

Gilbert Community School District

103 Mathews Drive, Gilbert, Iowa 50105

www.gilbertcsd.org

SUPERINTENDENT'S MESSAGE



May 2016

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It is hard to imagine that it is time for the May newsletter. Where did this year go? Parents and students are preparing for graduation parties, spring sports are looking toward state qualifiers, and teachers are carefully planning ways to keep students engaged right up to the last day! It has been an outstanding year with many successes coming in academics, fine arts, and athletics at all levels. We have had a couple of teachers recognized on the state level for excellence in teaching and have any number of other teachers who certainly should be recognized! We have increased our communication efforts with our presence on our new website, Twitter, Instagram, digital backpack, and Facebook. We have had amazing fundraisers and support from our booster groups and Foundation and PTO. We have welcomed a number of new staff members in my office who have done a wonderful job for us this year, taking over with some pretty big shoes to fill! And finally, I have seen many wonderful examples of teachers, students and parents all working together to make sure ALL of our students are able to learn, grow and experience academic success. This is what is important to me as the leader of this district, this is what makes what can sometimes be a difficult job so gratifying. And this year, we have rocked it. Thanks to all of the stakeholders in the district who made this possible.

The nice weather has enhanced the experience of our spring sports athletes. If you have time, please come to a home soccer game, track meet or head into Ames Golf and Country Club for a golf meet. It is highly entertaining to watch our talented young people go out and give their best efforts. We also have some baseball leagues playing if you enjoy that sport. It is also that time of year for all of our music concerts. Check out the calendar and catch a performance from our band or choir groups from elementary through high school. We will also be hosting the IHSMA State Large Group Band and Choir Festival on May 6th at the high school. Come and support our Gilbert musicians and enjoy the music from other conference schools. I had an opportunity to attend our Grand March for this year's prom, which according to all reports went really well! The students certainly looked nice in all of their prom finery. Thanks to the sponsors and parents who put in a lot of time to make the evening memorable for those in attendance.

Let's keep working hard to end this year on a positive note, keeping in mind the impact we have on the future with what we do with EVERY STUDENT, EVERY DAY!

—Lindsey Beecher



GILBERT COMMUNITY SCHOOL DISTRICT

[Click here for App!](#)

-SCHOOL INFORMATION-

SAVE THE DATE: Thursday, June 9th, evening (TBD) VOLUNTEERS NEEDED!!



We will be tearing out the old lockers in the Elementary School building on Thursday, June 9th in the evening hours and we are looking for volunteers to help tear out the lockers. The exact time will be determined at a later date.

Important Dates

May 9: Late Start

May 29: Commencement

May 30: Memorial Day, No School

June 6: Last Day of School



2016-17 School Registration

School Registration will begin July 1, 2016. The starting point for registration is PowerSchool eRegistration, an online electronic registration process. You will need to know your PowerSchool parent username and password prior to July 1st as there may not be office personnel available to provide this information to you in the month of July. Parents of 2016-17 Kindergarten students will receive their username and temporary password before the end of this school year (if you currently have existing students in Gilbert schools your username and password will remain the same).

PowerSchool houses the district student information database, which includes key information for every student in the Gilbert District. During the eRegistration process, parents log into the PowerSchool Parent Portal and enter/update key information into the system. Information that has already been entered in during prior years appears during the process, and parents will only need to make adjustments to that information if something has changed. If you have multiple children in the district they will all show up in your parent login account, but you will need to complete eRegistration for each student.

After the eRegistration process is completed, you will be able to view other forms (medication permissions, athletic physicals, etc.), and pay school fees online through the RevTrak Payment System.

Visit the Gilbert Website and click on Enrollment & Registration for more information as summer approaches.

If you have any questions, please contact Vicky Strom at stromv@gilbert.k12.ia.us or 515-232-3740.

-SCHOOL INFORMATION-

High School Information

—Layne Billings, Principal

Upcoming High School Events

May 2: High School Chorus and Band Concert, 7:00pm
High School Auditorium (senior recognition)

May 6: IHSMA State Large Group Band and Choir Festival, 3:30pm
Gilbert High School

May 11: Baccalaureate, 7:00pm
Gilbert Lutheran Church

May 16: National Honor Society Induction 6:15pm
Senior Awards Night, 7:00pm
High School Auditorium

May 17: Fine Arts Awards Night, 7:00pm
High School Auditorium

May 29: Commencement, 2:00pm
High School Gymnasium



-FOUNDATION NEWS-



Rock Hop 2016 Huge Success!

The Gilbert Education Foundation and the 2016 Rock Hop Committee would like to say a special thank you to all who attended, donated, and supported our 18th annual Rock Hop. The evening was another huge success for the students in our district. With added donations that came in to support Rock Hop 2016, our new gross revenue is now over \$153,000! This event would not be successful without everyone's help. We are very fortunate to have such supportive families, businesses, and a great community that came together to support the Gilbert Education Foundation and the Gilbert School District. We are truly surrounded by super heroes in our district and we thank each and every one of you for the roles that you play to help all to succeed! We truly appreciate your support.

Congratulations to the winners of this year's Rock Hop raffle:

Joti Lyster - \$5,000 Grand Prize
Frank Ross - \$1,500 Prize Winner
Allison Anderson - \$1,000 Prize Winner

Proceeds from the 2016 Gilbert Education Foundation Rock Hop will be used to purchase technology and support science inquiry and STEM based items/materials. Rock Hop 2016 will also fund district wide field trips, MS club activities, mini-grants for teachers, and school assemblies/speakers.

