

The Wolverine

FROM THE SUPERINTENDENT –MR. COLLINS

It has been an awesome start to the school year, however not without it's challenges. If you have children riding buses you may have noticed some inconsistencies. The first was simply in getting routes from the busing company to start school. Allegedly the routes were put together in June, but First Student made some changes in their organization and a new person came in and said the routes as created would not work due to company policy. We were promised new routes in time for school, which we did receive just before school, but not very timely for parents. It all was bad timing. We are still looking for bus drivers or substitute and activity drivers so if you are interested we can put you in touch with the people at First Student.

The labor crunch continues to have its effect on the district. We can always use substitutes at various positions.

The Board is considering proposals for a facilities study to be conducted this Fall. Some of the items to be considered include review of existing facilities and use future program needs, deferred repair and maintenance items and code issues. I am excited for the start to this study as it will help the Board to chart a future for our system.

We are also waiting on a site survey to be completed as we look at the restroom, concession, press box facility at the Football/Track complex. Where items such as wells for the geothermal system and existing and future sewage structures are located will impact the design and ultimately the cost of a new structure.

I am also spending some time working on the 2022-2023 budget. This document sets spending authority and creates a property tax request for the year. Annually the challenge is the school year has already started and the taxes requested won't come in until we are well into the school year. Therefore we are looking towards the next school year almost as much as we are looking at the current school year. This year LB644, often referred to as "the postcard bill" is in effect. This bill creates the requirement for an additional hearing for taxing entities who raise their tax request over 2% plus "real growth". This year our "real growth" is 0.75% so should the District overall tax request go over 2.75% we would have to participate in an additional hearing. The notice for this hearing is to go out on a "post card" (thus the postcard bill) to all taxpayers. I would suspect the postcard will actually be one or more sheets of paper. At this writing I don't anticipate the Wilber Clatonia tax request going over 2.75%.

Some other Budget factors include: a loss of about \$70,000 in State Aid and a slight increase in valuation (1.9%) or tax base. We do anticipate receiving \$259,000 in nameplate capacity tax generated by the windmill project. We continue to receive funds because more students option in to the district than option out. We are also on the low side of adjusted expenditures, as compared to 20 schools with similar enrollments.

As always there is a lot of activity in and around the building. Come out to support the Wolverines when you have a chance! Go Big Green!!

COVID-19 SCHOOL GUIDANCE 2022-2023



General

- Schools should follow their existing exclusion policies for illness and return to school.

Confirmed Positive Cases

- Must quarantine away from school setting for 5 days from onset of symptoms.
 - May return on day 6 if existing exclusion/return to school criteria are met.
 - Must wear a mask on days 6-10 during school hours and school activities (to the extent possible).

Close Contacts

- PHS will not conduct contact tracing, nor are we requiring schools to continue their own contact tracing.
 - **If** a close-contact is easily identified (or self-identifies), the student **should** be asked to wear a mask for five days after exposure, and monitor for symptoms on days 6-10.
 - **If** a student has been identified as a close-contact and he/she is unable or unwilling to wear a mask in school settings, it is recommended he/she be excluded for five days. The student can then return on day six and continue monitoring for symptoms through day ten.

Testing

- Due to the wide availability of at-home test kits, there is no way to track or know of all positive cases in the district. Therefore, PHS does **not** recommend requiring test results for return to school and schools should follow their existing return to school policies.
- Any staff or student who develops symptoms of COVID-19 is encouraged to get tested and contact his/her healthcare provider for early treatment.



These recommendations are based on guidance from the Centers for Disease Control and Nebraska Department of Health and Human Services. School districts can and should follow their own policies in relation to COVID-19.

Questions? Contact our office at 402-826-3880.

COVID-19



Public Health
Soluciones

ORIENTACIÓN ESCOLAR 2022 - 2023

General

Las escuelas deben seguir sus políticas de exclusión existentes por enfermedad y regresó a la escuela.

Casos positivos confirmados

Deben estar en cuarentena fuera de la escuela durante 5 días desde el inicio de los síntomas. Puede regresar el día 6 si se cumplen los criterios existentes de exclusión/regreso a la escuela. Debe usar una máscara los días 6-10 durante el horario escolar y las actividades escolares (a medida posible).

