

The Wolverine

April 2024



From the Superintendent-Mr. Collins

We are into the 4th quarter of the 2023-2024 school years. It seems like just a moment ago we were welcoming everyone back to school and working through the excitement of a new year. Now we are anticipating the end of another school year; conducting spring activities, finding ways to keep students engaged and planning for graduation and transitions to the next grade or role in life. Next year we will have several new faces in the building as several staff members are retiring or moving to be closer to family or partners or advancing professionally.

Retiring at the end of the 2023-2024 year are: Jane Znamenacek, Elementary Administrative Assistant; Brenda Cerveny, Kindergarten; Darla Chrans, Kindergarten; Ray Collins, Superintendent; Deb Rinne, Special Education and Mary Ellen Matulka, Secondary English; and Kathy Mammen, Kitchen. I want to thank all of them for their service to Wilber Clatonia schools and wish all of them success as they transition to a new adventure. The administration team has been very busy educating and interviewing for all of the positions and still have a couple to fill.

This summer we have some building updates planned, updates to security, including keyless entry and updated cameras; new carpet in select classrooms and wireless access points and switches. We also need to replace some concrete in the parking lot. All of these projects are planned to keep our building and grounds a viable teaching and learning environment.

Finally, we anticipate the warmer days of spring students and staff may wish to get outside concentration on academics may lapse. I encourage everyone to continue to work hard, and finish strong with Wolverine PRIDE!

CENSUS DATA

Once again School District #82 will be conducting a school census during the month of June. In order to get the most accurate and complete number and names of persons living within our district, we are asking the patrons to complete the attached questionnaire. **It is important for one form to be filled out for each household.** This includes single parent families, single individuals, etc. Please enter **only** the names of individuals who live in your household. Please return the completed questionnaire to the school office or mail it to the Superintendent's Office, P. O. Box 487, Wilber, NE 68465.

FAMILY NAME: _____

MALE (Adult): _____ FEMALE (Adult): _____
NAME NAME

ADDRESS: _____ LOCATION OF RESIDENCE BY
Street Address P.O. Box COUNTY: _____

 City, State, Zip Code

NAMES OF ALL CHILDREN UNDER 21 (Include children attending college who are living away from home or serving in the Armed Forces)

NAME	DATE OF BIRTH MONTH/DAY/YEAR	PLACE OF BIRTH TOWN/STATE	Gender	AGE	GRADE (2016-17)
_____	_____	_____	M F	_____	_____
_____	_____	_____	M F	_____	_____
_____	_____	_____	M F	_____	_____
_____	_____	_____	M F	_____	_____
_____	_____	_____	M F	_____	_____
_____	_____	_____	M F	_____	_____
_____	_____	_____	M F	_____	_____

**PLEASE COMPLETE & RETURN THIS FORM
 BY MAY 16, 2024**

THANK-YOU FOR YOUR COOPERATION

6th Graders and 6th Grade Parents,

The school sponsored **6th Grade Outdoor Adventure field trip** is scheduled for **Friday, April 12th**. Timberlake Ranch staff and our team of teachers are working to put together a great day full of activities that will be made possible by the money raised from the raffle tickets for a Scheel's Gift Card. The class is hoping to raise enough money to offer a High Ropes course, hayrack ride, afternoon bonfire with s'mores, and a grilled lunch! The gift card raffle will take place on Tuesday, April 9th and the winner will be notified that day. Please look over the agenda for the day and be sure that you (your student) meet the criteria to attend the field trip on April 12th.

April 12th - Timberlake Ranch Camp in Marquette, NE

- OPTIONAL - breakfast before school 7:40 - 8:00 am
- Load bus at 8:00 am
- Arrive at Timberlake and begin Activity Rotations from 9:30 to 12:30 (each rotation is an hour):
 - High ropes course for students that signed up
 - Kayaks and Canoes
 - Fishing
 - Hiking to Platte River with Photo Scavenger Hunt included
- Lunch from 12:30 to 1:00
 - Wilber hotdogs, chips, fruit, vegetables, water
 - You may bring a sack lunch instead of eating the above menu.
- Large group game on the field from 1:00 - 1:30
- Hayrack ride to campfire 1:30 - 2:00
- S'mores snack 2:00 - 2:30
- Load bus at 2:30 pm
- Arrive back at Wilber 4:00 pm **Parents please arrange to pick up students at 4:00 pm.**

Parents please alert administration or a 6th grade teacher if there are any medical concerns adults on the trip should know about your child in an outdoor setting. Medications (daily scheduled meds, epipens, inhalers, etc.) needed during the day must be transported by the adults going on the trip.

