



# Wise Owl

Dell Rapids Public Schools • Dell Rapids, SD • May 2011

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

*Congratulations,*  
**GRADUATES**



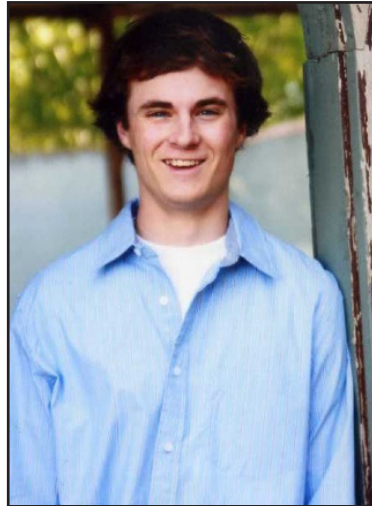
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## QUARRIER OF THE MONTH

The faculty has selected Aaron Riswold as the Dell Rapids High School Quarrier of the Month for March.

Several teachers who voted described Riswold as "a respectful student and overall great young man." He has been very active in both academics and athletics throughout his years in high school. He has been on the Honor Roll all four years of high school, and in his junior year Riswold had the privilege of being in Boy's State. One of Riswold's greatest accomplishments throughout high school would be his energetic involvement in Boy Scout's. During his senior year he received his Eagle Scout badge, which is the highest rank attainable in the Boy Scouts of America program. He also donates a lot of his time contributing to his community. "I feel honored to receive this award," said Riswold after being selected.



Along with excelling in academics, Riswold also showed his abilities through the sports he participates in. Throughout his high school years, he has been actively involved in cross country, lettering his freshman and sophomore years and even had the opportunity to participate in the sport his seventh and eighth grade years as well. Also during his freshman and sophomore years, Riswold was a participant in track.

Riswold's former cross country coach, Steve Hegge, had nothing but positive things to say about him, "Aaron is a very hard working, dedicated student and I thoroughly enjoyed having him in cross country."

Riswold's future plans include attending the University of South Dakota to major in finance.

Congratulations to Aaron on receiving this honor. He is the son of James and Danah Riswold.

## FOURTH GRADE STUDENTS CAPTURE SECOND PLACE IN WATER FESTIVAL QUIZ BOWL

### Dells Kids Outscore 28 schools to tie for 2nd Place

The stars were shining again on Wednesday, March 23rd, as the fourth grade Quiz Bowl team outscored 28 other schools to capture second place in the annual Sioux Empire Water Festival Quiz Bowl, held at the campus of The University of Sioux Falls on March 22nd and 23rd.

The festival provides 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 was last year), proved to be the Quiz Bowl. In the Quiz Bowl, students are 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 are 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 **Carter Wynja, Tayte Gleason, Max Lamer, and Courtney Kellenberger**. To qualify, students studied the Water Fest information packets and took a rigorous screening test. Those who had the highest scores qualified.

30 area schools participated in the Quiz Bowl this year. Our students competed against **Rosa Parks Elementary**, scoring 23 points, which tied for 2nd place with **Sioux Falls Challenge Center**. Of the 30 schools that competed in the two-day event, only two schools scored more points than our Dells kids. **Centerville and John Harris** tied for first with 25 points each. Our closest competitors were **Chancellor, All City Elementary, and Harvey Dunn Elementary**. In Tuesday's competition, Tri-Valley won with a total of 20 points.

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!**



Carter Wynja, Courtney Kellenberger, Tayte Gleason, and Max Lamer.

## SCHOOL BOARD

Alan Blankenfeld ..... 349-8034  
 Matt Weiland ..... 428-3570  
 Brian Davis ..... 428-5375  
 Cindy Schuch ..... 428-0147  
 Troy Randall ..... 428-4660

## ADMINISTRATION

Tom Ludens, Superintendent ... 428-5473  
 Bruce Olson, HS Principal/AD .. 428-5473  
 Francis Ruesink, MS Principal. 428-5473  
 Barb Littel, Business Manager.. 428-5473

John Jewett, Elementary Principal/  
 Technology Director ..... 428-5473

Steven Helgeland, Special Ed  
 Director ..... 428-5473 Ext. 1

#7 Luann/District Office, #1 Elementary,  
 #2 MS, #3 HS, #4 School Events,  
 Cancellations or Postponements,  
 #5 Bus Barn, #6, Lunchtime Solutions  
 and Dial 0 for Immediate Assistance.

[www.dr-k12.org](http://www.dr-k12.org)

## MEETINGS

The Board of Education meetings are held on the second and fourth Mondays of the month from September through June and the second Monday of the month in July, August, and 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.

## DRHS BLUE CHIP BB CAMPS;

June 6, 7, 8; DRHS Gym  
 \* grades 1-3 @ 9-noon  
 \* grades 4-6 @ 1-4pm  
 \* contact Coach Dvorak  
 for more info. 261-6237  
 or 428-5881

# CYBERBULLYING

On Friday, April 1, Carroll Institute counselor Betsy Atwood, and Sioux Falls Police Detective, Sean Kooistra, who works for Internet Crimes Against Children, visited the Dell Rapids Middle and High school students to discuss the negative effects of cyberbullying and ask,



“What is your Digital Reputation?” This program is sponsored by Wireless World and owner Vince Lubben out of Sioux Falls.

Cyberbullying happens when a child is threatened, harassed, humiliated, embarrassed, or otherwise targeted by another student using technologies, the internet, or mobile phones to convey the intended messages.

As Atwood described, ‘one of the strongest messages in the cyberbully prevention is “if you wouldn’t say it in person, why say it online?” “We push the simple steps of: Stop-step away from your phone or computer and resist the urge to retaliate; Save-keep the evidence; Block-use your phone preferences or privacy tools to block the person sending you messages and finally Tell-tell an adult.”

“What is your digital reputation?” is a question that many aren’t asked on a regular basis but it is definitely one that shouldn’t be taken lightly. Kooistra said, “Often students don’t realize how they act and what they do will always be out there, when they do things that shouldn’t be done, there are repercussions involved and it puts their reputation at risk.” Sexting, sending pictures and talking about alcohol, drugs and tobacco use, can all negatively affect your digital reputation. “It is never too late to change your digital reputation. The best thing you can do when your reputation is heading the wrong way is to recognize what went wrong and take necessary steps to correct it, it’s something that we all need to keep in mind no matter what our age,” said both Atwood and Kooistra.

They hope that students gain a lot from this program and how to react when their reputation gets off track. Detective Kooistra said, “I can only hope that students think twice before posting anything that could negatively affect them or harm someone else. It’s never too early nor too late to present these issues and the punishments that can follow such actions.”

Atwood added, “We hope to increase awareness about these issues and help students understand the serious nature of this problem. We also hope



to get students thinking about how their actions online can affect them today, tomorrow, and in the future.”

## GRADUATION:

**Congratulations to the graduating seniors of the DRHS Class of 2011! Graduation ceremonies will take place Saturday, May 14 at 2 PM in the High School Gymnasium.**

## MUSIC BOOSTER NOTES

Next music booster meeting is May 2nd @ 7 pm, in the chorus room. Everyone is welcome to come and join the music booster program.

