



The Aggie Express

A publication of the Beal City Public Schools

www.bealcityschools.net

April, 2013



2012/2013 Valedictorians and Salutatorian

Mitchell Schumacher and Larissa Schwerin were recently named Co-Valedictorians for the Class of 2013. Monica David was named Salutatorian. Mitchell Schumacher has been nominated Top and Commended student in many of his classes during the past 4 years. He has participated in football for 1 year, baseball for 2 years and basketball for 4 years. Mitchell is a member of the National Honors Society and is involved in his church's youth ministry group. Mitchell plans to attend college in the fall but is currently undecided on where or what his major will be. Mitchell is the son of Cindy and Rod Schumacher and wants to say a very big "Thank you" to them for all they have done for him.

Larissa Schwerin has also been nominated for Top and Commended student in many of her classes during the past 4 years. She has participated in cross country and track & field for all 4 years of high school. Larissa has participated in her local 4H chapter as well as Girl Scouts of America. She is an avid reader and enjoys exercising. Larissa is currently undecided on where she will be in the Fall. She is the daughter of Gary and Tammy Schwerin.

Monica David has been Top and Commended student in many classes during high school. She has held leadership roles as volleyball team captain her senior year and NHS Secretary her senior year as well. Monica volunteers for numerous sports camps, Sunday school and at the K of C BBQ. She is an avid athlete, participating in volleyball, basketball, softball and track throughout high school. She was also a member of Natural Helpers. Monica plans to play volleyball in the Fall for St. Claire Community College. She is the daughter of Andy & Donna David.

The following students round out the top ten: Bo Carrick, Adam Zeien, Manisha Cole, Megan Ley, Michaela Holland, Jonathan Rau, Juliann Handziak. Congratulations to all of these outstanding students.





Student Council Bowls for Kids' Sake

On Saturday, March 9, 2013, the Beal City Student Council participated in Bowl for Kids' Sake, a fundraiser for Big Brothers Big Sisters. This was supposed to be a competition with other area schools to see who could raise the most money. After a few weeks of gathering up donations (a HUGE thank you is due to those who sponsored members!) and some live advertising on CFX by Patrick Schafer, Nicole Gross, Margini Schafer, Shelby Klumpp, Addie Schumacher, and Mrs. Christenson (along with Angie Evans from CFX), the Student Council members arrived at Riverwood Lanes for two hours of all-you-can-bowl bowling.

To our surprise, we were the only school that showed up, and so, we were the winners. As Woody Allen said, "80% of success is showing up." We received a traveling trophy to keep at our school for a year and a pizza party with Angie Evans courtesy of Cottage Inn Pizza. All of the bowlers also received t-shirts, bracelets, blinky rings, and door prizes such as gift cards, and pie. All of the items we received were donations from local businesses, so all of the money they raised went directly to Big Brothers Big Sisters.

Everyone had lots of fun bowling and hanging with Angie for a couple hours. "Discovering the left-handed bowling skills I never knew I had" was Patrick Schafer's favorite part of the event. Overall, it was a great day for a great cause. Again, the Beal City Student Council would like to thank all the community members and businesses that made it possible for them to participate in this event. Your generosity is making the world a better place!

By Emily Steffke

P.S. Emily Steffke also won the grand prize of an iPad for being the person who collected the most donations. She did not know this before writing this article ;) -Mrs. Christensen

Beal City Spanish Clubs Hosts the 1st International Night

The Beal City Spanish Club decided to host a fundraiser to help fund this year's trip to Puerto Rico. The intent was to promote a variety of cultures and interests while having a good time. We arranged to have food, music, presentations, and displays. Through months of planning and meetings, we were finally able to bring together an evening that was new, but still completely Beal City!