As a reminder, students must meet the following criteria to attend:

- Have parent permission to attend (signed permission slip) and have a health e-card filled out by parents on Final Forms.
- Students must be in good academic standing to attend (not on the credit list on Monday, April 8).
- Students must be in good behavioral standing to attend (no major behaviors that result in administrative conferences).

If a student would like (or if a parent would like their student) to remain at school instead of going on the field trip, a classroom will be available for the student to catch up on work. Please communicate that to administration or a 6th grade teacher.

Again, we are looking forward to creating memories on our outdoor adventure. Thank you in advance for helping to sell raffle tickets to make this possible. In addition, more information about an **optional additional campout** opportunity planned by parents at the conclusion of the outdoor adventure will be coming via email from Sandra Koll. This part of the trip will be **parent-led** and not a school-sponsored event. Please consider helping in both the day adventure trip and the parent-led sixth-grade campout tradition with **Mrs. Koll**.

Wilber Clatonia Administration and 6th grade Teachers

(Shannon Furstenu, Alexis Henk, Larry Vetrovsky, Mark Radcliff, & Carrie VanLaningham)



PLEASE JOIN US FOR A
**FATHER
DAUGHTER
DANCE**
**12 APRIL
2024**

SPONSORED BY:
W-C HIGH SCHOOL STUDENT COUCIL
6:30-8:30
FATHER AND DAUGHTER \$20
ADDITIONAL DAUGHTER \$5
ELEMENTARY COMMONS AREA

PLEASE RETURN BEFORE THURSDAY, APRIL 12TH

FATHER _____

DAUGHTER(S) _____

AMOUNT \$ _____

MAKE CHECKS PAYABLE TO W-C STUDENT COUNCIL

The Crimson House Murder



Senior
Class
Play

Saturday :
April 20
@ 7 Pm

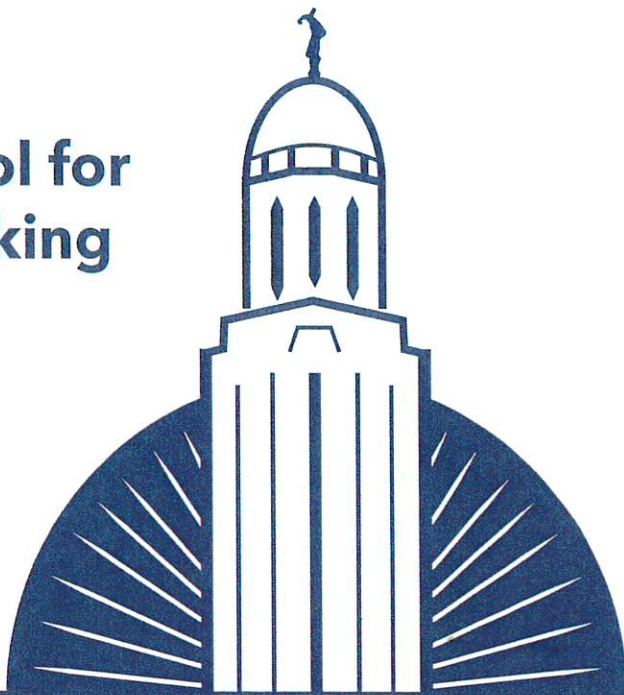
Ticket Price :
\$8

Sunday :
April 21
@ 4 pm

Proceeds go
to
Graduation

By : Tim Kelly

Join us in the Capitol for
the ultimate lawmaking
experience!



June 9-14, 2024
State Capitol
Lincoln, NE

★ UNICAMERAL YOUTH ★
LEGISLATURE

SERVE IN THE NEBRASKA LEGISLATURE

The Unicameral Youth Legislature is the ultimate opportunity to learn what it's like to serve as a state senator. Students will discover the unique process of our nation's only unicameral by sponsoring bills, conducting committee hearings and debating legislation.



LEARN FROM THE EXPERTS IN A HISTORIC SETTING

Students learn the details of the Nebraska Legislature directly from senators, staff and lobbyists using bills from the previous session. Students will conduct their legislative duties in the same rooms where Nebraska's state senators craft public policy today.

RESERVE YOUR SEAT NOW!

The Unicameral Youth Legislature convenes June 9-14, 2024, and is open to all high school students. Registration includes lodging, meals and transportation from UNL to the State Capitol. Scholarships are available.

