



Wise Owl

Dell Rapids Quarriers

Dell Rapids Public Schools Dell Rapids, SD

October 2012

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



Inside This Issue:

Administrators Corner	1
Student Dress Code	2
Class of 2013 Info	2
Building Security	2
School Board Info	2
Peer Helpers	3
Grant Check Presentation	3
Student Teachers	4
Scholastic Book Fair	4
Ag In Action	5
FCCLA News	5
"Vet Tech" Day	5
ACT Test Dates	6
DRMS SOM	6
The A.D.'s Top Ten	7
Booster Announcements	7
District Notices	7
Music Boosters	8
Band Rentals	8
All-State Chorus	8
Haven News	9
Drama Dept. Fundraiser	10
DRMS Fundraiser	10
DRHS Homecoming	11
Breakfast Menus	12
Lunch Menus 1	13
Lunch Menu 2	14
Food Service News	14
October Calander	15
Change Of Address	16
State Golfers	16

Attention: Administrative Audienc-

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

"You can dip my shoe in Ranch and I would eat it." Over the years, my wife, kids and friends have heard me say this lame anecdote over and over when discussing our likes and dislikes in food. I wouldn't consider myself a picky eater, but if there is something that I am forced to eat, I could muster the strength to consume most anything with a dollop of Ranch dressing.

Much banter has been made through the media recently regarding the new federal guidelines to the school lunch program. In case you are unfamiliar with the hotly debated changes, here is a brief overview from www.usda.gov that schools across the United States have started to implement:

- Ensuring students are offered both fruits and vegetables every day of the week;
- Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

On the surface, it is tough to argue offering our students a healthier portioned meal that offers choices of lower fat milk and a wide variety of fruits and vegetables.

Many of the concerns I have heard revolve around the smaller portion sizes and the increased use of wheat in our baked goods. Further, it is difficult to determine the proper caloric intake of a diverse student population. I will refrain from taking a stance on the new regulations; rather I would like to offer a few observations from the elementary cafeteria.

Choice is powerful. In the first few weeks of school I have noticed many students exploring and enjoying fruits and vegetables they were able to choose. Many of the offerings may or may not be a part of the tables outside of school. Broccoli, cauliflower, apricots, kiwi, bell peppers and radishes are a few of the more "exotic" fruits and veggies that students chose recently. Other items, such as lettuce, canned fruits, carrots and celery continue to be popular choices daily.

Research tells us that exposing children to a variety of foods early and often will help develop a taste for different foods. Students are no longer reluctant to make a choice on their fruits and veggies. I also noticed a decrease in the amount of food wasted and an increase in the number of students taking advantage of "seconds" on our salad bar.

Another factor I am considering in our uptake of fruit and veggie consumption at the elementary is the positive influence of others when making food choices. Students appear more comfortable trying and eating new foods when their friends are also enjoying them. I recall a contest among friends this week to see who was brave enough to endure the dreaded, spicy radish. After four radishes each, they made the determination that they really weren't that spicy and they were both proclaimed their "favorite root." That exposure and a friendly wager brought two new radish lovers into our world.

I am pleased to see students offered a wide variety of fruits and vegetables and fascinated with the good choices they are making. The increased consumption of fresh fruits and vegetables is a positive step towards healthy eating as adults. While I refrain from judgment, I do see positives of the new regulations. However, regulations at school alone will do little for lasting results. I encourage our parents to continue offering fruits and vegetables outside of the school day for snacks and dinner. You may be surprised to see a different perspective, as your son/daughter may have discovered a liking for a new food. They may even try something they don't like...especially with a side of Ranch!



Student Dress Code

Students attending any of the schools in the Dell Rapids School District 49-3 or representing the school district at a school sponsored function will not be allowed to wear any articles of clothing which convey any message of profanity, of drug, alcohol or tobacco, are sexually suggestivem or display racial slurs

SCHOOL BOARD

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

Class of 2013 Information

Graduation Date-Commencement isscheduledfor SaturdayMay 11, 2013, at2:00P.M.

Senior Pictures - Seniors may have their senior photographs taken by whomever they choose. However, it is important to schedule the photos as soon as possible if this has not already been done. We do not encourage students to miss school to have their senior pictures taken, so it is a good idea to have them taken during vacation days.

Senior Composites - Photos for the senior composite will be taken at school on August 28, 2012 by Photography By Mark. If a student wishes to submit another head and shoulder shot from senior pictures this must be approved by the office and submitted at school by December 14, 2012.

Caps and Gowns - Caps and gowns are ordered shortly after the Christmas holiday break. Payment for the cap and gown is made at the time they are ordered. Generally this costs about \$50.00. Extra tassels in school colors may be purchased at the time the caps and gowns are ordered for a few additional dollars.

Announcements - Graduation announcements are ordered through Jostens after the beginning of the second semester. Josten’s meets with the students at school to discuss a design. It is the student’s responsibility to order their own announcements; Jostens is one option, however, student’s may order announcements from another agency.

School Attendance - Seniors with signed parent consent forms are granted Senior Privileges during their final year. This means seniors are allowed to leave the high school during a free hour or during lunch. It is important to remember that these privileges may be lost if poor attendance or disruptive behavior becomes an issue. This open free period and lunch are privileges which come only when other responsibilities are met.

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.

Building Security

As a follow up to building security, we will continue to lock all doors to the elementary, middle school and high school buildings between the hours of 8:30 a.m. - 3:30 p.m. The exception will be the north door at the elementary and the south door at the MS/HS which will be open. All visitors entering the building must go directly to the office and check in. If you are not a student or a current employee, you are a visitor. In the event of a fire, all exterior doors have panic bars and will open from the inside.

Peer Helpers attend training session in Sioux Falls

The Peer Helpers from Dell Rapids High School went to a training session on Sept. 14, 2012, in Sioux Falls at the Volunteers of America building.

The trainer who helped them with this whole process was Michelle Majeres.

What the Peer Helpers do is described exactly in their name—they help their peers. They assist them with typical high school problems and other problems that involve drinking and driving and relationship decisions.

At the facility one of the things they did was learn about the six stages of helping:

1. State the concern
2. Identify the problem
3. Explore alternatives
4. Predict consequences
5. Find out what the person is going to do.
6. Express support

This process is more than likely the most important thing to know about being a Peer Helper, so that the students can actually solve the problem. The Advisor of the Peer Helper program is Guidance Counselor Jennifer Ruesink. She said that basically if a student needs help with a problem they find one of the Peer Helpers that they want to talk to and ask for help. This is a good idea because the student with the situation feels less pressured, because they choose who they want to talk to.