Contactos cercanos

PHS no realizará el rastreo de contactos, ni estamos requiriendo que las escuelas continúen con su propio rastreo de contactos.

Si un contacto cercano se identifica fácilmente (o se identifica a sí mismo), se le debe pedir al estudiante **que** use una máscara durante cinco días después de la exposición y que controle los síntomas entre los días 6 y 10. **Si** un estudiante ha sido identificado como un contacto cercano y él/ella no puede o no quiere usar una máscara en el entorno escolar, se recomienda que sea excluido por cinco días. Luego, el estudiante puede regresar el sexto día y continuar monitoreando los síntomas hasta el décimo día.

Pruebas

Debido a la amplia disponibilidad de los equipos de prueba en el hogar, no hay forma de rastrear o conocer todos los casos positivos en el distrito. Por lo tanto, PHS **no** recomienda exigir los resultados de las pruebas para el regreso a la escuela y las escuelas deben seguir sus políticas existentes de regreso a la escuela. Se alienta a cualquier miembro del personal o estudiante que desarrolle síntomas de COVID-19 a hacerse la prueba y comunicarse con su proveedor de atención médica para recibir un tratamiento temprano.

COVID-19 POSITIVE OR SYMPTOMATIC Isolation Guidance for the General Public

If you tested positive or have symptoms of COVID-19, stay home and isolate for at least 5 days!



GIVE SPACE TO PEOPLE YOU LIVE WITH & DO NOT HOST VISITORS

Stay in a separate part of your home when possible and use a different bathroom if you can.

WEAR A MASK FOR 10 DAYS

Over your mouth and nose. Even at home, if you live with other people.

WASH YOUR HANDS

With soap and water, for 20 seconds each time you wash them.

CLEAN ALL "HIGH TOUCH" SURFACES

Wipe down and sanitize shared spaces often.

STAY HOME FOR 5 DAYS

Start counting on the date of your positive test, OR on the first day of symptoms.

If you start out asymptomatic but get symptoms during your 10-day isolation period, begin the 10-day count again. The first day of symptoms is your new Day 0.

WATCH FOR SYMPTOMS OF COVID-19

For a full list visit www.cdc.gov

WHAT TO DO: STAY HOME, MASK & MONITOR

THE DATE OF YOUR POSITIVE TEST OR YOUR FIRST DAY OF SYMPTOMS*

THIS IS YOUR FIRST FULL DAY AFTER

- your positive test or
- your symptoms start.

Day 0

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

DAY 5 WITH FEVER

Continue to stay home until your fever is gone and your symptoms are getting better.

Wear a mask until at least day 10

DAY 5 NO FEVER NO TEST

...and your other symptoms are gone or getting better?

Then you can leave your house on day 6.

Wear a mask until at least day 10

If you test...
TAKE AN ANTIGEN TEST on or after day 5.

If your test is **Negative:** You can end isolation. Wear a mask until day 10.

If your test is **Positive:** Stay home and wear a mask until day 10 and all symptoms are gone or getting better.

FEVER? SYMPTOMS?

Keep masking until fever is gone and symptoms are gone or better.

NO FEVER? NO SYMPTOMS?

Last day of masking around others.

More resources at:
www.netracing.org

HOW TO GIVE PRAISE THAT BUILDS KIDS' SELF-ESTEEM

You know it's important to praise kids. But it's even more meaningful for kids to learn to appreciate their own efforts. **Self-esteem** comes from working hard toward a goal and feeling good about it. So when kids see that their hard work is paying off, it helps them develop the ability to self-praise. What you say — and how you say it — can help kids to recognize things that they should be proud of. Here are some suggestions.

Situation

Try Saying...

The self-praise connection

The project you're looking at is good, but you know that more effort could have gone into it.

"That's a great start."

"How do you like it?"

"Do you think it's your best effort?"

This approach helps kids reflect on whether their work measures up to *their* expectations. It also asks them to consider how hard they worked and whether they're proud of

They did something well, but are downplaying it.

