

The Aggie Express

A publication of the Beal City Public Schools

April, 2012

The Top of the Class of 2012





It has been determined that Samantha Freeze, Cal Salisbury and Karen Smith will be Co-Valedictorians and Chaz Hook will be Salutatorian for the Class of 2012. Samantha is the daughter of Rod and Julie Freeze and plans to attend Saginaw Valley State University in the fall. Cal is the son of Kevin and Amy Salisbury and he plans to attend Central Michigan University this fall. Karen is the daughter of Earl and Denise Smith and will also be going to CMU. Chaz is the son of Mark and Char Hook, and will be joining Cal and Karen in attending CMU this fall.

The remaining students making up our "Top Ten" for the Class of 2012 are Shelby Schafer, Logan Schafer, Adam Schafer, Kersten Smith, Amber Arndt and Drew Bechtel. Congratulations to all of these outstanding students!

Bullying Awareness Assembly

The high school life skills class is teaming up with the 'Live Now' anti-bullying program (www.livenowleadership.com) lead by Jason Raitz to present an anti-bullying assembly on April 26th during 4th hour for the 7th – 12th grade students. It's been an exciting partnership between the life skills class and the Live Now program and together, they are developing a few role play scenarios to be incorporated into the assembly. The assembly is going to focus primarily on two forms of bullying: spreading false rumors and cyber bullying. Students will be given practical ways to deal with these types of bullying and will be encouraged to put an end to these forms of bullying. In addition to the assembly, during the month of April there will be facts about bullying in the school announcements and bullying statements read to classes at various time.

November School Election Information

There are four positions on the Beal City Board of Education up for election in November 2012. There will be a 2 year seat made vacant by the resignation of Ed VanAvery, and another 4 year seat that was made vacant when Kari Rojas decided not to rerun in 2010. Jane Finnerty was appointed to fill that seat but her seat is now up for election. Frank Fox and Denise McBride's terms are also up for election and their seats are both (6) year seats. Information on running for one of the open seats will be printed in future newsletters.

Board Briefs

The following was approved at a regular board meeting on March 19, 2012:

- General Fund payments of \$274,292.90, Hot Lunch payments of \$12,570.87, and Athletic Fund payments of \$3,773.99.
- The amount of \$30,000.00 towards the 21st Century Classroom Project as presented.
- The Bond Refinancing with Umbaugh and Associates as presented.
- The Tribal Grant Applications as presented.
- The following elementary probationary/tenure teacher recommendations as presented: Jennifer Davis 3rd year probationary, Carrie House – 3rd year probationary, Katie Pickler – 3rd year probationary, Veena Cole – 2nd year probationary and Jennifer Courtright – tenure. Rod Cole abstained from voting.
- The following secondary probationary/tenure teacher recommendations as presented: Stephen Pritchard 4th year probationary, Angie Henry 3rd year probationary, Sara Millerov 3rd year probationary and Scott Leppert tenure.
- The following coaching recommendations as presented: Dave King Varsity Girls Track, Scott Leppert – Boys Jr. High Track, Dan Beckwith – Girls Jr High Track, Dennis Bechtel – Voluntary Assistant Baseball, Tom Atkinson – Voluntary Assistant Baseball, Michael Bleise – Voluntary Assistant Baseball, Kristen Schafer – Voluntary Assistant Softball, Rod Flaugher – Voluntary Assistant Softball, Matt Winters – Voluntary Assistant Track, Jake Maloney – Voluntary Assistant Track, Jeff Kline – Voluntary Assistant Track and Jacquie Weist – Voluntary Assistant Softball.

The following coaches are being recommended through PCMI: Scott Barnes – Boys Varsity Track, Brad Antcliff – Varsity Baseball, Kory Stevens – JV Baseball, Alicia Wernette – Varsity Softball, and Katie Starr – JV Softball.

- The Nutratek Software Agreement as presented.
- The Superintendent's Evaluation as presented.