Music Scholarship deadline is May 15 – please turn in the form from the music booster website in to Mr. Smith, Mrs. Ziebarth or Mrs. Van Voorst.

Some of the high school band students participated in a clinic and concert featuring the Canadian Brass in Brookings.

The high school jazz band placed 1st in their class at the Augie Jazz Fest on March 8. Congratulations!!!

## 2010-2011 MUSIC BOOSTER BOARD MEMBERS:

Our next meeting will be May 2nd at 7pm in the Chorus room. Please contact these Board members or your child's director if interested in more information.

Sharee VanVoorst: 428-4664, Marcia Lodmell: 428-6010  
Edie Hinricher: 366-8319 or drhsmusicboosters@hotmail.com

## ATTENTION SOPHOMORE & JUNIOR PARENTS:

There will be a concession fundraiser for Post Prom 2012 on Tuesday May 10th at the Junior High Conference Track Meet. We will need help from approx 3 PM to 7 PM. Please volunteer to help get the fundraising off to a great start. There will be a short meeting on Wednesday, May 4th at 7 PM at Old 77 to organize this and kick off for Post Prom 2012. It would be ideal to have 5 committed parents from each class to act as a Steering Committee. Please consider getting involved. Contact Jill Hansen @ jillhansen@div-it.com if you can help with the Track Meet, but cannot attend the meeting.

Thanks to all the parents who helped with fundraising, planning and the final production of this year's Game Night!

## WORK ON THE NEW ELEMENTARY SCHOOL CONTINUES



# What's Happening at DR School

## SUMMER SCHOOL

Students interested in taking summer school classes through the Sioux Falls School System need to register for classes by April 21st, however, early registration is encouraged as classes fill up quickly. There are two sessions being offered this summer – the first session runs May 31st to June 24th and the second session runs June 27th to July 22nd. Classes meet Monday through Friday from 8 AM to 12 PM. Students can earn one half credit for each session. The cost for out of district registration is \$210 per half credit. Online registration is encouraged - <https://commed.sf.k12.sd.us> and click on High School Summer School link. Out of district students should enter 5 zeroes for their student id number. Please see Mrs. Ruesink with any questions.

## DRES DECLAM CONTEST 2011

DRES Declam Contest 2011: Hannah Fletcher and Bergen Weiland, 4th graders, along with Mitchell Heinemann and Kade Gruis, 3rd graders, are this year's contest winners. All four students advance to the Whispering Winds Regional Declam Contest at St. Mary's in April. Congratulations to our winners and to all 3rd and 4th graders for their hard work to prepare for this year's contest.



## CAUGHT WITH GOOD CHARACTER!



The Elementary is having a wonderful year. Our kids worked very hard to be recognized on our Character Wall. Almost all of our students have been "caught being good" – some two or three times! Great job to all of our kids!

## APRIL STUDENTS OF THE MONTH



DRMS would like to announce and congratulate the Students of the Month for April. These individuals have demonstrated positive behavior reflective of the Pillars of Character: trustworthiness, responsible, respectful, fair, good citizenship, and are caring individuals. Thanks to Pizza Ranch, Video Plus and Lunchtime Solutions, Students of the Month recipients will receive gift certificates for these places!

Congratulations to our April Students of the Month:

Back Row: Dominic Stahl, Trey Randel, Beau Carpenter and Ben Hammer  
Front Row: Haley Moeller, Aaron Fredrichson, Micah Gleason and Hunter Hansen

**Congratulations to Brandon Carpenter who was on the 1st place Carpentry team last week at the Career Academy. Brandon will now be eligible to participate in Nationals at Kansas City in late June.**

## **SPRING INTO WELLNESS HEALTH FAIR A SUCCESS**

The DRSD Wellness Committee hosted their first health fair on April 1, 2011. The event was attended by approximately 350 students and 150 adults. People who attended the event were treated to educational information related to health and wellness from the community.

Many prizes were given away to individuals who attended the event. A Wii was provided by the Wellness Committee for the grand prize and Amanda Tomes was the lucky attendee whose name was drawn.

It was an exciting way to spend a gorgeous spring evening and raise awareness of the importance of health and wellness in our schools, community and homes.



## **MAY WISE OWL VEGGIE FEATURE... AVOCADOS**

What better way to celebrate Cinco de Mayo than adding avocados to your diet! Guacamole is as easy as two ripe avocados, garlic salt and a little lime juice. Grab some veggies or baked chips to dip or you can even spread onto a sandwich instead of mayo.

Avocados are a fresh, natural, wholesome part of a healthful diet and avocados provide vital nutrients and phytochemicals. There are 13 vitamins that the body absolutely needs: vitamins A, C, D, E, K and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate). Avocados naturally contain many of these vitamins.

Mono and polyunsaturated fats, when consumed in moderation and eaten in place of saturated or trans fats, can help reduce blood cholesterol levels and decrease risk for heart disease. Avocados are one of the few fruits that provide "good" fats.

The best way to tell if an avocado is ready for immediate use is to gently squeeze the fruit in the palm of your hand. Ripe fruit will be firm yet will yield to gentle pressure. To ripen an avocado, place the fruit in a plain brown paper bag and store at room temperature 65-75° until ready to eat (usually two to five days). Ripe fruit can be stored in the fridge for a couple of days.

How to peel or prepare this delicious fruit. Start with a ripe avocado and cut it lengthwise around the seed. Rotate the halves to separate. Remove the seed by sliding the tip of a spoon gently underneath and lifting out.

Peel the fruit by placing the cut side down and removing the skin with a knife or your fingers, starting at the small end. Or simply scoop out the avocado meat with a spoon. Be sure to sprinkle all cut surfaces with lemon or lime juice or white vinegar to prevent discoloration.

You can find many yummy, nutritious recipes and ideas for the avocado by searching on the internet.



**Congratulations to Kelci Hauf, Ty Hoglund, Charles Grassi, Melanie Wilke, Morgan Jensen and Shelby Wrage for winning the American Legion Auxiliary Poem and Essay contest!. All of these students received CASH prizes for winning.**

# WHAT ARE YOU DOING THIS SUMMER?

## Join in the FUN

### 2011 Summer Haven Program

- For students entering grades 1st-7<sup>th</sup>
- Flexible scheduling and rates
- Scheduled to run June 1-August 10; Open House May 31, 7-8pm
- Open 7:00 a.m.-6:00 p.m. Monday-Friday except holidays
- \$15 one-time Registration Fee per participant; \$20 after April 29th
- Tons of fun activities planned including: local Field Trips to the pool, bowling alley and movie theatre, Art & Craft Projects, Sports, Food Fun, Board & Card Games, Indoor & Outdoor Games, Computers, Science Projects, Multicultural Activities, Special Events, Visitors, Community Service Projects, Friday Field Trips to area attractions, and time to just have fun and hang out with new and old friends!

### SUMMER RECREATION PROGRAM



Sponsored by the City of Dell Rapids

- \* For students entering 1st-7th grades
- \* \$15 Registration Fee per child
- \* Eight-week program, from June 6 - July 28, features a different sport each week
- \* Learn or develop skills in: Dance, Indoor & Outdoor Games, Hockey, Football, Soccer, Track & Field, and Volleyball
- \* Meets Monday-Thursday mornings at the Public Elementary School Gym;
 

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

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.

