

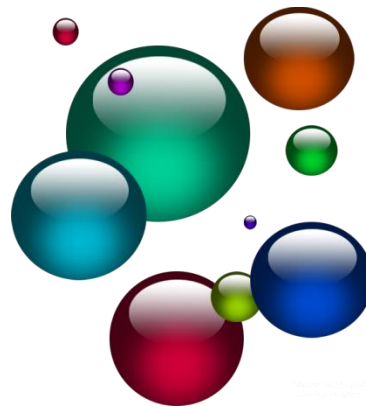
**USD 270
SEPTEMBER
NEWSLETTER 2017**



**HOME
COMING**

**September 29th, 2017 Crowning at the
High School Football Game against Republic County
Candidate Ceremony at 2 p.m. in the High School Auditorium
Homecoming Dance on Saturday, September 30th
From 8-11 p.m. in the Cafeteria**

**BACK TO SCHOOL
WET/WACKY FUN NIGHT**



Social/Emotional Character Development Skills in Grades 7/8

By Shari Bobek

Wouldn't it be great if there were a way to protect your middle school student from risky behaviors, such as bullying, aggression, and substance abuse, while improving his or her school success? Fortunately, research shows there is a way to do just that.

This month we will begin the Second Step program in 7th and 8th grade classes. Building on and practicing social skills throughout the middle school years helps students become better able to use them. The Second Step program focuses on skills that will help your student succeed in school and in life. These skills include:

- Empathy
- Communication
- Perspective taking
- Respectful disagreement
- Negotiation and compromise
- Emotion management
- Coping with stress
- Decision making
- Goal setting

You play a vital role in helping your student develop strong social skills. During the next few weeks, the focus of the lessons will be on empathy and communication. Ask questions about the skills your student is learning, such as:

- “What does it mean to have empathy, and how does it help you in school?”
- “Who are some people you can count on if you need an ally?”
- “What are the steps you use to negotiate and compromise?”
- “What is the best way to handle a grievance?”
- “Why does it help to consider someone else’s perspective when you negotiate and compromise?”

Thank you for supporting your student in learning the skills that lead to success in school and in life. For further information, make sure to join www.secondstep.org with the activation key **SSP7 FAMI LY23** (for 7th graders) or **SSP8 FAMI LY34** (for 8th graders) to watch the videos about the Second Step program and get information about what your student is learning.

USD 270 Nutrition Corner

Child Nutrition is our Business



How does Greek yogurt compare to traditional yogurt?

Greek yogurt is a hot item on the grocery shelf these days. It has a tangy flavor and a creamy texture. Compared to traditional yogurt, Greek yogurt is strained to remove much of the liquid whey, lactose and sugar, giving it a thicker consistency. It also contains essential nutrients. In some cases, Greek yogurt can pack up to double the protein and roughly half the carbohydrates of regular yogurt. Because of its consistency, it works well as an ingredient in recipes. Some people, especially kids, may still prefer the flavor of traditional yogurts, so remember all low-fat yogurts, Greek or not, can fit into a healthful diet.

What nutrients do dairy foods provide?

Dairy nutrition facts show that together, milk, cheese and yogurt provide a unique package of nine essential nutrients: Calcium, potassium, phosphorous, protein, vitamins A, D and B12, riboflavin, niacin (or niacin equivalents.) The USDA defines an “essential nutrient” as a dietary substance required for healthy body functioning. Essential nutrients must come from the diet because the human body can’t manufacture them in sufficient quantities to meet daily needs. From helping repair muscle tissue to maintaining healthy red blood cells, the nine nutrients in milk work together to help keep the body in optimal health.



For Baked Apples

Directions

For Baked Apples

- 1. Preheat oven to 350° F. Spray an 8×8-inch baking dish with non-stick cooking spray; set aside.**
- 2. Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice.**
- 3. Mix brown sugar, cornstarch, cinnamon nutmeg and salt together in small bowl.**
- 4. Sprinkle over apples and stir gently until apples are coated.**
- 5. Pour apples into prepared baking dish. Bake 40 minutes or until apples are slightly browned at edges and sauce is bubbling.**

For Yogurt Topping

1. Line a colander with several paper towels and place over a bowl to catch drips.
2. Pour yogurt into colander and allow to drain, refrigerated, about 30 minutes.
3. Spoon yogurt into a small bowl and stir in honey and cinnamon.
4. For each serving, top ¼ of the warm apples with ¼ of the yogurt topping.