Kindergarten Round Up

Kindergarten Round Up for students entering school in the fall will be held on Thursday, April 12 from 8:00 a.m. until 2:00 p.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 and IMMUNIZATION RECORD 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!

Camp Hayo-Went-Ha

Mayes Elementary School 4th -6^{th} grade students will be leaving for Camp Hayo-Went-Ha on May 7th and returning on May 11th. 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 April 12 at 6:30 p.m. in the school cafeteria.

The annual Mayes Elementary Spring Sing/Senior Citizen Reception will take place on Wednesday, May 30th, 2012. 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 2-6	Spring Break
April 10-13	Book Fair
April 9	PTA Meeting-ALL parents invited, 6:30 p.m.
April 12	Kindergarten Round Up, 8:00 a.m. – 2:00 p.m.
April 12	Camp Hayo-Went-Ha Parent Meeting, 6:30 p.m.
April 18	PAC Meeting 10:00 a.m.
May 7-11	Camp Hayo-Went-Ha for 4th-6th graders
N 20	

May 30 Spring Sing/Senior Citizen Reception 12:30 p.m.

Important End of the Year Dates for Secondary

April 2 thru 6	Spring Break	
May 17, 20102	Baccalaureate	7:00 in the small gym
May 17, 2012	Senior Awards	7:30 in the small gym
May 24, 2012	Graduation	8:00 in the big gym
May 28, 2012	Memorial Day No scl	hool
May 31, 2012	Jr.High Awards	1:45 in the big gym
June 1, 2012	9-11 Awards	1:45 in the big gym
June 4 thru the7th	Exams	

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 \$177 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 \$ 177 \$100 \$50 \$10 Other \$	

Please make checks out to Mayes Elementary. Thank you.

ST. JUDE'S MATH-A-THON

This winter, the fourth through sixth grade students had the opportunity to participate in a Math-A-Thon for St. Jude's Children's Research Hospital. Forty-nine students participated raising \$2,669.00. This money helps desperately ill children by funding research and treatments. Nate explains, "We had to get a couple of pledges. Then work on a math book. People seemed happy to help." Morgan thought it was fun and helped kids with their math skills. "It made me feel really good to help children get what they needed." Brett remembers, "The math had some hard and some easy problems. I really liked doing the page with the robot." Bekah says, "My favorite part was raising money for little kids who needed it." Thank you to all the students who participated and the community for supporting them, you really made a difference in a child's life.

CAFE NIGHT

The first grade students in Mrs. Davis' and Mrs. Maxon's rooms participated in their second CAFÉ Night, and enjoyed a night with their parents reading Dr. Seuss books and learning about the CAFE reading strategies. CAFÉ stands for:

- C- Comprehension
- A Accuracy
- F Fluency
- E Expanded Vocabulary

The first through sixth grade students in our building have been learning reading strategies from the CAFÉ program. All of the teachers teach the reading strategies the same way, which creates a common vocabulary. This makes learning and remembering the strategies easier for our students. We are excited to have had the opportunity to share the same information with the first grade parents.

Thanks to the PTA, all first grade students who attended the event received a free book.

Local Storyteller -Visit's Mayes Elementary

Students at Mayes Elementary were honored to have local storyteller, Eileen DeLorenzo, come and share her wonderful stories with them. Ms. DeLorenzo, of Mt. Pleasant, shared numerous stories with the kids. Some were traditional world folktales, while others were contemporary stories, while all of her stories used vivid imagery along with visual props to make each story come alive. Each of her stories also included a positive message for the students to leave with.



The staff and students kicked off reading month with the staff performing two plays based on the play Little Red Riding Hood. The plays were entertaining for all and the students had fun watching their teachers on stage. The students also participated in various activities this month, which included Character Dress Up Day, Wear Your Words Day, and Hat Day. The students also got cozy in their pajamas and read the day away during the Camp Read-A-Thon. One of the highlights of Reading Month was listening to Eileen DeLorenzo, a local storyteller. Eileen spent the day sharing her stories with the students.

