



"We promote spirited thinking, responsible citizenship and lifelong learning."



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Attention: Administrative Audiences-

A monthly report from the DRPSD Administrative offices on school district happenings, updates, and changes.

Spring is a great time at the high school. Not only can students look back at all the information they have learned and skills they have mastered in the 2012-2013 courses thus far, they are able to make a plan for the courses they will take next year as well. Students have so many options to choose from. Dell Rapids High School offers high-quality core content area courses in English, mathematics, social studies and science. In addition, we offer nearly one hundred elective courses in the areas of English, science, business, social studies, world language, music, physical education, industrial technology, computer science, agriculture, fine arts, family and consumer sciences, and online advanced placement options. Students have numerous options to choose from as they make a plan for four years of learning and growing with us here at DRHS.

Students have recently completed online registration, and course request numbers have been tabulated. Now it is up to us to build the best schedule possible in order to offer students opportunities to benefit from the courses we offer. Prior to the end of the 2012-2013 school year, students will receive their schedules for next school year. At that time and during fall registration, they will have an opportunity to make changes if necessary.

Another important event that happens every spring is the annual selection of the National Honor Society (NHS) Members. National Honor Society is a national organization which recognizes outstanding scholarship, leadership, and volunteerism in Juniors and Seniors. In the spring of their junior year, students are notified of their academic eligibility. The criteria for membership is as follows: cumulative grade point average (GPA) of 3.50 or higher, proven leadership and community service experience, and good character. Students may then apply for membership by filling out an application; to date, twenty-eight students have submitted an application. Those applications are currently being reviewed by a faculty committee who will be making the final decision as to whom will be inducted at the 2013 NHS Banquet on April 23rd.

National Honor Society members will be involved in group service projects every month and will also be required to complete thirty hours of individual community service. In addition, NHS members are honored at the annual Awards Night in the spring of their senior year. At that time, they receive the honor medals they wear at graduation.

Finally, I'm hoping many of you have seen the wonderful student-created broadcasting on Channel 19. We have talented and dedicated students webcasting school events and creating original news and informational presentations for your enjoyment. One recent addition to our broadcasting lineup is a chance for students to win a prize by submitting an answer to a problem-solving scenario... a Problem-of-the-Week. Next week, our problem is titled "Totaling Tiles." Next week's problem is titled "Bike Repairs." If you would like to participate in problem-solving with our students and submit an answer to our problem-of-the-week, please send your answer (with your explanation of how you solved the problem!) to the high school via our high school email address (O-HS-Office@dellrapids.com). We would be happy to post your name as a problem solving master on Channel 19!

We are in that final stretch of the 2012-2013 school year, students and teachers alike are working to finish strong with their academic, co-curricular, and extra-curricular events. We hope to see you at some of those events... award nights, track meets, prom, and graduation just to name a few. As always, please contact the high school if you have any questions about school events, course offerings, or student opportunities.

Thank You!

Dear Friends at Dell Rapids Public School,

Thank you for your generous donations to my college fund in memory of my family. I have been blessed with love and compassion from many wonderful people like you. It truly makes me feel like we are "One family in Christ!"

With my sincere appreciation,

Brittany Vollmer

Staying Healthy

Influenza Prevention

Influenza is a viral infection that causes respiratory (dry cough, stuffy/runny nose) as well as other bodily symptoms (high fever, body aches, extreme fatigue) for 5-7 days usually. Please follow these simple yet effective methods to help prevent yourself and others from contracting this serious illness:

1. Wash your hands often with soap and water, or use hand sanitizer.
2. Cough and sneeze into your elbow or cover your mouth and nose with tissues.
3. Do not touch your mouth, nose, and eyes.
4. Stay home if you are sick, especially if you have a fever.
5. Get at least eight hours of sleep each night.
6. Eat healthy foods.
7. Get a flu shot.

Cold and Flu Season

In order to keep all of our students as healthy as possible, our school district follows the guidelines listed below in recommending students stay home from school when ill:

1. A student should stay home if he/she has a fever. The child may return when he/she has been fever-free for 24 hours without the aid of Tylenol or Motrin.
2. A student should stay home from school if he/she has vomited within the past 12 hours.
3. A student diagnosed with Strep Throat or Pink Eye should stay home until he/she has been on antibiotics for 24 hours.

Dell Rapids Elementary is PEANUT AWARE/No Fish

Because we have students with severe peanut allergies attending our school, and it is our goal to keep our learning environment safe for everyone, we no longer serve peanuts or peanut products in our facility. Therefore, we highly discourage peanut products from being brought to school.

Dell Rapids Elementary does not serve fish as well. We have a student with a severe allergy to fish. Therefore, we ask that fish, including tuna, not be sent to school for lunch.

We appreciate your cooperation in helping DRES keep our kids healthy and safe.

Purple Up!

April marks the nation's "month of the Military Child," a time to honor the military youth in our communities who have been impacted by deployment and family military service. In their honor, South Dakota's Operation: Military Kids (OMK) Program is proud to announce SD 4-H is partnering to sponsor the promotion of the 2013 Purple Up! Campaign.

We are encouraging everyone to wear something purple on April 12, 2013, as a visible way to show support and thanks to all military children for their strength and for their sacrifices before, during and after the deployment of loved ones.

Contact Person: Sheila Snyder, SDOMK
- 605-394-2236 for more information.

SCHOOL BOARD

Tom Morris 428-4884
Steve Stofferahn 428-4897
Cindy Schuch 428-0147
Troy Randall 428-4660
Matt Weiland 428-3570

ADMINISTRATION

Summer Schultz, Superintendent... 428-5473
Kimberly Kludt, HS Principal.....428-5473
Francis Ruesink, MS Principal . 428-5473
Barb Littel, Business Manager.. 428-5473
Jay Nelson, Elementary Principal..428-5473
John Jewett, Technology Director... 428-4909
Jeff Dvorak/AD..... 428-5473

#7 District Office, #5 Elementary, #2 MS,
#1 HS, #8 Bus Barn,
#6 Lunchtime Solutions.

www.dr-k12.org

MEETINGS

The Board of Education meetings are held on the second Monday of every month, and fourth Monday of every month, except December. BOE meetings begin at 7 p.m. and are held in the Distance Learning Room at the High School. Agendas can be obtained from the Superintendent's office on the Friday before any meeting. The Dell Rapids Tribune publishes the minutes of each regular and special meeting. Agendas and minutes are also posted on the school website.

Kirschenmann announced as February Quarrier



Aleza Kirschenmann

For the month of February, a very involved student was selected as Quarrier of the Month. Aleza Kirschenmann has been described as “a caring and compassionate young lady who is nice to everyone.”

Aleza has been highly dedicated to Quarrier activities, academics and athletics through her years at DRHS. She has been on the Honor Roll all four years of high school and has participated in choir, as well as pep, marching and concert band for four years. She has been on the yearbook staff all four years and Editor her junior and senior years and earned the “Journalist of the Year” award her sophomore and junior year along with lettering all four years in Journalism.

“Aleza has been a leader for the band program this year. She is always willing to try new things or play the parts others in her section are afraid to attempt. We will certainly miss her when she graduates,” said band director Brian Smith.