When asked if the training was helpful for the students, Ruesink said, “Yes it was helpful, because the students get to practice their helping skills, role play situations a student may have, and identify goals for the new school year.”

“I like being a Peer Helper because I feel like I can make a difference in the school,” said Senior Margo Hegge.

Now that the Peer Helpers have been trained any student who is struggling with anything can find one and let them help find the correct solution.



Darrian Grassi, Jessica Tisher, Margo Hegge, and Mikaela Stofferahn take a moment to contemplate what they are learning.



Zach Dishman, Ryan Gereats, Karen Eddy, and Alexa Devos are deep in discussion on how to manage a difficult problem.

Dell Rapids School District presented with \$25,000 check at Homecoming game

Early in the school year, Dell Rapids High School Principal Kimberly Kludt applied for a grant that was to be given to several school districts in the state of South Dakota ranging from \$10,000 to \$25,000 to enhance math and science education. Dell Rapids became one of the finalists and was selected to be a recipient for a \$25,000 grant.

On Friday night, Sept. 28, 2012, Principal Kludt was joined at half-time of the Homecoming football game at mid-field by Monsanto Fund Representative Troy Haag where the check was presented. Kludt and Haag were also joined by Rick Vasgaard, South Dakota Rural Education Council Member, who was responsible for investing so much time reviewing all of the Grower Grant Applications. It was a great team effort to get all of this working for a great opportunity toward the education of our students.

This grant money was presented through a program called America's Farmers Grow Rural Education which gives farmers the opportunity to nominate their public school district for this merit-based grant. During nominations, 61,000 farmers showed their support for 3,842 schools and this year 176 grants were given across 39 state for a total of 2.3 million dollars.

In South Dakota, a total of \$55,000 is being invested in rural education with Dell Rapids School District receiving \$25,000 and three other school districts receiving \$10,000.

Thanks to four Minnehaha County farmers in Jill Anderson, Tom Elverson, John Geraets, and Julie Price who nominated the school, Dell Rapids students will be able to use GPS technology and new iPads to practice digital mapping in their math and science courses.

We would like to thank all of the people responsible for this opportunity and for allowing the students to have this great hands-on opportunity.



Dell Rapids High School Principal Kimberly Kludt happily receives the \$25,000 check from Monsanto Fund Representative Troy Haag (far left), and Rick Vasgaard (middle left), along with nominator Jill Anderson (far right) at mid-field.

.....

• Student Teachers share teaching experiences at Dell Rapids High School •

.....



Mr. Eric Schramm

A new face roaming the halls since school

started this fall. Career and Technical Education instructor Craig Jorgensen has a student teacher helping out in the classroom in Eric Schramm, or Coach Schramm as some of the football athletes call him.

Schramm grew up in North Platte, Nebraska, and is attending South Dakota State University in Brookings S. D. as a senior. Schramm will graduate in December 2012 with a degree in Career and Technical Education.

Schramm is not only teaching during his time here, he is an assistant coach on the football field. "I like to see the student athlete's hard work pay off by winning a ring in the Dome," said Jorgensen.

Schramm enjoys being on the field and in the classroom interacting with the students, and they seem to like and communicate with him very well also. Schramm does his part on the field by

helping out and working with the kickers. "I felt like I was involved in something on the side line of the football game, it was great," said Schramm.

In the classroom, Jorgensen and Schramm are "team teaching". After Schramm gets the hang of things and ready to teach, he will be teaching on his own while Jorgensen will observe and help him if he needs it.

Schramm has decided to teach at the McCrossan's Boys Ranch when next summer arrives. If he would get an opportunity to coach somewhere after here, he says he definitely would.

On his time off he likes to go hunting and fishing, and he is going to be the new advisor of FCA for Dell Rapids High School starting the beginning of October.

Schramm will end his time at DRHS at the end of the semester.



Mr. Eric Nickelson

There is another new face in the halls this semester. Social Science instructor Mark Shriver has student teacher Eric Nickelson helping out in the class for this semester.

"I enjoy having student teacher's coming because they allow me to observe different ways of teaching my courses," Shriver said about Nickelson being here.

Nickelson grew up in the small town of Castlewood, S.D., and is currently attending South Dakota State University in Brookings S.D. as a senior. Nickelson will graduate this December with degrees in history, psychology, geography, and Spanish.

Nickelson is enjoying his experience in Dell Rapids so far, "I like how Dell Rapids is a small town. It's just like where I grew up."

In the classroom, Nickelson started off

observing Shriver's methods for the first couple of days. He is slowly starting to teach the courses week by week, and once he has the hang of things Nickelson will be teaching full time in all of Shriver's classes.

Nickelson enjoys watching the news and baseball on his free time. He also works the concessions for the South Dakota State Jackrabbits. Nickelson would like to stay in the area and teach after his time here at Dell Rapids High School is done. He enjoys teaching at smaller schools.

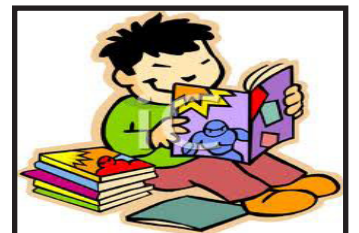
Nickelson will end his time here at the end of the semester and will continue into the field of education as a sub or in other activities until a full-time job becomes available. Best of luck in your future choice of teaching.

The Scholastic Book Fair is coming soon to the Dell Rapids Elementary School Library!



New dates and times:

- Mon, Nov 5, 8am-6pm
- Tues, Nov 6, 8am-8pm
- Wed, Nov 7, 8am-6pm
- Thu, Nov 8, 8am-8pm



Ag in Action

The unit on FFA has been the main focus for the Introduction to Agriculture, Food and Natural Resources students. The students have just finished covering the history, opportunities and skills students can develop by joining the FFA organization. Students have the choice to pay the \$15 dues and join this great organization.

The students are now working on a unit introducing them to the shop. The 22 students will go over the various tools, shop safety and project design. They will then have the opportunity to construct a small wood project. This class had Mary Lou Lacey come into the class as a guest presenter on Sept. 4, 2012. She is a soil conservationist the USDA Natural Resource Conservation Service office in Minnehaha

County and she presented information to the students on what the NRCS office does, her job requirements as a soil conservationist and what type of education is needed for jobs with the NRCS.