## We're kicking off the summer with an open house!

Come meet our staff and take a look around.  
Join us in the public elementary school lunchroom on  
Tuesday, May 31st 7:00-8:00 p.m.

### Haven will participate in the City Wide Rummage June 2-4.

We will host a garage sale at 509 W 9th St. This will be a "tagless sale" and all proceeds will benefit programming needs for the before/after school and summer programs. If you have items to donate please drop them off at 509 W 9th St May 30th- June 1st between 5:00pm-9:00pm. Any remaining items after the sale will be donated to either Padres, Good Will, YMCA or other nonprofit organizations. If any questions or special drop off times needed please call Kim Berven at 428-0191. The Sale will be open Thurs June 2nd 5pm-8pm; Fri June 3rd 8am-8pm and Sat June 4th 8am-12pm. Start cleaning your closets now & save your giveaways for us! Thank you for your support in the form of donations, time and shopping with us!

### JOIN US FOR COMMUNITY NIGHT AT THE PIZZA RANCH MAY 2<sup>nd</sup> 5-8pm!

Haven will receive 15% of all  
buffet & dine-in sales on this  
evening. Get out of cooking & join  
us in support of Haven's Before/  
After School & Summer Programs!

Thank you for your support!

## POST PROM PARTY

A game show themed Post Prom Event followed Prom 2011 on Saturday, April 16th. The Post Prom Event was held at the Old 77 Event Hall. Entertainment included Family Feud game show, Minute to Win It, Silent Library, Karaoke, Bingo, Black Jack, Twister and numerous board games. Prizes totaling \$4300 were awarded to students for participation throughout the evening. Reza, an illusionist, performed at the Middle School Commons following the game night and wrapped up the evening (or shall I say morning!)

The Post Prom Committee would like to thank the following businesses for your donations to our Post Prom event this year. While there are multiple fundraising events held throughout the year, we could not provide the caliber of event without the support of the community. Our thanks to you for your support and valuing our students and their safety on prom night.

#### American Underground Sprinkler

Applebee's Restaurant  
Basin Electric Power Coop  
Big Sioux Community Water  
Billion Automotive  
Carlson Construction  
County Fair  
Deli of Dell Rapids  
Dell Rapids Lumber Co  
Dells Coop Grain  
Dells Dental  
Dells Diesel  
Dells Electric  
Dells Materials  
Dells Plumbing  
Erbert & Gerbert's Subs  
First National Bank  
Golden West Telecommunications  
Harold's Photo  
Harrington Chiropractic  
Home Federal Bank  
Instate Collision & Glass  
Jeff Schwebach & Associates  
Kahler Financial Services  
Koopman & Sons  
LaCoursiere Photography  
Lewis Drug  
Logan Luxury Theater  
MidAmerican Energy Co.  
Minnehaha Funeral Home  
Mitch Adams Construction  
Monarch Steakhouse  
Old 77 Bar & Grille  
Perkins Restaurant  
Pierre's Body Shop  
Prairie Coach  
Sanford Health  
Scheel's  
Sioux Valley Energy  
T&R Electric  
The Portrait Place  
Valentino's  
Wendy's  
Wild Water West Waterpark

# A LETTER FROM ELIE WIESEL

The Dell Rapids High School Senior English class read the book, *Night*, by Elie Wiesel. This book is a memoir of Wiesel's experience with his father in the Nazi German Concentration camps at Auschwitz and Buchenwald in 1944-1945, which was during the height of the holocaust and toward the end of World War II. He was only 16 years old when he was released. He didn't speak of his experience for ten years after he was released, and then finally told it all when he wrote his memoirs. Wiesel, currently 82, works at Boston University in Massachusetts.

Ms. Kirschenmann's English class was assigned to write individual letters to Wiesel asking him questions about things in the book, about himself, and general Holocaust information they wanted more detail on. These letters were corrected and mailed to Wiesel at the end of January, and, to their surprise, they received a letter back. "I was surprised he actually wrote back. That was pretty neat," said Kaleb Bunkers, a student in the class.

In the letter, Wiesel thanked the students and recommended some books to read to expand their knowledge of the Holocaust. He replied to most of the questions and explained to the students that he could not even explain some of "man's inhumanity to man". He ended his letter telling them to "keep reading and learning" and "to help educate others who are unaware".

Senior Rachel Hanson said, "It was really cool to get a letter from Elie Wiesel because he is such an inspiring person and his book was very good."



## JUNIOR CLASS ATTENDS COLLEGE FAIR

On Monday, April 4, 2011, the Dell Rapids High School juniors traveled to the Pipestone College Fair for part of the school day to meet with college and military representatives. This occasion was an opportunity for juniors to begin thinking about their post-secondary plans.

At the college fair, there were numerous representatives from the surrounding area. There were a total of 69 schools represented there, including military, technical schools, and universities. A few of the representatives were: Air National Guard, Augustana College, College of Visual Arts, Lake Area Technical Institute, West Point Military Academy, and many more. "It was a good experience to see different colleges I have not heard of," said Emily Haak.

The students were able to inquire about colleges during this time and find out things they would like to know. They were also able to pick up little trinkets from each booth that considered contact names and numbers. This allows students to begin considering what their future plans will be regarding college and any other post-secondary advancement past high school.

"The biggest part of this event is showing juniors all of the options out there. It's a good time for these students to start thinking and planning about what they will do after their high school graduation," said Ms. Jennifer Ruesink, DRHS guidance counselor. Ruesink had given each of the students a list of 25 questions to ask a college representative in order to help them converse with the representative. The questions were in the areas of academics, career services, financial aid, admissions, and general student life expectations. The questions regarded issues such as majors, part-time assistance, scholarships, enrollment, housing, and class size.

"This event was important because it helped me see what colleges have and offer the major I'm interested in," said Ashley VanHul.

All in all, this was the perfect opportunity for the juniors to start the process of figuring out their future plans.



### NOTICE FROM THE SCHOOL NURSE:

Any medication not picked up by the last day of school (May 23) will be destroyed. Please pick up ASAP. Thank you.

### Congratulations to the Jazz Band on their 1st place finish in Class A at the Brookings Optimist Jazz Festival.



Congratulations to Matea Strong who was a member of the CTE Culinary Competition Team. Both the culinary team and the management team took home top honors and will be traveling to Overland Park, KS, April 29-May 1 to compete at the national ProStart Invitational. Matea

was also awarded an individual honor in the Culinary Competition. She was awarded the top prize for best chicken fabrication. Great Job.

# SCHOLARSHIPS

## 1. SOUTH DAKOTA OPPORTUNITY SCHOLARSHIP

\$5000 over Four Years

Must attend a South Dakota college or technical school

Must complete the Regents Scholar Curriculum with a cumulative GPA of 3.00 or better, an ACT score of 24 or higher and no grade

below a C in the core classes.