Some of the students also had the opportunity to meet Diane Gaw and her "Reading Dog", Karson. Karson and Diane read stories to the students and the students had an opportunity to ask questions about Karson and to take turns petting him. Students also paired up with students from other classrooms this month as reading buddies. The students read to each other one day a week and also performed reader's theater plays for their reading buddies. The students also had an opportunity to exchange books with each other during our book exchange.

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

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, and snacks and books for the first graders and their parents during CAFÉ Night. We would also like to thank Diane Gaw and Karson for visiting our classrooms, as well as Denise McBride and the guest readers that read to our students. And finally thank you to Eileen DeLorenzo for entertaining us with her wonderful stories.

Beal City Bands



"...in harmony with the home and community..."

MARK YOUR CALENDARS! 9TH ANNUAL SWISS STEAK DINNER SATURDAY, APRIL 28 - 5:30-7:30PM BCPS Cafeteria



Quick Note to All Band Students: Please double check with Mr. Lowe for any outstanding supply debts you may have. Let's end the year with no IOUs!

SPRING AWARDS CONCERT

Please join the entire band program for our final concert presentation of the school year - the annual **Spring Awards Concert**. This year we will be featuring the music of renowned composer **John Williams**. Enjoy music from *Star Wars*, *Jurassic Park, Superman, Harry Potter* and other major movie experiences made even more famous by the music of this talented composer! We hope to see you **Sunday, May 20 - 4PM**!

MIDDLE SCHOOL UPDATE

Congratulations to the Middle School Band on a superb performance at MSBOA Festival on March 16! Job well done! Thanks go to Rod Cole for hauling our equipment to Perry for Festival!

Thanks also go to Kelly Pung for coordinating donations from Morbark Inc amounting to over \$200!



LETTERS HOME

Another spectacular performance by the Beal City Concert Band was delivered on Wednesday, March 21, with tremendous dramatic portrayals and narratives delivered by Ms. Gigowski's 5th period Drama class. If you were there, you know what a special evening it was; if you weren't, you missed a moving tribute to our military servicemen and women as well as one of the finest displays of performance arts education in our area!

MSBOA STATE SOLO & ENSEMBLE RESULTS				
Student	Event	Rating		
Emily Steffke	Piano Solo	First Division		
Melanie Schafer	Horn Solo	Second Division		
Maggie Kolb	Alto Sax Solo	Second Division		
Emily Steffke & Alexus Thompson	Flute Duet	First Division		
Eileen Cotter, Hannah Neyer & Manisha Cole	Clarinet Trio	First Division		

Dear Community Members

We are writing this letter in regards to the softball and baseball facilities at Beal City High School. As a staff, we take pride in our teams' fields and equipment; however we continually discuss possible areas of improvement that can be made to our athletic facilities.

The community of Beal City has always been a great supporter and valuable resource to our school and athletic teams. We would like to invite community members to have an opportunity to discuss with us how we can make upgrades to the athletic facilities at Beal City High School. We would like to discuss the construction of press boxes for both fields, improvements to our batting cages, fundraising possibilities, and any other ideas that anyone might have.

Our facilities are one of the best in the Central Michigan area, and we would like them even better. We would appreciate it if you would be willing to attend our meeting on Wednesday, April 25th at 7:00 p.m. in the School's Media Center.

Sincerely Baseball and Softball Coaching Staff Beal City High School Baseball

Football Golf Outing

The Beal City Football Team will be hosting their annual golf outing this year on Saturday July 28th, at Riverwood Resort in Mt. Pleasant. The 4 person scramble will shotgun start @ 9:00 am with some munchies and coffee before the teams head out to the course to show us all what they've got. The cost will be \$55.00 a person (\$220.00 team) and includes 18 holes with a cart, lunch, door prizes, and a day to just get out and have some FUN! There will be at least 2 flights with 3 places and possibly more depending on the huge response we are counting on. If you would like to be included in this history making day, please feel free to contact Cay Marchiando @ (989) 644-3780 or (989) 289-9932 to register your team.