In sports she has demonstrated a very strong work ethic as a member of the volleyball team for four years, earning both the Academic All-State and the “Unsung Hero” award her senior year and lettering both her junior and senior years; she played girls basketball for three years and was Student Manager her senior year; and has been on the golf team all four years. Outside of the high school, she has also been a part of the “Hip Hop Shop” dance

teams all four years of high school.

“Aleza is not afraid to lend a helping hand or offer a smile to a friend in need. She is driven to be successful in the classroom and in her future. She has grown into a tremendous student and athlete at Dell Rapids High School,” said Nikki Stukel.

Aleza has served her community through her involvement in Modern Woodmen volunteering her time at the Mother’s Healing Garden, visiting the nursing homes and other community services which helped her win the “Outstanding Junior Achievement Award” her sophomore year.

“I was surprised to hear my name announced but I feel honored that the teachers picked me for this award,” said Kirschenmann.

Aleza plans to attend Ridgewater/Willmar Community College to pursue a degree in Photography/Business.

Aleza is the daughter of Kerri Kirschenmann and Dean Kirschenmann, and older sister to Caleb Kirschenmann.

Congratulations Aleza and we all wish you the best of luck as you graduate and move toward your future life goals!

Congratulations Langer and Koch



Cole Langer



Bryce Koch

Congratulations to seniors Cole Langer and Bryce Koch for being named to the 2013 Big Sioux Conference All-Conference team. Also, congratulations to these two young athletes for being selected to represent Dell Rapids High School in the 3-Class Shootout competition held in Salem, SD, on Saturday, March 30, 2013. The 5:15 p.m. game will be the Class ‘A’ All-Stars taking on the Class ‘B’ All-Stars.

A Slam Dunk Contest will follow the first game played, then the winners of the first game will play the Class ‘AA’ All-Stars at 7:00 p.m.



Principal Kimberly Kludt presents Cole Langer with his plaque for being selected as the 2013 ESPN 99.1 Athlete of the Week.

Langer was nominated by Coach Jason Fersdahl and received a plaque and will be featured on the ESPN 99.1 website.

Middle School to Participate In Community Wide Event Celebrating Join Hands Day

ALL COMMUNITY PROJECT ***Making Dell Rapids Better*** **2013 Join Hands Day**

COMMUNITY FOOD DRIVE : APRIL 21-MAY 3, 2013

DONATIONS PICKED-UP MAY 4, 2013

*COLLECTIONS AT ALL DELL RAPIDS PUBLIC & ST MARY'S SCHOOLS
LOCAL CHURCHES AND PARTICIPATING BUSINESSES*

LISTED ITEMS ARE IN HIGH DEMAND OVER SUMMER
MONTHS WHEN CHILDREN ARE OUT OF SCHOOL:

Prepared canned pasta (spaghettios, ravioli, beefaroni, etc)	Juices
Boxed Mac and Cheese	Crackers (graham/regular)
Taco kits	Laundry soap
Canned meats (tuna/chicken)	Shampoo/Conditioner
Individual Snack Packs (pudding, Jell-o, fruit, apple sauce)	Toothpaste/toothbrushes
Breakfast/ protein bars	Bar/liquid soap
Breakfast cereals	Kleenex
Pork & beans	Feminine hygiene items
Peanut butter	
Jelly	

(While these items are high demand, all donations of cash/food/toiletries welcome!)



Sponsored by: Storehouse Food Committee, local schools, & Modern Woodmen Clubs & Camp

The Dell Rapids Middle School along with the Dell Rapids School District and St. Mary's Catholic School would like to show their support for the Dell Rapids Food Pantry by joining in a Community wide event to replenish the local food pantry and celebrate Join Hands Day. Our Dell Rapids Storehouse Food Committee and Modern Woodman have organized this event and DRMS Student Council members will be hosting it at the Middle School from April 21st through May 3rd.

Join Hands Day specifically targets and develops relationships between young people and adults through neighborhood volunteering. Youth and adults work together to organize and implement activities such as this. Building relationships across generations restores confidence, trust and respect for each other and creates a sense of community. Join Hands Day is open to everyone. National organizations that have promoted JHD include the American Red Cross, Civil Air Patrol, Family Career and Community Leaders of America, the National FFA Organization, Future Business Leaders of America, Salvation Army and Veterans of Foreign Wars.

In order to replenish items that are needed most by the pantry we are asking for the following donations, as requested by the pantry: Juices, Crackers, Laundry Soap, Shampoo and Conditioner, Toothpaste, Toothbrushes, Liquid and Bar Soap, Kleenex, Hygiene Items, Canned Pasta, Boxed Macaroni and Cheese, Taco Kits, Canned Meat, Individual Snack Packs, Breakfast Bars, Cereal, Pork and Beans, Peanut Butter and Jelly. Although we are requesting these items, all donations are welcome and appreciated. Students can participate by bringing items to donate to his or her homeroom collection box, the Middle School Office or Ms. Coble's room.

This is a great way to show our community support. If you or someone you know is in need of food or other personal items please contact the community food pantry or your school counselor.

Ag in Action

Upland bird, waterfowl and song birds are the areas being covered in the two sections of Wildlife and Fisheries class. The common fish of South Dakota will be the next unit that the students will be exposed to.

The Introduction to Agriculture, Food and Natural Resources students have started the unit over natural resources which includes water, soils, forestry and fish and wildlife. Carburetion, ignition, lubrication and cooling are the last topics to be covered before the Ag Power Technology students will have the opportunity to work on their own engine projects in the shop. Those projects can include just general maintenance to a complete disassembly, repair and reassembly.

The FFA members continue to prepare for the various Career Development Events at the State FFA Convention on April 14-16 held on the campus of SDSU in Brookings. The Dell Rapids FFA Chapter had 9 members attend the event held in DeSmet on March 12. In the Milk Quality and Products event, Riley Miller, Trevor Peter and Jackson Entringer participated by taking a written test relating to dairy manufacturing, evaluated 10 milk samples for quality of the flavor, identified 5 cheese samples and determined the fat content of 5 samples. Riley placed 28th, Trevor placed 30th and Jackson placed 43rd with the team placing 8th. Austin Machmiller, Elijah Johnson and Mason Hollaren participated in the Natural Resources event which consisted of identifying various fish, trees, birds and insects along with a



written test and problem solving relating to natural resources. Austin placed 70th, Elijah placed 85th and Mason placed 99th with the team placing 19th.

The Livestock Judging event consisted of evaluating sheep, beef and pigs ranking them from best to worst. In addition to the placing classes, Riley Jurgensen, Paige Burggraff and Karisa Neels had to select four heifers to keep and four heifers to sell based on production records and visual evaluation. They also had to take a written test, estimate quality and yield grade for four slaughter cattle, answer questions on three of the placing classes and justify their placing of two judging classes by giving oral reasons. Riley placed 65th, Paige placed 68th, and Karisa placed 81st with the team placing 16th.

The second event was scheduled for March 18, but due to weather it was postponed until March 21. Karisa Neels and Courtney Wolles participated in the Livestock Judging event with Courtney placing 36th and Karisa placing 65th. Joe Wolles, Elijah Johnson and Mason Hollaren had to take a written exam,



identify plumbing parts and tractor parts, weld two pieces of metal, and complete a concrete problem in the Ag Mechanics event. Joe placed 27th, Elijah placed 43rd and Mason placed 58th with the team placing 12th.