The final registration deadline is May 20.

For more information, visit: NebraskaLegislature.gov/uyl



Need A School or Sport's Physical??

Beatrice Women's & Children's Clinic providers are offering "Physical Days" this summer! Please call early to schedule, 402-228-3117.

** Available For All Children **

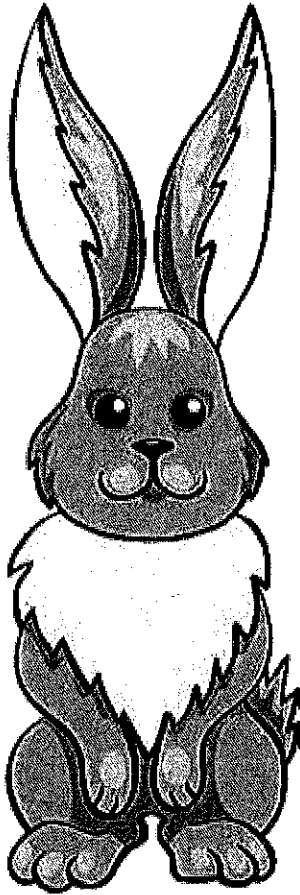
May 1st through end of August 2024

Recommended vaccines will be available



All About Rabbits

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

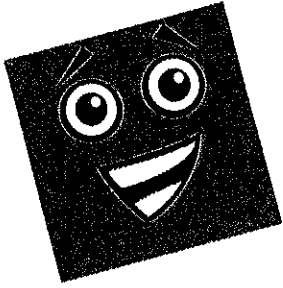


BIG FEET
BUCK
BUNNY
BURROW
CARROTS
COTTONTAIL
DOE
FOREST

FUR
GRASS
HERBIVORE
JUMP
KIT
LONG EARS
MAMMAL
MEADOW

PET
RABBIT
RODENT
SOFT
TUNNEL
WARREN





Magic Squares

Name: _____ Date: _____

Fill in grids so that each column, row and diagonal add up to the given sum.

The sum is 15.

2		
	5	3

The sum is 60.

32		
		28
		8

The sum is 30.

	10	6
12		

The sum is 60.

		16
28		
24		

BE PREPARED FOR A THUNDERSTORM, LIGHTNING OR HAIL

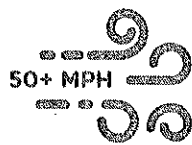
Lightning is a leading
cause of injury
and death from
weather-related hazards.



FEMA

FEMA V-1009/May 2018

Thunderstorms are
dangerous storms that
include lightning.



Include powerful winds



Create lightning and hail



Cause flash flooding
and tornadoes

IF YOU ARE UNDER A THUNDERSTORM WARNING, FIND SAFE SHELTER RIGHT AWAY

When thunder roars,
go indoors.



Pay attention to alerts
and warnings.

Move from outdoors
into a building or car.



Unplug appliances.



Do not use landline phones.

HOW TO STAY SAFE WHEN A THUNDERSTORM THREATENS



Know your area's risk of thunderstorms. They can occur year-round and at any hour.

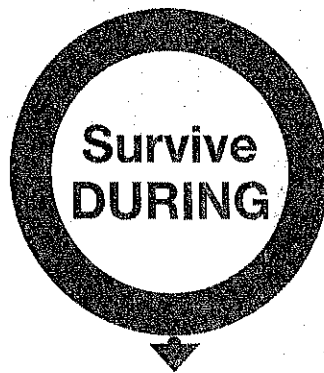
Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Identify sturdy buildings close to where you live, work, study, and play.

Cut down or trim trees that may be in danger of falling on your home.

Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

Secure outside furniture.



When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.

Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.

When you receive a thunderstorm warning or hear thunder, go inside immediately.

If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.

Protect your property. Unplug appliances and other electric devices.

If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.

If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.

Avoid flooded roadways. Turn Around Don't Drown[®]. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.



Pay attention to authorities and weather forecasts to know whether it is safe to go outside and to get information regarding potential flash flooding.

Watch for fallen power lines and trees. Report them immediately.