Thank You!

The Beal City Athletic Department would like to give a huge thank you to the many volunteers that helped out with our Winter Sports Season. We need countless volunteers for Basketball from the bookkeepers to the ticket takers and announcers to the person that runs the clock. We truly appreciate all the time and effort you put into helping not only us but also the kids. It takes the dedication and commitment of a lot of people to run a successful athletic program and without the parents, grandparents, staff and community members it would not be possible. Again, we thank you and look forward to seeing you next year.

ATHLETICS

BEAL CITY JR HIGH FOOTBALL SIGNUP

For students entering the 7th and 8th grade in the fall of 2012 there will be Jr. High Football Sign Up on Tuesday, April 24th and Wednesday, April 25th in the lobby in front of the big gym from 6:00 - 8:00 p.m. For information call Mick Straus at 644-5224 or MSTRAUS63@GMAIL.COM.

VOLUNTEERS NEEDED

The Beal City Sport Boosters, formerly known as the Beal City Athletic Association (BCAA), is made up of community members who have an interest in supporting Beal City Public School students who participate in athletics. We support them by funding sports programs in a number of ways, including purchasing sports equipment and providing meals to teams during playoffs.

Several years ago, the Board of Directors of Beal City Public Schools was faced with tough budget challenges. The school was no longer able to cover the expenses for freshman sports or the athletic trainer. Believing that students benefit from sports by gaining self- confidence, learning to be part of a team, and developing leader-ship skills and knowing that freshman sports are often the last year many students participate, the BC Sports Boosters stepped forward and funded freshman boys basketball and freshman girls volleyball.

Believing it was also critical to the health and safety of our students to have an athletic trainer that would help minimize the number of sports related injuries, the BC Sports Boosters also stepped forward and began funding the athletic trainer position.

In order to do all of this, the BC Sports Boosters must raise in excess of \$25,000 per year. The main source of funding is the concession stand revenue, which means we must have the stands open as much as possible. This requires the dedication of people who care about the students at Beal City Public Schools.

Scheduling volunteers for the spring sports events is especially hard. Please contact Denise Schafer if you, or a family member, or a neighbor, or a friend is interested in helping in the concession stand this spring. Students can volunteer to earn their community service hours. Denise can be reached at schaf1dr@cmich.edu or at 774-4373.

Sport Physical Night

Where: Beal City High School

When: Thursday, April 19, 2012

6:00p.m. - 7:30p.m.

Cost: \$10.00

Who: Anyone interested in participating in sports for the 2012-2013 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 Thursday April 19th will result in the athlete being turned away until the form is properly filled out.

Varsity Track

4:00 p.m.
3:00 p.m.
4:30 p.m.
3:00 p.m.
4:30 p.m.
2.00
2:00 p.m.
4:30 p.m.
10:00 a.m.
4:30 p.m.
9:00 a.m.
3:30 p.m.
4:00 p.m.
9:00 a.m.

Junior High Track

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Wed. Apr. 11	4:30 p.m.
Fri. Apr. 13	4:30 p.m.
Wed. Apr. 18	4:30 p.m.
Mon. Apr. 23	4:30 p.m.
Fri. Apr. 27	3:30 p.m.
Wed. May 2	4:30 p.m.
Thurs. May 3	4:00 p.m.
Wed. May 9	4:30 p.m.
Fri. May 11	4:00 p.m.
Wed. May 16	3:30 p.m.