On March 22, eight members participated in the various career development events at the Little International event at SDSU in Brookings. Austin Machmiller and Matt Boever participated in the Natural Resources event with Austin placing 54th. In the Milk Quality and Products, Riley Miller placed 12th and Trevor Peter placed 64th. Andrew Wiebenga, Riley Jurgensen, Paige Burggraff and Karisa Neels participated in the Livestock Judging event.

On March 26, thirteen members attended the events hosted by the Tri-Valley FFA chapter and the last event will be hosted by Lennox on April 2, 2013. Those members who have done the best at the various competitions will be selected to be on the teams to represent Dell Rapids at the State FFA Convention. The chapter will also be holding the annual parent/member banquet on Sunday, April 21, in the middle school commons to recognize the members on their accomplishments from the past year.

Life Skills Bread Baking Program

On Monday, March 18, the 3rd through 8th grade students of the Dell Rapids Public School participated in the King Arthur Flour Life Skills Bread Baking Program entitled "Learn. Bake. Share."

They learned that with a little science, a little baking instruction and some good flour, they could bake delicious bread! Pam Jensen, who is one demonstrator for King Arthur Flour Company in Vermont, gave three presentations to the 3rd-8th grade students. Everyone benefited as students went home with flour, a recipe booklet, yeast, a bread donation bag, a dough scraper, and the know-how to make two loaves of bread from scratch. One loaf was enjoyed at home and the other was brought back to school and donated to the local food pantry in Dell Rapids and the Banquet in Sioux Falls.

The local FCCLA chapter and family and consumer sciences program helped coordinate the event.



Pam Jensen, instructor from King Arthur Flour, shows different ways to shape the dough while Mason Peter and Megan Stone show samples during the 7th and 8th grade presentation.

The ACT Test Dates For 2013

Test Date:

April 13, 2013

Registration Deadlines:

Regular Deadlines: March 8, 2013
Late Fee Required: March 9-22, 2013

Test Date:

June 8, 2013

Registration Deadlines:

Regular Deadlines: May 3, 2013
Late Fee Required: May 4-17, 2013

ACT Test Dates for 2013-2014

September 21, 2013

October 26, 2013

December 14, 2013

February 8, 2014

April 12, 2014

June 14, 2014

For any other testing or scholarship information, contact Mrs. Jennifer Ruesink, Guidance Counselor, at 428-5473 - Opt. 1 at the Dell Rapids High School.

DSTEP Testing will begin for the Dell Rapids School District the week of April 8-12, 2013. Please contact a school district counselor if you have any questions concerning these tests.

Drivers Ed

This year's Driver Education class will take place during the months of May & June. The classroom portion is tentatively scheduled for May 14, 15, 16, and 17 from 8:00-4:00 PM. Lunch break will be the responsibility of the students and will run from 12:00-12:30 each day. The fee for the Driver Ed program will be announced soon.

Each student will sign up for a specific driving portion. The sign-up for the driving portion will be Friday, April 19 at 7:45AM in the Middle School Commons on a first-come, first-serve basis. Students will pay the fee at this time. Parents are not required to accompany their child to sign up. Students are asked to check their summer schedule very carefully for any vacations, camp, retreats etc. That may conflict with either the classroom or driving portion of Driver Education before signing up.

If you have any questions please call 428-5473 ext 402. Thank you...
Driver Education instructors.

DRHS Prom - April 6 - News!

This year's Grand March will introduce the prom attendees at 8:00 p.m. on Sat., April 6, 2013, in the high school gym.

Those students who are signed up to attend prom will be given **Early Bird Tickets** so that family may arrive at 6:30 p.m. to greet and photograph the prom goers prior to the Grand March.

Our doors will open to the public at 7:00 p.m. and there will be a **\$2.00 charge for adults and a \$1.00 charge for students** who wish to watch the Grand March. This admission will greatly help off-set the cost of prom decorations and the festivities.

We look forward to a wonderful Prom night and are excited to see you all there!

Post Prom

For the night of Prom, April 6, the Post Prom committee has reserved 3 large inflatable obstacle courses, a photo booth with props, carnival games, and board or card games, like Texas Hold 'em, and we are considering other fun options.

Parents, please encourage all juniors and seniors and their dates to attend. They do not need to attend the Prom in order to participate in the Post Prom Party; however, only those registered for the Party will be allowed to stay for any of the Post Prom activities.

Parents and guardians will also be needed to assist with the Post Prom Party. The event will be held at DRHS this year, and help will be needed to set up, donate snacks, and supervise a few activities. Please call Kim Berwen if you would like to work on a specific committee or offer your help.

DRES Fourth Grade Quiz Bowl Team places Second

The stars were shining again on Wednesday, March 13, 2013, as the Fourth grade Quiz Bowl team captured a Second place tie in the annual Sioux Empire Water Festival Quiz Bowl, held on the campus of The University of Sioux Falls on March 12-13.

The festival provided a day of fun and educational water-related activities for Fourth grade students throughout the Sioux Empire region. But the highlight of the day (as it has been in past years) proved to be the Quiz Bowl.

In the Quiz Bowl, students were asked a wide range of challenging questions about water. Examples of the types of questions are: "Explain evapotranspiration," and "What is the difference between point and non-point pollution?" The questions are taken from information packets that

schools were given prior to the event.

The packets contain a lot of interesting information about water, but the information is very extensive and advanced for fourth grade students. They must learn as much as they can, though, in order to be a formidable opponent in the competition. The students who qualified to be members of this year's Quiz Bowl team were: Katherine Fletcher, Taylor Hansen, Andrew Weiland, and Olivia Downs; Alternates were Becky Dorn and Gabby Hammer.

To qualify, students studied the Water Fest information packets and took a rigorous screening test. Those who had the highest scores qualified. Twenty-eight area schools participated in this year's Quiz Bowl, Dell Rapids competed against Journey Elementary from Harrisburg, scoring 20



points which tied for Second place in our bracket. Other schools in our 3-way tie were Harvey Dunn of Sioux Falls and West Central Elementary. The Sioux Empire Water Festival once again turned out to be a very positive experience for all fourth graders, and our Quiz Bowl kids did a fantastic job of representing our school. Congratulations fourth graders!!

State Power Lifters bring home trophy

On Saturday March 2, the State Power Lifting event took place in Madison and the team from Dell Rapids High School walked away with terrific standings.

This team scored high individually as well as a team, and even broke a couple records along the way. All in all, this strongly committed group of lifters from DRHS proved themselves as some serious competition against the numerous larger AA schools who also participated.

"All my lifters had a great experience at the Madison meet," said Coach Alex Hansen. His team concluded the day with 27 points; enough for Third Place.

Individually, Junior Matthew DeNoon won the 114 weight class and set the state squat record at 305 and the total record at 805. His brother, Jonathan DeNoon, did just as well winning the 123 weight class and setting the state total record at 857.5.

Senior members Matt Voy placed 3rd in the 132 weight class and Peter Nuebben in the Heavy-weight class. Their fellow senior classmates Ryan Nichols placed

4th in the 148 weight class, while Connor Van Duyn ended up with 2nd place in the 198 weight class.