As the two sections of Fundamentals of Animal Science class finishes up their unit on livestock selection, they have gained knowledge on how to evaluate animals for quality and terms used to justify their decisions. They have just started the next unit on livestock nutrition covering the various nutrients needed by livestock and how to balance their ration.

Some FFA members presented Rural Safety booklets to the 5th grade students on Friday, Sept. 21. Local businesses donated money to cover the cost of publishing the booklets that are a great resource for the students and their families over the various safety concerns in the rural settings.

The district land judging school was held near Chester on Sept. 26 allowing

agriculture students and FFA members to develop their skills in land evaluation.

The FFA chapter had an entry in the homecoming parade on Sept. 28. The South East Region Land Judging event will be held on Oct. 2, 2012, with the location to be determined by the Minnehaha county NRCS office.

Heidi Anderson, Matt Boever, AJ Peterson, Deni Ahlers, Demi Erickson will have the opportunity to attend the National FFA Convention in Indianapolis, IN on Oct. 24-27, 2012.

The members will once again be starting the annual fruit sale in mid-October, so keep an eye out for members selling and advertisements relating to this fund raiser. Members are also working on developing their leadership skills to compete in the leadership career development events on Nov. 8 in Brookings and the district event on Nov. 13 in Hartford.

Keep watching for more FFA and Ag news to come.

The Dell Rapids FCCLA (Family, Career and Community Leaders of America) Chapter is beginning a new year with several community service projects and other activities planned.

Anyone who is interested in joining can do so by paying the \$15 dues which covers affiliation at the national, state and district level. For more information please contact, Ms. Rieck, local advisor or any member.

****Students in grades 7-12 who have taken or will be taking a FACS class this year are eligible to join.**



“Vet Tech” Day offers great experience

Twelve students and Ag Instructor Tom Wolff attend the event “Vet Tech Day” on Wednesday, Sept. 19, 2012. The event was held at Globe University in Sioux Falls. Jay Meyers, Dean of the Faculty at Globe University, was in charge of running the event.

“Vet Tech Day” was created for high school students who have an appeal in the Veterinary Technology field. The students received various classroom tours, hands-on activities including lab work, x-ray analysis and dissections, seeing animal holding areas, group discussions, surgery viewing, and an assembly with a Resident Veterinarian and the

current students at Globe University.

Wolf accompanied the students who went to “Vet Tech Day” at. He felt the program was interesting and that students enjoyed and learned from their time at the institution.

“They were very welcoming to the group.” Wolf said of the hospitality of Globe University’s students and staff.

Demi Erickson and Mikaela Adams were two of the twelve students who attend “Vet Tech Day”. Adams learned a lot of new things, enjoyed her time there, and wished to attend the Globe University for her career.

“It was fun. There are a lot of hands-on activities.” Erickson said of her experience on the day

Both Adams and Erickson’s favorite part was viewing surgical procedures.

These are great opportunities allowed to the students at DRHS and it is great that they take part in them.

The ACT Test Dates For 2012/2013

TEST DATE:

October 27, 2012

REGISTRATION DEADLINES:

Regular Deadline: Sept. 21, 2012

Late Fee Required: Sept. 22-Oct. 5, 2012

TEST DATE:

December 8, 2012

REGISTRATION DEADLINES:

Regular Deadline: November 2, 2012

Late Fee Required: November 3-16, 2012

Test Date:

February 9, 2013

Registration Deadlines:

Regular Deadline: January 11, 2013

Late Fee Required: January 12-18, 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.

Mrs. Ruesink, the High School School Counselor, is requesting high school parents to provide her with an updated e-mail address.

Having this information will allow for quick communication to inform parents of upcoming standardized assessments, scholarship information, financial aid information, post-high planning guidelines as well as classroom specific information.

Your cooperation and speedy response will help the Counselor better assist your student with future career and educational decisions.

You can contact Mrs. Ruesink at jennifer.ruesink@k12.sd.us or call the high school office at 428-5473 (option 1).

DRMS Students of the Month Announced

DRMS would like to announce and congratulate the Students of the Month for September.

These individuals have demonstrated positive behavior reflective of the Pillars of Character: trustworthiness, responsible, respectful, fair, good citizenship, and are caring individuals.

Thanks to Lunchtime Solutions, Video Plus and the Pizza Ranch, Students of the Month recipients will receive gift certificates for these places!



Congratulations to our September Students of the Month:

5th: Katelyn North
and Kendra Hofeman;

6th: Janae Schoeberl
and Jay Holm;

7th: Kinsey Carr
and Derek Ahlers;

8th: Patrick Hackett
and Skyler Bakker



"THE A.D.'S TOP TEN"

By: Activities Director
Jeff Dvorak



- #10 - Thanks to the Booster Club for the fine looking new flag and pole at the football field
- #9 - Thanks to Jeff Krumm for his "techno" work on our video board
- #8 - We are continuing work on a possible update to the Quarrier mascot
- #7 - Thanks to the Army National Guard for donating the cool Quarrier banners
- #6 - Reminder that any gym use needs to be scheduled with me first
- #5 - The volleyball team has proven that they can compete with any team around
- #4 - The comp cheer team continues to be a top team in our class
- #3 - The football team remains one of the best in the state
- #2 - The cross country runners have great numbers out and the girls continue to place high at meets
- #1 - Our defending state champ boys golfers will be off to Spearfish to make some noise



Senior Recognition/Parent Night is:



Football and Cheer – Friday, October 12

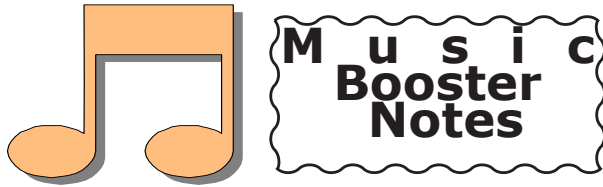
Volleyball, Boys Golf and Cross Country –
Thursday, October 25

Fall Sports Awards Night – Friday, Nov. 30, 2012 at 6:30 P.M.



THE DISTRICT HANDBOOKS ARE ON THE WEBSITE WWW.DR-K-12.ORG

The *Wise Owl* will only be mailed by request. The monthly *Wise Owl* and school calendars will be published for viewing online at www.dr-k12.org. Persons wanting to continue to receive a printed copy by mail must contact LuAnn Heidebrink at 428-5473, Opt. 7, or e-mail LuAnn.Heidebrink@k12.sd.us to be included on the new mailing list.