JV Baseball

Wed. Mar. 28	4:00 p.m.
Tues. Apr. 10	4:00 p.m.
Mon. Apr 16	4:00 p.m.
Wed. Apr. 18	4:00 p.m.
Sat. Apr. 21	10:00 a.m.
Mon. Apr. 23	4:30 p.m.
Fr. Apr. 27	4:00 p.m.
Sat. Apr. 28	9:00 a.m.
Tues. May 1	4:30 p.m.
Thurs. May 3	4:00 p.m.
Tues. May 8	4:00 p.m.
Thurs. May 10	4:30 p.m.
Sat. May 12	10:00 a.m.
Fri. May 18	4:30 p.m.
Tues. May 22	4:30 p.m.

@Coleman @Marion @Manton (a) Clare Highland Meet vs. Marion & Evart Great Lakes Track Invitational Highland Meet vs. Lake City & McBain NMC (a)Alma College Pine River MHSAA Track Regionals (a) Coleman Highland Conference Meet (a) Evart @Morning Sun Meet MHSAA State Finals

- @Manton
 @Pine River
 Lake City
 Marion
 @Evart Invitational
 @McBain
 @ Coleman Tri-Meet
 @Evart
 @Breckenridge
 @Highland Conference
 Meet @ Lake City
- Clare @Sanford Meridian Coleman @Shepherd Bullock Creek @Evart Valley Lutheran @Coleman Invite @Pine River SHA @ Big Rapids Marion @ Shepherd Invite @McBain Manton

SPRING SCHEDULES

Varsity Baseball

Wed. Mar. 28 4:00 p.m. Tues. Apr. 10 4:00 p.m. Sat. Apr 14 9:00 a.m. Wed. Apr. 18 4:00 p.m. Mon. Apr. 23 4:30 p.m. Thurs. Apr. 26 4:00 p.m. 4:00 p.m. Fri. Apr. 27 4:30 p.m. Tues. May 1 Thurs. May 3 4:00 p.m. Sat. May 5 10:00 a.m. Tues. May 8 4:30 p.m. Thurs. May 10 4:30 p.m. Sat. May 12 10:00 a.m. Tues. May 15 4:30 p.m. Fri. May 18 4:30 p.m. Sat. May 19 9:00 a.m. Tues. May 22 4:30 p.m. Sat. May 26 9:30 a.m.

JV Softball

Wed. Mar. 28 4:00 p.m. 4:00 p.m. Tues. Apr 10 Sat. Apr. 14 10:00 a.m. Mon. Apr. 16 4:00 p.m. Wed. Apr 18 4:00 p.m. Sat. Apr 21 10:00 a.m. Fri. Apr. 27 4:00 p.m. Tues. May 1 4:30 p.m. Thurs. May 3 4:00 p.m. 10:00 a.m. Sat. May 5 Tues. May 8 4:00 p.m. Sat. May 12 10:00 a.m. Tues. May 15 4:30 p.m. Fri. May 18 4:30 p.m. Tues. May 22 4:30 p.m.

Varsity Softball

Wed. Mar. 28 4:00 p.m. Tues. Apr. 10 4:00 p.m. Thurs. Apr. 12 4:00 p.m. Wed. Apr. 18 4:00 p.m. Mon. Apr. 23 4:30 p.m. 4:00 p.m. Fri. Apr. 27 Sat. Apr. 28 10:00 a.m. Tues. May 1 4:30 p.m. Thurs. May 3 4:00 p.m. Sat. May 5 9:00 a.m. Wed. May 9 4:00 p.m. Thurs. May 10 4:30 p.m. Tues. May 15 4:30 p.m. Fri. May 18 4:30 p.m. Sat. May 19 9:00 a.m. Tues. May 22 4:30 p.m. Sat. May 26 9:00 a.m.