Thank you and mark your calendar for next year's Rock Hop on March 4th, 2017!

Gratefully,

2016 Rock Hop Committee and Gilbert Education Foundation Board

-GILBERT FINE ARTS BOOSTERS-

SCRIP PROGRAM HELPS RAISE FUNDS FOR THE GILBERT FINE ARTS BOOSTERS.

Fine Arts Boosters and Gilbert PTO benefit when friends and family use SCRIP certificates to shop at places like Walmart, Younkers, and Walgreens. The funds raised are split:

- 50% goes to your family's Gilbert school account and can be used for school-sponsored trips and/or school-sponsored driver education class.
- 25% goes to Fine Arts Boosters
- 25% goes to PTO.

More information may be found at gilbert.k12.in.us/district/scrif.



Board of Directors

President
Jane Weaver

Vice President (Membership)
Jen Weber

Vice Presidents (Volunteers)
Shelly Billings & Pam Vandenberg

Treasurer
Diane Janvrin

Secretary
Laureen Borg

Gilbert Schools Rep (ex officio)
Byron Tinder

The Gilbert Fine Arts Booster Club is classified as a public charity and exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code. Contributions to the Gilbert Fine Arts Boosters are deductible under section 170 of the Code.

2015-16 MEETING SCHEDULE

October 8, 2015	February 11, 2015
November 12, 2015	March 9, 2015
December 10, 2015	April 14, 2015
January 14, 2016	

Meetings are held at the High School at 7PM. Please check website as dates are subject to change.

Gilbert Fine Arts Boosters

P.O. Box 192
Gilbert, IA 50105
www.gilbertfab.org

GILBERT FINE ARTS BOOSTERS



Enhancing the fine arts programs offered by the Gilbert School System

About Us

The fine arts uniquely enrich and enhance our students as they prepare for the future. The Gilbert Fine Arts Boosters are a group of Gilbert area parents and patrons who volunteer time and resources to enhance the fine arts program offered by the Gilbert school system. We actively:

- Raise money to support the fine arts programs at Gilbert.
- Organize volunteers to support fine arts activities such as large group contests, theater productions, and concerts.
- Communicate fine arts priorities to Gilbert school administrators and the school board.
- Identify and meet the needs of fine arts teachers and staff.



Annual Fundraising

Every fall the Gilbert Fine Arts Boosters conduct a membership drive to generate funding to support ongoing fine arts activities at Gilbert schools. Each year we raise and distribute thousands of dollars that directly benefit Gilbert fine arts students: collegiate and music camp scholarships, instruments and equipment, meals for students attending honor events in art and music, middle school band pins, high school drama awards, meals for contest judges, music contest medals and accompanists, supplemental choir robes and band uniforms, money for drama production expenses, and more.

How Can I Get Involved?

We are always looking for individuals to get involved with the Fine Arts Boosters!

- Become a Booster member.
- Attend the Fine Arts Boosters monthly meetings.
- Sign up to help volunteer with fine arts events and activities.



GET INVOLVED TODAY AND SUPPORT THE GILBERT FINE ARTS PROGRAM!

Sign me up for a Fine Arts Boosters membership!

Select one:

- ☐ **Platinum**
Includes four fine arts passes* \$500
- ☐ **Gold**
Includes four fine arts passes* \$250
- ☐ **Silver**
Includes two fine arts passes* \$100
- ☐ **Bronze** \$50

* Fine arts passes are valid for entry to band/choir concerts, plays, and musicals.

Sign me up for volunteering!

- ☐ Sewing/alterations of uniforms and costumes.
- ☐ Donate food for events.
- ☐ Volunteer at events.
- ☐ Chaperone events.
- ☐ Return cans/bottles to redemption center.
- ☐ Help with fundraising activities.

Name: _____

Address: _____

Email: _____

☐ I wish to keep my membership anonymous.

Make checks payable to "Gilbert Fine Arts Boosters" and send to:

Gilbert Fine Arts Boosters
P.O. Box 192
Gilbert, IA 50105



-PTO NEWS-

Gilbert PTO News

Meeting: Our next and final meeting is scheduled for Tuesday, May 24, at 7:00 pm at Gilbert Elementary School. Free childcare will be provided. Our discussion will focus on the future of the carnival, so we hope many parents can attend and share their ideas!

Mileage Club: This program is sponsored by Mary Greeley Medical Center and organized by Gilbert PTO volunteers at Gilbert Elementary and Intermediate Schools. The program ends Monday, May 20. We need many parent volunteers to make this run smoothly! You can sign up to mark cards and cheer on students on our website GilbertPTO.org. Request to join the Facebook group "Gilbert Mileage Club" to receive updates!

Plant Sale: Families should have received order forms for the Annual Gilbert PTO plant sale. They are due back along with payment to any school office by Monday, May 9. You can pick up your plants at Gilbert Elementary School on Friday, May 20, between 3:00-6:30 pm. The plants we sell are from Holub's and come with a 100% customer satisfaction guarantee! Thank you for your support!

Volunteer Opportunities: We need volunteers for the following activities:

- 1) Carnival organizers
- 2) Back-to-school social at Intermediate school
- 3) Yearbooks at Elementary and Intermediate schools

If it's the time commitment you're worried about, find a friend (or 2 or 3!) to work with!