Welcome MUSIC BOOSTERS. If your son/daughter is in Band or Chorus, you are already a member. Interested in helping plan for the trips, dinner, and fundraising or just want to know more about the music department? Come join us the first Monday (usually) of the month at 7pm in the new and improved band room. Next meeting was Oct. 1, and is the first Monday of each month.

Marching Band performances, Pep Band during various home sport events, winter concerts, Pops and Popcorn concert, All State Bands and Chorus are some of the many programs your musical child will be able to be involved in.

The Marching Band performed for the Homecoming Parade, Friday, Sept. 28 and included grades 7-12 which made the sound stronger and louder. They will be performing again on Saturday, Oct. 6, 2012, for the

Festival of Bands in Sioux Falls. The parade starts at 9:00 A.M. Music Scholarship applications for middle and high school student lessons are available and are due January 15, 2013. Contact your child's director for the application or for more information.

Fundraising is part of the Music Boosters program. This fundraising helps with the cost of trips, scholarships, instrument repairs, uniforms and other musical venues. Yankee Candle/Cookie Dough, Schwan's Truckload sale, Concessions, Music dinner/pork loin sales are some of the fundraising events we are planning. Other fundraising opportunities are in the planning stages and we welcome all input. Since our big trip will be in 2014, please have your child take advantage of these fundraisers to earn money for the trip. It will be less money out of your pocket.

Any questions or comments, please contact:

Edie Hinricher (Music Boosters President) at 366-8319

Or you can email your child's teacher in:

Brian Smith at Brian.Smith@k12.sd.us

Ginny Ziebarth at Ginny.Ziebarth@k12.sd.us

Sharee Van Voorst at Sharee.VanVoorst@k12.sd.us

Band Instrument lease due for the 2012-13 school year

Parents/Guardians (and students age 18 or older) may lease school owned band instruments for student use in accordance with school policy IGDE. The lease fee will be \$75.00 per school year. The lease fee will be waived for students playing a school-owned instrument at the director's request or directive. The lease fee may also be waived by the Superintendent based upon the unique circumstances of the parents/guardians/student.

It is the intent of the Board of Education that no student shall be denied participation in the band program due to inability to afford a musical instrument or to lease a District owned musical instrument. Students (except graduating seniors) may keep the school-owned instrument over the summer for an additional lease fee of \$37.50. Checks should be made payable to the Dell Rapids School District and given to the student's band director.

**Congratulations to the 2012
DRHS All-State Choir Members!!**



Congratulations to the Dell Rapids High School singers who made the All-State Chorus Team. These students spent hours practicing for the auditions which were held on Friday, August 31, 2012.

These students sang in mixed quartets for Barb Hegg who was hired to come in and score the singers. Each group was judged on five different categories and auditioned on part of one of the songs that will be performed at the All-State Concert. Each student also had to sing individually for Mrs. Hegg.

The students with the highest scores are the members selected to go. This year there are eight members in: Jackson Gleason, Jordan Stone, Dylan Damm, Chelsey Huffman, Austen Hof, Darrian Grassi, Ben Hinricher, and Nichole Rice.

This year the All-State Concert is in Rapid City, S.D., on Saturday, October 27, 2012. Best of luck to all of the competitors and Advisor Ginny Ziebarth.

DELL RAPIDS COMMUNITY HAVEN



LIGHTS ON AFTER SCHOOL

Haven will celebrate this nationwide event on Thursday, October 18th. This celebration is held annually to call attention to the critical importance of quality After School Programs in communities and the resources required to keep the lights on and the doors open. After school programs keep kids safe, help working families, and provide opportunities for young people to develop into successful adults. Children who participate in after school programs are less likely to drop out of school. Visit www.afterschoolalliance.org to see how congress is showing their support & join the thousands of others in the "Afterschool for All Challenge".

Join us on October 18th from 3:30-6PM at Dells Bowl as we celebrate LOA with an afternoon of bowling, food & fun!! Please stop by to get information on the Haven Programs & pick up a coupon for discounts at the Bowling Alley (redeemable on a return visit)!

We are very thankful & fortunate to belong to a community where such great partnerships and friendships are formed! Thank you to all of the local businesses & individuals who have shown their support of the Haven Programs over the last 15 years!!!

Please turn your porch lights on from 6:00-9:30 p.m. to show your support of "keeping the lights on & the doors open to after school programs everywhere!"

Celebrate Lights On After school at the Washington Pavilion in Sioux Falls on Friday, Oct 5 at 5:30pm! Attend & demonstrate support for quality out-of-school time programs and enjoy entertainment from OST participants, an appetizer reception in the "Off the 'Fridge" gallery featuring art from programs around the state and access to all the Pavilion has to offer! RSVP to Erin at 367-9667 or erinb@sdvoicesforchildren.org. Students' artwork from SD will be displayed the entire month of October in the "Off the 'Fridge" gallery.

2012-13 TUITION FEES:

BEFORE SCHOOL: \$3.50/session

AFTER SCHOOL: \$4.00/session

DROP-IN: \$5.00/session

NON PUBLIC SCHOOL DAYS:

\$20/full day or

\$12/half day (6 hours or less)

Reduced tuition is available for those who qualify for free or reduced school meals.

Registration forms are available:

~ at Haven

~ at the school offices

~ at <http://jo085.k12.sd.us/>

~ by calling 366-8612

The Haven Program WILL BE OPEN on Monday, October 8th from 6:45am-6pm

(At the Old Elementary School)

***STUDENTS NEED TO BRING A SACK LUNCH!**

COST:

\$20/full day or \$12/half day (6 hours or less)

*cost includes breakfast, morning snack, afternoon snack and project materials.

Haven will accept drop-ins if space is available.

Pre-registration and notification is required.

(Haven will also be open 6:45am-6pm on the following non-school days: February 15, 18; & April 1)

Contact the Dell Rapids Community Haven at 366-8612

“Creepy Hallows” event for drama department

The scary and mysterious trails of Dell Rapids will come to life with a creepy twist. The Creepy Hallows Haunted Trails will take place on Oct. 27-28, 2012, located at 47314 246th Street, just 1.5 miles east of the Dell Rapids exit.

Cost will be \$5.00 per person and all proceeds will go to the Dell Rapids Drama Department.

Take an adventure down the “Haunted Highway” marked with signs from the dead. The Trail will be open from 7 P.M. - 11 P.M.