"I cannot be more proud of how my lifters composed themselves during the meet," said Hansen. "My younger lifters were cool and calm all day long which was great to see. I am excited to see them develop into more complete athletes."

The senior powerlifting members have put so much hard work and dedication into this program, and it has not gone unnoticed. Through their accomplishments, they have helped develop and change this program at Dell Rapids into a more definite activity that will be available to more students in the years to come.

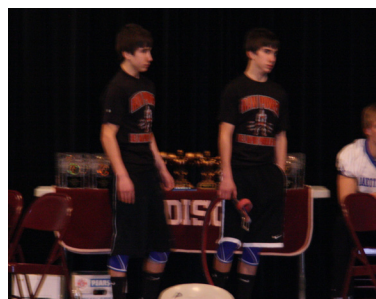
"It's going to be hard to see my seniors leave but I could not be happier with their commitment over the years," said Hansen.

Congratulations to the Power Lifting team on their great achievements, and best of luck to the senior members in their future endeavors.

Also, thanks to everyone who helped with the program throughout the season.



First time lifter Taiven Logan refines her technique at the squat. This was her first time competing, but certainly not her last as experience will only make her stronger.



Juniors Matthew and Johnathan DeNoon watch the competition on the bench press to see what they need to do as they wait for their turn to "show their style".



Congratulations to the DRHS State Power Lifting team on your Third Place finish. You have all worked hard and we are proud of you!



Music Booster Notes

April is a busy time of year for the music department at Dell Rapids! April 18 will be the 5-12 Spring Band Concert, and April 22 will be the 5-12 Spring Chorus Concert. The Solo Contest will be April 27 and the school facilities. Be sure to mark your calendars for all the upcoming music events!

Music Scholarships for Middle School and

High School student lessons are available through the Music Boosters. **Applications are due May 1st.** Contact your child's director for more information and the application.

Fundraising is coming to a close for this year, but we'd still like to see some fresh faces at the next meeting on Monday, May 6th. We are in need of a Vice President so if that position interests you, please contact Edie at the number listed below or talk to one of the directors.

Any questions or comments, please contact:

Edie Hinricher (Music Boosters President) 366-8319

Or you can email your child's teacher:

Brian Smith (7/8th Band and High School Band)

Ginny Ziebarth (5/6th, 7/8th, and High School Chorus)

Sharee Van Voorst (5th Grade Band and 6th Grade Band)

Band Department hosts student teacher

Dell Rapids High School has a new face strolling through the halls this semester. New student teacher CJ Meyer will be assisting Band Director Brian Smith in the classroom. Meyer grew up in Merrill, Wisconsin and is attending Augustana as a senior. Meyer will graduate this spring on May 25 with a degree in music education. Right now Meyer eagerly guides band members through their warm-ups before class begins and teaches them in individual lessons outside of class. "It's really fun to get to know kids from an individual basis," said Meyer. Meyer is slowly getting involved in teaching larger pieces alongside Smith. "It's always nice having a student teacher around, especially when they're trained in a different area than I was trained in," said enthused Smith. Meyer's advisor at Augustana which he considers to be a "father figure" is who inspired him to pursue his love for music by becoming a teacher. When he's not in the classroom Meyer enjoys hunting, fishing, and attending concerts. Meyer also plays in the pep band at Augustana After graduation Meyer plans on teaching in Norway. Meyer will end his time at DRHS this spring at the end of the semester.

Local dancers demonstrate style at competitions



(Left): The Varsity dancers show why they were awarded First Place based on emotional content of the dance and the graceful movements that entertained the audience. Great work girls!

On Feb. 17, 2013, the Hip Hop Shop dancers, under the direction of Owner Shelly Tipke and instructor Julie Eddy, competed at the Brookings Swiftel Center in the "Rumble in the Jungle" competition. On that day, three groups of girls representing Dell Rapids students from 6th Grade to Seniors showed local judges what they could do. All of the groups finished in the top two on the day in Varsity (1st in Pom), Junior Varsity (1st in Hip Hop), and Sixth Grade (2nd in Lyrical).

Staying busy, the dancers next competed at the annual "Baby, I'm a Star" competition held on March 2, at the Multi-Cultural Center in Sioux Falls. The Varsity came home with a First Place finish in their new Lyrical number and Second Place in the Pom Division.

The Hip Hop Shop dancers are

not slowing down as they will host their spring performances on Sunday, April 8, at 7:00 p.m. in the middle school commons, and will finish the year at the Quarry Day activities in June 2013 at the park.



(Above): JV Dancers perform well at the annual "Rumble at the Jungle" competition

Dell Rapids Community Haven

A Great Place For YOUth!

2013 Summer Haven Programs

- For students entering grades 1st-7th
 - Flexible scheduling and rates
 - Open 6:45 a.m.-6:00 p.m. Monday-Friday except holidays
 - \$15 one-time Registration Fee per participant (\$20 after April 26)
- Weekly tuition fees are based on Full Day & Half Day Rates. Full Day: \$20; Half Day (6 hrs or less): \$12
 - Reduced fees are available for those who qualify for free or reduced school lunches.
 - Tons of fun activities planned including: local and area Field Trips, Art & Craft Projects, Sports, Food Fun, Board & Card Games, Indoor & Outdoor Games, Science Experiments, Multicultural Activities, Special Events, Visitors, Community Service Projects and time to just have fun with friends!

SUMMER RECREATION PROGRAM



- * Sponsored by the City of Dell Rapids
- * For students entering 1st-7th grades
- * \$15 Registration Fee/child (\$20 after Apr 26)
- * Eleven-week program, from May 13 - July 25, features a different sport each week
- * Learn or develop skills in: Dance, Indoor & Outdoor Games, Hockey, Football, Soccer, Taekwondo, and Volleyball
- * Meets Monday-Thursday mornings at the Old Public Elementary School Gym;

Grade 1	8:30-9:25
Grade 2	9:30-10:25
Grade 3	10:30-11:25
Grades 4-7	12:00-12:55

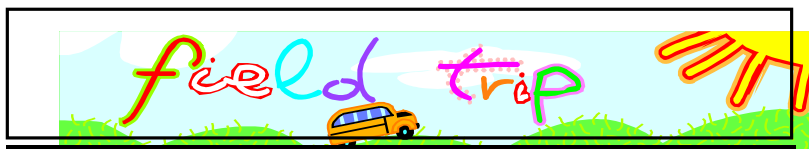
**"Early Bird" Registration is
due April 26**

All Registration Fees will be
increased to \$20 per child after this
date- so SIGN UP TODAY!

**PLEASE JOIN US FOR A COMMUNITY NIGHT
FUNDRAISER AT THE PIZZA RANCH**

MONDAY, APRIL 25th 5-8pm!