Library Volunteers Needed: The librarians at the Elementary and Intermediate schools appreciate all the volunteer help they have received! But, the year isn't over yet! If you have time to volunteer (mornings at the Elementary school and afternoons at the Intermediate school), please visit our website GilbertPTO.org for the link to sign up.

Elementary School Yearbook: These will be sent home and available for purchase (please make check out to "Gilbert PTO" for \$13) from the school office beginning May 23.

Intermediate School Yearbook: These will be sent home the last day of school. They will be available to purchase anytime from the school office (please make check out to "Gilbert PTO" for \$13) and your copy will be held until the last day of school.

Follow Us: You can keep updated on all of our activities on our Facebook page "Gilbert Iowa Community Schools PTO" or our website GilbertPTO.org! To learn more about our volunteer opportunities or if you have questions regarding any of our activities, please email us at PTO@Gilbert.K12.IA.US.



-SCHOOL NEWS-**High School News****—Layne Billings, Principal****Band and Choir State Solo and Ensemble Festival**

Congratulation to the Band and Choir for their wonderful performance at the State Solo and Ensemble Festival. Here are the Results:

Band – 50 events

I to V scale, with “I” being superior.

32 division I’s

10 division II’s

2 division III’s

Three Gilbert events were named “Best in Center” as well. They are:

Clarinet Trio: Angela Schwartz, Sura Smadi, Garrett White

Brass Quintet:

PJ VanDerWeide, Trumpet; Paul Weaver, Trumpet; Nick Day, Horn; Grant Peterson, Trombone; Abby Rioux, Tuba

Clarinet Solo:

Kelly Kemp, Clarinet

Choir

The following students received special recognition as “Outstanding Performers” for their center.

Mixed 12 Ensemble: Emily Olson, Sarah Reger, Savannah Eaton, Angela Schwartz, LaVon Davis, Elaina Borg, Austin Graber, Andrew Cannon, Grant Peterson, Nick Day, Paul Weaver, Noah Brinkmeyer

Outstanding Soloist: Nick Day

Congratulations to all!!



-SCHOOL NEWS-

High School News

—Layne Billings, Principal

On April 1 the Story County Consortium for Career and Technical Education hosted a CTE Showcase at DMACC Hunziker Center in Ames. Approximately 100 students from 7 schools- Gilbert, Ames, Ballard, Collins-Maxwell, Colo-Nesco, Nevada, and Roland-Story competed in Industrial Technology, Business, and Family and Consumer Sciences.



Gilbert Advanced Culinary Arts students on three teams competed in a "Chopped" Contest (similar to the TV show). Students were given a Bag with Pork Loin, Pasta, Kale, Apples and a "Special" ingredient- Corn Nuts. There were also items for their use in the "Pantry". Students had 15 minutes to plan, 45 minutes to prepare, 15 minutes to present and then time to clean-up.



During the time they were not in the kitchen cooking they took a Math/Measurement test, Boone HyVee Dietician Jocelyn Pohl shared information on Sports Nutrition, and they took a work site visit to Workiva where they had the opportunity to go into the cafe area and be shown the different stations, menus, and the front of the house. They moved to the back of the kitchen where they saw some of the Workiva team in action, getting ready, prepping their stations, mise en place, etc. Some of the tour students also saw menu production as employees enjoyed their lunches.



Gilbert's three Culinary teams rocked- earning second, fifth and tenth place!



-SCHOOL NEWS-

High School News

—Layne Billings, Principal

FCCLA NEWS

Local student elected to the Iowa FCCLA State Executive Council

The Gilbert High School FCCLA Chapter along with over 500 members from FCCLA chapters across the state attended the Iowa FCCLA State Leadership Conference on April 3rd-5th held at Airport Holiday Inn and Convention Center in Des Moines. Gilbert FCCLA Chapter member Noah Brinkmeyer was elected as a member of the Iowa FCCLA 2016-2017 State Executive Council. After completing an application in January, he completed an interview with state staff and board of directors and then gave a speech to the entire Iowa delegation about the leadership he would provide for the state association. Noah was elected as the Iowa FCCLA Vice-President of Public Relations. The State Executive Council is made up of eight FCCLA members across the state of Iowa who will be trained in professionalism, communication, and teamwork. Their duties will include creating a program of work, planning for state-wide events, and working to promote Iowa FCCLA. The State Executive Council's Program of Work will be filled with planning, speaking, travelling, personal growth, and, of course, fun! Congratulations to Noah as he will provide leadership to over 2,000 Iowa FCCLA members! Noah follows the long tradition of state officers from Gilbert.

(Picture)

Austin Graber- 2014-2015 State President, Nick Greiner, 2015-2016 VP of Public Relations and Noah Brinkmeyer, newly elected Officer- VP of Public Relations.

Students Taking Action with Recognition (or STAR) Events are competitive events in which members are recognized for proficiency and achievement leadership skills and career preparation. Gilbert Parliamentary Procedure team received a GOLD and continues the tradition of competing at the National Level in July- this year in San Diego. Members of the Parli team include: Austin Graber, Nick Greiner, Noah Brinkmeyer, Elisabeth Culek, Josh Timms, Andy Metzger and TJ Swanson.

Sam Royer competed in the event category Career Investigation- where he was recognized for his ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career. Sam prepared a portfolio and an oral presentation. He also received a GOLD and will advance to the National Level to represent Iowa in this event.

