and baseball games. Unfortunately, we were unable to get volunteers to work on many of these game dates. We are sorry, but look forward to your support again in the Fall.

We will begin selling Aggie Bucks in the Fall. Aggie Bucks can be used at the concession stand just like a \$1.00 bill. They will make great birthday and Christmas presents for kids and grandkids. Don't forget the grandparents, they enjoy a popcorn and water while watching their grandchildren play sports.

Board Briefs

The following was approved at a regular board meeting on March 16, 2009:

- ✍ - General Fund payments of \$258,435.35, Hot Lunch payments of \$13,123.79, Athletic Fund payments of \$3,994.97.
- ✍ - The 1st reading of the Neola Policy for coming out of class.
- ✍ - The following coaching recommendations: Maggie Oldenburg – Dance, Ken Hisey – Voluntary Assistant JV Baseball, Jeremy Griffis – Voluntary Assistant JV Baseball.
- ✍ - The Tribal Grants as presented.

Precalculus and Integrated Math 4 Celebrate



On March 13, 2009, the Precalculus and Integrated Math 4 classes of Beal City High School celebrated pi Day and Albert Einstein's birthday.

Pi, the irrational number, beginning with the numbers 3.14, is celebrated on 3/14 of every year. Pi, represented by the Greek letter π , is the ratio of a circle's circumference to its diameter.

Albert Einstein was born on March 14, 1879. Today, he would be 130 years old. Einstein made many important scientific discoveries including the formula $E = mc^2$, the theory of relativity, and proving that the speed of light is constant.

After singing happy birthday to Einstein and seeing a demonstration of the value of pi using an apple or pumpkin pie, students feasted on pie and ice cream. Students competed in a π trivia contest and created a bulletin board celebrating π and Einstein. There was also a competition to see who could memorize the most digits of the number Pi. Alex Faber was the 2009 winner, memorizing and reciting 41 digits of the never-ending number.

Report to Parents - When It's More Than 'Just a Phase'

Sometimes, it's just a nagging feeling – the sense that maybe what a child is experiencing isn't just a normal phase but is something that needs looking into. Whether it's moodiness or babyfat, it's helpful to know when to check with experts.

Putting on Pounds. All children go through times when their weight varies. It's common, for example, for kids to gain a pound or two right before they have a growth spurt, after which they return to their normal shape. But it's important for families to be aware when a child's weight gain is more than normal. Not only is obesity linked to a host of serious, lifetime diseases, like diabetes, hypertension, and heart disease, but it can also cause a child to have self-esteem issues.

The best way to determine if a child is carrying too much weight is to look at the Body Mass Index (BMI) formula for children. The chart, available in doctors' and school nurses' offices, is also available online at <http://apps.nccd.cdc.gov/dnpabmi/calculator.aspx>. If the results show that your child has a weight problem, you may want to confirm it with the doctor or nurse, who can use methods like a skin fold test to give a more accurate result. Some children with a high BMI are not overweight, but most do end up needing to shed a few pounds. Following through on this might be difficult at first, but the payoff will last a lifetime.

Acting Out. Is your child simply acting out, or can it be something more serious, such as attention-deficit disorder (ADD) or attention-deficit hyperactivity disorder (ADHD)? While there are many tests that children undergo before they're actually diagnosed with one of these conditions, it's safe to say that these children have an unusually hard time concentrating. Their energy levels are so high that they are restless and have real difficulty keeping still. They also find it unbearably hard to wait their turn. While all children are fidgety at times, children with ADD or ADHD display excess energy and inability to concentrate all the time.

A child who is dealing with problems like these is suffering and needs your help. If you notice these problems, or if your child's teacher has indicated that your child is having behavior issues in class, begin by seeing the

school counselor. The counselor will be able to discuss with you the process of getting your child tested, which will involve working with your family doctor and a child psychologist, as well as the school.

Feeling Down. Adults are not the only people who can suffer from depression; children have been diagnosed with it, too. The first thing to consider is how long the feeling of sadness has lasted. Everyone is sad from time to time, but depression can last for weeks, months, or even longer. Also, when children are sad, they can usually tell you why; however, children who are depressed typically can't express why they're feeling so low.