Haven will receive 15% of all buffet & dine-in sales on



FRIDAY FIELD TRIPS

- * Transportation Sponsored by the City of Dell Rapids
- * For students entering grades 1st-7th
- * Leave at 9:00 a.m. and return at 4:00 p.m. each Friday
- * Visit and explore places like: Sioux Falls Aquatic Centers, Washington Pavilion, Brookings Children's Museum, Brookings Aquatic Center, Watertown Zoo, Madison's Aquatic Center, Wild Water West, MN State Parks, Pipestone's Aquatic Center, etc.
- * Full Day tuition rates apply plus applicable entrance fee for the day. Entrance Fees will vary each week.
- * Join us for one trip or all of them! Prior registration is needed.
- * Drop-ins are welcome as space is available. Deadline to sign-up is on Wednesday for each week.

Enrollment Packets are available at: (1) Haven, before or after school, (2) St. Mary's Elementary School Office, (3) Public Elementary School Office, (4) Public Middle School Office, (5) Dell Rapids City Hall (Rec. Program Only), or call us at **366-8612**.

Booster Club Notes

The Booster Club sponsored a 5th and 6th grade girls and boys basketball tournament on March 2; which consisted of 24 teams. This was the first year the Booster Club has held a basketball tournament. The event was very successful raising about \$5000. The Booster Club would like to thank all the volunteers who helped with the tournament. It takes many volunteers including referees, clock runners, scorekeepers, concessions, and ticket takers to make an event such as this a success. We really appreciate people taking time out of their busy schedules to help support our organization.

Mark your calendars for the Spring Awards Night which will be held Friday, April 26, at 7:00 p.m. with refreshments to follow.

PeeWee State Wrestling Tournament

Dell Rapids Area Youth Wrestling ended the 2013 season with the state tournaments on March 22-23 in Brookings. This year nearly 1300 youth participated, making this year the longest in state history.

Volunteer coach Ryan Lamar had over 60 youth ranging from age 4 to 14 participating this year. With the assistance of several volunteer parents the season resulted in 31 regional qualifiers and 11 state qualifiers. Dell Rapids had seven state place holders, including Caden Miller 8th place, Caden Rushmore at the Heartland National State den Lowman 7th place, Lincoln Richeal 3rd place, Kenyon Shellun 3rd place, Ceara Shellun 2nd place, Makayla



Mitchell Klinkenberg, Ceara Shellum, Kenyon Shellom, Zach McKee, Lincoln Richeal, Caden Miller hold the youth wrestling banner before the state final matches.

Cross 1st place, and Zach McKee 1st place. Kenyon Shellun and Zach McKee have been selected to participate with team South Dakota. Caden Miller 8th place, Caden Rushmore at the Heartland National State Elementary Duels in Omaha on April 13-14. Zach McKee Participated in the Black Hills Nationals in Spearfish on March 16 resulting in a 1st place national title. Great Job to all the wrestlers!

8th Grade Girls Attend Women In Science Event

On March 6, 2013, the young women in the 8th grade class at Dell Rapids Middle School attended the annual "Women in Science" conference at Southeast Technical Institute. Women in Science is designed to promote interest in the science and technology fields for young women. Presentations were given by local women doctors, veterinarians, pharmacists, zoologists, optometrists, dentists, nurses, ultrasound technicians, nutritionists, chemists, computer analysts, geographers engineers and several other professionals. This was a great opportunity for our young women to gain hands on experience in several potential career fields and learn more about a variety of educational opportunities for their futures.

I am proud to say that our young 8th grade women represented Dell Rapids Middle School with pride. We have an outstanding group of young ladies who were exceptional during this event, participating and engaging in this opportunity and representing Dell Rapids in a way that reflected positively on our school and community.

DRMS March Students of the Month

Dell Rapids Middle School would like to announce and congratulate the Students of the Month for March. These individuals have demonstrated positive behavior reflective of the Pillars of Character: Trustworthy, Responsible, Respectful, Fair, Good Citizenship, and are Caring Individuals.

A Special Thank You to Lunchtime Solutions, Video Plus, and Pizza Ranch for their generous donations. Students of the Month recipients will receive gift certificates from these places!



March Students of the Month are:

5th Graders: Cydney Lee and Andy Nordstrom;
6th Graders: Eddie Price and Sophie Poulsen;
7th Graders: Jackson Munk and Kalista Graham;
and, 8th Graders: Chloe Solberg and Justin Dorn.

Congratulations on being selected as March students, and for all you do for DRMS!

DRHS Annual Pork Dinner sees final performance

The Dell Rapids Annual Pork Dinner saw its last ever performance on Sunday, March 3, 2013. After 65 years, board members decided that due to the lack of incoming revenue it was time to cease the fundraiser. "I'm very sad to see this event go," said middle school band director Sharee VanVoorst.

The event definitely ended with a bang however, and impressive music performed by middle and high school students was heard by all. Along with the music, attendees enjoyed pork loin sandwiches, potato salad, chips, pie and drinks for \$5.

Chorus Director Ginny Ziebarth said, "I was extremely happy with all of the performance this year."

Starting the event was a high school trumpet trio that consisted of freshman Mikaela Stofferahn, sophomore Melanie Wilke and junior Jayme Damm performing the song "Bugler's Holiday". After that was senior soloist Samantha Mathis singing "Iris". The 5th grade band preformed next, playing "Chitty Chitty Bang Bang", "All Through the Night", "Going the Distance", "Ode to Joy", "Batman Theme", and "When the Saint's Go Marching".

Following was the DRHS Jazz Band playing, "Cut to the Chase", "Tiger of San Pedro", "Mercy, Mercy, Mercy", and the theme from *Family Guy* under the direction of Brian Smith. Following the Jazz Band, junior Jordan Stone, along with senior Nicole Rice performed a gorgeous duet titled "Laudamus te". Senior Ceejay Douglas performed after them singing "Someone Like You". Under the direction of Sharee VanVoorst, the 6th Grade band per-

formed the "Theme from Dallas", "In the Village" and "America".

Eighth grader Elly Petrik refreshed the audience with a brilliant acapella piece titled "My Lagan Love"; then Sophomore Jade Schull followed with a solo titled "1,000 Years".

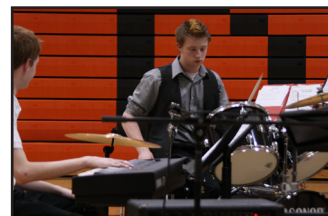
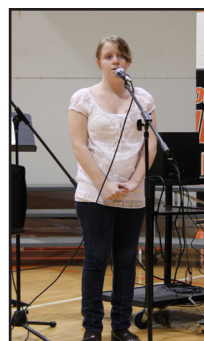
The seventh and eighth grade band was next in line, performing "Armed Forces on Parade" and "Little Bit O Soul". The audience then had the special privilege of listening to another duet by Jordan Stone and Nicole Rice with the help of a group of Fourth grade girls singing "You Raise Me Up". Senior soloist Karen Eddy then sang "Feels Like Home"; followed by junior Dylan Damm singing "Amazing Grace".

The high school band was next performing the songs "Viva Las Vegas", "Theme From The Office" and "Wake Me Up Before You Go Go". Miranda Broin followed with her solo "Don't Know Why".

Ending the day, and the event, was the high school Choir singing "Tradition", "Breakaway", and "Blue Moon", and then the 7th and 8th Grade Choir singing "Mah-Na Mah-Na" and "Chili Caliente".

"The Pork Dinner was awesome this year. Everyone did a fantastic job and worked very hard. All of that hard work definitely showed in each of their performances," said VanVoorst.