(attached is a picture of all the Star Event students- minus Ms. Culek)

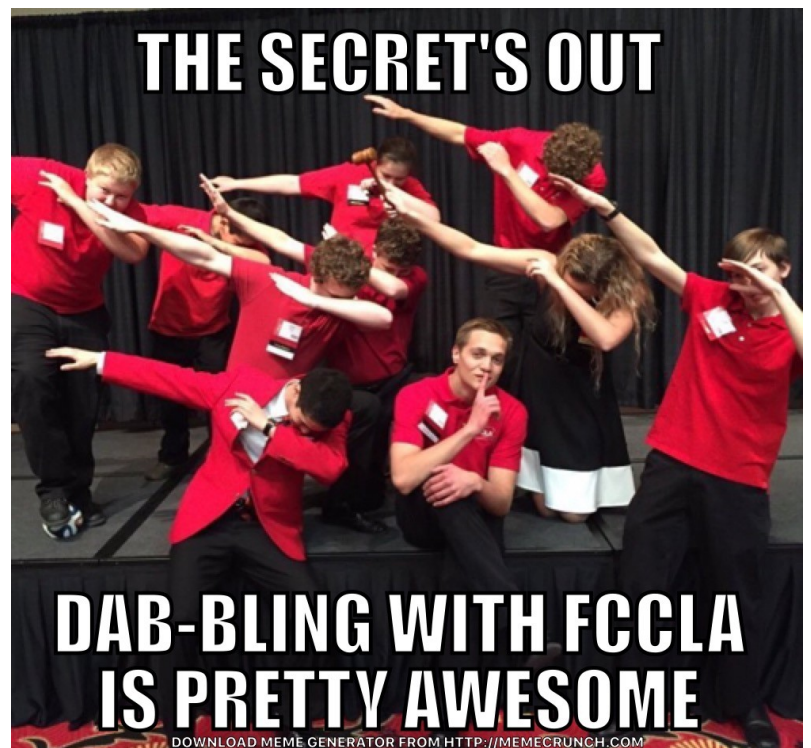
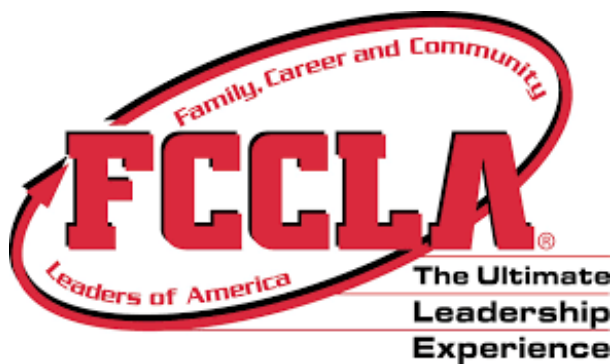


-SCHOOL NEWS-

High School News

—Layne Billings, Principal

FCCLA NEWS



–SCHOOL NEWS–



The emblem of our organization is simple but has significant meaning. It represents FCCLA as a dynamic, active organization.

At the opening ceremony Monday evening Gilbert FCCLA members did the Emblem Ceremony and explained to the delegation how an emblem is a device or a symbol adopted and used as an identifying mark—a picture representing an idea.

- The FCCLA emblem itself is an oval. The ellipse portrays the dynamic and all-encompassing strength and presence of Family, Career and Community Leaders of America. The arrow at the end shows that our organization is one that is moving toward new arenas and heading into the future.
- The letters **F-C-C-L-A** run through the middle of the emblem. Their dominant, collegiate lettering articulates a focus on education and student leadership.
- The words - **Family, Career and Community Leaders of America**- run above and below the lettering F-C-C-L-A. These words are our name, and they represent an organization that is always striving to build strong leaders who are ready for anything, leaders who will come together to build a better tomorrow.
- The letter **F** represents **FAMILY**. Notice that the ellipse begins at the letter F which shows that family is the first teacher of truth, love security and faith.
- The second letter - **C** - stands for **CAREER**. As individuals grow and mature, they view people around them engaged in meaningful work that contributes to the needs and wants of our everyday social, intellectual, spiritual, emotional and economic lives.
- The desire to provide basic needs for individual and family members and to add pleasure to daily living drives men and women in today's society to exchange their time and talents in return for an income.
- Some career and occupational roles are NOT exchanged for a wage, however. The non- paid role of "Parent", for instance, is highly valued by FCCLA members for the contributions parents have made and will continue to make in guiding, nurturing and role modeling for their children. From this we learn that our worth as individuals cannot be determined by the income we make.
- Another **C** fills the center of the emblem. This represents **COMMUNITY**. A community means people living in close proximity to one another. These groups of people related by city, county, state or national borders are working together in churches, government agencies, or local action groups for the purpose of setting and achieving goals that benefit each person in the community. As FCCLA members we recognize the need to contribute our time, ideas and skills to better our community and ourselves.
- **L** stands for **LEADERS**. We can each think of peers or our elders who give meaning to the word "leader." Through FCCLA, we have an opportunity to assume leadership roles by participating in National Programs such as STAR Events (Students Taking Action with Recognition), Families First, Career Connection, Financial Fitness and Power of One. Through these projects, we discover and enhance personal skills and develop our potential to lead.
- The **A** stands for **AMERICA**. As the Family, Career, and Community Leaders of America, we take pride in our citizenship in the one country that nourishes the basic values we consider essential to our organization. The arrow symbolizes our ongoing quest for excellence as Family, Career and Community Leaders of America.
- The FCCLA logo and tag line play a very important role for the organization. It serves as an immediately recognizable visual identity for the people who know FCCLA-- FCS teachers, members, non-members, school administration and parents. Much like an individual's face, FCCLA's logo and tag line is our most recognizable feature.
- The logo and tag line of an organization with a history as rich and long as FCCLA's also represents the values and ideals of the organization - family, career, community, leadership, and youth. When FCCLA's audiences see a business card, brochure, Web site, or flyer displaying the FCCLA logo, those values and ideals come to mind