The Regents Scholar Curriculum is –

4 credits of English

3 credits of social studies

4 credits of math

4 credits of science

1 credit of computer science

1 credit of fine arts

2 credits of the same foreign language

*Deadline – September 1 of the year you will be starting college*

*Application is available at –*

*[www.sdbor.edu/SDOpportunityScholarship.htm](http://www.sdbor.edu/SDOpportunityScholarship.htm)*

## 2. ASSOCIATED GENERAL CONTRACTORS OF SOUTH DAKOTA SCHOLARSHIP

\$1000-\$2500

Four different scholarships given to students pursuing a career in a construction related education program at a college or technical institute

*Must be sponsored by an AGC member.*

*Application is available at – [www.sdagc.org](http://www.sdagc.org)*

*Deadline – May 1*

## 3. FIRST NATIONAL BANK IN SIOUX FALLS SCHOLARSHIP

\$1000

Based on academic achievement, activities, financial need, and character

*Application is available in the guidance office*

*Deadline – April 29*

## 4. SIOUX FALLS CREDIT UNION SCHOLARSHIP

(2) \$1000

Must be a member of the Sioux Falls Federal Credit Union or become a member before applying.

*Application is available in the guidance office.*

*Deadline - June 15*

## 5. BULLDOG MEDIA GROUP, INC. SCHOLARSHIP

(1) \$1000

Dell Rapids high school student planning on attending Dakota State University

*Application is available in the guidance office.*

*Deadline - June 15*

## SCHOLARSHIP SITES

*Check out These Scholarship Search Sites:*

[www.fastweb.com](http://www.fastweb.com)

[www.collegenet.com/mach25/app](http://www.collegenet.com/mach25/app)

[www.eac-easci.org](http://www.eac-easci.org)

## SCHOLARSHIP TIPS:

*1. Applications should be typed.*

*2. If need be, scan the application and type.*

*3. Ask for references in advance... usually one week.*

*4. Keep a copy of the application form.. could use parts later.*

*5. Proof read for grammatical and spelling errors.*



**DR School District**

**Congratulations to Jessica Tisher who earned a medal in the drama section of the Dell Rapids Oral Interp contest. Congratulations to Kendra Drew who earned a medal in the 7th grade poetry division at the Oral interp contest in Florence in early April. All participants did a great job.**

**ES, MS & HS REPORT CARDS WILL BE AVAILABLE TO PICK UP ON WEDNESDAY, JUNE 1.**



**NOTICE:**

Lunch Account balances will carry over to next year. Seniors will be refunded or the balance transferred to a sibling's account.

## BOOSTER CLUB NOTES

**UPCOMING EVENTS**

May 1st, Spring Awards Banquet will be held at the Middle School Commons. Please plan to attend as we recognize the 2010-11 athletes. The senior video will be viewed and ice cream sundaes and punch will be served afterwards. Announcement that night - Booster of the Year. New Booster club members for the 2011-2012 year will be announced.

**CONCESSION STAND FOR TRACK**

May 9th – Dell Rapids Quarrier Track Invitation meet will be held. The Booster club will sponsor the concession stand.

**QUARRIER WEAR**

Quarrier wear items are available at the middle school. We presently have jackets, windbreakers, hoodies, t-shirts, sweatshirts, garden flags and some miscellaneous items. What a great gift for birthdays or a sporting event. School calendars with the DR sport photos are now available for \$5.

**BOYS BASKETBALL**

Congratulations to the boy's basketball team for placing third in the State. There were some awesome games being played that weekend!!

**THANK YOU**

The Booster Club looks forward to watching the girl's golf and the boys and girls track teams as they progress thru the season.

The Booster Club also sponsors the Athletic Camp Scholarships. Please stop in the office for a form.

Thanks everyone for volunteering and making the 2010-11 seasons a great success for the Dell Rapids Athlete's.

## 2010-2011 Booster Club Board Members:

Kevin and Jeanine Schnieders, President	Alan and Sheba Schlaikjer
Dean and Elaine Hammer	Leah and John Steineke
Pam Schwebach	Karla and Louis Peter
Delray Dorale	Tim and Kerry Ljunggren
Jerry and Lynn Kerns	Steve and Jeannie Hoff

**BOOSTER CLUB AWARDS NIGHT,  
SUNDAY, MAY 1, 6:30 PM,  
DRHS GYM/MS COMMONS.**

# PTO

The Dell Rapids Parent Teacher Organization hosted an April Fools dance for the 7th and 8th Grades and would like to give a great big thank you to the parents who chaperoned and provided treats and water. A big thanks to the Dells Theatre for providing pop corn and to Mike for cleaning up our mess after the dance. Everyone had a great time!

The next day, April 2nd, we sponsored the Red Cross Babysitting Clinic for the Middle School. We would like to thank the participants. Please remember the following students who participated when you are looking for a babysitter: Kinsey Carr, Sydney LaCoursiere, Hannah Nyman, Sydnie Schmidt, Amanda, Morgan Brown, Erica Opland, Cheyenne Adams, Sydney S, Shelby A and Samantha Miller.

For May we are planning Teacher Appreciation Week and are to provide a cool treat for the Elementary Students on Field Day. Our next meeting will be 7:00 p.m. Monday May 9th at the Middle School Commons. You are always welcome to join us if you are a member or not.

## DR FOOD DRIVE

The Dell Rapids Middle School & High Student Councils recently held a Food Drive at school. Items donated were collected for local families in need. All donations went directly to the Dell Rapids Food Pantry. Thanks to all of the students and staff that supported the High School Student Council Food Drive. It was a huge success with over 1100 items donated at the high school level. The staff member and classroom collecting the largest number of items was Mr. Dvorak's classroom with 372 items!! Mr. Daugaard's classroom came in at a close second with 338 items being donated. Thanks again to all staff members and students that participated and supported the efforts for our local food pantry. Your enthusiasm is greatly appreciated.

This year each day of the week had a theme for the items we hoped to collect.

**Macaroni Monday:**

Macaroni and Cheese, Tuna Helper, Hamburger Helper, Noodles, Ravioli, and Canned Noodle Meals.

**Take Care Tuesday:**

Shampoo, Conditioner, Toothpaste, Toothbrushes, Hairspray Laundry Detergent, Baby Detergent, Dryer Sheets and any personal care items.

**Whatever Wednesday:**

Bring any item you would like to donate!

**Think Breakfast Thursday:**

Juice Boxes, Juice Mixes, Cereal, Breakfast Bars, Granola Bars, Oatmeal, Cream of Wheat, Cocoa Wheats and Pop Tarts.

**Fixin's Friday:**

Peanut Butter, Jelly, Oil, Mayonnaise, Mustard, Ketchup, Taco Kits, Cake and Frosting.

Over 40 boxes of items were collected. Great Job Dell Rapids Students! Thank you to everyone who donated to this great cause.



# AG IN ACTION

The Wildlife and Fisheries class has been busy constructing wood duck nesting boxes. The nesting boxes will be given to the South Dakota Game, Fish and Parks Department and will be available to people who contact them wanting nests. To end the school year, students will be exposed to fly fishing.

The students in the Advanced Agriculture Mechanics class will be finishing up projects built in the shop.

The food science unit consisting of going over quality factors, food deterioration, food preservation and packaging will be the main focus of the Ag Processing Technology classes. The school year will be finished out going over career opportunities in agriculture.