Some of the symptoms of depression in children include problems with sleeping, nightmares, and unusual anger. Schoolwork often suffers, as children who are depressed don't feel motivated to try or participate. Depressed children also pull away from their friends and family members and become increasingly alone.

Jump Rope for Heart

The Jump Rope For Heart program owes its existence to Jean Barkow, a physical education teacher at Milwaukee Riverside High School. Jean held her first "rope-a-thon" with her local American Heart Association chapter in the late 1970s. In 1978 the national fund-raising event was launched with the support of the American Heart Association and American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD).

Since 1978, Jump Rope For Heart has raised more than \$703 million for the fight against heart disease and stroke. Millions of students have jumped rope and learned about heart health and how nutrition and physical activity can help prevent disease and stroke.

Participation in Jump Rope For Heart and Hoops for Heart is vital to the American Heart Association's efforts to raise dollars that fund lifesaving research. Mr. Jason Byrne, Mr. Beckwith's physical education student teacher, organized this year's Mayes Elementary Jump Rope for Heart. He used this event as his service learning project. Mr. Byrne and Mr. Beckwith thank all the students who participated in the worthwhile event and Mrs. Fussman for all of her help. A total of \$1,364.00 was raised. Thanks for joining in the fight against heart disease!

Spring Sports

Varsity Track

Thurs. Apr 9	3:00 p.m.	@Marion Invitational
Fri. Apr 17	4:30 p.m.	@Coleman
Tues Apr 21	4:30 p.m.	Conf. Tri-Meet – Evert, Marion
Fri Apr 24	3:00 p.m.	@Clare
Tues. Apr 28	4:30 p.m.	Conf. Tri-Meet–Lake City, McBain NMC
Fri. May 1	1:00 p.m.	Great Lakes Track Invitational
Tues. May 5	4:30 p.m.	@Pine River
Sat. May 9	10:00 a.m.	@Fowler
Tues. May 12	4:30 p.m.	Conf. Tri-Meet @Manton
Sat. May 16	TBA	@MHSAA Regionals@Breckenridge
Tues May 19	4:00 p.m.	Conf. Meet @Marion
Tues. May 26	4:30 p.m.	Morning Sun Meet of Champions
Sat. May 30	TBA	MHSAA State Finals

JV Baseball

Tues. Apr. 7	4:00 p.m.	Clare
Thurs Apr 9	4:00 p.m.	Sanford Meridian
Mon. Apr 13	4:00 p.m.	@SHA
Wed. Apr 15	4:00 p.m.	Shepherd
Mon. Apr. 20	4:00 p.m.	SHA
Thurs. Apr 23	4:00 p.m.	@St Charles
Sat. Apr 25	12:00 p.m.	Chippewa Hills
Tues. Apr 28	4:00 p.m.	Montabella
Wed. Apr 29	4:30 p.m.	@Marion
Tues. May 5	4:00 p.m.	@Coleman
Wed. May 6	4:30 p.m.	@Lake City
Fri. May 8	4:30 p.m.	McBain
Mon. May 11	4:30 p.m.	@Manton
Wed. May 13	4:00 p.m.	@Big Rapids
Fri. May 15	4:30 p.m.	Evert
Tues. May 19	4:30 p.m.	Pine River

Varsity Baseball

Tues. Apr 7	4:00 p.m.	@Clare
Thurs. Apr 9	4:00 p.m.	@Sanford Meridian
Mon. Apr 13	4:00 p.m.	SHA
Wed. Apr 15	4:00 p.m.	@Shepherd
Sat Apr 18	9:00 a.m.	Beal City Invite
Mon. Apr 20	4:30 p.m.	@McBain NMC
Sat. April 25	12:00 p.m.	@Chippewa Hills
Mon. Apr 27	4:00 p.m.	Coleman
Wed. Apr 29	4:30 p.m.	Marion
Sat. May 2	10:00 a.m.	@Shepherd
Wed. May 6	4:30 p.m.	Lake City
Fri. May 8	4:30 p.m.	@McBain
Sat. May 9	10:00 a.m.	@Saginaw Heritage
Mon. May 11	4:30 p.m.	Manton
Wed. May 13	4:00 p.m.	Big Rapids
Fri. May 15	4:30 p.m.	@Evert
Tues. May 19	4:30 p.m.	@Pine River
Wed. May 27	4:00 p.m.	Morley Stanwood
Sat. May 30	TBA	MHSAA Districts