The students brought in displays, country reports, souvenirs, and anything else they could to decorate the small gym for the night's events. The seventh grade Korean tiles from U of M were on display. Madeline Steffke showed off some mean origami skills. Mr. Daniel Schafer brought in three handmade world puzzles for visitors to complete and Mr. Ahmad Dabas wrote names in Arabic for anyone who asked.

The presentations were varied as well. Patrick Schafer and Emily Steffke were the MCs' for the evening. Liz Scott showed us how to belly dance. Mr. Dabas got the Spanish Club moving to the Palestinian Debkeh, Patrick Schafer sang The Lion Sleep's tonight and Daniel Schafer sang to the crowd in German. We also had country presentations. We had presentations about Spain from Borja Silleras, Germany from Paul Anders, Ireland from Matthew Galvin, and Puerto Rico by Zack Brown. The evening's presentations were concluded with Madeline Steffke playing America The Beautiful and the breaking of a few pinatas.

While all of this came from our very own community, the highlight of any Beal City event has to be the food. We had dishes of every kind for people to sample on their way through. A few people even got to try making their own smoothies with the Smoothie Bike. We truly do have some incredible cooks in our community.

The Spanish Club was able to raise around \$500.00 from the evening. Thanks so much to those that contributed their time, talents, and efforts to this event. Also, thanks so much to those that came out to help us. We would like to do this every year. If you have suggestions or ideas or if you would like to spotlight a certain country or culture for next year, please contact Julie Christensen @ jchristensen@bealcityschools.net.





Fun
For
All

March is
Reading Month



READ

Reading Month

The theme of reading month this year was the Olympics. The staff and students kicked off reading month with an inspirational message from Brock Gutierrez. He spoke with the students about working hard in life and how important it is to read daily. The students also participated in a Zumba session, which was led by Nicki Schlight. The students had a great time doing Zumba and burned off a lot of energy! Mr. Jeff Klapp also performed his "I Love Reading Man" show for the students this month. Eileen DeLorenzo, a local storyteller, also spent time with some of our students sharing stories based on topics that the students are currently studying in their classrooms.

One of the highlights of reading month was being read to by CMU athletes and by the Beal City Varsity Baseball players. Students also paired up with students from other classrooms this month as reading buddies. The students read to each other one day a week.

Another reading month activity was the CAFÉ Night for the first graders and their parents. Students brought their parents to school to have them learn the reading strategies that the students are learning about in their classrooms.

They also participated in Class Color Day, Wear Your Workout Clothes Day, and Wear Your Words Day. They got cozy in their pajamas and read the day away during the Camp Read-a-thon, and had an opportunity to exchange books with each other during our yearly book exchange.

The students and staff would like to thank everyone who was involved in Reading Month. We would like to thank the PTA for providing a free bag of popcorn for every student on Hop on Pop day, and refreshments and books during CAFÉ Night. Many thanks to our reading month guests: Brock Gutierrez, Nicki Schlight, Jeff Klapp, Eileen DeLorenzo, the CMU athletes, and the Beal City Varsity Baseball players.





Congratulations to our 8th grade "America and Me" essay contest winners!

This contest, sponsored locally by the Brickner Agency and state-wide by Farm Bureau of Michigan, is open to all 8th graders in the state of Michigan. Each district can submit its top ten essays, which are judged by local Farm Bureau personnel. The top essay from each district is sent on to compete in Lansing, where 10 finalists are selected. Congratulations to our Top Ten: Courtney Cotter, Mckenzie Eiseler, Samantha Garrett, Nathan Horsley, Ty Hoover, Heidi Neyer, Grace Rau, Mackenzie Schneider, Alora Vogel, and Zoe Zuehlke.

Our top three finalists were recognized at an assembly on March 1st. Congratulations to our winners: first place - Courtney Cotter, second place - Samantha Garrett, and third place - Mackenzie Schnieder. Good luck to Courtney as her essay continues to Lansing for further judging!