For the FFA members, the last event before state convention was Little International in Brookings on April 1. We entered an animal science quiz bowl team consisting of Nicole Snyder, Nicole Wrage, Erica Jurgensen and Gina Wolles. They faced three rounds of questioning relating to animal science and they had the high score to win the event. Out of the 79 individuals in the agronomy event, Nick Siemonsma placed 11th, John Elverson placed 17th and Colin LeBrun placed 24th. In 5th place out of 137 individuals in the horse event was Gina Wolles. Erica Jurgensen and Nicole Wrage also competed in the horse event. Nicole Snyder was 20th out of the 117 individuals competing in the natural resources event with Ryan Nichols also competing in that event. Joe Wolles tried his skills in the farm business management event and placed 31st out of 67 individuals. In the dairy foods event consisting of 130 individuals, Riley Miller placed 32nd and Jackson Entringer placed 36th. The other two individuals from Dell Rapids were Trevor Peter and Phillip Schwebach.

Now it was time to see if all of the time and effort will pay off by participating at the State FFA Convention on April 10, 11 and 12 on the campus of SDSU in Brookings. The natural resource team consisting of Nicole Snyder, Casey Boever, Peter Nebben and Ryan Nichols along with the Ag Mechanics team comprised of Joe Wolles, Andrew Andersen and John Merry headed to Brookings. The natural resource event consists of identifying 10 specimens in seven different groups –insects, waterfowl and upland birds, other birds, mammals, fish, trees and shrubs, and wood products, along with a written test and problem solving. There were 204 participants making up 58 teams. Nicole Snyder finished in 28th place for a silver award.

The ag mechanics event is split into two phases. Sunday night, the members completed a team problem solving activity as well as an individual written test. On Monday, the ag mechanics participants had to complete 10 specific hands-on operations. There were 53 teams comprised of the 183 individuals with Joe Wolles receiving 48th place for a silver award.

The dairy foods team started out Monday morning completing a team activity consisting of a problem solving activity. A sample of milk was tested with the California Mastitis test and each individual scored it based on the appearance. The next part of the event, Jackson Entringer, Phillip Schwebach, Riley Miller and Trevor Peter had ten samples of milk to determine the flavor. They also had 10 samples of cheese to identify. The last part of the event was to identify four samples if they were dairy or non-dairy. This event had 166 individuals making up 46 teams with the Dell Rapids team placing 11th for a bronze award. Riley placed 25th receiving a silver award and Trevor placed 42nd for a bronze award.

John Elverson, Nick Siemonsma and Colin LeBrun competed in the agronomy event in which members have to identify 15 samples of grain seeds, forage seeds, weed seeds, forage plants and weed plants. They also had to place seven classes of seeds based on quality and a written exam. Out of the 99 individuals, Nick placed 13th for a silver award and John placed 19th also for a silver award. The team placed 6th out of the 29 teams competing.

The horse evaluation event consisted of three placing classes, a performance placing class, one set of oral reasons and three sets of questions. Nicole Wrage, Erica Jurgensen, Gina Wolles and Heidi Anderson also completed a written test together as a team. This event had 188 individuals making up 56 teams competing with Gina placing 22nd for a silver award, Erica placing 43rd also for a silver award and Nicole placing 64th for a bronze award with the team tying for 7th place for a silver award.

Our three agronomy individuals also competed in the farm business management which consists of a written test and problem solving analysis. There were 103 individuals making up 30 teams in this event with our team finishing 17th place just 23 points from receiving a bronze award.

The school year may be drawing to a close, but FFA continues with many activities throughout the summer. Some things the members can participate are: FFA with the Sioux Falls Pheasants on June 25th; leadership camp at Bob Marshall near Custer on July 5-9, or the one at Swan Lake near Viborg on July 11-14; FFA Day with the MN Twins on July 17; Sioux Empire Fair August 9-14; Dakotafest Farm Show August 16-18; and the SD State Fair Sept. 1-5.



## DRMS HONOR ROLL Quarter 3 2010-2011

### 6TH GRADE GOLD

Bruggeman, Beth  
DeNoon, Mikayla  
Petrik, Elyssa  
Schreurs, Harrison  
Schumaker, Autumn  
Solberg, Chloe

### 6TH GRADE SILVER

Amundson, Betsy  
Andersen, Seth  
Baker, Zachary  
Bakker, Skyler  
Black, Aidan  
Boever, Margaret  
Brobjorg, Ethan  
Delker, Taci  
Dennis, Stephanie  
Dorn, Justin  
Ellingson, Austin  
Gleason, Micah  
Griebel, Megan  
Gullickson, Mackenzie  
Habeger, Rose  
Hahn, Janae  
Hansen, Hunter  
Heim, Tanner  
Hoffman, Nicholas  
Huss, Justin  
Kaiser, Brooke  
Kerns, Jordan  
Kerzman, Dawson  
Lodmell, Ethan  
Lorenzen, Ashley  
Millage, Kendrin  
Nordstrom, Alexander  
Peter, Mason  
Pulscher, Trevor  
Siemonsma, Sheldon  
Tisher, Grace  
Weinzettl, Tristan  
Wiebenga, Ross  
Wilson, Reiley  
Wolles, Jacob  
Yetter, Caleb

### 6TH GRADE BRONZE

Batiz, Emily  
Ellis, Noah  
Gibson, Dylan  
Hackett, Patrick  
Halvorson, Derek  
Helgeland, Alexander

Kuper, Kollin  
Lueders, James  
Miller, Anthony  
Nelson, Bailey  
Redetzke, Shelby  
Shellum, Alyssa  
Thacker, Fred  
Timmer, Alexis  
Viotor, Jacob  
Vliestra, Alexandr

### 7TH GRADE GOLD

DeVos, Alexa  
Geraets, Ryan  
Hoglund, Ty  
Parrott, Joshua  
Welbig, Hannah  
Wright, Cordell

### 7TH GRADE SILVER

Adams, Mara  
Adams, Sutton  
Benda, Joshua  
Burggraff, Paige  
DeLange, Ted  
Drew, Kendra  
Erickson, Demi  
Gottsch, Elizabeth  
Gronli, Brooke  
Hegge, Nadine  
Holmes, Dominic  
Hyde, Kenydie  
Klein, Eric  
LaCoursiere, Henry  
Machmiller, Austin  
Miles, Megan  
Mogen, Brett  
Morris, Lindsey  
Neels, Karisa  
Opland, Erica  
Patel, Biraj  
Prasek, Sam  
Randel, Trey  
Reider, Samantha  
Riswold, Justin  
Schumacher, Kiah  
Shellum, Cody  
Stahl, Dominick  
Stelzer, Zach  
Stofferahn, Mikaela  
Tiesen, Alicia  
White, Sam

### 7TH GRADE BRONZE

Blair, Jace  
Brewer, Ciera  
Dearduff, Cassidy  
Eddy, Brent  
Fiedler, Hannah  
Finke, Ty  
Hauf, Kelcie

Hollaren, Mason  
Jorgensen, Karlie  
Koster, Brianna  
Lemme, Zach  
Lesselyoung, Drew  
Lightner, Braeden  
Miller, Makaylah  
Pulscher, Alex  
Schmit, Sydnee  
Schrad, Zach