These scary nights will feature scenes like the graveyard and the witch’s lair. There will be food for the victims while they’re waiting for their scary event! Victims will be divided into groups and taken through the haunted woods. Children 10 years and younger are advised not to attend this event.

This night of thrills will be put on by Russ and Michelle Nelson, who are long time drama department supporters.

Come and enjoy something like Dell Rapids has never seen before. An attraction that will scare you to the bone! Come and visit “Creepy Hallows Haunted Trail” - Be there and Beware!!

Come join us as we take you through our haunted trail
A walk you won’t forget!

October 27 & 28

Trails open from 7-11

47314 246th St, 1.5 mile West

from the 4 way stop or 1.5

miles East from Dells Exit

(look for the signs)

\$5.00 per person

All proceeds go the DRHS

Drama Department

Please Help Dell Rapids Middle School Collect!



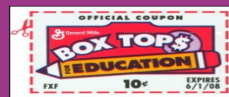
Labels For Education



Land O'Lakes Lids



Box Tops For Education



Pizza Ranch Wagons



Dell Rapids Middle School is asking again this year for your contributions to programs which help support our students and school. We are again collecting Labels For Education, Land O' Lakes Lids, Box Tops For Education and Pizza Ranch Wagons. After these items are collected they are then sent back to their individual corporations and items or monetary donations are given to the school. This has helped to support students at the Middle School in several ways including: providing funds for students to participate in programs and activities, making educational items and tools available to students, giving winter gear for the cold months to children, purchasing backpacks and other school supplies and in many other ways which help to benefit our students.

We appreciate your contributions as a community and thank you in advance for your help to make participating in programs such as these possible. If you would like to donate your Labels For Education, Land O' Lakes Lids, Box Tops For Education or Pizza Ranch Wagons you can drop them off in the Middle School office where a collection box is available.

Thank you again for your support in making DRMS a great place to be!

Dell Rapids Homecoming 2012

Homecoming 2012 was full of fun and memories that will be a part of everyone's lives for a long time.

It all began with Coronation on Monday, Sept. 24 with the crowning of the new King and Queen in Cole Langer and Karen Eddy. This night sets the tone and tempo for the rest of the week that included dress up days, athletic events, the parade, and ending with a dance on the final night.

Monday found most of the high school students dressed in generations as the seniors were "Senior Citizens", the juniors were "Adults", the sophomores were "Kids", and the freshman were "Babies" Tuesday brought the wildlife indoors as it was come as a "Day at the Zoo"; Wednesday brought the "Olympics/Olympians" with all of the U.S.A. pride; and, Thursday brought all of the local "Hobo's" off the streets and into a warm environment.

Friday was the day of showing school "Spirit", building floats, watching movies, and playing games until school was dismissed for the parade. The parade theme was "Candy" and there were aspects of Skittles, M&M's, Crunch, and Rolo themes all getting the community fired up for defeat of the Titans - which the Quarriers did 49-34.

Following the game was the dance at the old elementary school gym which officially ended another great Homecoming week for Dells.



2012 DRHS Homecoming royalty were (from left): Bryce Koch, Michael McGee, Trevor Peter, King Cole Langer, Queen Karen Eddy, Miranda Broin, Morgan Hoglund, and McKenzie Rinehart.



(Above left): Students set the day and make-up for being allowed to be "Animals" for a day; (Above right): The Seventh Graders had the dream to "Taste the Touchdown" to go with the 'Candy' theme; (middle left): The Freshman girls were babies for their generation day dress up - sure look cute girls!; (middle right): Queen Karen Eddy hands the football over to the referee to officially get the game under way!; (Below): The official Grand Marshall's on the day were Larry and Sandy Skatvold. Way to show all of your Quarrier Pride on this day.



The Senior float is the sign that the parade has officially come to an end. Enjoy the fun as this one is your last ladies and gentlemen!



(Left): The Cheerleaders set the tone for the final day in 'Spirit Day' with a pep rally and games to get everyone fired up and ready to go!



Band Director Brian Smith makes sure the band is in time and sounds good for the fans along the parade route.



LUNCH MENUS

DELL RAPIDS HIGH SCHOOL



LUNCH MENU - OCTOBER 2012



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.*



October selection: Apples

Discover the nutritional benefits of apples 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-F Fruit, Yogurt & Cheese Plate
- Cottage Cheese & Fruit Wrap

(All E. 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.



Sweet & Sour Pork

A taste of Asia! Watch Chef Keith as he prepares this Oriental favorite. Lean mid-west pork is sautéed with fresh onions, pineapple, and finally, sweet and sour sauce. Served with whole grain brown rice and a fortune cookie, students can add soy sauce or crushed red chili. 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 A. Homestyle Chili Mac B. Hot Dog C. Sub Sandwich Golden Corn ✓ Waldorf Dessert	2 A. Breaded Pork Patty B. Baked Chicken Nuggles C. Taco Salad Mashed Potatoes & Gravy	3 A. Homestyle Lasagna B. BBQ Rib Sandwich C. Sub Sandwich Green Beans ✓ Chocolate Pudding	4 A. Super Nachos B. Baked Breaded Fish & Cheese Sandwich C. Crispy Chicken Salad Breadstick Refried Beans ✓	5 A. Baked Crispy Chicken Sandwich B. Pizza C. Ham & Cheese Sandwich Steamed Carrots ✓
8 No School	9 A. Soft Shell Tacos B. Baked Crispy Chicken Sandwich C. Oriental Salad Whole Grain Roll Marinated Black Bean Salad ✓	10 A. Homestyle Meatloaf B. Baked Chicken Nuggets C. Sub Sandwich Mashed Potatoes & Gravy	11 A. Homestyle Beef Chili B. Baked Corn Dog C. Chef Salad Whole Grain Roll Peas ✓ Caramel Apple Dessert	12 A. Pizza Ranch B. Cheeseburger C. Turkey & Cheese Sandwich Steamed Broccoli ✓
15 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe C. Sub Sandwich Tri-Tator Hashbrown	16 A. Homestyle Beef & Cheese Enchilada B. Hotdish C. Taco Salad Golden Corn ✓	17 A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich C. Sub Sandwich Green Beans ✓ S'mores Pudding Dessert	18 A. Hot Dog B. Grilled Chicken Sandwich C. Crispy Chicken Salad Breadstick Baked Beans ✓ Locally Grown Apples ✓	19 A. Toasted Cheese & Ham Sandwich with Tomato Soup B. Pizza C. Ham & Cheese Sandwich Steamed Broccoli ✓ Gelatin Dessert
22 A. Homestyle Ham and Pasta Hotdish B. Cheeseburger C. Sub Sandwich Mixed Vegetables ✓	23 A. Fajitas B. Baked Mini Corn Dogs C. Chef Salad Whole Grain Roll Refried Beans ✓ Vanilla Pudding	24 A. Skillet Macaroni and Beef B. Teriyaki Chicken Sandwich C. Sub Sandwich Green Beans ✓	25 A. Hot Turkey Sandwich B. Baked Chicken Nuggets C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy Stained Glass Dessert	26 A. Pizza Ranch B. Breaded Pork Sandwich C. Combo Sandwich Golden Corn ✓
29 A. Homestyle Chicken & Noodles (over mashed potatoes) B. Baked Breaded Beef Fingers C. Sub Sandwich Mashed Potatoes & Gravy	30 A. Super Nachos B. Macaroni Carbonara C. Taco Salad Steamed Carrots ✓	31 A. Homestyle Cavatini B. Baked Crispy Chicken Sandwich C. Sub Sandwich Green Beans ✓ Chocolate Pudding	Menu Notes: Homestyle/Scratch Vegetarian Whole Grain Rich Other Good Fiber ✓	