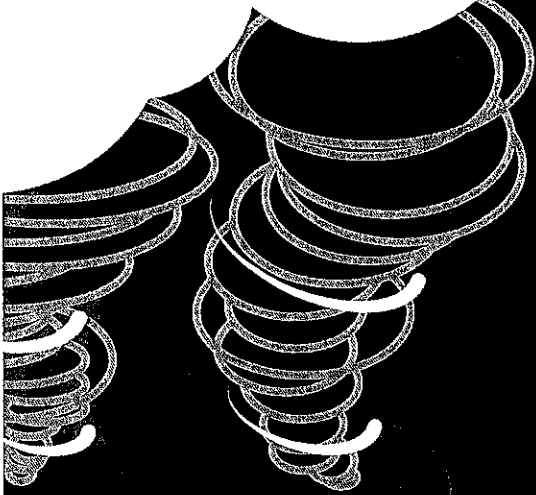
Take an Active Role in Your Safety

Go to [Ready.gov/thunderstorms-lightning](https://www.ready.gov/thunderstorms-lightning). Download the **FEMA app** to get more information about preparing for **thunderstorm, lightning or hail.**



FEMA

FEMA V-1009



BE PREPARED FOR A TORNADO

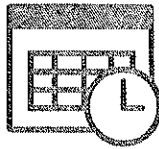


FEMA

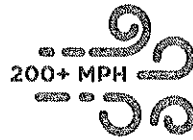
FEMA V-1010/March 2018

**Tornadoes can
destroy buildings,
flip cars, and create
deadly flying debris.**

Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground.



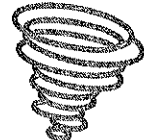
Can happen anytime



Bring intense winds



Can happen anywhere



Look like funnels

IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY

Go to a safe room, basement, or storm cellar.



If you can safely get to a sturdy building, do so immediately.

If there is no basement, get to a small, interior room on the lowest level.



Do not get under an overpass or bridge. You're safer in a low, flat location.

Stay away from windows, doors, and outside walls.



Watch out for flying debris that can cause injury or death.



Use your arms to protect your head and neck.

HOW TO STAY SAFE WHEN A TORNADO THREATENS



Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.

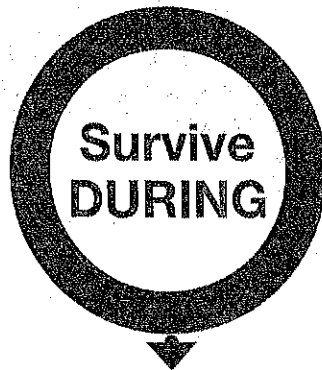
Know the signs of a tornado, including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar—similar to a freight train.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, become familiar with the warning tone.

Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.

Identify and practice going to a safe shelter for high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level.

Consider constructing a safe room that meets FEMA or ICC 500 standards.



Immediately go to a safe location that you identified.

Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not try to outrun a tornado in a vehicle.

If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.



Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.

If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.

Stay clear of fallen power lines or broken utility lines.

Do not enter damaged buildings until you are told that they are safe.

Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.

Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.

Take an Active Role in Your Safety

Go to [Ready.gov/](https://www.ready.gov/)**tornadoes.** Download the **FEMA app** to get more information about preparing for a **tornado.**



FEMA
FEMA V-1010

JOIN US FOR FREE!

Register
online!



bit.ly/Ryby2024

WILBER YOUTH SPORTS PROGRAM

WILBER RYBY SWIM TEAM

Ages 5-18*

** must be able to swim 25 meters*

*Swimmers Need The Following To Compete:
a one-piece suit & goggles,
a swim cap is not required*

Registration Deadline 5/11/2024

Parent Meeting 5/13/2024 | 7:00 PM | Wilber Cultural Center

Practice schedule:

Wilber Municipal Pool

Tues - Fri, May 28 - 31

10:30 AM - 12:30 PM

Mon - Fri, June 3 - 28

11:15 PM - 12:30 PM

Meet schedule:

June 1 - York

June 8 - Seward

June 15 - Crete

June 22 - Concordia

June 29 - Champs - Fairbury

All meets start at 9 AM

Warm-ups at 8:00 AM

for more
information

Contact Coach Scott at 402-433-5256 or WilberRyby@gmail.com
Visit our website <https://bit.ly/WilberRyby> or Facebook [WilberRyby](#)

One Day at a Time: 31-Day Challenge for a Healthier Life

Think about how your average meal looks – is your plate colorful? Does it include $\frac{1}{2}$ fruits and veggies, $\frac{1}{4}$ lean protein, and $\frac{1}{4}$ whole grains? Now think about your daily activities – do you exercise regularly? Do you have activities or habits that help you relax and handle stress? If not, let's get you there in 31 days. This 31-day challenge is designed to help you achieve optimal health and readiness by creating daily habits of healthy eating, active living, and positive psychological and emotional well-being. We recommend starting the challenge at the beginning of a month, but you can start at any time that works for you! Make sure to note your start date in the calendar to keep track of your progress.