This is a tradition that will be missed, but not to worry there will always be plenty of music to fill the air in other ways so don't plan on missing a single event for the rest of the year and in the future!



The sights and sounds of music filling the air for everyone to appreciate. Thanks for all you do!

Breakfast MENUS

DELL RAPIDS ELEMENTARY SCHOOL

Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- Milk choices



Fruit Available Every Day

Fiber for Breakfast!

One of the goals of the new Healthy Kids Act is to increase the amount of fiber in your diet. Fiber is the part of plants your body can't absorb. For breakfast, *insoluble fiber* comes from cereals and whole grain breads. You get *soluble fiber* from oats, fruits and juices. Each type is important for digestive health, lowering cholesterol and slowing the absorption of sugar into the blood. So fiber is important in fighting both heart disease and diabetes. It is also a key component in weight loss, making you feel fuller with fewer calories. So eat an apple, and keep moving!



Breakfast Meal Prices & Extras

Elementary School Breakfast	\$1.30
Adult Breakfast	\$1.65
Extra Milk	\$.45

Breakfast is served every day from 8:10 to 8:25 am

Menus are subject to change without notice.



BREAKFAST MENU - APRIL 2013

Mon	Tue	Wed	Thu	Fri
1 No. School	2 Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices	3 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	4 Pancake Sausage Stick Fruit Milk Choices	5 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
8 French Toast Sticks with Syrup Fruit Milk Choices	9 Homestyle Sausage Gravy over a Fresh Baked Biscuit 😊 Fruit Milk Choices	10 Homestyle Breakfast Quesadilla Fruit Milk Choices	11 Breakfast Pizza Fruit Milk Choices	12 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
15 Breakfast Pizza Fruit Milk Choices	16 Breakfast Yogurt Fruit Parfait 😊 Fruit Milk Choices	17 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	18 Mini Pancake Sausage Bites Fruit Milk Choices	19 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
22 Cinnamon Tastry Fruit Milk Choices	23 Homestyle Whole Grain Oat Bar 😊 Fruit Milk Choices	24 Homestyle Sausage Gravy over a Fresh Baked Biscuit 😊 Fruit Milk Choices	25 Breakfast Pizza Fruit Milk Choices	26 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
29 Breakfast Pizza 😊 Fruit Milk Choices	30 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	Applications for Free and Reduced price meal are available in all building offices throughout the school year. If there is a late start due to weather conditions, breakfast will not be served.		
				Entrée Note: Homestyle/Scratch 😊

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Questions or comments - Contact Deb Emmert, Food Service Director at (605) 521-8277 or deborah@lunchtimesolutions.com

Lunchtime Solutions, Inc.

DELL RAPIDS MIDDLE/HIGH SCHOOL

Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée listed on menu or Choice of cereals with toast or
- Mon.** Biscuit with Sausage Gravy
- Tues.** Breakfast Pizza
- Wed.** Breakfast Sandwich
- Thurs.** Biscuit with Sausage Gravy
- Fruit
- Milk choices



Fruit or Juice Available Every Day

Start your day off right

Fiber for Breakfast!

One of the goals of the new Healthy Kids Act is to increase the amount of fiber in your diet. Fiber is the part of plants your body can't absorb. For breakfast, *insoluble fiber* comes from cereals and whole grain breads. You get *soluble fiber* from oats, fruits and juices. Each type is important for digestive health, lowering cholesterol and slowing the absorption of sugar into the blood. So fiber is important in fighting both heart disease and diabetes. It is also a key component in weight loss, making you feel fuller with fewer calories. So eat an apple, and keep moving!



Breakfast Meal Prices & Extras

MSHS Student Breakfast	\$1.30
Adult Breakfast	\$1.65
Extra Milk	\$.45

Breakfast is served every day from 7:50 to 8:25 am

Menus are subject to change without notice.



BREAKFAST MENU - APRIL 2013

Mon	Tue	Wed	Thu	Fri
1 No School	2 Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices	3 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	4 Pancake Sausage Stick Fruit Milk Choices	5 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
8 French Toast Sticks with Syrup Fruit Milk Choices	9 Homestyle Sausage Gravy over a Fresh Baked Biscuit 😊 Fruit Milk Choices	10 Homestyle Breakfast Quesadilla Fruit Milk Choices	11 Breakfast Pizza Fruit Milk Choices	12 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
15 Breakfast Pizza Fruit Milk Choices	16 Breakfast Yogurt Fruit Parfait 😊 Fruit Milk Choices	17 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	18 Mini Pancake Sausage Bites Fruit Milk Choices	19 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
22 Cinnamon Tastry Fruit Milk Choices	23 Homestyle Whole Grain Oat Bar 😊 Fruit Milk Choices	24 Homestyle Sausage Gravy over a Fresh Baked Biscuit 😊 Fruit Milk Choices	25 Breakfast Pizza Fruit Milk Choices	26 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
29 Breakfast Pizza 😊 Fruit Milk Choices	30 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	Applications for Free and Reduced price meal are available in all building offices throughout the school year. If there is a late start due to weather conditions, breakfast will not be served.		
				Entrée Note: Homestyle/Scratch 😊

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Questions or comments - Contact Deb Emmert, Food Service Director at (605) 521-8277 or deborah@lunchtimesolutions.com

Lunchtime Solutions, Inc.

DELL RAPIDS ELEMENTARY SCHOOL



LUNCH MENU - APRIL 2013

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with each lunch meal everyday. Each student is now required to have 1/2 cup of fruits or vegetables on their tray.



April Selection: Rhubarb

Discover the nutritional benefits of rhubarb on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

Nutritional Building Blocks
Fiber is Important!

One of the goals of the new Healthy Kids Act is to increase the amount of fiber in kids' diets. Fiber is the part of a plant your body can't absorb. *Insoluble fiber* (from wheat, vegetables, nuts, etc.) helps move materials through the digestive system keeping it healthy. *Soluble fiber* (from oats, beans, and some fruits) helps lower cholesterol and slows the absorption of sugar into the blood. So fiber is important in fighting both heart disease and diabetes. It is also a key component in weight loss, making you feel fuller with fewer calories.