"You may not think it's a big deal, but it was kind of you to stick up for your friend."

"It sounds like you're proud. What about this makes you feel that way?"

This approach points out what you think is worthy of praise and what you value. It also asks kids to think about what they're proud of and what they value.

You know they worked hard but still didn't meet the goal.

"I'm sorry you didn't quite make it to your goal. You got close! Do you feel like you can do it the next time?"

"It's nice that you enjoyed the books you did read, even though reading can be hard for you."

This approach asks kids to reflect on what worked, not just what needs improvement. It also helps kids learn to be OK with doing things they like to do, but aren't great at.

They aced a test—and know it.

"I'd love to know how you did it! What strategies did you use?"

"Wow, I can see why you're excited. You worked really hard."

This approach reminds kids that consistently doing something well takes effort — even if they didn't doubt they could do it. It asks kids to look at what they did that led to success. And it helps them acknowledge and take pride in their effort *and* success.

They behaved according to the expectations you talked about ahead of time.

"Thank you for listening/following the rules. I know it took hard work to do that."

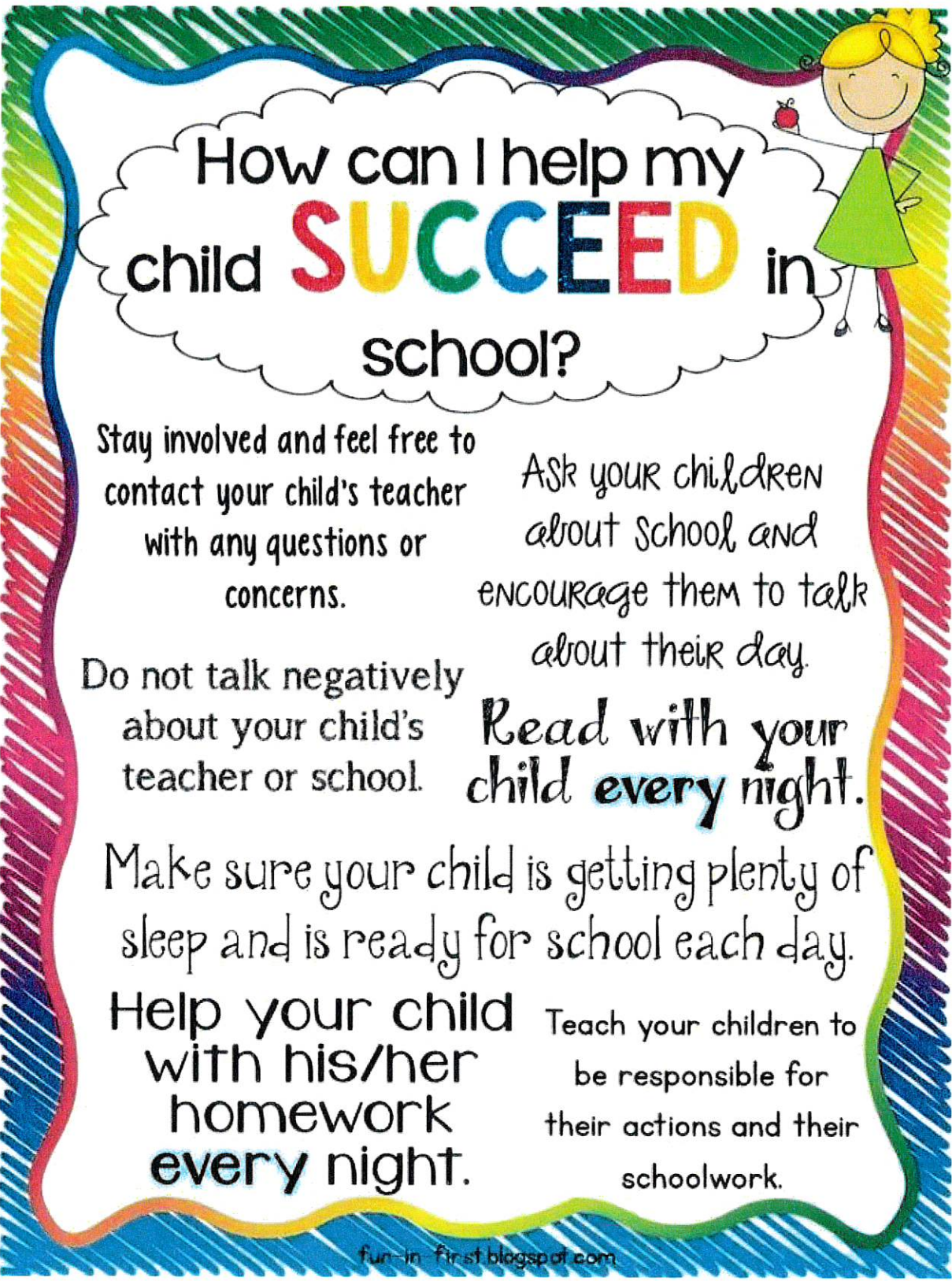
This approach gives kids specific feedback they can directly match to the expectations. It also helps them pay attention to how they're measuring up to what's expected of