@Clare Sanford Meridian @Mt. Pleasant Invite **Big Rapids** Evart Bullock Creek (a) Valley Lutheran Pine River @SHA @Bay City Western McBain NMC @Marion @Saginaw Heritage @Lake City McBain Beal City Invite @Manton @Ogemaw Heights

Clare @Sanford Meridian @Coleman Invite Coleman @Shepherd Bullock Creek Valley Lutheran @Pine River SHA @Mt. Pleasant Invite @Big Rapids @Shepherd Invite Lake City @McBain Manton

@Clare Sanford Meridian Farwell **Big Rapids** Evart @Valley Lutheran (a) Mt. Pleasant Pine River @SHA @Tri County Invite @Fremont @Marion (a)Lake City McBain Beal City Invite @Manton @Coleman

Schedules are subject to change

MENU

April 9 – 13 - 2012

Monday: Breakfast – cinnamon bun sticks w/icing or cereal, yogurt, fruit and milk. Lunch – chicken strips or beef/cheddar sub, hot vegetable, muffin, salad bar, fruit and milk.

Tuesday: Breakfast – sausage gravy/biscuit or cereal, fruit, and milk. Lunch – corn dog nuggets or hamburger/bun, confetti fries, salad bar, fruit and milk.

Wednesday: Breakfast – scrambled eggs/ham or cereal, hashbrown, fruit and milk. Lunch – chicken quesadilla or chili cheese wrap, mexican rice with black beans, peanut butter and jelly sandwich, salad bar, fruit and milk.

Thursday: Breakfast – breakfast pizza or cereal, fruit and milk. Lunch – hot turkey sandwich with mashed potatoes and gravy or meat sub, salad bar, fruit and milk.

Friday: Breakfast – oatmeal or cereal, sausage links, juice and milk. Lunch – grilled cheese sandwich or fish/bun, tomato soup, salad bar, fruit and milk.

April 16 - 20, 2012

Monday: Breakfast – french toast sticks or cereal, syrup, cheese stick, fruit and milk. Lunch – stuffed crust pepperoni pizza, cheese-filled breadstick, salad bar w/carrots, fruit and milk.

Tuesday: Breakfast – egg and sausage on a bagel or cereal, fruit, and milk. Lunch – spaghetti or chicken Caesar salad, garlic bread, salad bar, fruit and milk.

Wednesday: Breakfast – granola bar or cereal, yogurt, fruit and milk. Lunch – french toast sticks or sausage gravy/biscuit, hashbrown, bagels, fruit bar and milk.

Thursday: Breakfast – bagel sausage pizza or cereal, fruit, and milk. Lunch – taco or chicken fajita, refried beans, peanut butter and jelly sandwich, salad bar, fruit and milk.

Friday: Breakfast – pretzel/cheese or cereal, juice and milk. Lunch – chili or baked potato, cornmeal muffins, hot vegetable, salad bar, fruit and milk.

April 23 - 27, 2012

Monday: Breakfast –cinnamon bun sticks w/icing or cereal, yogurt, fruit and milk. Lunch – tangerine chicken, rice, hot vegetable, uncrustable, fortune cookie, salad bar, fruit and milk.

Tuesday: Breakfast – sausage gravy/biscuit or cereal, fruit, and milk. Lunch – sloppy jo/bun or pork patty/bun, bowl of soup, pasta salad, salad bar, fruit and milk.

Wednesday: Breakfast – scrambled eggs/ham or cereal, hashbrown, fruit and milk. Lunch – chicken nuggets/mashed potatoes/ gravy or ham/cheese sub, dinner roll, salad bar, fruit and milk.

Thursday: Breakfast – breakfast pizza or cereal, fruit and milk. Lunch – hot dog/bun or cheeseburger/bun, chips, dessert, salad bar, fruit and milk.

Friday: Breakfast – oatmeal or cereal, sausage links, juice and milk. Lunch – beef stew/biscuit or popcorn chicken, muffin, salad bar, fruit and milk.

New healthy changes to our menu: All bread, pizza, tortilla shells and chicken breading are whole grain! Salad bar includes more fresh fruit, romaine lettuce with spinach and fresh vegetables! Confetti fries both sweet potato/regular, along with beans and different hot vegetables weekly! Menus are subject to change without notice.