### 8TH GRADE GOLD

Tisher, Jessica  
Welbig, Brittney  
Wilke, Melanie

### 8TH GRADE SILVER

Bach, Jamison  
Boever, Matthew  
Boyle, Emily  
Brown, Taylor  
Dearduff, Meg  
Dorale, Matthew  
Gilligly, Ben  
Gleason, Casey  
Haak, Sarah  
Hammer, Ben  
Heinemann, MacKenzie  
Hennen, Ty  
Hofeman, Trystan  
Huss, Hannah  
Jensen, Morgan  
Karst, Adam  
Knuppe, Trent  
Lueders, Angel  
Meyer, Justin  
Munk, Bailey  
Nelsen, Jill  
Nelson, Jase  
Peterson, AJ  
Sachen, Desaray  
Schumaker, Pierce  
Schumaker, Zane  
Siemonsma, Brittney  
Snoozy, Luke  
Waldner, Logan  
Warne, Mariah  
Wiebenga, Andrew  
Wrage, Shelby

### 8TH GRADE BRONZE

Broin, Austin  
Brust, Joel  
Carpenter, Beau  
Carpenter, Matthew  
Dishman, Zachery  
Einerwold, Sean  
Eulberg, Austin  
Fletcher, Tabytha  
Gullickson, Chris  
Halvorson, David

Hanzlik, Trevor  
Hemenway, Keegan  
Hof, Alisyn  
Jorgensen, Matthew  
Jurgensen, Riley  
Langer, Grant  
Mattern, Nicole  
Osborne, Paige  
Reams, Adam  
Roemen, Micah  
Schmidt, Riley  
Schreier, Jacob  
Tiernan, Reice  
VanBallegooyen, Devin  
Williams, Kyrsten

## DRHS HONOR ROLL Quarter 3 2010-2011

### GOLD

Broin, Miranda  
Davis, Brianna  
Delange, Josiah  
DeNoon, Jonathan  
DeNoon, Matthew  
Dipple, Benjamin  
Ernesti, Danyelle  
Gleason, Jackson  
Haak, Emily  
Hammer, Hannah  
Hinricher, Benjamin  
Hoff, Corynn  
Hoffman, Kristi  
Huewe, Jacob  
Kangley, Sarah  
Langer, Cole  
Lautt, Dylan  
LeBrun, Colin  
Lindberg, Jordan  
Martinson, Philip  
McGee, Michael  
McKillip, Tia  
Mitchell, Michael  
Morris, Jacob  
Munk, Chad  
Nagelhout, Maria  
O'Hara, Shane  
Pierson, Alexis  
Rinehart, McKenzie  
Rinehart, Riley  
Scholten, Douglas  
Schumaker, Cheyenne  
Snyder, Alexandra  
Snyder, Nicole  
Stone, Jordan  
Tomes, April  
White, Hunter  
Wolles, Courtney

Wolles, Gina  
Wolles, Joseph  
Wright, Cassidy

### SILVER

Barber, Zachery  
Barrett, Tanner  
Baumberger, Lyndsey  
Boever, Casey  
Brown, Chelsey  
Brust, Julia  
Bunkers, Paige  
Damm, Jayme  
Eddy, Karen  
Elverson, John  
Erdman, April  
Fiedler, Haley  
Gronli, Hunter  
Hinricher, Samuel  
Hoffman, Steven  
Hoglund, Morgan  
Houser, Jessica  
Jensen, Kody  
Jurgensen, Erica  
Kannenberg, Alexander  
Kerns, Emily  
Koch, Bryce  
Koens, Nathan  
Kolbeck, Matthew  
Kubly, Danielle  
Leebens, Megan  
Leighton, Kutler  
Luke, Mallory  
Mergen, Amanda  
Meyerink, Parker  
Mitchell, Laine  
Mohror, Mitchell  
Munk, Tanner  
Murphy, Victoria  
Peter, Trevor  
Rice, Julia  
Riswold, Aaron  
Roemen, Alexandra  
Rueb, Megan  
Scherff, Andrew  
Schildhauer, Mackenzie  
Schnieders, Krista  
Schreurs, Shaylea  
Schultz, Kelsey  
Schumacher, Zane  
Siemonsma, Nicholas  
Solberg, Tanner  
Stanton, Ashley  
Stykel, Samantha  
Tomes, April  
Vortherms, Derrick  
Wartenbee, Diamond  
Welbig, Megan  
Welbig, Nicholas  
Wrage, Nicole

### BRONZE

Adams, Mikaela  
Apland, Cody

Bach, Andrew  
Barber, Channing  
Berre, Gabriella  
Brown, Allyson  
Damm, Alexis  
Entringer, Jada  
Ernesti, Nicholas  
Franka, Kaitlin  
Habeger, Jacob  
Hansen, Rachel  
Hansen, Weston  
Hanzlik, Nicole  
Hegge, Margo  
Helgeland, Shanna  
Hof, Austen  
Johnson, Jerica  
Kahler, Ben  
Kahler, Nicholas  
Karst, Colin  
Kerzman, Spencer  
Kimball, Aubrey  
Kirschenmann, Aleza  
Kohnen, Samantha  
Kommers, Garret  
Krogstad, Miranda  
Lacoursiere, Theodore  
LeBrun, Lane  
Lemme, Megan  
Ljunggren, Dylan  
Lodmell, Zane  
Logan, Talven  
Luke, Michael  
Mathis, Samantha  
Mergen, Mallory  
Miller, Riley  
Mitchell, Brandi  
Nemmers, Kelly  
Nichols, Ryan  
Patel, Dharti  
Redetzke, Wyatt  
Reit, Natasha  
Richter, Danielle  
Riswold, Alec  
Sachen, Tiana  
Schlaikjer, Brittney  
Schmidt, Casey  
Schmidt, Michael  
Schroeder, Zachary  
Seil, Levi,  
Skinner, Sheridan  
Spielmann, Cheyenne  
Springman, Nicole  
Strong, Matea  
Thompson, Andra  
Van Dam, Morgan  
Vant Hul, Ashley  
Viotor, Madeline  
White, Zach  
Wickert, Miranda  
Wrede, Brandy  
Zwart, Brad

 **MAY 2011**  
**ELEMENTARY BREAKFAST**

**Dell Rapids Public Schools**



**QUARRIERS**

**Breakfast Choices**  
Available every day  
Breakfast includes:

- Entrée or choice of cereals & toast
- Fresh or Canned Fruit
- Milk choices



**Cereal Choices With Toast**  
Available every day

**Entree Note:**  
Homestyle/Scratch 😊

Mon	Tue	Wed	Thu	Fri
Waffle with Syrup Fruit Milk Choices 2	Cheese Omelet Fruit Milk Choices 3	Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices 4	Breakfast Pizza Fruit Milk Choices 5	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices 6
Breakfast Pizza Fruit Milk Choices 9	Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices 10	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices 11	Pancake Sausage Stick Fruit Milk Choices 12	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices 13
French Toast Sticks with Syrup Fruit Milk Choices 16	Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices 17	Homestyle Breakfast Quesadilla 😊 Fruit Milk Choices 18	Breakfast Pizza Fruit Milk Choices 19	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices 20
Breakfast Pizza Fruit Milk Choices 23				

**Meal Prices**

Student Breakfast \$1.25  
Adult Breakfast \$1.55

Free and reduced meal forms can be obtained from all building offices at any time throughout the school year.