Junior High Track

Wed. Apr. 15	4:30 p.m.	McBain
Fri. Apr. 17	4:30 p.m.	@Lake City - Marion
Wed. Apr. 22	4:30 p.m.	Evert
Fri. Apr 24	3:30 p.m.	@Evert Invitational
Wed. Apr 29	4:30 p.m.	@Marion
Mon. May 4	4:30 p.m.	Pine River
Wed. May 6	4:30 p.m.	Manton
Fri. May 8	3:00 p.m.	@Breckenridge
Wed. May 13	4:00 p.m.	Conf. Meet @ Pine River
Fri. May 15	4:00 p.m.	@Gladwin Invitational

JV Softball

Tues. Apr 7	4:00 p.m.	Clare
Thurs. Apr 9	4:00 p.m.	Sanford Meridian
Mon. Apr 13	4:00 p.m.	@SHA
Wed. Apr 15	4:00 p.m.	Shepherd
Mon. Apr. 20	4:00 p.m.	Mt. Pleasant
Thurs. Apr 23	4:00 p.m.	@St Charles
Sat. Apr 25	12:00 p.m.	Chippewa Hills
Mon. Apr 27	4:00 p.m.	@Mt. Pleasant
Wed. Apr 29	4:30 p.m.	@Marion
Tues. May 5	4:00 p.m.	@Coleman
Wed. May 6	4:30 p.m.	@Lake City
Fri. May 8	4:30 p.m.	McBain
Mon. May 11	4:30 p.m.	@Manton
Wed. May 13	4:00 p.m.	@Big Rapids
Fri. May 15	4:30 p.m.	Evert
Tues. May 19	4:30 p.m.	Pine River

Varsity Softball

Tues. Apr 7	4:00 p.m.	@Clare
Thurs. Apr. 9	4:00 p.m.	@Sanford Meridian
Mon. Apr 13	4:00 p.m.	SHA
Wed. Apr 15	4:00 p.m.	@Shepherd
Sat. Apr 18	9:00 a.m.	Aggie Invite
Mon Apr 20	4:30 p.m.	@McBain NMC
Sat. Apr 25	12:00 p.m.	@Chippewa Hills
Mon. Apr 27	4:00 p.m.	Coleman
Wed. Apr 29	4:30 p.m.	Marion
Sat. May 2	10:00 a.m.	@Shepherd
Wed. May 6	4:30 p.m.	Lake City
Fri May 8	4:30 p.m.	@McBain
Mon. May 11	4:30 p.m.	Manton
Wed. May 13	4:00 p.m.	Big Rapids
Fri. May 15	4:30 p.m.	@Evert
Tues. May 19	4:30 p.m.	@Pine River
Sat. May 23	10:00 a.m.	@Bay City All Saints
Wed May 27	4:00 p.m.	Morley Stanwood
Sat. May 30	TBA	MHSAA Districts

MENU

April 13 - 17, 2009

Monday **Breakfast** – waffle sticks, muffin, yogurt, donut, cereal, fruit, juice and milk. **Lunch** – Big Daddy's cheese pizza, cheese-filled breadstick, salad bar, fruit and milk.

Tuesday: **Breakfast** – scrambled eggs/ham, hash brown, muffin, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – corn dog nuggets or hamburger/bun, french fries, salad bar, fruit and milk.

Wednesday: **Breakfast** - pretzel/cheese, muffin, yogurt, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – sausage gravy, biscuit or egg cheese omelet, hash brown, bagels, fruit bar and milk.

Thursday **Breakfast** -bagel sausage pizza, cheese stick, granola bar, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – mexican lasagna or chicken fajita, dessert, salad bar, fruit and milk.

Friday: **Breakfast** - hot pocket, yogurt, muffin, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – grilled cheese sandwich or fish/bun, tomato soup, salad bar, fruit and milk.