Get Started Today!


Join your fellow Sailors, Marines, their families, and DoD civilians in the "One Day at a Time: 31-Day Challenge for a Healthier Life!" Adopting healthy and consistent eating habits combined with regular exercise is the key to successfully losing weight and keeping it off. You don't have to go hungry or give up the foods you love, or even hit the gym every day, just try to incorporate healthy eating, active living, and psychological and emotional well-being behaviors and activities into your daily routine.

To get started, follow this 31-day challenge to learn what types of foods you should be eating regularly, get recipes to prepare some healthy and delicious meals, and pick up exercise and general wellness tips. This isn't a diet with short-term weight loss goals and severe restrictions, but rather a wellness plan you can adopt to maintain a healthy and fulfilling lifestyle long-term.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

One Day at a Time: 31-Day Challenge for a Healthier Life

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Drink water instead of soda or juice at lunch.</p>	<p>Grab a friend or two and play a game like Frisbee or basketball, or go for a hike.</p>	<p>Pick a new food – lean protein, whole grain, fruit, or veggie – and incorporate it into one of your meals today. Check out 10 tips to build a healthy meal.</p>	<p>Replace a protein shake with protein-rich Greek yogurt.</p>	<p>Unplug from technology 30 minutes before bed and read a book instead. Find out why sleep is important for weight management.</p>	<p>Pack a salad or sandwich for lunch today instead of going out to eat.</p>	<p>Put unhealthy snacks like cookies and chips in a hard to reach place, and instead, eat fruit as a snack today.</p>
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<p>Complete one <u>relaxation</u> tip before bed. You'll get a better night's sleep!</p>	<p>Make plain oatmeal with low-fat milk and fruit for breakfast – don't add any sugar.</p>	<p>If you really want to play video games, try a fitness game like virtual tennis, dance, bowling, or baseball.</p>	<p>Cook an easy dinner tonight – like whole wheat pasta, a low-sodium spaghetti sauce, frozen veggies, baked chicken, and parmesan cheese.</p>	<p>Pack leftovers from dinner for lunch today, and eat them instead of going out.</p>	<p>Carry a water bottle with you today and refill it six times.</p>	<p>Try out a new class at your gym or do a free workout video on YouTube. Check out Exercise Programs for Active, Healthy Living to see what types of workouts might interest you.</p>
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<p>Avoid the elevator – take the stairs and walk up escalators.</p>	<p>If you eat out, avoid ordering anything fried. Choose grilled, baked, or fresh lean protein instead.</p>	<p>Make a list of healthy foods to buy before going to the grocery store, and don't purchase any items not on your list. Build a list at www.choosemyplate.gov.</p>	<p>As you watch TV today, do stretches, exercises like yoga, or use a stationary bike or elliptical instead of sitting on the couch. Check out Navv Fitness for tips.</p>	<p>Start a friendly competition with a friend: grab a pedometer or download an app and see who can log the most steps today.</p>	<p>Replace a coffee break with a brisk 10 minute walk and invite a friend to come with you!</p>	<p>Drink water instead of sports drinks.</p>
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<p>Make a plan to help you navigate stress.</p>	<p>Order a side salad instead of fries if you go out to eat tonight.</p>	<p>Try a new recipe that makes up a meal of roughly 1/2 fruits and veggies, 1/4 lean protein, and 1/4 whole grains. Find a recipe in the Bachelor Housing Barracks Cookbook like easy fish tacos or pesto chicken sandwich!</p>	<p>Buy Greek yogurt, nuts, and fruit at the grocery store for snacks this week.</p>	<p>Make a list of the things you feel stressed about throughout the day.</p>	<p>Go for a 30 minute walk after dinner.</p>	<p>Swim some laps at the pool or exercise to a workout video.</p>
Day 29	Day 30	Day 31	<div style="text-align: center;">  <p>NAVY AND MARINE CORPS PUBLIC HEALTH CENTER PREVENTION AND PROTECTION START HERE</p> </div> <p>For more information on weight management, visit the NMCPHC Healthy Weight Toolbox.</p>			
<p>Read the nutrition label for everything you eat today, and do not eat foods high in calories, saturated fat, sodium, and sugar. Learn more about nutrition labels.</p>	<p>Put fruit out in a bowl at home and/or at work and eat at least two pieces today.</p>	<p>Pick a meat-free recipe and cook dinner tonight something like black beans, veggies, and brown rice. Find ideas at www.choosemyplate.gov and Operation Live Well.</p>				