**Extras Available**  
Extra Milk \$ .40

**Did you Know?**



We offer Cheerios® and Kix® cereals daily to provide students with a healthy, whole grain, no sugar added, cereal option. Get your day off to a great start with breakfast! Studies show that students who have breakfast are able to perform better in the classroom.

**Questions Comments**


Contact Rhonda Galles, Food Service Director at 605-670-9502 or [rhonda@lunchtimesolutions.com](mailto:rhonda@lunchtimesolutions.com)

Breakfast is served every day from 8:15 to 8:55.



**Lunchtime Solutions, Inc.**  
Creative Solutions in School Food Services™

**End of the School Year Please Note**




Your lunch account balance will remain in your account for use next year. Please have enough money in your account to carry over for next year, as this makes for one less thing to remember at school start!

Have a safe and happy summer! We look forward to serving you next School Year!

 **MAY 2011**  
**MIDDLE-HIGH BREAKFAST**


**Dell Rapids Public Schools**



**QUARRIERS**

**Breakfast Choices**  
Available every day  
Breakfast includes:

- Entrée, choice of Cereals w/Toast, or choices below
- Fresh or Canned Fruit
- Milk choices



**Entree Note:**  
Homestyle/Scratch 😊

Mon	Tue	Wed	Thu	Fri
Waffle with Syrup Fruit Milk Choices 2	Cheese Omelet Fruit Milk Choices 3	Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices 4	Breakfast Pizza Fruit Milk Choices 5	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices 6
Breakfast Pizza Fruit Milk Choices 9	Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices 10	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices 11	Pancake Sausage Stick Fruit Milk Choices 12	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices 13
French Toast Sticks with Syrup Fruit Milk Choices 16	Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices 17	Homestyle Breakfast Quesadilla 😊 Fruit Milk Choices 18	Breakfast Pizza Fruit Milk Choices 19	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices 20
Breakfast Pizza Fruit Milk Choices 23				

**Extra Breakfast Choices:**

- **Monday:** Biscuit with Sausage Gravy
- **Tuesday:** Breakfast Pizza
- **Wednesday:** Omelets
- **Thursday:** Biscuit w/Sausage Gravy
- **Cereal with Toast is available every day**

These items will be served along with the items listed on the menu.

**Meal Prices**

MS Breakfast \$1.25  
HS Breakfast \$1.25  
Adult Breakfast \$1.55

Free and reduced meal applications are available at the school office.

**Questions Comments**


Contact Rhonda Galles, Food Service Director at 605-670-9502 or [rhonda@lunchtimesolutions.com](mailto:rhonda@lunchtimesolutions.com)

Breakfast is served every day from 8:15 to 8:55.



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Have a safe and happy summer! We look forward to serving you next School Year!

**Breakfast MENUS**

# LUNCH MENUS

**Dell Rapids Public School**



**QUARRIERS**

**Fruit & Veggie Bar & Milk Choices**  
Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



**Menu Notes:**  
Vegetarian   
Homestyle/Scratch   
Good Source of Fiber 


























**Healthy Cool Choices:**  
Sandwiches are available every day.

**Meal Prices**

Elem Student Lunch	\$2.15
Adult Lunch	\$2.80
Extra Milk	\$0.40

Free and reduced meal forms can be obtained from all building offices at any time throughout the school year.

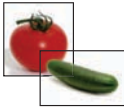
**MAY 2011 LUNCH MENU ELEMENTARY SCHOOL**

Mon	Tue	Wed	Thu	Fri
2 A. Bread Sticks with Meat Sauce B. Grilled Chicken Sandwich Steamed Broccoli 	3 A. Hot Mexican Grinder B. Hamburger or Cheeseburger Cookie	4 A. Chicken Nuggets B. Country Fried Steak Mashed Potatoes & Gravy	5 A. Homestyle Beef Chili  B. Corn Dog Corn  Fresh Baked Cinnamon Roll	6 A. Pizza  B. BBQ Rib Sandwich Green Beans  Fruit & Veggie Bar: Locally Grown Hydroponic Cucumbers
9 A. Teriyaki Chicken (over Rice) B. Toasted Cheese Sandwich with Tomato Soup  Whole Grain Rice  Fortune Cookie	10 A. Soft Shell Taco B. Hot Dog  Mexi Tots  Fruit & Veggie Bar: Locally Grown Hydroponic Tomatoes	11 A. Golden Macaroni & Cheese  B. Crispy Chicken Sandwich Peas 	12 A. Spaghetti with Meat Sauce  B. Hot Ham & Cheese Green Beans  Breadstick	13 A. Pizza  B. Breaded Pork Sandwich Corn 
16 A. Creamy Chicken Stew  B. Hamburger or Cheeseburger Cooked Carrots 	17 A. Taco in a Bag B. Hot Pepperoni Sub Corn  Cookie	18 A. Homestyle BBQ Pork Sandwich  B. Mini Corn Dogs BBQ Beans 	19 A. Beef & Gravy (over Mashed Potatoes)  B. Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll	20 A. Pizza  B. Sloppy Joe Steamed Broccoli 
23 A. Tator Tot Hotdish  B. Crispy Chicken Sandwich Corn 	24	25	26	27
30	31			

**Questions Comments**

Contact Rhonda Galles, Food Service Director at 605-670-9502 or rhonda@lunchtimesolutions.com


**FARMERS MARKET SELECTIONS**



**May Selection: Tomatoes & Cucumbers**  
Find out the nutritional benefits of these vegetables on the poster in the dining area or at:


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

**End of the School Year**



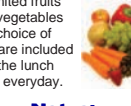
Please watch for your School Start Food Service Letter in the mail this summer. The School Start Letter is mailed along with the Free & Reduced meal applications. The School Start letter will provide you with important information regarding the school breakfast and lunch programs, including pricing and lunch account policies. *Please remember that we must receive all lunch account deposits before school starts.* Have a great summer!




**Dell Rapids Public School**



**QUARRIERS**

**Fruit & Veggie Bar & Milk Choices**  
Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



**Menu Notes:**  
Vegetarian   
Homestyle/Scratch   
Good Source of Fiber 

**Healthy Cool Choices:**  
Subs—Everyday  
Fruited Yogurt—Everyday  
Entree Salads—Everyday


























**Questions/Comments**  
Contact Rhonda Galles, Food Service Director at 605-670-9502 or Rhonda@lunchtimesolutions.com

**Meal Prices**

MS Lunch	\$2.25
HS Lunch	\$2.25
Adult Lunch	\$2.80
Extra Entrée	\$1.50
Extra Pizza Ranch	\$1.75
Extra Milk	\$ .40
Chef's Prepared Meal	\$3.95