April 20 - 24, 2009

Monday: **Breakfast** - mini pancakes, sausage, granola bar, donut, cereal, fruit, juice and milk. **Lunch** – bagel pepperoni pizza, mozzarella sticks, muffins, salad bar, fruit and milk

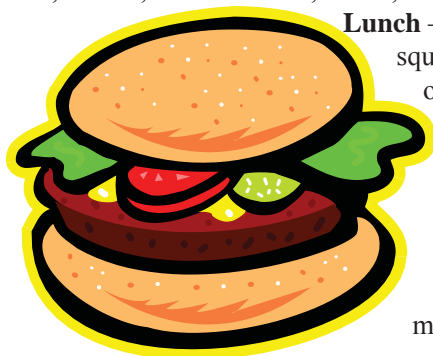
Tuesday: **Breakfast** -egg/cheese omelet, hash brown, muffin, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – taco or scalloped potato/ham, dinner roll, salad bar, fruit and milk

Wednesday: **Breakfast** -pretzel/cheese, muffin, yogurt, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – chicken strips or chili, cornmeal muffins, hot vegetable, salad bar, fruit and milk

Thursday: **Breakfast** -breakfast pizza, cheese stick, granola bar, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – hot turkey sandwich with mashed potatoes and gravy, or meat sub, salad bar, fruit and milk

Friday: **Breakfast** - sausage gravy/biscuit cheese stick, muffin, cinnamon roll, cereal, fruit, juice and milk.

Lunch – Hollywood fish squares on a bun or Your name in lights chicken nuggets, dessert, peanut butter and jelly sandwich, salad bar, fruit and milk.



April 27 - May 1, 2009

Monday: **Breakfast** - oatmeal, cheese stick, granola bar, donut, cereal, fruit, juice and milk. **Lunch** – Big Daddy's cheese pizza, cheese-filled breadstick, salad bar, fruit and milk

Tuesday: **Breakfast** - scrambled eggs/ham, hash brown, muffin, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – tater tot casserole or beef ravioli, peanut butter and jelly sandwich, salad bar, fruit and milk.

Wednesday: **Breakfast** -pretzel/cheese, granola bar, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – scrambled egg/ham or breakfast pizza, hash brown, bagels, fruit bar and milk.

Thursday: **Breakfast** -bagel sausage pizza, cheese stick, granola bar, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – spaghetti or chicken Caesar salad, garlic bread, salad bar, fruit and milk

Friday: **Breakfast** -egg and sausage on a bagel, muffin, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – chicken patty/bun or macaroni/cheese, dessert, salad bar, fruit and milk

May 4 - 8, 2009

Monday: **Breakfast** - hot pocket, yogurt, muffin, donut, cereal, fruit, juice and milk. **Lunch** – stuffed crust pepperoni pizza, breadstick, salad bar, fruit and milk.

Tuesday: **Breakfast** -egg/cheese omelet, hash brown, muffin, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – **Cinco de Mayo Day** – south of the border burrito or chicken quesadilla, fiesta corn, dessert, salad bar, fruit and milk.

Wednesday: **Breakfast** -pretzel/cheese, granola bar, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – beef stew/biscuit or hamburger/bun, salad bar, fruit and milk.

Thursday: **Breakfast** - breakfast pizza, cheese stick, granola bar, cinnamon roll, cereal, fruit juice and milk. **Lunch** – broccoli casserole or grilled chicken/bun, peanut butter and jelly sandwich, salad bar, fruit and milk.

Friday: **Breakfast** -bagels, cheese stick, muffin, cinnamon roll, cereal, fruit, juice and milk. **Lunch** – Salisbury steak with mashed potatoes and gravy, or pork patty/bun, dinner roll, salad bar, fruit and milk.

Menus are subject to change, and no child shall be discriminated against on the basis of race, color, national origin, sex, or handicap.

ANNUAL SWISS STEAK DINNER

Mark your calendars now! Enjoy a homemade swiss steak dinner sponsored by the Beal City Bands TEMPO Club, Saturday, April 25, 2009, from 5:30 p.m. to 7:30 p.m., in the Beal City Schools cafeteria. The annual fundraiser dinner includes homemade swiss steak, real mashed potatoes, green beans, cole slaw, beverage, and dessert. Entertainment by the Jazz Band is also planned. Adults \$8, youth K-6 \$5. Take out and eat in are available. Enjoy great food and support an awesome school band program. Information also available on-line at www.bealcityschools.net.