Questions or Comments: Contact Rhonda Galles, Area Manager, at 605-670-9502 or rhonda@lunchtimesolutions.com



YOUR SOURCE OF INFORMATION FOR WHAT IS HAPPENING

Food Service News



The USDA, Food and Nutrition Service (FNS), published the final ruling for Nutrition Standards for the National School Lunch Program last February. Your school meal program is well ahead of the curve and is already in compliance with most all of the newly released meal pattern requirements for lunch, but there will be some changes as we begin the 2012-13 School Year.

- Your menus already offer fruit daily, in a quantity and variety that greatly exceeds even the new requirements.
- Your program already offers all of the required vegetable subgroups weekly.
- Your program already offers only fat-free (unflavored or flavored) and low-fat (unflavored) milk.
- Menus are already below the saturated fat limit of < 10 % of total calories.
- Menus are already zero trans-fat per portion.
- Many grains currently offered are whole grain-rich and 100% whole grain. The new requirements specify that "½ of grains offered must be whole grain-rich". Menus have been adjusted to offer grains that are whole grain-rich, such as dinner rolls, buns, and pastas.
- Menus and portion sizes will now be organized into 3 different grade groups. In the past, they were based on grades K-3, and 4-12. The new USDA requirement realigns the grade groups into K-5, 6-8, and 9-12. Portion sizes are determined by USDA regulation and must be adhered to.
- The new USDA regulations establish maximum bread servings per week for all grade levels, and no longer allow unlimited bread servings. Therefore, bread and peanut butter can no longer be offered as part of the Fruit & Veggie Bar. Students may still have unlimited servings of fruits and vegetables and are encouraged to do so.

- Entrée choices will sometimes have an item served with them to meet the new grain requirements, and that item may not be served with other entrée choices.
- All lunches must now include a fruit or vegetable (1/2 cup minimum must be on the tray), so cashiers will be monitoring trays and assisting students to ensure this is included.
- Breakfast will be incorporating more whole grain-rich menu items to prepare for changes in SY 13-14.

The USDA's new meal requirements have been years in the making, and are a response to the concern that our nation's youth has increasing rates of childhood obesity and Type 2 diabetes. The adjustments are an effort to steer student diets to fewer portions of meats and grains, and more portions of fruits and vegetables. With the program that Lunchtime Solutions provides for your school, if students are still hungry, they will continue to have unlimited servings of fresh fruits and vegetables.

Comments on your food service program are always welcomed. You may choose to send comments on the new meal requirements directly to the USDA:

Cynthia Long
 Child Nutrition Programs
 USDA Food and Nutrition Service
 3101 Park Center Drive Room 640
 Alexandria, Virginia 22302
 cindy.long@fns.usda.gov
 703-305-2590

Breakfast MENUS

DELL RAPIDS ELEMENTARY SCHOOL



BREAKFAST MENU - OCTOBER 2012

Breakfast Choices

Available every day, breakfast includes:

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



Fruit Available Every Day
Start your day off right

Will Breakfast Menus Change, Too?

You have seen changes to the items offered on the lunch menu this year - including more whole grain, and a required 1/2 cup serving of fruit or vegetables. You might be wondering why you haven't seen changes to the breakfast menu. The new regulations from the **Healthy Hunger Free Kids Act** that apply to school breakfast don't take effect until the **2013-14 school year**. At that time, your school breakfast program will be adjusting the fruit offered to a full cup, and converting all grains to whole grain products.

Breakfast Meal Prices & Extras

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

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

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
1 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
8 No School	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
15 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
22 Breakfast Pizza Fruit Milk Choices	23 Breakfast Yogurt Fruit Parfait Fruit Milk Choices	24 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	25 Mini Pancake Sausage Bites Fruit Milk Choices	26 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
29 Cinnamon Tastry Fruit Milk Choices	30 Homestyle Whole Grain Oat Bar 😊 Fruit Milk Choices	31 Homestyle Sausage Gravy over 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 condi- tions, breakfast will not be served. Entrée Note: Homestyle/Scratch 😊

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Questions or comments - Contact Rhonda Galles, Food Service Director at (605) 670-9502 or Rhonda@Lunchtimesolutions.com



DELL RAPIDS MIDDLE/HIGH SCHOOL



BREAKFAST MENU - OCTOBER 2012

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

Will Breakfast Menus Change, Too?

You have seen changes to the items offered on the lunch menu this year - including more whole grain, and a required 1/2 cup serving of fruit or vegetables. You might be wondering why you haven't seen changes to the breakfast menu. The new regulations from the **Healthy Hunger Free Kids Act** that apply to school breakfast don't take effect until the **2013-14 school year**. At that time, your school breakfast program will be adjusting the fruit offered to a full cup, and converting all grains to whole grain products.

Breakfast Meal Prices & Extras

MS/HS 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.