The colors of the emblem are the colors of the organization—red and white. Red suggests strength, courage and determination. White symbolizes sincerity of purpose and integrity of action. These colors remind us that these are the qualities to work for in ourselves and our organization. As FCCLA members, we recognize that we can affect our homes and communities in ways that are positive and productive, and we accept the challenge of taking action and showing responsibility.

It was more than repeating memorized words; it was something special to those who participated in the ceremony.

The GILBERT PARLI TEAM held a workshop on Tuesday for conference attendees to learn about parliamentary procedure—a time-tested set of rules for conducting a formal business meeting. Participants were taught the basics of parliamentary procedure and how they could benefit from using it to hold more effective chapter meetings. NICE JOB PARLI TEAM! You are "PARLI PRO'S"!



–SCHOOL NEWS–

High School News

—Layne Billings, Principal



Gilbert FFA Experiences State Leadership Conference

Written by Cody Dvorak - Chapter Co-Reporter

This week played host to the 88th Annual State FFA Leadership Conference. On Monday and Tuesday, the Gilbert FFA Chapter took a part in the huge movement that sent thousands of FFA members from around the state, into Hilton Coliseum. Gilbert sent over 35 different members to the convention for the two day event. The festivities began Monday morning around approximately 8am in which CDE Contests took place.

Gilbert sent several participants from its chapter to compete in the State Career Development Events. Philip Roetman, Calvin Stewart, Eric Davis, Cody Dvorak, and Garrison Holck represented the chapter in the Parliamentary Procedure contest. Ally Babcock participated in Public Speaking and received a silver rating. Noah Brinkmeyer also received a silver rating for his participation in Ag Broadcasting. The Poultry Judging Team consisted of Cole Steenhoek, Will Johnston and Madeline Pritchett; they finished with a strong silver rating. Anna Babcock and Mark Steffen participated in the State Greenhand Quiz and Anna tied for 5th place in the contest. The Farm Business Management Team was a high Gold Rating with a 15th place finish out of nearly 100 teams. The team consisted of Mason Williams, Matthew Gannon, Abby Gorden, and Erin Kimle who are all students in the Ag Business class. Along with CDE Contests, members of the Gilbert FFA created a top 10 finishing Chapter Display that was also brought to the State Convention. It depicted all the great work that the Gilbert FFA Chapter has done over the past year in terms of Community Service through the Community Garden Project.

Gilbert had a record number of Iowa Degrees for 2016. 10 members walked across the stage and received the highest honor that the Iowa FFA Association can bestow upon a member. Jordan Cole, Blake Briley, Courtney Pohlen, Kenzie St. Germain, Abby Gorden, Noah Brinkmeyer, Lauren Parker, Ally Babcock, Josh Crum, and Mary Marsh all met the requirements for the degree and were approved through an application process. Mason Williams (past Reporter) was recognized with a Silver rating for the chapter in the SAE/Ag Ed Publicity Award for his work in publishing chapter events over the last year.

Throughout the two day celebration, numerous awards were given to outstanding members from around the state for their work throughout their communities. Overall, it was a great experience for the Gilbert FFA Chapter as they were able to get many members involved and also provide a wonderful experience that is sure to be remembered until next year's convention.



ELEMENTARY/INTERMEDIATE BREAKFAST MENU



Friday

2 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	3 WG Pancakes Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	4 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	5 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	6 Egg and Cheese/ WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
9 NO BREAKFAST	10 Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	11 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	12 WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	13 Egg and Cheese WG Burrito Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
16 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	17 WG Pancakes Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	18 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	19 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	20 Egg and Cheese on WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
23 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	24 Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	25 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	26 WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	27 Egg and Cheese WG Burrito Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
30 NO SCHOOL TODAY	31 WG Pancakes Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk			Breakfast: \$1.35

MIDDLE SCHOOL BREAKFAST MENU



Friday

2	WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	3	WG Pancakes Sausage Links Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	4	WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	5	WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	6	Sausage and Egg/ W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
9	NO BREAKFAST	10	Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	11	WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	12	WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	13	Sausage and Egg/ W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
16	WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	17	WG Pancakes Sausage Links Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	18	WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	19	WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	20	Sausage and Egg/ W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
23	WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	24	Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	25	WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	26	WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	27	Sausage and Egg/ W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
30	NO SCHOOL TODAY	31	WG Pancakes Sausage Links Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk					Breakfast: \$1.35	

HIGH SCHOOL BREAKFAST MENU



Friday

2 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	3 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	4 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	5 WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	6 Sausage and Egg/ WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
9 NO BREAKFAST	10 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	11 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	12 WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	13 Sausage and Egg/ WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
16 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	17 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	18 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	19 WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	20 Sausage and Egg/ WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
23 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	24 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	25 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	26 WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	27 Sausage and Egg/ WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
30 NO SCHOOL TODAY	31 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk			Breakfast: \$1.35