30-Day Fruit and Veggie Challenge

- **Instructions**
 - To begin the challenge:
 - Visit the links on the Activity Card to get recipes, snack ideas, and find out how many daily servings are recommended for you
 - Learn about all the different types of fruits and vegetables available to you in fresh, frozen, dried, juice or canned forms and what the serving size is for each form
 - Each activity block offers something to do related to fruits and vegetables. You do not have to complete each weekly block in a particular order. Just be sure that each day you choose one of the activities of the week and check it off the day you do it
 - If your command is using this event as a month-long challenge, be sure to turn in your completed card to the designated individual at the end of the month. Even if you missed a few days, you are a winner because you have started a very beneficial, healthy habit!



30-Day Fruit and Veggie Challenge Activity Card



Name: _____

Week 1	Goal of the Week: Eat at least one fruit and one vegetable serving for 6 days	Follow this link to see what is in season and choose at least 6 fruits and 6 vegetables you will eat or try this month.*	Shop and eat with fruits and vegetables in mind. Eat at least one vegetable and one fruit today.	Today use the MyPlate SuperTracker to track fruit and vegetable intake and plan ahead	Try at least one new fruit this week.	Remember you can have vegetables in sauce, soup, a vegetable drink or whole. Choose one today.	Try fruit or 100% juice today at breakfast.
Week 2	Goal of the Week: Eat at least one fruit and two vegetable servings for 6 days	Snack on fruits or vegetables and skip the fries or vending machine today	Shop with fruits and vegetables in mind. Plan to have fruit with breakfast every day this week & a vegetable with dinner.	Have a different colored vegetable with two meals. Perhaps carrots at lunch and a green one at dinner	Have you tried your six different vegetables over the last two weeks? If not, choose something different today.	Try a fruit smoothie today.	Have a bowl of soup, salsa, or salad today. If you do, you have had a vegetable serving!
Week 3	Goal of the Week: Eat at least two fruit and two vegetable servings for 6 days	Think of a fruity dessert. Apple crisp, fruit salad, banana custard, berries w/frozen yogurt. Try it one day this week.	Try a veggie smoothie today.	Make your side dish or snack a vegetable today. Try carrots, cucumber, or chopped sweet peppers.	Try two vegetables at dinner. Skip the fries, chips, or buttered bread today.	Load your sandwich, taco, or meal with vegetables.	Try two different fruits or vegetables from your list today.
Week 4	Goal of the Week: Eat at least two fruit and three vegetable servings for 6 days	Stay away from the vending machine today and snack on fruits and vegetables.	Use the snack list here to help you plan to eat fruits and vegetables that are portable.	Did you have a smoothie this week? Today is the day.	Look at your list of six fruits and vegetables. Have you tried them all? If not, this is the day to try something new.	Find a prepared food that is mainly a fruit or vegetable – soup, salad, etc. Use it as an alternative when in a hurry.	Think of a fruity dessert. Apple crisp, fruit salad, banana custard, berries w/frozen yogurt. Have it one day this week.

*List the six fruits and vegetables you chose to try this month:

Goal: Finish strong with your favorite two fruits and three vegetables today.

Congratulations! You're now a regular fruit & vegetable eater. Your body & mind thank you. Celebrate & keep it up!



Avocado and Corn Salsa

Combine avocados and corn with fresh cilantro and lime in this tasty side.

Yield

5

Ingredients

1 large avocados (diced)
3/4 cup corn (frozen, thawed)
1/2 cup tomato (grape, quartered)
1 tablespoon cilantro (fresh)
2 teaspoons lime juice
1/4 teaspoon salt

Steps

1. Wash hands with soap and water.
2. Toss avocado, corn, tomatoes, cilantro, lime juice, and salt in a medium bowl.
3. Chill one hour and then serve.

Peanut Butter Balls

Calling all peanut butter lovers! Try these snack bites, sweetened with a touch of honey.

Yield

12 servings

Cook time

30 minutes

Ingredients

1/4 cup peanut butter
1/4 cup honey
1/2 cup instant dry milk powder (nonfat)
1/2 cup whole grain cereal (crushed flakes)

Steps

1. Mix peanut butter, honey and dry milk in a bowl.
2. Shape into 1-inch balls. Roll in cereal.
3. Chill until firm for 30 minutes or longer.