YIG Travels to Lansing

Twenty-four high school students participated in a 4-day Youth in Government conference in Lansing during the last week of February. YIG members discussed and debated state bills written by high school students from all over Michigan. They also created the media coverage for the program as well as participated in National Issues Proposal discussions. Awards were given to Bo Carrick for most outstanding Electronic Press Delegate, Ethan Schafer for best 1st year Clerk, and Emily Steffke received Honorable Mention as a 1st year Senator.



MIDDLE SCHOOL BAND

received a **Second Division** rating at District Band Festival. Our students also received two First Division ratings from individual judges; the first time in 10 years!

HIGH SCHOOL BAND

received a **First Division** rating at District Band Festival for the second time in the history; first since 1975! Our Aggie Concert Band will perform at State Band Festival in early May!

HIGHLAND CONFERENCE

ALL-STAR BAND occurs Friday, April 12 with 9 high school students traveling to Manton HS to participate!

BEAL CITY BANDS

STATE SOLO & ENSEMBLE FESTIVAL

Results are in and they are outstanding! Congratulations to all our participants who traveled to Okemos HS!

STUDENTS	EVENT	RESULTS
Charlie Clark, Ian Hoogerhyde, Melanie Schafer	Brass Trio	<i>Second Division</i>
Gage Bennett, Brendan Carrick, Justin Garrett, James Kolb, Joe Marchiando	Percussion Quintet	<i>Second Division</i>
Emily Steffke	Flute Solo	<i>First Division</i>
Melanie Schafer	Horn Solo	<i>Second Division</i>
Emily Steffke	Piano Solo	<i>Second Division</i>
Maggie Kolb	Alto Sax Solo	<i>Third Division</i>
Hannah Steffke	Flute Solo	<i>Second Division</i>



SWISS STEAK DINNER

Saturday, April 20

5:30-7:30 PM

Beal City Schools' Cafeteria

Sponsored by the Beal City TEMPO Club

Sponsor a Camper

Spring is coming. What a wonderful feeling! Soon our 4th -6th graders will be heading to Camp Hayo-Went-Ha for an educationally fun filled week. Students participate in many activities that teach history, science, language arts, teamwork, and self-confidence. Some of the favorite activities are Michigan Country, High Ropes, Predator Prey, Survival, Rocks and Minerals, Climbing Wall, Wetlands and Skit Night. Students' days and evenings are packed full of fun, learning, and good food.

It costs \$180 for a child to go to camp. We would love for every student to be able to benefit from this experience. But some families have come onto hard times and find it difficult to pay for camp. That's where you come in. We are looking for people to sponsor campers. A sponsor can pay the full tuition or part of it for a camper. If you would like to sponsor a camper, please fill out the form below and send it into Mayes Elementary.

Thank you so much for your generosity. The experience and memories you are giving a child will last a lifetime.

Camp Sponsor

Name: _____

Address: _____

Check one:

_____ Full tuitions \$ 180

_____ \$100

_____ \$50

_____ \$10

_____ Other \$ _____

Please make checks out to Mayes Elementary. Thank you.

Camp Hayo-Went-Ha

Mayes Elementary School 4th – 6th grade students will be leaving for Camp Hayo-Went-Ha on May 6th and returning on May 10th. This outdoor educational experience has been a popular field trip for Mayes Elementary students for many years. Students are asked NOT to bring camp luggage on the school bus. All camp items should be dropped off at school by parents. Fees for this field trip are secured through fundraising activities and/or parents paying for all or part of the trip. We would like to thank the PTA for their financial support. If you have any questions regarding Camp, please call the elementary office at 644-2740. You will also want to attend the Camp Parent Information meeting scheduled for Tuesday, April 16th at 6:30 p.m. in the school cafeteria.

Elementary Spring Sing/Senior Citizen Reception

The annual Mayes Elementary Spring Sing/Senior Citizen Reception will take place on Thursday, May 30th, 2013. The Senior Citizen Reception will begin at 12:30 p.m. with the Spring Sing immediately following at 1:00 p.m. Both will take place in the elementary gym. Come out for an afternoon of fun and entertainment!