ELEMENTARY/INTERMEDIATE LUNCH MENU



Friday

				Corn Dog Sweet Potato Puffs Broccoli Florets Celery Sticks Mandarin Oranges Kiwi Milk
				Hot Ham & Cheese /WG Bun Seasoned Green Beans Carrot Sticks Applesauce Orange Wedges Sherbet Cup Milk
				Cheese Omelet Tri-Tater Red Pepper Strips Sliced Cucumbers Apple Juice Banana French Toast Sticks Milk
				Popcorn Chicken California Vegetables Green Pepper Strips Radishes Sliced Peaches Melon WG Dinner Roll Milk
				Tacos Lettuce & Cheese Refried Beans Carrot Sticks Pineapple Tidbits Applecrisp Milk
9				Cheese Pizza Seasoned Corn Carrot & Celery Sticks Hummus Pear Halves Sliced Apples Milk
	10			Rotini and Meat Sauce Mixed Greens Salad Sliced Cucumbers Grape Tomatoes Fruit Cocktail Orange Wedges WG Italian Bread Milk
		11		Mandarin Orange Chicken Brown Rice Stir Fry Veggies Red Pepper Strips Broccoli Salad Mandarin Oranges Red Grapes Fortune Cookie Milk
			12	Mr Rib / WG Bun French Fries Creamy Coleslaw Carrot Sticks Pineapple Tidbits Melon Milk
				Chicken and Cheese Quesadilla Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Milk
16				Crispito Savory Blackbeans Celery Sticks Applesauce Orange Wedges Chips & Cheese Sauce Milk
	17			Meatballs Mashed Potatoes/w gravy Broccoli Florets Carrot Sticks Mandarin Oranges Sliced Apples WG Dinner Roll Milk
		18		Chicken Strips Seasoned Green Beans Pasta Salad Red Pepper Strips Fruit Cocktail Banana Milk
			19	Cheeseburger /WG Bun Seasoned Corn Sliced Tomatoes Radishes Pineapple Tidbits Red Grapes Milk
				Pepperoni Pizza Mixed Greens Salad Sliced Cucumbers Carrot Sticks Pear Halves Melon WG Chocolate Chip Cookie Milk
23				Grilled Cheese Sandwich Seasoned Green Beans Carrot Sticks Broccoli Florets Applesauce Kiwi Goldfish Crackers Milk
	24			Chicken Patty /WG Bun Glazed Carrots Lettuce and Tomato Fruit Cocktail Orange Wedges Milk
		25		Mini Corn Dogs Baked Beans Green Pepper Strips Broccoli Florets Mandarin Oranges Banana Milk
			26	Walking Taco Lettuce and Cheese Carrot Sticks Diced Tomatoes Pear Halves Sliced Apples Milk
				Mozzarella Cheese Sticks Marinara Sauce Seasoned Peas Sliced Cucumbers Peaches Melon Chocolate Pudding Milk
30				NO SCHOOL TODAY
	31			Hot Dog /WG Bun Baked Beans Carrot Sticks Mandarin Oranges Melon Milk
				Lunch Prices: Elem K-5 \$2.35 Adult \$3.45 Extra Milk \$0.30

MIDDLE SCHOOL LUNCH MENU



Friday

	Corn Dog <i>Beef and Bean Enchilada</i> Sweet Potato Puffs Broccoli Florets Mandarin Oranges Kiwi Milk	Hot Ham and Cheese/ WG Bun <i>Turkey Club/ WG bun</i> Seasoned Green Beans Carrot Sticks Applesauce Orange Wedges Sherbet Cup Milk	Cheese Omelet <i>Ham & Cheese Bagel</i> Tri-Tater Red Pepper Strips Apple Juice Banana French Toast Sticks Milk	Popcorn Chicken <i>Goulash</i> California Vegetables Green Pepper Strips Sliced Peaches Melon WG Dinner Roll Milk	Tacos <i>Cheese Quesadilla</i> Lettuce and Cheese Refried Beans Carrot Sticks Pineapple Tidbits Apple Crisp Milk
9	Cheese Pizza <i>Sloppy Joe/ WG Bun</i> Seasoned Corn Carrot and Celery Sticks Hummus Pear Halves Sliced Apples Milk	10 Rotini and Meat Sauce <i>Chicken Parmesan</i> Mixed Greens Salad Sliced Cucumbers Radishes Fruit Cocktail Orange Wedges WG Italian Bread Milk	11 Mandarin Orange Chicken <i>Beef in Gravy</i> Brown Rice Stir Fry Veggies Broccoli Salad Mandarin Oranges Red Grapes Fortune Cookie Milk	12 BBQ Pork/ WG Bun <i>Fish Patty/ WG Bun</i> French Fries Creamy Coleslaw Pineapple Tidbits Melon Milk	13 Chicken and Cheese <i>Quesadilla</i> <i>Lasagna</i> Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Milk
16	Crispito <i>Hot Dog/ WG Bun</i> Savory Blackbeans Celery Sticks Applesauce Orange Wedges Chips & Cheese Sauce Milk	17 Meatballs <i>Breaded Pork Patty</i> Mashed Potatoes/gravy Broccoli Florets Mandarin Oranges Sliced Apples WG Dinner Roll Milk	18 Chicken Strips <i>Cheesy Tiger Bread</i> Seasoned Green Beans Pasta Salad Fruit Cocktail Banana Milk	19 Cheeseburger/ WG Bun <i>Chicken Tetrizzini</i> Seasoned Corn Sliced Tomatoes Pineapple Tidbits Red Grapes Milk	20 Pepperoni Pizza <i>Yogurt Parfait</i> Mixed Greens Salad Sliced Cucumbers Carrot Sticks Pear Halves Melon WG Chocolate Chip Cookie Milk
23	Grilled Cheese Sandwich <i>Chicken Caesar Wrap</i> Seasoned Green Beans Carrot Sticks Applesauce Kiwi Goldfish Crackers Milk	24 Chicken Patty/ WG Bun <i>Mr Rib/ WG Bun</i> Glazed Carrots Lettuce and Tomato Fruit Cocktail Orange Wedges Milk	25 Mini Corn Dogs <i>Hawaiian Chicken Wrap</i> Baked Beans Green Pepper Strips Mandarin Oranges Banana Milk	26 Walking Taco <i>Cheese Quesadilla</i> Lettuce and Cheese Diced Tomatoes Carrot Sticks Pear Halves Sliced Apples Milk	27 Mozzarella Cheese Sticks <i>Meatball Sub</i> Marinara Sauce Seasoned Peas Sliced Peaches Red Grapes Chocolate Pudding Milk
30	NO SCHOOL TODAY				
	31 Hot Dog/ WG Bun <i>Chili Dog/ WG Bun</i> <i>Hamburger/ WG Bun</i> Baked Beans Carrot Sticks Mandarin Oranges Melon Milk		Chef Salads are also available	Lunch Prices: MS 6-8 \$2.40 Adult \$3.45 Extra Milk \$0.30	