Mon	Tue	Wed	Thu	Fri
1 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
8 No School	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
15 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
22 Breakfast Pizza Fruit Milk Choices	23 Breakfast Yogurt Fruit Parfait Fruit Milk Choices	24 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	25 Mini Pancake Sausage Bites Fruit Milk Choices	26 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
29 Cinnamon Tastry Fruit Milk Choices	30 Homestyle Whole Grain Oat Bar 😊 Fruit Milk Choices	31 Homestyle Sausage Gravy over 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 condi- tions, breakfast will not be served. Entrée Note: Homestyle/Scratch 😊

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Questions or comments - Contact Rhonda Galles, Food Service Director at (605) 670-9502 or Rhonda@Lunchtimesolutions.com



DELL RAPIDS ELEMENTARY SCHOOL



LUNCH MENU - OCTOBER 2012

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.*



October selection: Apples

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

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

Choose it - Try it!



This year, students MUST have at least 1/2 cup of a fruit or a vegetable on their tray. If you always skip the fruits and veggies... Don't fight it! You'll learn to LOVE it! You have lots of choices for fruits and veggies every day, so choose something you like, or try something new! Benefits? A better lunch, more stamina for the day, and a healthier life!

Lunch Meal Prices & Extras

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

Mon	Tue	Wed	Thu	Fri
1 A. Homestyle Chili Mac B. Hot Dog C. Sub Sandwich Golden Corn ✓ Waldorf Dessert	2 A. Breaded Pork Patty Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Taco Salad Mashed Potatoes & Gravy	3 A. Homestyle Lasagna Breadstick B. BBQ Rib Sandwich C. Sub Sandwich Green Beans ✓ Chocolate Pudding	4 A. Super Nachos Whole Grain Rice B. Baked Breaded Fish Sandwich C. Crispy Chicken Salad Breadstick Refried Beans ✓	5 A. Baked Crispy Chicken Sandwich B. Pizza C. Ham & Cheese Sandwich Steamed Carrots ✓
No School	8 A. Soft Shell Tacos B. Baked Crispy Chicken Sandwich C. Oriental Salad Whole Grain Roll Marinated Black Bean Salad ✓	9 A. Homestyle Meatloaf Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich Mashed Potatoes & Gravy	10 A. Homestyle Beef Chili Cinnamon Roll B. Baked Corn Dog Whole Grain Roll Peas ✓ Caramel Apple Dessert	11 A. Pizza B. Cheeseburger C. Turkey & Cheese Sandwich Steamed Broccoli ✓
15 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe C. Sub Sandwich Tri-Tator Hashbrown	16 A. Homestyle Beef & Cheese Enchilada Hotdish B. Baked Chicken Nuggets C. Taco Salad Golden Corn ✓	17 A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich C. Sub Sandwich Green Beans ✓ Smores Pudding Dessert	18 A. Hot Dog B. Grilled Chicken Sandwich C. Crispy Chicken Salad Breadstick Baked Beans ✓ Locally Grown Apples	19 A. Toasted Cheese Sandwich with Tomato Soup B. Pizza C. Ham & Cheese Sandwich Steamed Broccoli ✓ Gelatin Dessert
22 A. Homestyle Ham and Pasta Hotdish Breadstick B. Cheeseburger C. Sub Sandwich Mixed Vegetables ✓	23 A. Fajita B. Baked Mini Corn Dogs C. Chef Salad Whole Grain Roll Refried Beans ✓ Vanilla Pudding	24 A. Skillet Macaroni and Beef Breadstick B. Grilled Chicken Sandwich C. Sub Sandwich Green Beans ✓	25 (over Mashed Potatoes) A. Turkey & Gravy Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy Stained Glass Dessert	26 A. Pizza B. Breaded Pork Sandwich C. Combo Sandwich Golden Corn ✓
29 A. Homestyle Chicken & Noodles B. Baked Breaded Beef Fingers C. Sub Sandwich Mashed Potatoes & Gravy Waldorf Dessert	30 A. Super Nachos B. Macaroni Carbonara C. Taco Salad Steamed Carrots ✓	31 A. Homestyle Cavatini Breadstick B. Baked Crispy Chicken Sandwich C. Sub Sandwich Green Beans ✓ Chocolate Pudding	Menu Notes: Homestyle/Scratch Vegetarian Whole Grain Rich Other Good Fiber	Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice. LUNCHTIME SOLUTIONS, INC.

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

DELL RAPIDS MIDDLE SCHOOL



LUNCH MENU - OCTOBER 2012

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.*



October selection: Apples

Discover the nutritional benefits of apples 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-F Fruit, Yogurt & Cheese Plate
W Turkey Deli Wrap	Th Cottage Cheese & Fruit Wrap
Th Ham Deli Wrap	(All E. include roll or breadsticks)
F Grilled Chicken Wrap	

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.

Choose it - Try it!

This year, students MUST have at least 1/2 cup of a fruit or a vegetable on their tray. If you always skip the fruits and veggies... Don't fight it! You'll learn to LOVE it! You have lots of choices for fruits and veggies every day, so choose something you like, or try something new! Benefits? A better lunch, more stamina for the day, and a healthier life!

Mon	Tue	Wed	Thu	Fri
1 A. Homestyle Chili Mac B. Hot Dog C. Sub Sandwich Golden Corn ✓ Waldorf Dessert	2 A. Breaded Pork Patty Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Taco Salad Mashed Potatoes & Gravy	3 A. Homestyle Lasagna Breadstick B. BBQ Rib Sandwich C. Sub Sandwich Green Beans ✓ Chocolate Pudding	4 A. Super Nachos Whole Grain Rice B. Baked Breaded Fish Sandwich C. Crispy Chicken Salad Breadstick Refried Beans ✓	5 A. Baked Crispy Chicken Sandwich B. Pizza C. Ham & Cheese Sandwich Steamed Carrots ✓
No School	8 A. Soft Shell Tacos B. Baked Crispy Chicken Sandwich C. Oriental Salad Whole Grain Roll Marinated Black Bean Salad ✓	9 A. Homestyle Meatloaf Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich Mashed Potatoes & Gravy	10 A. Homestyle Beef Chili Cinnamon Roll B. Baked Corn Dog Whole Grain Roll Peas ✓ Caramel Apple Dessert	11 A. Pizza B. Cheeseburger C. Turkey & Cheese Sandwich Steamed Broccoli ✓
15 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe C. Sub Sandwich Tri-Tator Hashbrown	16 A. Homestyle Beef & Cheese Enchilada Hotdish B. Buffalo or BBQ Chicken Wrap C. Taco Salad Golden Corn ✓	17 A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich C. Sub Sandwich Green Beans ✓ Smores Pudding Dessert	18 A. Hot Dog B. Grilled Chicken Sandwich C. Crispy Chicken Salad Breadstick Baked Beans ✓ Locally Grown Apples	19 A. Toasted Cheese & Ham Sandwich with Tomato Soup B. Pizza C. Ham & Cheese Sandwich Steamed Broccoli ✓ Gelatin Dessert
22 A. Homestyle Ham and Pasta Hotdish Breadstick B. Cheeseburger C. Sub Sandwich Mixed Vegetables ✓	23 A. Fajita B. Baked Mini Corn Dogs C. Chef Salad Whole Grain Roll Refried Beans ✓ Vanilla Pudding	24 A. Skillet Macaroni and Beef Breadstick B. Grilled Chicken Sandwich C. Sub Sandwich Green Beans ✓	25 (over Mashed Potatoes) A. Turkey & Gravy Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy Stained Glass Dessert	26 A. Pizza Ranch B. Breaded Pork Sandwich C. Combo Sandwich Golden Corn ✓
29 A. Homestyle Chicken & Noodles B. Baked Breaded Beef Fingers C. Sub Sandwich Mashed Potatoes & Gravy Waldorf Dessert	30 A. Super Nachos B. Macaroni Carbonara C. Taco Salad Steamed Carrots ✓	31 A. Homestyle Cavatini Breadstick B. Baked Crispy Chicken Sandwich C. Sub Sandwich Green Beans ✓ Chocolate Pudding	Menu Notes: Homestyle/Scratch Vegetarian Whole Grain Rich Other Good Fiber	Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice. LUNCHTIME SOLUTIONS, INC.