ELEMENTARY EVENTS CALENDAR

April 8	PTA Meeting-ALL parents invited, 6:30 p.m.
April 12	Report Cards sent home in students' planners
April 15-17	Book Fair
April 16	Camp Hayo-Went-Ha Parent Meeting, 6:30 p.m.
May 7-10	Camp Hayo-Went-Ha for 4th-6th graders
May 30	Spring Sing/Senior Citizen Reception 12:30 p.m.



Baseball and Softball Thanks Donors

The Beal City baseball and softball programs would like to extend a heartfelt thank you to the donors listed below for their contributions toward building press boxes, refurbishing the infields, and upgrading the outdoor batting cages. The press box portion of the project is scheduled to break ground in late April or early May.

Baseball and Softball Thanks Donors

\$10,000	\$500	\$300
Gerstacker Foundation	Doug Stevens Farm	Unified Brands
Isabella Bank	Gerald Pohl	
	Mark McDonald Farm	
\$1,000	Moore Appraisal Service	\$100
Bechtel Farms	Tilmann Hardware	Don and Sue Schafer
		Gross Farms Inc.
\$50		Weber Brother Sawmill
JW Pizza		Remus Tavern Lipar Family

I would like to send out a big thank you to all those who helped raise money through fundraising and donations for technology in my classroom. I am pleased to announce that we raised enough money to purchase an iPad for the classroom. I am also very pleased and honored to announce that we had another iPad donated to my classroom by some awesome Beal City Parents.

It is still not too late to help out. If you would like to donate to Technology for Ms. Spry's classroom, please contact me at 989 644-3944 or email me at jspry@bealcityschools.net.

**Thank you, Beal City Community for your continued support.
Jessi Spry**

Board Briefs

The following was approved at a regular board meeting on March 18, 2013:

- General Fund payments of \$282,354.31, Hot Lunch payments of \$14,375.72, and Athletic Fund payments of \$3,578.62.
- The Best Practices Incentive Resolution as presented.
- The tribal grant applications as presented.
- The resignation of Richard Wight as bus driver for the 2013-2014 school year as presented.
- Amber Champion as a Voluntary Assistant JV Softball coach for the 2012-2013 season.



7TH GRADE FUN

On Wednesday, March 6th our 7th grade students took a field trip to the University of Michigan Museum of Art. Through a generous grant provided by the University of Michigan and its NAM Center, Beal City received a classroom set of the award winning book “A Single Shard,” by Linda Sue Park. Students read the book prior to visiting the museum. The book taught students about the famed celadon ceramics that put Korea on the Silk Road trading map in Asia and about 13th century Korean society.

The class took part in a custom designed docent tour of the Museum’s celadon collection, incorporating material from the book. Also, while at the museum, students participated in a hands-on ceramics demonstration, so they could experience the challenges of working with clay. They learned about the famed inlay technique that forms a plot twist in the book and made their own tile with a Korean inspired image from a ceramics demonstrator.

Senior Math Students Celebrate Pi Day

Seniors in Algebra 2B and Precalculus classes celebrated pi day and Einstein's birthday on March 14th. The number pi is the ratio of a circle's circumference to its diameter. The number is irrational, meaning that it continues on forever, but is approximately equal to 3.14. Students calculated the number pi on a pie, sang Happy Birthday to Einstein, dressed up in pi day "gear", competed in a pi trivia contest, competed in a pi reciting contest, and of course, ate pie with all the fixings. This year's pie reciting contest winner was Monica David. She was able to recite 52 digits of the never-ending number.