Lunch Meal Prices & Extras

ES Lunch	\$2.30	Extra Milk	\$0.45
Adult Lunch	\$2.90		



Mon	Tue	Wed	Thu	Fri
1 No School	2 A. Homestyle Meatloaf Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy	3 A. Soft Shell Tacos B. Baked Crispy Chicken Sandwich C. Sub Sandwich Black Beans Chocolate Pudding	4 A. Homestyle Beef Chili Cinnamon Roll B. Baked Corn Dog C. Chef Salad Whole Grain Roll Peas	5 A. Pizza B. Golden Macaroni & Cheese Breadstick C. Turkey & Cheese Sandwich Steamed Broccoli Ranger Cookie
8 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe C. Sub Sandwich Tri-Tator Hashbrown	9 A. Homestyle Beef & Cheese Enchilada Hotdish B. Baked Chicken Sandwich C. Taco Salad Golden Corn	10 A. Spaghetti with Meat Sauce B. Breaded Pork Sandwich C. Sub Sandwich Green Beans Vanilla Pudding	11 A. Hot Dog B. Teriyaki Chicken Sandwich C. Crispy Chicken Salad Breadstick Baked Beans	12 A. Toasted Cheese Sandwich and Tomato Soup B. Pizza C. Ham & Cheese Sandwich Steamed Broccoli Gelatin Dessert
15 A. Homestyle Ham and Pasta Hotdish Breadstick B. Cheeseburger C. Sub Sandwich Mixed Vegetables Frosted Cake	16 A. Tater Hotdish Whole Grain Roll B. Grilled Chicken Sandwich C. Chef Salad Whole Grain Roll Green Beans	17 A. Hot Mexican Sub B. Baked Mini Corn Dogs C. Sub Sandwich Refried Beans	18 A. Turkey & Gravy (over Mashed Potatoes) Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy Stained Glass Dessert	19 A. Pizza B. Hot Ham & Cheese Sandwich C. Combo Sandwich Golden Corn
22 A. Homestyle Chicken 22 & Noodles (over mashed potatoes) Breadstick B. Baked Breaded Beef Fingers Breadstick C. Sub Sandwich Mashed Potatoes & Gravy	23 A. Super Nachos B. BBQ Rib Sandwich C. Taco Salad Steamed Carrots Lemon Fluff Dessert	24 A. Homestyle Cavatini Breadstick B. Baked Crispy Chicken Sandwich C. Sub Sandwich Green Beans	25 A. Hot Dog B. Hot Pepperoni Sub C. Crispy Chicken Salad Breadstick BBQ Beans Rhubarb Crisp	26 A. Beef & Bean Burrito B. Pizza C. Turkey & Cheese Sandwich Steamed Broccoli
29 A. Cheeseburger B. Italian Dunkers with Marinara Sauce C. Sub Sandwich Green Beans	30 A. Breaded Pork Patty Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Chef Salad Whole Grain Roll Mashed Potatoes & Gravy Simones Pudding Dessert		Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice.	Menu Notes: Homestyle/Scratch Vegetarian Whole Grain Rich Other Good Fiber

Questions or Comments: Contact Deb Emmert, Food Service Director at (605) 521-8277 or deborah@lunchtimesolutions.com

DELL RAPIDS MIDDLE SCHOOL



LUNCH MENU - APRIL 2013

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is now required to have 1/2 cup of fruits or vegetables on their tray.



April Selection: Rhubarb

Discover the nutritional benefits of rhubarb on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

Other Entrée Choices Available Daily:

D. Deli Wrap Entrées	E. Vegetarian Entrées
M Combo Deli Wrap	M-W Vegetarian Salad
T Fajita Chicken Wrap	T-Th Fruit, Yogurt & F Cheese Plate
W Turkey Deli Wrap	
Th Ham Deli Wrap	
F Grilled Chicken Wrap	

(All E. include roll or breadsticks)

Lunch Meal Prices & Extras

MS Lunch	\$2.40	Extra Entrée	\$1.55
Adult Lunch	\$2.90	Extra Specialty	\$1.75
Extra Milk	\$0.45	Pizza	

Additional a la carte items are available for purchase.

Nutritional Building Blocks
Fiber is Important!

One of the goals of the new Healthy Kids Act is to increase the amount of fiber in kids' diets. Fiber is the part of a plant your body can't absorb. *Insoluble fiber* (from wheat, vegetables, nuts, etc.) helps move materials through the digestive system keeping it healthy. *Soluble fiber* (from oats, beans, and some fruits) helps lower cholesterol and slows the absorption of sugar into the blood. So fiber is important in fighting both heart disease and diabetes. It is also a key component in weight loss, making you feel fuller with fewer calories.

Mon	Tue	Wed	Thu	Fri
1 No School	2 A. Homestyle Meatloaf Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy	3 A. Soft Shell Tacos B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Black Beans Chocolate Pudding	4 A. Homestyle Beef Chili Cinnamon Roll B. Baked Corn Dog C. Chef Salad Whole Grain Roll Peas	5 A. Pizza B. Golden Macaroni & Cheese Breadstick C. Turkey & Cheese Sandwich Steamed Broccoli Ranger Cookie
8 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe C. Sub Sandwich Tri-Tator Hashbrown	9 A. Homestyle Beef & Cheese Enchilada Hotdish B. Baked Chicken Sandwich C. Taco Salad Golden Corn	10 A. Spaghetti with Meat Sauce B. Breaded Pork Sandwich C. Sub Sandwich Green Beans Vanilla Pudding	11 A. Hot Dog B. Teriyaki Chicken Sandwich C. Crispy Chicken Salad Breadstick Baked Beans	12 A. Toasted Cheese and Ham Sandwich with Tomato Soup B. Pizza C. Ham & Cheese Sandwich Steamed Broccoli Gelatin Dessert
15 A. Homestyle Ham and Pasta Hotdish Breadstick B. Cheeseburger C. Sub Sandwich Mixed Vegetables Frosted Cake	16 A. Tater Hotdish Whole Grain Roll B. Grilled Chicken Sandwich C. Chef Salad Whole Grain Roll Green Beans	17 A. Hot Mexican Sub B. Baked Mini Corn Dogs C. Sub Sandwich Refried Beans	18 A. Turkey & Gravy (over Mashed Potatoes) Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy Stained Glass Dessert	19 A. Pizza B. Hot Ham & Cheese Sandwich C. Combo Sandwich Golden Corn
22 A. Homestyle Chicken 22 & Noodles (over mashed potatoes) Breadstick B. Baked Breaded Beef Fingers Breadstick C. Sub Sandwich Mashed Potatoes & Gravy	23 A. Super Nachos B. BBQ Rib Sandwich C. Taco Salad Steamed Carrots Lemon Fluff Dessert	24 A. Homestyle Cavatini Breadstick B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Green Beans	25 A. Hot Dog B. Hot Pepperoni Sub C. Crispy Chicken Salad Breadstick BBQ Beans Rhubarb Crisp	26 A. Beef & Bean Burrito B. Pizza C. Turkey & Cheese Sandwich Steamed Broccoli
29 A. Cheeseburger B. Italian Dunkers with Marinara Sauce C. Sub Sandwich Green Beans	30 A. Breaded Pork Patty Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Chef Salad Whole Grain Roll Mashed Potatoes & Gravy Simones Pudding Dessert		Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice.	Menu Notes: Homestyle/Scratch Vegetarian Whole Grain Rich Other Good Fiber

Questions or Comments: Contact Deb Emmert, Food Service Director at (605) 521-8277 or deborah@lunchtimesolutions.com



LUNCH MENUS

LUNCH MENUS

DELL RAPIDS HIGH SCHOOL

MY LUNCHTIME CHOICES!

LUNCH MENU - APRIL 2013



Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is now required to have 1 cup of fruits or vegetables on their tray.



April Selection: Rhubarb

Discover the nutritional benefits of rhubarb on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

Other Entrée Choices Available Daily:

D. Deli Wrap Entrées

M Combo Deli Wrap
T Fajita Chicken Wrap
W Turkey Deli Wrap
Th Ham Deli Wrap
F Grilled Chicken Wrap

E. Vegetarian Entrées

M-W Vegetarian Salad
T-Th Fruit, Yogurt & Cheese Plate
(All E. choices include roll or breadsticks)

Lunch Meal Prices & Extras

HS Lunch	\$2.40	Extra Entrée	\$1.55
Adult Lunch	\$2.90	Extra Specialty	\$1.75
Chef Prepared Meal	\$4.00	Pizza	
		Extra Milk	\$0.40

Menus Subject to change without notice.