TOP LIFE LESSONS PARENTS HOPE TO TEACH THEIR KIDS

- Be respectful
- Be thankful for what you have
- Honesty is the best policy
- Never give up
- Learn from your mistakes
- Don't be quick to judge people
- Admit mistakes
- Take care of your physical health
- Listen before you speak
- Spend time with the people you love

Top 10 life skills parents want to teach their childrenBasic cooking

- Good hygiene practices
- Drive a car
- Do laundry
- Money management
- Be aware of your surroundings
- Basic housekeeping skills
- Time management
- Reading and comprehension
- Make healthy food choices
- How to say "no" politely
- How and when to apologize
- How to deal with overwhelming emotions
- How to accept disappointments
- How to destress
- How to be alone
- How to trust their own instincts
- How to be empathetic to others
- How to listen effectively
- How to work towards long term goals
- How to work well with others
- How to greet people politely
- How to handle rejection
- How to problem solve
- How to work hard
- How to save money and credit
- How to take care of their belongings
- How to ask for help



How can I help my child **SUCCEED** in school?

Stay involved and feel free to contact your child's teacher with any questions or concerns.

Ask your children about school and encourage them to talk about their day.

Do not talk negatively about your child's teacher or school.

Read with your child every night.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework every night.

Teach your children to be responsible for their actions and their schoolwork.

fun-in-first.blogspot.com

THE SCOOP FROM THE KITCHEN

Welcome Back to School! Hello my name is Janet Slama. I am the new Food Service Manager at Wilber Clatonia Public Schools. A little about myself, I graduated from WC. I married my high school sweetheart, Brad. We have three wonderful children all in school. My hobbies include running to my children's events and spending time with family and friends. I will be starting my 7th year in the kitchen at Wilber Clatonia Schools.

Exciting news for 4th and 5th graders starting Tuesday, September 13th, they will get to order a Pizza Kit as their Entrée on Tuesday and Thursdays. For example, Hotdogs are the entrée and they don't want it they can order a Pizza Kit before school. I will have a cart out by the Elementary kitchen door with slips of papers for them to fill out with their First and Last name. I will be taking with the kids during lunch about this choice. They will be excited! This year will be some challenges with increased prices on food and fuel. I will do my best to stick with the menu items as there will be some shortages out there.

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 or email me at

janet.slama@wilberclatonia.org

Breakfast

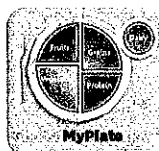
Grades K-12 Breakfast	\$2.00
Extra Milk/Milk Break	\$.50
Adult Breakfast	\$2.50

Lunch

Grades K-5 Lunch	\$3.05	Extra Entrée	\$2.00
Grades 6-12 Lunch	\$3.25	Extra Potato/Pasta	\$1.00
Adult Lunch	\$4.00	Extra Milk	\$.50
		Extra Chip/Roll	\$1.00



10 tips
Nutrition
Education Series



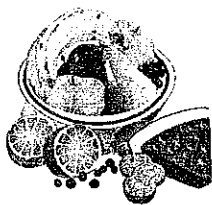
MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 **Keep visible reminders**
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 **Experiment with flavor**
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

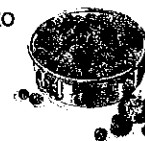
3 **Think about variety**
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 **Don't forget the fiber**
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 **Include fruit at breakfast**
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 **Try fruit at lunch**
At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



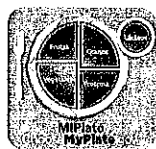
7 **Enjoy fruit at dinner, too**
At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 **Snack on fruits**
Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 **Be a good role model**
Set a good example for children by eating fruit every day with meals or as snacks.