JV Softball

Tues. Apr. 9 4:00 p.m. Sanford Meridian
 Wed. Apr. 10 4:00 p.m. @Valley Lutheran
 Sat. Apr. 13 10:00 a.m. @Fulton Invite
 Tues. Apr. 16 4:00 p.m. Shepherd
 Thurs. Apr. 18 4:00 p.m.. @Clare
 Sat. Apr. 20 10:00 a.m. Bullock Creek
 Mon. Apr. 22 4:30 p.m. Evart
 Tues. Apr. 30 4:30 p.m. Pine River
 Thurs. May 2 4:00 p.m. SHA
 Sat. May 4 10:00 a.m. @Mt. Pleasant
 Mon. May 6 4:00 p.m. Farwell
 Sat. May 11 10:00 a.m. @Shepherd
 Tues. May 14 4:30 p.m. @Lake City
 Fri. May 17 4:30 p.m. McBain
 Tues. May 21 4:30 p.m. @Manton

Varsity Softball

Tues. Apr. 9 4:00 p.m. @Sanford Meridian
 Wed. Apr. 10 4:00 p.m. Valley Lutheran
 Sat. Apr. 13 9:00 a.m. @Vestaburg Invite
 Tues. Apr. 16 4:00 p.m. @Shepherd
 Thurs. Apr. 18 4:00 p.m. Clare
 Mon. Apr. 22 4:30 p.m. @Evart
 Tues. Apr. 30 4:30 p.m. @Pine River
 Thurs. May 2 4:00 p.m. @SHA
 Sat. May 4 9:00 a.m. @Hesperia Invite
 Thurs. May 9 4:30 p.m. Marion
 Fri. May 10 4:00 p.m. @Farwell
 Tues. May 14 4:30 p.m. Lake City
 Fri. May 17 4:30 p.m. @McBain
 Sat. May 18 9:00 a.m. Beal City Invite
 Tues. May 21 4:30 p.m. Manton
 Sat. May 25 9:00 a.m. @Coleman Invite

Varsity Track

Mon. Apr. 15 4:00 p.m. Triangular Meet @Beal City
 Fri. Apr. 19 3:00 p.m. Mid Michigan Invite @Marion
 Wed. Apr. 24 4:30 p.m. @Pine River
 Fri. Apr. 26 3:00 p.m. @Clare Invite
 Tues. Apr. 30 4:30 p.m. Highland Conf. Meet @McBain
 Fri. May 3 3:00 p.m. Great Lakes Invitational
 Tues. May 7 4:30 p.m. Highland Conf. Meet @ Evart
 Sat. May 11 10:00 a.m. Scottie Invite @ Alma College
 Tues. May 14 4:30 p.m. Highland Conf. Meet @ Beal City
 Sat. May 18 10:00 a.m. MHSAA Regionals @Breckenridge
 Tues. May 21 3:30 p.m. Highland Conf. Meet @ Lake City
 Tues. May 28 TBA Meet of Champions @ Mt. Pleasant
 Sat. June 1 9:00 a.m. MHSAA State Finals @Hudsonville

Junior High Track

Wed. Apr. 10 4:30 p.m. Manton
 Fri. Apr. 12 4:30 p.m. Pine River & Buena Vista @ Beal City
 Wed. Apr. 17 4:30 p.m. @Lake City
 Thurs. Apr. 25 4:00 p.m. @Montabella Invite
 Mon. Apr. 29 4:30 p.m. Tri-Meet @ Marion
 Wed. May 1 4:30 p.m. McBain & Buena Vista @ Beal City
 Wed. May 8 4:30 p.m. Evart & Coleman @ Beal City
 Fri. May 10 4:00 p.m. @Breckenridge Relays
 Wed. May 15 3:30 p.m. Highland Conference Meet @ McBain