HIGH SCHOOL LUNCH MENU



<p>2</p> <p>Corn Dog Beef and Bean Enchilada Sweet Potato Puffs Celery Sticks Broccoli Florets Mandarin Oranges Kiwi Milk</p>	<p>3</p> <p>Hot Ham & Cheese/WG Bun Turkey Club/ WG Bun Seasoned Green Beans Carrot Sticks Grape Tomatoes Applesauce Orange Wedges Sherbet Cup</p>	<p>4</p> <p>Cheese Omelet Ham and Cheese Bagel Pizza Tri-Tater Red Pepper Strips Sliced Cucumbers Apple Juice Banana French Toast Sticks</p>	<p>5</p> <p>Popcorn Chicken Goulash California Vegetables Green Pepper Strips Sliced Peaches Melon WG Dinner Roll Milk</p>	<p>Friday</p> <p>Tacos Cheese Quesadilla Pizza Lettuce and Cheese Refried Beans Carrot Sticks Pineapple Tidbits Red Grapes Apple Crisp</p>
<p>9</p> <p>Cheese Pizza Sloppy Joe/ WG Bun Seasoned Corn Carrot & Celery Sticks Hummus Pear Halves Sliced Apples Milk</p>	<p>10</p> <p>Rotini and Meat Sauce Chicken Parmesan Mixed Greens Salad Sliced Cucumbers Radishes Fruit Cocktail Orange Wedges WG Italian Bread Milk</p>	<p>11</p> <p>Mandarin Orange Chicken Beef in Gravy Brown Rice Stir Fry Veggies Red Pepper Strips Broccoli Salad Mandarin Oranges Red Grapes Fortune Cookie</p>	<p>12</p> <p>BBQ Pork/ WG Bun Fish Patty/ WG Bun French Fries Creamy Coleslaw Pineapple Tidbits Melon Milk</p>	<p>13</p> <p>Chicken & Cheese Quesadilla Lasagna Pizza Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Milk</p>
<p>16</p> <p>Crispito Hot Dog/ WG Savory Blackbeans Celery Sticks Applesauce Orange Wedges Chips & Cheese Sauce Milk</p>	<p>17</p> <p>Meatballs Breaded Pork Patty Mashed Potatoes/gravy Broccoli Florets Mandarin Oranges Sliced Apples WG Dinner Roll Milk</p>	<p>18</p> <p>Chicken Strips Cheesy Tiger Bread Pizza Seasoned Green Beans Pasta Salad Fruit Cocktail Banana WG Dinner Roll Milk</p>	<p>19</p> <p>Cheeseburger/ WG Bun Chicken Tetrazzini Seasoned Corn Sliced Tomatoes Pineapple Tidbits Red Grapes Doritos Milk</p>	<p>20</p> <p>Pepperoni Pizza Yogurt Parfait Mixed Greens Salad Sliced Cucumbers Carrot Sticks Pear Halves Melon WG Chocolate Chip Cookie Milk</p>
<p>23</p> <p>Grilled Cheese Sandwich Chicken Caesar Wrap Seasoned Green Beans Carrot Sticks Broccoli Florets Applesauce Kiwi Goldfish Crackers Milk</p>	<p>24</p> <p>Chicken Patty/ WG Bun Mr Rib/ WG Bun Glazed Carrots Lettuce and Tomato Fruit Cocktail Orange Wedges Doritos Milk</p>	<p>25</p> <p>Mini Corn Dogs Hawaiian Chicken Wrap Pizza Baked Beans Green Pepper Strips Grape Tomatoes Mandarin Oranges Banana Milk</p>	<p>26</p> <p>Walking Taco Cheese Quesadilla Lettuce and Cheese Refried Beans Carrot Sticks Diced Tomatoes Pear Halves Sliced Apples Milk</p>	<p>27</p> <p>Mozzarella Cheese Sticks Meatball Sub Pizza Marinara Sauce Seasoned Peas Cauliflower Florets Sliced Peaches Red Grapes Chocolate Pudding</p>
<p>30</p> <p>NO SCHOOL TODAY</p>	<p>31</p> <p>Hot Dog/ WG Bun Chili Dog/ WG Bun Hamburger/ WG Bun Baked Beans Carrot Sticks Mandarin Oranges Melon Milk</p>		<p>Chef Salads and Deli Sandwiches are also available as Entree Choices</p>	<p>Lunch Prices: HS 9-12 \$2.45 Adult \$3.45 Extra Milk \$0.30</p>

