



USD 270 NEWSLETTER OCTOBER 2020



HOMECOMING 2020





SENIOR NIGHT



Allen Brockmeier

Band

Lady Cardinal Golf Coach



Fall is here y'all. That means football, volleyball, and girls golf. Not to mention that we can finally give our air conditioners a much needed break from the summertime heat. It also means we can start putting away our summertime clothes and get our sweaters and jackets out of storage. Putting on our warm cozy clothes so we can enjoy watching our favorite team play under the Friday night lights is always a highlight of the Fall season.

Even with the leaves turning into their glorious fall colors, it is the time of year when we are not afraid to cook more inside; without the fear of heating up the house and making the A/C run even more than it has to. This is the season for soup. Maybe you can't wait to make your tried and true recipe for chili with the Kansas favorite cinnamon rolls. Perhaps you can't wait to put in the crockpot a beef stew that your family simply loves to eat on a cool evening. Maybe you want to be adventurous and try some new soup recipe you saw on Facebook or the Cooking Channel. Whatever your desire, this is the time for soup. Nothing warms the body and soul more than a big bowl of soup on a chilly day.

You can have a big bowl of chili and a giant cinnamon roll before the next Cardinal football game on Friday night. Maybe you can start the crockpot up and have Chicken Enchilada Soup waiting for you and your favorite lady Cardinal volleyball player. Even after a long day at the links following your favorite lady Cardinal golfer around the course you could have a wonderful Pumpkin Peanut Butter Chicken Soup waiting for you and your golfer.

The Fall season is more than pumpkins and all-spice. It's a time to support our students in all their activities and more importantly the start of another great school year. With all that Fall brings, let's take time to enjoy the small things and being a part of such a great school district. Remember to enjoy some soup and GO Cards!!!





OCTOBER 2020 BREAKFASTS



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>"The most important thing you will ever wear is your attitude." – Jeff Moore</p>		<p>1. Yogurt Graham Crackers Cereal Pears Juice Milk</p>	<p>2. Cereal Choice Peaches Juice Milk</p>
<p>5. Cheese Omelet Biscuit Cereal Apples Juice Milk</p>	<p>6. Pancakes/Syrup Sausage Links Cereal Mandarin Oranges Juice Milk</p>	<p>7. Cereal Choice Peaches Juice Milk</p>	<p>8. French Toast Cereal Pineapple Juice Milk</p>	<p>9. Bagel w/Toppings Cereal Banana Juice Milk</p>
<p>12. NO SCHOOL In Service</p>	<p>13. Breakfast Bites Cereal Pears Juice Milk</p>	<p>14. Cereal Choice Apples Juice Milk</p>	<p>15. Banana Bread String Cheese Cereal Mandarin Oranges Juice Milk</p>	<p>16. Yogurt Parfait Peaches Juice Milk</p>
<p>19. Cereal Choices Pears Juice Milk</p>	<p>20. Oatmeal Breakfast Round Cereal Pineapple Juice Milk</p>	<p>21. Biscuit Breakfast Sandwich Cereal Oranges Juice Milk</p>	<p>22. Cereal Choices Graham Bug Bites Tropical Fruit Juice Milk</p>	<p>23. Yogurt Cinna Stick Banana Juice Milk</p>
<p>26. Cereal Bar String Cheese Cereal Peaches Juice Milk</p>	<p>27. Pancake on a Stick Cereal Applesauce Juice Milk</p>	<p>28. Breakfast Pizza Cereal Juice Milk</p>	<p>29. Tac-Go Cereal Oranges Juice Milk</p>	<p>30. Cereal Choice Tropical Fruit Juice Milk</p>

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk
 Extra Milk .40**(NO EXTRA MILK DURING FREE PROGRAM)
 ALL STUDENTS will be served 1 cup fruit or 1/2c juice AND 1/2c fruit
 This institution is an equal opportunity provider