JV Baseball

Tues. Apr. 9 4:00 p.m. Sanford Meridian
 Wed. Apr. 10 4:00 p.m. @ Valley Lutheran
 Sat. Apr. 13 12:00 p.m. @Midland High
 Tues. Apr. 16 4:00 p.m. Shepherd
 Thurs. Apr. 18 4:00 p.m. @Clare
 Sat. Apr. 20 10:00 a.m. Bullock Creek
 Mon. Apr. 22 4:30 p.m. Evart
 Sat. Apr. 27 9:00 a.m. @Coleman Invite
 Tues. Apr. 30 4:30 p.m. Pine River
 Thurs. May 2 4:00 p.m. SHA
 Sat. May 4 10:00 a.m. @Clare Invite
 Mon. May 6 4:00 p.m. Farwell
 Thurs. May 9 4:30 p.m. @Marion
 Sat. May 11 10:00 a.m. @Shepherd Invite
 Fri. May 17 4:30 p.m. McBain
 Tues. May 21 4:30 p.m. @Manton

Varsity Baseball

Tues. Apr. 9 3:00 p.m. @Sanford Meridian
 Wed. Apr. 10 4:00 p.m. Valley Lutheran
 Sat. Apr. 13 9:00 a.m. @Mt. Pleasant Invite
 Tues. Apr. 16 4:00 p.m. @Shepherd
 Thurs. Apr. 18 4:00 p.m. Clare
 Mon. Apr. 22 4:30 p.m. @Evart
 Sat. Apr. 27 9:30 a.m. @Bullock Creek
 Tues. Apr. 30 4:30 p.m. @Pine River
 Thurs. May 2 4:00 p.m. @SHA
 Tues. May 7 4:30 p.m. @McBain NMC
 Thurs. May 9 4:30 p.m. Marion
 Sat. May 11 12:00 p.m. @Saginaw Heritage
 Tues. May 14 4:30 p.m. Lake City
 Fri. May 17 4:30 p.m. @McBain
 Sat. May 18 9:00 a.m. Beal City Invite
 Tues. May 21 4:30 p.m. Manton
 Sat. May 25 1:00 p.m. Chippewa Hills @ Northwood

The Beal City High School Baseball and Softball teams would like to thank everyone who came out to the bowling tournament on Saturday March 2nd. We also want to send out a HUGE THANK YOU to everyone that made a donation for the raffle and everyone that helped to make this possible. We were able to raise approximately \$1,200 which will help us this year to purchase needed equipment for the athletes. Without your community support, athletics would not be possible and our programs would not have the strength that they are known for. Feel free to come out this Spring and catch us in action as we continue to strive for program excellence. Thank you again for your support, we greatly appreciate it!!!

Test Preparation



Report to PARENTS

Whether you've been out of school for five years or 15, the thought of taking a test probably still makes your heart race. Now imagine what it's like for your child. As a parent, you can help.

THE PHYSICAL

Get them fed. The more nutritiously your children eat, the better they will do in school. Properly fueled and with stable blood sugar levels, their concentration is enhanced. Always give them a healthy breakfast while cutting back on high-sugar cereals, pastries, and undiluted juices (which can have the same sugar content as sodas.) Most kids are ravenous after school, so before they settle down to study, provide a healthful, non-junk food snack to carry them through to dinner.

Get them moving. Exams cause stress, but sports, exercise, and dancing can relieve it. Physical activity that gets students completely away from academics for a few hours each day can actually help them perform better on tests.

Get them breathing. Teach your kids a simple breathing exercise that you'll do with them once or twice a day and in times of stress (as in right before a test): Take a deep breath, hold to the count of three, then exhale slowly through the nose to the count of 10.

Get them to bed on time. Elementary and middle school children need up to 10 hours of sleep each night to do their best in school. They also need to curtail the excitement from video games, television, movies, and texting for at least 30 minutes before sleep.

THE MENTAL

Practice their confidence. Ask the teacher or principal if there are practice tests or worksheets your child can work on at home before the big day. These can help your children get used to how the questions are worded and how to properly fill in test sheet bubbles.

Put planwork into action. Pre-exam cramming does not work. In fact, four 15-minute periods of study are actually superior to one continuous hour when it comes to memory retention. Therefore, see to it that your child preps for tests in small bursts, in some small way, every day.