Free and reduced meal applications are available at the school office

**MAY 2011 LUNCH MENU MIDDLE-HIGH SCHOOL**

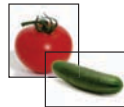
Mon	Tue	Wed	Thu	Fri
2 A. Bread Sticks with Meat Sauce B. Grilled Chicken Sandwich Steamed Broccoli 	3 A. Hot Mexican Grinder B. Hamburger or Cheeseburger Chips & Salsa Cookie	4 <b>Chef's Prepared Meal</b> A. Chicken Dinner Bowl B. Country Fried Steak Mashed Potatoes & Gravy	5 A. Homestyle Beef Chili  B. Corn Dog Corn  Fresh Baked Cinnamon Roll	6 A. Pizza Ranch  B. BBQ Rib Sandwich Green Beans  Fruit & Veggie Bar: Locally Grown Hydroponic Cucumbers
9 A. Teriyaki Chicken (over Rice) B. Toasted Cheese Sandwich with Tomato Soup  Whole Grain Rice  Fortune Cookie	10 A. Soft Shell Taco B. Hot Dog  Mexi Tots  Fruit & Veggie Bar: Locally Grown Hydroponic Tomatoes	11 A. Golden Macaroni & Cheese  B. Chicken Sandwich Peas 	12 A. Spaghetti with Meat Sauce  B. Hot Ham & Cheese Green Beans  Cinnamon Breadstick	13 A. Pizza  B. Breaded Pork Sandwich Corn 
16 A. Creamy Chicken Stew  B. Hamburger or Cheeseburger Cooked Carrots 	17 A. Taco in a Bag B. Hot Pepperoni Sub Corn  Cookie	18 A. Homestyle BBQ Pork Sandwich  B. Mini Corn Dogs BBQ Beans 	19 A. Beef & Gravy (over Mashed Potatoes)  B. Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll	20 A. Pizza Ranch  B. Sloppy Joe Steamed Broccoli 
23 A. Tator Tot Hotdish  B. Crispy Chicken Sandwich Corn 	24	25	26	27
30	31			

**Chef Prepared Entree**  
Thursday, May 4th  
Chicken Lo Mein

Chef Keith Nelson will be preparing Chicken Lo Mein as a special entrée selection for lunch on May 4th. This is a Chinese classic. Juicy white meat chicken tossed with celery, green onion and Napa cabbage served over linguine pasta in a light soy sauce. This entrée is available for a special a la carte price of \$3.95, and includes the fruit and veggie bar and milk choice. You must have money in your account to choose this entrée.




**FARMERS MARKET SELECTIONS**



**May Selection: Tomatoes & Cucumbers**  
Find out the nutritional benefits of these vegetables on the poster in the dining area or at:

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

**End of the School Year**



Please watch for your School Start Food Service Letter in the mail this summer. The School Start Letter is mailed along with the Free & Reduced meal applications. The School Start letter will provide you with important information regarding the school breakfast and lunch programs, including pricing and lunch account policies. *Please remember that we must receive all lunch account deposits before school starts.* Have a great summer!

# MAY 2011

## DR QUARRIERS

We promote spirited thinking,  
responsible citizenship  
and lifelong learning.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 6:30 PM Athletic Awards Night	<b>2</b> 4:00 PM Cheerleading Tryout Practice Date (4:00-6:00) 6:30 PM NHS Banquet 7:00 PM Music Booster Meeting in Music Room	<b>3</b> 9:30 AM Golf DR Invitational 3:30 PM MS TR Madison Invitational 4:00 PM TR Lennox Invitational	<b>4</b> 4:00 PM Cheerleading Tryouts (4:00-5:30 PM) 7:00 PM Post Prom Mtg. Old 77	<b>5</b> 8:00 AM All-State Jazz Band 9:00 AM Golf SFC Invite 3:15 PM 7/8 TR DR Little Quarrier	<b>6</b> 8:00 AM All-State Jazz Band 9:00 AM 6th Grade Field Trip to Brookings Children's Museum & SDSU ice cream back by 3:30 12:00 PM TR O'Gorman Invite/SF 1:00 PM MS DR Golf Invite 4:00 PM TR Howard Wood Relays/SF	<b>7</b> 8:00 AM All-State Jazz Band 10:00 AM Varsity Girls Golf @ POET invite in Milbank 7:00 PM Hip Hop Spring Dance Recital in DRMS Commons.
<b>8</b>	<b>9</b> 9:00 AM Golf BSC Try @ Tea Area (Bakkers Crossing) 11:00 AM MS Golf Irene/Wakonda 3:30 PM TR Quarrier Invitational 7:00 PM School Board Meeting 7:00 PM QPA Mtg. MS Commons	<b>10</b> 3:30 PM 7/8 TR BSC Meet in DR	<b>11</b> 7:00 AM Senior Trip to Minneapolis	<b>12</b> 9:00 AM Golf Harrisburg Invite 3:30 PM TR BSC Meet @ EPJ 4:00 PM MS Golf @ Plpestone	<b>13</b>	<b>14</b> 2:00 PM Graduation
<b>15</b>	<b>16</b> 10:00 AM Region Golf @ Milbank 4:00 PM MS TR @ Flandreau	<b>17</b>	<b>18</b>	<b>19</b> 12:00 PM Region TR @ Garretson (Coaches Mtg. 12:00, TR 1:00 PM, Field 2:00 PM)	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> 8:00 AM State Golf @ Vermillion 8:00 AM Last Day of School 7:00 PM School Board Meeting	<b>24</b> 8:00 AM State Golf @ Vermillion 8:00 AM Driver Education Classroom (8:00-4:00 PM)	<b>25</b> 8:00 AM Driver Education Classroom (8:00-4:00 PM)	<b>26</b> 8:00 AM Driver Education Classroom (8:00-4:00 PM)	<b>27</b> 8:00 AM State Track @ Madison 8:00 AM Driver Education Classroom (8:00-4:00 PM)	<b>28</b> 8:00 AM State TR @ Sioux Falls
<b>29</b>	<b>30</b>	<b>31</b>				

# MAY 2011

HEALTHY KIDS MAKE A DIFFERENCE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY MAY BASKET DAY	2 30 sit ups Repeat 2 times	3 Jump for Joy for 1 minute	4 30 Jumping Jacks. Repeat	5 Ride your bike or scooter or go for a walk!	6 Make up a dance to show your mom you love her!	7
8 Happy Mom's Day!!	9 Go for a walk with your mom	10 15 push ups REPEAT	11 Jump rope for 10 minutes	12 Stretch for 5 minutes.	13 Help someone in need.	14
15	16 go outside and play catch for 20 minutes	17 35 jumping jacks-REPEAT	18 NO TV. Turn off the TV and get moving!	19 Run around your house 3 times.	20 35 sit ups Repeat 2 times.	21
22	23 Last Day of School. Smile, Tell you teacher thank you!	24 Jump for Joy for 2 minutes- 1st day of sum- mer vacation!	25 Eat 2 cups of veggies today.	26 Get outside and ride bike, scooter or walk!	27 Clean your room, make sure to clean under your bed!	28
29	30 See how far you can throw a ball.	31 Take a parent for a walk!!				

ENJOY YOUR SUMMER VACATION! IT IS UP  
TO YOU TO MAKE HEALTHY CHOICES!!  
CALORIES IN SHOULD EQUAL CALORIES OUT

Dell Rapids School District 49-3  
1216 N. Garfield  
Dell Rapids, SD 57022

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