Notes

- Have a peanut allergy? Make these with another nut or seed butter instead.
- Store leftover peanut butter balls in an airtight container in the refrigerator.

Hello from WC Kitchen

April Showers Bring May Flowers!

March has gotten away from me but I have got the survey done and it is going out in emails. It is going out for all ages. Please watch your emails for them. I want everyone's input but remember I do have to follow State and Federal regulations.

We continue to offer a well healthy balanced meal to all and any student. If students choose, with parents permission, to get seconds; they will need to have money in their account or we can take cash/check. **Remember to please have a talk with your student if you wish them not to get seconds.** We ask that if you are wanting your child to have seconds on certain days to have a conversation with them. We are not able to police or remember what day it is for your child to be able to have seconds. Please, please have a talk with them.

Our mission is to provide and serve healthy and balanced meals to our children. We have a newer kitchen team and they are all excited to be part of the WC kitchen staff.

If you have any questions please reach me at 402-821-2141 ext. 316 or email me at janet.slama@wilberclatonia.org.

Breakfast Prices

Grades K-12 Breakfast	\$2.10
Extra Milk/Milk Break	\$0.50
Adult Breakfast	\$2.75

Lunch Prices

Grades K-5 Lunch	\$3.15
Grades 6-12 Lunch	\$3.35
Adult Lunch	\$4.60



APRIL

© Kim Miller

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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1 NO SCHOOL	2 Breakfast Taco ***** Corn Dog Seasoned Noodles Green Beans Fruit Milk	3 Donut ***** Sloppy Joe Oven Potato Mixed Vegetables Fruit Milk	4 Oatmeal & Muffin ***** Chicken Alfredo Garlic Bread Peas Fruit Milk	5 Bagel ***** Taco Mexican Rice Corn/Black Bean Fruit Milk
8 Ham/Egg/Cheese Bar ***** Chicken Nuggets Rice Pilaf Green Beans Fruit Milk	9 Yogurt & Cereal Bar ***** Country Fried Steak Mashed Potatoes Corn/Roll Fruit/Milk	10 Biscuit & Gravy ***** Mac-n-Cheese & Smokies Peas Muffin Fruit Milk	11 Breakfast Pizza ***** Chicken Sandwich Oven Potato Baked Beans Fruit Milk	12 Poptart & Eggs ***** French Toast & Sausage Oven Potato Broccoli Fruit Milk
15 Pancakes ***** Wolverine Seasoned Noodles Green Beans Fruit Milk	16 Breakfast Sandwich ***** Creamed Chicken Mashed Potatoes Corn Roll Fruit Milk	17 Bagel ***** Sub Sandwich Chips Carrots Fruit Milk 1:00 pm Dismissal	18 Oatmeal & Muffin ***** Mandarin Chicken Fried Rice Broccoli Fruit Milk	19 Waffles ***** Pizza Toss Salad Cookie Fruit Milk
22 Pancake on Stick ***** Italian Dunker Toss Salad Pudding Fruit Milk	23 Breakfast Burrito ***** Quesadilla Mexican Rice Green Beans Fruit Milk	24 Cereal & Smokies ***** Chicken Drumstick Mashed Potato Corn Roll Fruit Milk	25 Scrambled Eggs & Toast ***** Chef Salad (Elem) Choice of Entree (high) Oven Potato Mini Bread Loaf Fruit Milk	26 NO SCHOOL
29 Donut ***** Fish Shapes Mac & Cheese Peas Fruit Milk	30 Breakfast Taco ***** Super Nachos Lettuce Brownie Fruit Milk	Menu is subject to change at anytime	Any Questions please contact Janet Slama janet.slama@wilberclatonia.org "This institution is an equal opportunity provider"	Prices Breakfast K-12 \$2.10 Adults \$2.75 Lunch K-5 \$3.15 6-12 \$3.25 Adults \$4.60