Ingredients For Baked Apple

- 4 Granny Smith or Gala apples with or without skin
- 1/4 cup unsweetened apple juice or apple cider
- 1/4 cup brown sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 2 ½ cups low fat plain yogurt
- 1 teaspoon honey
- ¼ teaspoon cinnamon

Nutrition Facts

Baked Apples with Cinnamon Yogurt Topping

Amount Per Serving

Calories 264 Calories from Fat 27

% Daily Value*

Total Fat	3g	5%
Saturated Fat	2g	10%
Polyunsaturated Fat	0.1g	
Monounsaturated Fat	1g	
Cholesterol	9mg	3%
Sodium	231mg	10%
Potassium	570mg	16%
Total Carbohydrates	54g	18%
Dietary Fiber	4g	16%
Sugars	42g	
Protein	8g	16%
Vitamin A	2%	
Vitamin C	16%	
Calcium	31%	
Iron	5%	

Yields: 4 servings

Prep Time: 25 minutes


Cook Time: 40 minutes

- Percent Daily Values are based on a 2000 calorie diet.
- Ingredients





September 2017 Breakfast

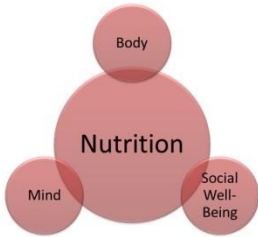
Monday	Tuesday	Wednesday	Thursday	Friday
				1. Cereal Choice Peaches Juice Choice Milk
4. LABOR DAY  No School Labor Day	5. Pancakes/syrup Sausage Links or Cereal Mandarin Oranges Milk	6. Cereal Choice Toast Peaches Juice Choice Milk	7. Mini French Toast or Cereal Pineapple Milk	8. Bagel w/Toppings or Cereal Banana Cheese Stick (9-12) Milk
11. Yogurt Toast or Cereal Cinn. Applesauce Milk	12. Breakfast Bites or Cereal Pears Juice Choice Milk	13. Cereal Choice Apples Juice Choice Milk	14. WW Banana Mini Loaf String Cheese Stick or Cereal Orange Milk	15. Waffle Sticks Sausage Links or Cereal Peaches Milk
18. Cereal Choice Pears Juice Choice Milk	19. Oatmeal Breakfast Round or Cereal Pineapple Milk	20. Biscuit Breakfast Sandwich Mandarin Oranges Milk	21. Cereal Choice Graham Crackers Tropical Fruit Juice Choice Milk	22. Yogurt Cinnamon Bread Stick Banana Milk
25. NO SCHOOL Teacher In-service	26. Pancake on a Stick or Cereal Applesauce Milk	27. Breakfast Pizza or Cereal Pineapple Milk	28. Tac-Go Salsa or Cereal Oranges Milk	29. Waffle Sticks Sausage Links or Cereal Peaches Milk

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk


ALL STUDENTS will be served 1 cup fruit or 1/2c juice AND 1/2c fruit

ALL BREADS made or served in the USD 270 Kitchen are Whole Grain

This institution is an equal opportunity provider



September 2017 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Sloppy Joe/Bun Sun Chips (9-12) Sweet Potato Puffs Bakes Beans Grapes Milk
4. No School Labor Day 	5. Chicken Wrap Romaine/Tomato Spanish Rice Steamed Carrots Watermelon Milk Option: Side Salad One (6-12)	6. Skroodlegetti Salad Peas (9-12) Garlic Bread Peaches Milk	7. Taco Salad w/WG Chips n Salsa Refried Beans Cinnamon Bun Pineapple Chunks Milk No Optional Salad	8. Chicken n Noodles Mashed Potatoes Green Beans Roll (6-12) Orange Wedges Milk
11. Hamburger/Bun Romaine/Tomato Sweet Potato Fries Oatmeal Cookie Pears Milk	12. Chicken Nuggets Mashed Potatoes/Gravy Steamed Carrots Tropical Fruit Milk Option: Side Salad One (6-12)	13. White Chicken Chili Fresh Broccoli Cherry Tomatoes Corn Bread Square Peaches Milk	14. Baked Ham Baked Beans Oven Potatoes Roll Apples Milk Option: Side Salad One (6-12)	15. Biscuits & Gravy Sausage Patty (6-12) Tri-Tater Celery Sticks Orange Wedges Milk
18. Ham n Cheese Pocket Potato Wedges Broccoli Tropical Fruit Milk	19. Pepperoni Pizza Garlic Bread Stick w/Marinara Romaine Spinach Salad Apples Milk No Optional Salad	20. Taco Burger Shredded Romaine Tomatoes Refried Beans Corn/Blk Bean Salsa w/chips (9-12) Pears Milk	21. Italian Pasta Bake Fresh Gr. Peppers Fresh Baby Carrots WW Bread (9-12) Grapes Brownie Milk Option: Side Salad One (6-12)	22. Chicken Pattie Mashed Potatoes Gravy Steamed Carrots WW Roll (6-12) Oranges Milk
25. No School Teacher In-service	26. Stromboli Squares Broccoli Tater Tots Rosy Applesauce Milk Option: Side Salad One (6-12)	27. BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Mandarin Oranges Oatmeal Cookie (9-12) Milk	28. Ham n Cheese Sub Lettuce & Tomato Oven Potatoes Zucchini Yellow Squash Mix Peaches Milk	29. Country Style Beef Pattie Mashed Potatoes & Gravy Carrots WW Roll Banana Milk

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk (extra milk .35)

ALL students will have choices of fruit (K-12)

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