Unplug already. When it comes to distracting videos, television, telephones, or social media (basically anything with a screen or speakers that's not directly related to school work), study time is the time to turn the devices off.



THE EMOTIONAL

Offer super support. As much as you value good exam grades, it's more important that kids understand that your love and respect for them is not dependent on their test scores.

Review results together. Once the graded exam comes back, sit with your child and review what went right, what didn't, and how to do better next time. This is not the time for you to lecture. Subtly prompted, your child should do most of the talking.



On March 22@ 9:00 a.m. Brian Pruitt Motivational Speaker presented to students and staff here at Beal City Schools. Brian is a former All-American athlete, author and entrepreneur. He has traveled across the United States and other countries equipping listeners with the tools to overcome obstacles to accomplish their dreams. Our website has a list of youtube videos from this presentation. Enjoy!!!!

Changes in the Cafeteria

The Federal regulations in The Healthy, Hunger-Free Kids Act of 2010 mandated many changes to our hot lunch program such as: limits to calorie counts, portion sizes, amount of protein and bread offered a day/week, as well as an increase in fruits and vegetables. To comply with the new regulations popular items have been removed from the salad bar leaving only vegetables. We are finding that students are not eating from the salad bar and our participation in the lunch program overall has seen a significant decline this year. It has been decided that we need to try different options for students and hope to find things that they will actually eat and enjoy. The garden bar that we are able to offer at this time to meet The Healthy, Hunger-Free Kids Act of 2010 is not being used by the students. We have very few students eating from the garden bar and are throwing away food at the end of each day. Therefore; beginning immediately after Spring break the garden bar will be discontinued. To offset the removal of the garden bar, we will be offering new options after Spring break. We will be piloting several ideas to see how they are received by the students during the remainder of this school year.

Changes starting after spring break for K-12 students:

We will have one food option that changes daily but the second option will change weekly (example-one week we will feature pizza as our 2nd option for the whole week).

Changes starting after spring break for 7-12 students:

Grab-n-go options such as chef salads, ham or turkey subs and wraps will be available for purchase.

Potential future changes for 7-12 students:

Establishing a second ala carte line at the concession stand for the convenience of the students.

We are hoping that these changes will help our students choose a healthy school lunch and increase the number of students participating in our hot lunch program.

MENU

April 8 – 12, 2013

Monday: Breakfast – cinnamon bun sticks w/icing or cereal, yogurt, fruit and milk. **Lunch** – chicken strips w/breadstick, green beans, fruit and milk.

Tuesday: Breakfast – breakfast hot pocket or cereal, fruit, and milk. **Lunch** – breakfast pizza, hashbrown, cheese stick, fruit and milk. **Weekly option: wg cheese pizza.**

Wednesday: Breakfast – scrambled eggs/ham or cereal, hashbrown, fruit and milk. **Lunch** – hot turkey sandwich (wg bread) w/ mashed potatoes and gravy, fruit and milk. **Weekly option: wg cheese pizza.**

Thursday: Breakfast – breakfast pizza or cereal, fruit and milk. **Lunch** – chicken patty w/wg bun, vegetable, fruit and milk. **Weekly option: wg cheese pizza.**

Friday: Breakfast – muffin or cereal, sausage links, juice and milk. **Lunch** – nachos chips/cheese/meat, refried beans, fruit and milk. **Weekly option: wg cheese pizza.**

April 15 - 19, 2013

Monday: Breakfast – french toast sticks or cereal, syrup, cheese stick, fruit and milk. **Lunch** – sloppy jo w/wg bun, vegetable, fruit and milk. **Weekly option: chicken strips.**

Tuesday: Breakfast – egg and sausage on a bagel or cereal, fruit, and milk. **Lunch** – corn dog nuggets, sweet potato fries, fruit and milk. **Weekly option: chicken strips.**