ABRIL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

<p>1</p> <p>No Hay Clases</p>	<p>2 desayuno tacos ***** Corn Dog fideos sazonados el guisante Fruta Leche</p>	<p>3 Donut ***** Huevos y Gofres papas al horno verduras mixtas Fruta Leche</p>	<p>4 Oatmeal y mollete ***** Pollo Alfredo ajo pan el guisante Fruta Leche</p>	<p>5 el Beigel ***** Taco arroz ala mexicana Maiz/Frijoles negros Fruta/Leche</p>
<p>8 Jamón/huevo/bar queso ***** Nuggets de pollo arroz Pilaf el guisante Fruta Leche</p>	<p>9 el Yogurt & cereales bar ***** Carne Frita pure de papas Maiz/pan de role Fruta Leche</p>	<p>10 la galleta y el caldo ***** ahumados mac arrones con queso mini pan de molde el gusante Fruta/Leche</p>	<p>11 desayuno pizza ***** Sandwich pollo papas al horno Frijoles cocidos Fruta Leche</p>	<p>12 tarta de pop y jamón ***** Carne Frita y embutido papas al horno el brocoli Fruta/Leche</p>
<p>15 panqueque ***** Wolverine fideos sazonados el guisante fruta Leche</p>	<p>16 desayuno Sandwich ***** Pollo con crema pure de papas maiz/pan de role fruta Leche</p>	<p>17 el beigel ***** Sandwich Sub Chips la zanahoria fruta Leche 1pm Despido</p>	<p>18 Oatmeal y mollete ***** Pollo mandarina Arroz frito el Brócoli fruta Leche</p>	<p>19 gofres ***** Pizza ensalada la Galleta fruta Leche</p>
<p>22 panqueque en el palillo ***** Quesadilla arroz ala mexicana el guisante Fruta Leche</p>	<p>23 desayuno burrtio ***** Pedazo de pan ensalada Pudin Fruta Leche</p>	<p>24 cereales y ahumados ***** musio de pollo pure de papas maiz/pan de role fruta Leche</p>	<p>25 Huevos Revueltos Y Tostadas ***** Ensalada de Chef(Elem) Entrada selecta(High) Papas al Horno Mini Pan de molde frutas/Leche</p>	<p>26</p> <p>No Hay Clases</p> <p>"Esta institución es un proveedor de igualdad de oportunidades"</p>
<p>29 Donut ***** Formas de peces mac arrones con queso el gusante fruta Leche</p>	<p>30 desayuno taco ***** Super Nachos ensalada la galleta Fruta leche</p>	<p>El menú está sujeto a cambios en cualquier momento.</p>	<p>cualquier pregunta por favor póngase en contacto Janet Slama janet.slama@wilberclatonia.org</p>	<p>Precios De La Comida Desayuno K-12 \$2.10 Adults \$2.75 Almuerzo K-5 \$3.15 6-12 \$3.25 Adults \$4.60</p>

April

2024

Wilber Clatonia Public Schools

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO SCHOOL <i>8:30 a.m. Tennis @ Ralston</i> 7 pm Cheerleading Parent Mtg	2	3 10 a.m Track @ Malcolm 7 pm Elem PTO Mtg	4 2 pm JH Track @ Milford 3 pm Tennis @ Beatrice	5	6 PROM
7	8 3 pm JH Track @ Home <i>7:30 pm NHS Induction</i>	9 3 pm Track @ Milford <i>7 pm K-4 Spring Concert</i>	10	11 9 am Tennis @ Adams Central 7 pm HS Pre Contest Concert NSBA State Jazz Band Festival	12 NSBA State Jazz Band Festival <i>6th Gr Field Trip</i> Preschool Preview <i>HS Choir-Doane</i> 6:30 pm Father/Daughter Dance	13
14	15 9 am Tennis/North Star @ Woods Tennis <i>7 pm Board Mtg</i>	16	17 10 am Track @ Tri County 1 pm Dismissal 6:30 pm Teammates Bd Mtg	18 10 am JH Track @ David City <i>1 pm District Music Contest @ Fairbury</i>	19 District Music Contest @ Fairbury <i>Family Fun Night</i> Movie	20 7 pm Senior Class Play
21 4 pm Senior Class Play	22 11:30 am JH Track @ Fairbury <i>6:30 pm FFA Mtg</i> 7 pm Friends of Music Mtg	23 NHS Blood Drive	24 1 pm Make a Wish Auction	25 2:30 pm JH Track @ Fillmore Central	26 NO SCHOOL	27 10 am Tennis @ Doane <i>10 am SNC Track @ Sutton</i>
28 7 pm Booster Club Mtg	29 9 am JH Track @ Tri County <i>9:30 am Track @ Conestoga</i> 6 pm FFA Banquet	30 2:30 pm Tennis @ NE City				

Be the best person you can be!

PRIDE:

**Positive Responsible Individuals Dedicated to
Excellence**



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