OCTOBER 2020 LUNCHES

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Cheese Quesadilla Lettuce/Tomato Corn Oranges Milk	2. Cowboy Cavatini Tossed Salad w/ Spinach Whole Wheat Roll Fresh Banana Milk
5. Chicken Tetrzzini Broccoli Garlic Bread Stick Strawberries Milk	6. Pork Rib on a Bun Romaine & Tomato Tater Tots Fresh Carrots/Ranch Fresh Kiwi Milk	7. Lasagna Corn WG French Garlic Bread Cinnamon Apples Milk	8. BBQ Grilled Chicken Patty Mashed Potatoes/Gravy Green Beans WW Roll Mandarin Oranges Milk	9. Sloppy Joes Sweet Potato Fries Choc. Chip Cookie Baked Beans Rosy Applesauce Milk
12. NO SCHOOL Teacher In Service	13. Chicken Wrap Romaine/Tomato Spanish Rice Steamed Carrots Tropical Fruit Milk	14. Skroodlegetti Peas Garlic Bread Sticks Peaches Milk	15. Beef Taco Pie Shred. Lettuce/Salsa Refried Beans Cinnamon Bun Pears Milk	16. Turkey/Ham/Ch Sub Sun Chips Frsh Carrots/Ranch Apples Milk
19. Hamburger/Bun Romaine/Tomato French Fries Oatmeal Cookie Pears Milk	20. Chicken Nuggets Mash. Potatoes/Gravy Broccoli WW Roll Pineapple Milk	21. Chili Celery/ Carrots Cinnamon Roll Peaches Milk	22. Baked Ham Warm Garlic Pasta Baked Beans Roll Rosy Applesauce Milk	23. Tater Tot Casserole Steamed Carrots Roll Tropical Fruit Milk
26. Bierochs Potato Wedges Broccoli Tropical Fruit Milk	27. Cheese Pizza Romaine/Spinach Salad Cinnamon Apples Brownie Milk	28. Taco Burger Shredded Romaine Tomatoes Refried Beans Corn/Black Bean Salsa W/Chips Pears Milk	29. Italian Pasta Bake Corn Garlic Bread Stick Mandarin Oranges Milk	30. ½ Day of School NO LUNCH

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk
 Extra Milk is .40** (NO EXTRA MILK DURING FREE PROGRAM)
 ALL students will have choices of fruit (K-12)
 ALL BREADS made in the USD 270 Kitchen are Whole Grain
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OCTOBER 2020 - Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				JH & HS XC @ Beloit 3:45 pm JH FB vs Russell Home 6:00 PM	FB @ Inman 7:00 pm	
4	5	6	7	8	9	10
	Lady Golf @ Smoky Hill (TMP Invitational) 1:00 pm		FCCLA Fall Leadership Conference @ Phillipsburg 8:30 am	JH FB @ Oakley 4:30 pm JH VB @ Oakley 4:00 pm MCEL & MCL XC @ Phillipsburg 4:00 pm	FB vs Smith Center @ Home 7:00 pm	MCEL VB @ Phillipsburg 8:00 am
11	12	13	14	15	16	17
	BOE Meeting 7:00 pm No School Teacher Inservice Regional Lady Golf VB @ Victoria 4:00 pm	JH FB vs Phillipsburg @ Home 6:00 pm JH VB vs Phillipsburg @ Home 4:30 pm School Pictures		JH & HS XC @ Hoxie 4:30 pm MCL VB Tournament @ Hoxie 3:00 pm	End of 1 st Quarter FB @ Ellinwood 7:00 pm	MCL VB Tournament @ Hoxie 9:00 am
18	19	20	21	22	23	24
	State Lady Golf	State Lady Golf VB vs Central Plains, LaCrosse, Pratt @ Claflin 4:00 pm			FB vs Salina- Sacred Heart @ Home 7:00 pm	Regional XC VB Sub State
25	26	27	28	29	30	31
	Regional XC				FB Playoffs 1 st Round 11:30 Dismissal Collaboration PM State VB	State VB State XC @ Wamego