Wednesday: Breakfast – granola bar or cereal, yogurt, fruit and milk. **Lunch** – taco w/wg tortilla shell, refried beans, fruit and milk. **Weekly option: chicken strips.**

Thursday: Breakfast – bagel sausage pizza or cereal, fruit, and milk. **Lunch** – scalloped potatoes/ham w/wg dinner roll, vegetable, fruit and milk. **Weekly option: chicken strips.**

Friday: Breakfast – pretzel/cheese or cereal, yogurt, juice and milk. **Lunch** – pork patty w/wg bun, fruit and milk. **Weekly option: chicken strips**

April 22 - 26, 2013

Monday: Breakfast – cinnamon bun sticks w/icing or cereal, yogurt, fruit and milk. **Lunch** – tangerine chicken w/rice, stir fry vegetables, fruit and milk. **Weekly option: hamburger w/wg bun.**

Tuesday: Breakfast – breakfast hot pocket or cereal, fruit, and milk. **Lunch** – hot dog w/wg bun, vegetable, fruit and milk. **Weekly option: hamburger w/wg bun.**

Wednesday: Breakfast – scrambled eggs/ham or cereal, hashbrown, fruit and milk. **Lunch** – chicken nuggets w/potato smiles, dinner roll, fruit and milk. **Weekly option: hamburger w/wg bun.**

Thursday: Breakfast – breakfast pizza or cereal, fruit and milk. **Lunch** – spaghetti w/meat sauce, vegetable, fruit and milk. **Weekly option: hamburger w/wg bun.**

Friday: Breakfast – muffin or cereal, sausage links, juice and milk. **Lunch** – chicken quesadilla, refried beans, fruit and milk. **Weekly option: hamburger w/wg bun.**

April 29 – May 3, 2013

Monday: Breakfast – french toast sticks or cereal, syrup, cheese stick fruit and milk. **Lunch** – popcorn chicken w/wg dinner roll, green beans, fruit and milk. **Weekly option: wg cheese pizza.**

Tuesday: Breakfast – egg and sausage on a bagel or cereal, fruit, and milk. **Lunch** – breakfast pizza, hashbrown, cheese stick, fruit and milk. **Weekly option: wg cheese pizza.**

Wednesday: Breakfast – granola bar, cheese stick, fruit and milk. **Lunch** – hot turkey sandwich (wg bread) w/mashed potatoes and gravy, fruit and milk. **Weekly option: wg cheese pizza.**

Thursday: Breakfast – bagel sausage pizza or cereal, fruit and milk. **Lunch:** chicken patty w/wg bun, vegetable, fruit and milk. **Weekly option: wg cheese pizza.**

Friday: Breakfast – pretzel/cheese or cereal, juice and milk. **Lunch** – nachos chips/cheese/meat, refried beans, fruit and milk. **Weekly option: wg cheese pizza.**

New federal regulation changes to our menu: *WG = Whole Grain. All students must take a fruit or vegetable with a hot lunch. This menu is based on K-8 menu guidelines. See new Federal Regulations in the Aggie Express. Note: Menus are subject to change without notice.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave, SW, Washington D.S. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer

Beal City Public Schools
3180 W Beal City Rd
Mt. Pleasant, MI 48858

NON-PROFIT
U.S. POSTAGE
PAID
Ithaca, MI 48847
Permit No. 35

Sport Physicals Night

Where: Beal City High School

When: Tuesday, April 23, 2013
6:00 p.m. – 7:30 p.m.

Cost: \$10.00

Who: Anyone interested in participating in sports for the 2013-2014 school year.

Things to bring: \$10.00 and a completed physical form with proper signatures, emergency contact information and insurance information. You may pick up a Physical Card in the High School or Athletic Office.

Failure to bring a COMPLETED physical form on Tuesday April 23rd will result in the athlete being turned away until the form is properly filled out.