10 **Keep fruits safe**
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



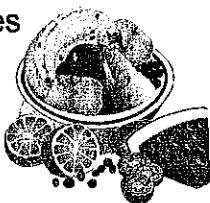


Enfóquese en las frutas

Comer fruta proporciona beneficios para la salud. Las personas que comen más vegetales y frutas como parte de un estilo de alimentación saludable general es probable que corran menor riesgo de contraer algunas enfermedades crónicas. Las frutas proporcionan nutrientes vitales para la salud, como potasio, fibra dietética, vitamina C y folato. Concéntrese en frutas enteras—frescas, enlatadas, congeladas o secas—en lugar de jugo. El azúcar que se encuentra de forma natural en la fruta no cuenta como azúcar añadido.

1 Tenga recordatorios visibles

Tenga una fuente de fruta entera sobre la mesa, la encimera o en el refrigerador.



2 Experimente con el sabor

Compre frutas frescas de temporada cuando pueden ser menos costosas y tienen el mayor sabor. Use las frutas para endulzar una receta en lugar de agregar azúcar.

3 Piense en la variedad

Compre frutas deshidratadas, congeladas, enlatadas (en agua o jugo al 100%) o frescas, para que siempre pueda tener un suministro a mano.



4 No se olvide de la fibra

Haga que la mayoría de sus opciones sean de fruta entera o cortada, en lugar de jugo, para obtener los beneficios que proporciona la fibra dietética.

5 Incluya fruta en el desayuno

En el desayuno, cubra su cereal con plátanos, melocotones o fresas; agregue arándanos a los panqueques; beba jugo al 100% de naranja o toronja. O pruebe fruta mezclada con yogur sin grasa o bajo en grasa.

6 Tome fruta con el almuerzo

Para el almuerzo, llévese una mandarina, un plátano o uvas para comer o elija frutas de una barra de ensaladas. Los envases individuales de frutas como melocotones o compota de manzana son fáciles de llevar y convenientes para el almuerzo.



7 Disfrute la fruta también en la cena

En la cena, agregue la piña machacada a la ensalada de col o incluya gajos de naranja, arándanos secos o uvas en una ensalada con aderezo. Pruebe la salsa de frutas sobre el pescado.

8 Bocadillos de frutas

Las frutas son bocadillos estupendos. Pruebe las frutas deshidratadas mezcladas con frutos secos o frutas enteras como manzanas. Son fáciles de llevar y se conservan bien.

9 Sea un buen modelo a seguir

Sea un buen ejemplo para los niños comiendo fruta todos los días con las comidas o como bocadillos.

10 Mantenga las frutas seguras

Lave las frutas antes de prepararlas o comerlas. Bajo el agua corriente y limpia, frote las frutas vigorosamente para eliminar la suciedad y los microorganismos superficiales. Después de lavarla, séquela con un trapo limpio.