Chef Day Sizzling Caesar Salad

Chef Kerry will prepare tender chicken breast meat, sautéed with green pepper and onions and served it over a bed of fresh romaine lettuce with a traditional creamy Caesar dressing. The entrée is available for \$4.00 and includes the Fruit and Veggie bar and milk choice. You must have money in your account to choose this entrée.

Mon	Tue	Wed	Thu	Fri
1 No School	2 A. Homestyle Meatloaf Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy	3 A. Soft Shell Tacos B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Black Beans Chocolate Pudding	4 A. Homestyle Beef Chili Cinnamon Roll B. Baked Corn Dog C. Chef Salad Whole Grain Roll Peas	5 A. Pizza Golden Macaroni & Cheese Breadstick C. Turkey & Cheese Sandwich Steamed Broccoli Ranger Cookie
8 A. Breakfast for Lunch Pancakes and Sausage B. Sloppy Joe C. Sub Sandwich Tri-Tator Hashbrown	9 A. Homestyle Beef & Cheese Enchilada Hotdish Mexican Rice B. Buffalo Chicken Wrap or BBQ Chicken Wrap C. Taco Salad Golden Corn	10 A. Spaghetti with Meat Sauce B. Breaded Pork Sandwich C. Sub Sandwich Green Beans Vanilla Pudding Dessert	11 A. Hot Dog Pasta Salad B. Teriyaki Chicken Sandwich C. Crispy Chicken Salad Breadstick Baked Beans	12 A. Toasted Cheese & Ham Sandwich with Tomato Soup B. Pizza C. Ham & Cheese Sandwich Steamed Broccoli Gelatin Dessert
15 A. Homestyle Ham and Pasta Hotdish Breadstick B. Cheeseburger C. Sub Sandwich Mixed Vegetables Frosted Cake	16 A. Tator Hotdish Whole Grain Roll B. Grilled Chicken Sandwich C. Chef Salad Whole Grain Roll Green Beans	17 A. Hot Mexican Sub B. Baked Mini Corn Dogs C. Sub Sandwich Refried Beans	18 A. Hot Turkey Sandwich Pasta Salad B. Baked Chicken Nuggets Whole Grain Roll C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy Stained Glass Dessert	19 A. Pizza B. Hot Ham & Cheese Sandwich C. Combo Sandwich Golden Corn
22 A. Homestyle Chicken & Noodles (over mashed potatoes) Breadstick B. Baked Breaded Beef Fingers Breadstick C. Sub Sandwich Mashed Potatoes & Gravy	23 A. Super Nachos Mexican Rice B. BBQ Rib Sandwich C. Taco Salad Steamed Carrots Lemon Fluff Dessert	24 A. Homestyle Cayatini Breadstick B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Green Beans	25 A. Hot Dog Pasta Salad B. Hot Pepperoni Sub C. Crispy Chicken Salad Breadstick BBQ Beans Rhubarb Crisp	26 A. Beef & Bean Burrito B. Pizza C. Turkey & Cheese Sandwich Steamed Broccoli
29 A. Cheeseburger B. Italian Dunkers with Marinara Sauce C. Sub Sandwich Green Beans	30 A. Breaded Pork Patty Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Chef Salad Whole Grain Roll Mashed Potatoes & Gravy Smoes Pudding Dessert		Applications for Free and Reduced Price meals are available in the school office. Menu Subject to change without notice.	Menu Notes: Homestyle Scratch Vegetarian Whole Grain Rich Other Good Fiber

Questions or Comments: Contact Deb Emmert, Food Service Director at (605) 521-8277 or deb-olah@lunchtimesolutions.com

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Please Help Dell Rapids Middle School Collect!



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April 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:00 AM No School~ Easter Break 7:00 PM Music Booster Mtg in band room	2 8:00 AM FFA CDE @ Lennox 12:30 PM Girls Golf- Garretson Quad @ River Ridge	3	4 9:00 AM Girls Golf - EPJ Invite 3:30 PM Track - Tri- Valley Invitational	5	6 8:00 PM Prom- Grand March
7	8 3:30 PM "Meet me at the Track" Little Quarrier Track Clinic. (3:30-5pm) 7:00 PM School Board Meeting 7:00 PM FFA Chapter meeting	9 8:00 AM Track - Barnes- Hopfinger @ Volga (TBA) 9:00 AM Girls Golf-Dakota Valley Invite @ Two Rivers	10	11 8:30 AM 5th grade attending MS days @ Outdoor Campus, SF 4:00 PM 7/8 Track @ Volga	12	13 11:00 AM Track - Vince Relays @ Elkton
14 8:00 AM FFA State Convention	15 8:00 AM FFA State Convention 3:30 PM "Meet me at the Track" Little Quarrier Track Clinic. 3:30-5pm 4:00 PM HS Parent Teacher Conferences(4pm-8pm)	16 8:00 AM FFA State Convention 9:00 AM Girls Golf-Dells Invite 4:00 PM Track - BAH Invite @ Beresford	17 9:00 AM 5th & 6th Science Fair 9-10am	18 9:00 AM Girls Golf-Madison Invite 4:00 PM 7/8 Track @ Garretson 7:00 PM 5-12 -Spring Band Concert	19	20 8:00 AM 5th grade design team challenge @ Washington Pavillion 11:00 AM Track -Flandreau Invitational
21 6:30 PM FFA Parent/Member/MS Commons	22 9:00 AM Girls Golf- West Central Invite @ Central Valley 3:30 PM "Meet me at the Track" Little Quarrier Track Clinic. 3:30-5pm 7:00 PM 5-12- Spring Vocal Concert 7:00 PM School Board Meeting	23 4:00 PM 7/8 Track @ Lennox 6:30 PM National Honor Society Banquet	24 1:30 PM MS (7/8) ClubMed	25 4:00 PM Track - Terry Bong Invitational @ Canton 6:30 PM 7th Grade Parent Meeting for Washington, DC Trip	26 7:00 PM Spring Awards Night	27 7:30 AM MS- Instrumental Contest (7:30-12:30) 11:00 AM Track-Dells Booster Club Invite
28 7:00 PM Hip Hop Shop Dance Recital 8:00 PM State FCCLA Conference-Sioux Falls	29 8:00 AM State FCCLA Conference-Sioux Falls 9:00 AM Girls Golf-Vermilion Invite @ The Bluffs 3:30 PM Rain Date: "Meet me at the Track" Little Quarrier Track Clinic. 3:30-5pm 7:00 PM Humanities Award Night	30 8:00 AM State FCCLA Conference-Sioux Falls 3:30 PM 7/8 Track @ Madison 4:00 PM Track - Lennox Invitational				

DR QUARRIERS
We promote spirited thinking,
responsible citizenship
and lifelong learning.

Dell Rapids School District
1216 N. Garfield
Dell Rapids, SD 57022



DR School District

Phone: 605-428-5473
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