ELEMENTARY/INTERMEDIATE BREAKFAST MENU



Friday				
Breakfast \$1.35		1 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	2 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	3 Egg and Cheese/ WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
6 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

MIDDLE SCHOOL BREAKFAST MENU



Friday

Breakfast \$1.35		1 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	2 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	3 Sausage and Egg/ WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
6 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

HIGH SCHOOL BREAKFAST MENU



Breakfast \$1.35		1	2	3 Friday
		WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	Sausage and Egg/ WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
6	7	8	9	10
WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk				
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

ELEMENTARY/INTERMEDIATE LUNCH MENU



Lunch Prices: Elem K-5 \$2.35 Adult \$3.45 Extra Milk \$0.30		1 Chicken Nuggets Glazed Carrots Celery Sticks Radishes Pear Halves Strawberries & Bananas Teddy Grahams Milk	2 Cheeseburger/ WG bun Seasoned Corn Sliced Tomatoes Broccoli Florets Pineapple Tidbits Melon Milk	3 Friday Cheese Pizza Mixed Greens Salad Sliced Cucumbers Carrot Sticks Applesauce Red Grapes Sherbet Cup Milk
6 Sack Lunch Deli Combo Sub Carrot Sticks Celery Sticks Apple Doritos Milk	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

MIDDLE SCHOOL LUNCH MENU



Friday

Lunch Prices: MS 6-8 \$2.40 Adult \$3.45 Extra Milk \$0.30	Chef Salads are also available	1 Chicken Nuggets Glazed Carrots Celery Sticks Radishes Pear Halves Strawberries & Bananas Teddy Grahams Milk	2 Cheeseburger/ WG Bun Seasoned Corn Sliced Tomatoes Broccoli Florets Pineapple Tidbits Melon Milk	3 Cheese Pizza Mixed Greens Salad Sliced Cucumbers Carrot Sticks Applesauce Red Grapes Sherbet Cup Milk
6 Sack Lunch Deli Combo Sub Carrot Sticks Celery Sticks Apple Doritos Milk	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

HIGH SCHOOL LUNCH MENU



Friday

Lunch Prices: HS 9-12 \$2.45 Adults \$3.45 Extra Milk \$0.30	Chef Salads and Deli Sandwiches are also available as Entree Choices	Chicken Nuggets Glazed Carrots Celery Sticks Pear Halves Strawberries & Bananas WG Dinner Roll Teddy Grahams Milk	Cheeseburger/ WG Bun Seasoned Corn Sliced Tomatoes Pineapple Tidbits Melon Doritos Milk	Cheese Pizza Mixed Greens Salad Sliced Cucumbers Carrot Sticks Applesauce Red Grapes Sherbet Cup Milk
6 Sack Lunch Deli Combo Sub Carrot Sticks Celery Sticks Apple Raisins Doritos Milk	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

-WELLNESS TIPS-



Pick a better snack™

May 2016

Spinach

Spinach is called a superfood because it is loaded with vitamins, minerals and antioxidants. It can be added to foods you already eat or even sneaked into dishes for picky eaters. Fresh spinach leaves can be added to salads and sandwiches or chopped and cooked into hot dishes like pasta, soups and casseroles. Use frozen spinach in hot dishes. You don't even need to thaw it first.

Spinach greens offer more nutrition than iceberg lettuce. If you only use iceberg lettuce when making salad, try mixing in spinach leaves or other dark leafy greens. Spinach makes a tasty salad on its own topped with fruit, nuts, and a vinegar-based dressing.

Spinach Orange Salad

Serves: 4

Ingredients:

- 4 cups fresh spinach, remove stems
- 2 cups mandarin orange sections (drained)
- 1 onion, sliced thin
- 1 tablespoon vegetable oil
- 1 tablespoon vinegar
- 3 tablespoons orange juice
- salt and pepper to taste

Directions:

1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

Recipe provided by Just Say Yes to Fruits and Vegetables and accessed at <http://healthyfoodbankhub.feedingamerica.org>

Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to dhs.iowa.gov/food-assistance for more information.

Spinach Tips

Selecting: Choose spinach with fresh green leaves that are not limp, damaged, or spotted. Wash all fresh spinach.

Storing: Refrigerate bunches of fresh spinach for up to 5 days. Use packaged spinach by the expiration date.

Buying/Growing: Buy packages of fresh spinach with "use by" dates that are as far away as possible. Check for spoilage before buying. Frozen spinach is cheaper than packaged fresh spinach, and canned spinach is cheaper yet!

Spinach grows easily in Iowa and is ready to eat in May and June. Don't have a garden? Spinach seeds will grow in a large pot placed outside. Plant seeds ½ inch deep, cover with dirt and water.



Wash. Bite. How easy is that?



Gilbert Community School District
103 Mathews Drive
Gilbert, Iowa 50105
www.gilbertcsd.org

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