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



October 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:00 AM Boys Golf-State Meet-Spearfish (120 Spearfish Canyon Road) 4:00 PM 7/8 VB @ Home vs. Tri-Valley 4:30 PM JV FB @ Home vs. Luverne	2 8:00 AM Boys Golf -State Meet-Spearfish 8:00 AM SE Region Land Judging Event-TBA 4:00 PM 7/8 FB @ Tea (500 W. Brian St) 5:00 PM Minnehaha Co. Planning Mtg in MS Commons (set up at 5pm) 5:30 PM Cheer @ Brandon Valley Invite(301 S. Splitrock Blvd)	3	4 4:00 PM 7/8 VB @ Home vs. Sioux Valley 5:00 PM VB @ Home vs. Sioux Valley(C game @ 5 w/ JV & Varsity to follow)	5 3:30 PM XC- BSC @ Home 7:00 PM FB @ Dakota Valley(1150 Northshore Dr.) (game will be web-cast on bigsiouxmedia.com)	6 8:00 AM Festival of Bands in SF 9:00 AM 7/8 VB (BSC) @ Tri-Valley
7	8 8:00 AM No School- Native American/ Columbus Day 4:00 PM 9th & JV FB @ Dakota Valley (JV @ 4:00, 9th to follow) (1150 Northshore Dr.) 7:00 PM School Board Meeting	9 4:00 PM 7/8 VB @ Home vs. Tea 5:00 PM VB @ Harrisburg (C game @ 5 w/ JV & Varsity to follow)(1300 W. Willow St.) 5:30 PM Cheer @ SF Washington(501 N. Sycamore Ave.)	10 8:15 AM Senior Group Shot	11 4:00 PM XC- Region Meet @ Flandreau 4:00 PM 7/8 FB @ Home vs. Sioux Valley 5:00 PM VB @ Home vs. SFC (C game @ 5 w/ JV & Varsity to follow)(game will be webcast on bigsiouxmedia.com)	12 7:00 PM FB @ Home vs. Sisseton 7:00 PM Senior Parent's Night for FB & Cheer	13 10:00 AM VB- BSC Tourney (TBA)
14 8:00 AM FC-CLA Leadership Weekend-Huron	15 8:00 AM FCCLA Leadership Weekend- Huron 4:00 PM 7/8 VB @ Flandreau 6:30 PM Cheer-Lake Preston Invite(300 1st St. NE) 7:00 PM FFA Chapter Meeting	16 4:00 PM HS Quiz Bowl @ Brookings 4:00 PM HS Quiz Bowl @ Brookings 5:00 PM VB @ Madison (C game @ 5 w/ JV & Varsity to follow)(800 NE 9th St)	17	18 7:00 PM FB @ Milbank(1001 E. Park Ave.)(game will be webcast on bigsiouxmedia.com)	19 5:00 AM FCCLA serves breakfast at banquet-Sioux Falls 8:00 AM Cheer- State Tournament-Watertown(200 NE 9th St.) 8:00 AM End of Quarter 1 5:00 PM VB @ Home vs. Chester(C game @ 5 w/ JV & Varsity to follow)(game will be webcast on bigsiouxmedia.com) 5:30 PM 7/8 FB @ Harrisburg (1300 W. Willow St)	20 8:00 AM Cheer-State Tournament-Watertown 10:00 AM XC-State Meet @ Huron (TBA)
21	22 5:00 PM VB @ Home vs. Beresford (C game @ 5 w/ JV & Varsity to follow) 7:00 PM School Board Meeting	23 7:00 PM FB Play-offs- 1st Round (TBA)	24 8:00 AM FFA National Convention	25 8:00 AM FFA National Convention 5:00 PM VB @ Home vs. Dakota Valley (C game @ 5 w/ JV & Varsity to follow) 5:00 PM Senior Parent's night for VB, Boy's Golf & Cross Country	26 7:30 AM 7:30-10:00am: STAFF health screenings and flu shots 8:00 AM FFA National Convention 8:00 AM All State Chorus-Rapid City 10:30 AM Photography by Mark/Make-up photo day @ ES 1:00 PM Photography by Mark/Make-up photo day @ HS/MS 1:30 PM Photography by Mark/7-8 group photo	27 8:00 AM FFA National Convention 8:00 AM All State Chorus-Rapid City
28	29 7:00 PM FB Play-offs- 2nd Round (TBA)	30 6:00 PM VB- District Tournament-Home	31	Nov. 1 7:00 PM VB-District Championship @ High Seed	2	3 7:00 PM FB Semifinal (TBA)





Congratulations to Devon Weber, Ty Hoglund, Adam Karst, Ted LaCoursiere, and Zach Schroeder on back to back Region 1 Golf Championships; and best of luck at the State Meet on October 1-2, 2012 in Spearfish, S.D.



Have You Had A Change of Address?

Please notify the office at your child's school to update the school's mailing list.



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

Non-Profit
Organization
U.S. Postage Paid
Dell Rapids, SD 57022
Permit No. 9

Current Resident or