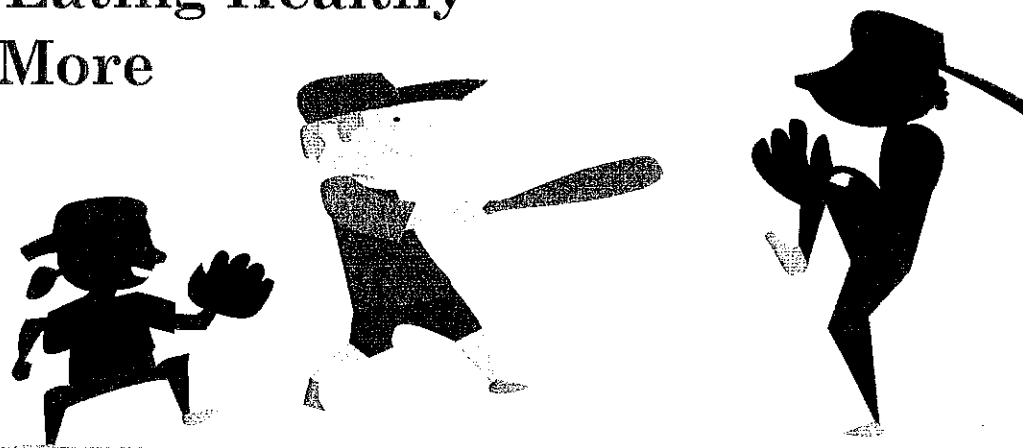


parent tips



Get Started! Eating Healthy and Moving More

Try one of these tips each week to eat healthy and move more!



Eat Healthy (ENERGY IN)

- Put berries or bananas on whole-grain cereal or oatmeal.
- Order a green salad instead of fries. Ask for fat-free or low-fat dressing "on the side" – and use only half of it.
- Drink water, fat-free or low-fat milk instead of regular soda or other sweetened drinks.
- Add flavor with herbs and spices, instead of salt.
- Use fat-free or low-fat mayo, sour cream, and salad dressings.
- Choose fruit for a snack or dessert.
- Grill, steam, or bake food.
- Don't eat late at night.
- Use lean meats such as white meat chicken, lean ground turkey, or fish in place of beef or pork.
- When you eat out, choose an appetizer for your meal or share a main course.

Move More (ENERGY OUT)

- Take your dog on longer walks.
- Ride bikes after dinner.
- Park farther away from the store and walk.
- Use the stairs instead of the escalator.
- Dance with your children.
- Walk your kids to school or walk to work.
- Ask your kids to help with active chores around the house, like vacuuming or raking leaves.
- Sign your kids up for community sports or lessons.
- Walk along the sidelines at your kids' sports events.
- Play ball at the park.
- Choose video games that get your kids moving, like dancing or fitness games.



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

consejos para padres



La fórmula de ¡Podemos! para una vida saludable y activa

Aprenda lo fácil que es ayudar a su familia a llevar un estilo de vida activo y a mantener un peso saludable.



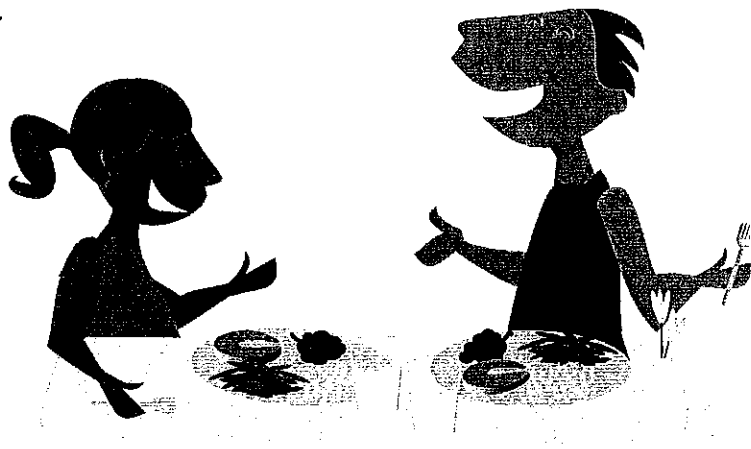
Es tan simple como sumar:

alimentación adecuada + actividad física = una vida saludable y activa.

Comer saludablemente y realizar más actividad física son la clave para lograr una vida más sana para usted y para sus seres queridos. ¡Empiece a partir de hoy!

Alimentación

- Añada manzanas, fresas o bananas al cereal integral favorito de la familia.
- Pida una ensalada verde en lugar de papas fritas. Ordene el aderezo aparte y solo use la mitad.
- Tome agua, leche sin grasa o baja en grasa, en lugar de sodas u otras bebidas con azúcar.
- Sazone su comida con hierbas, especias y condimentos sin sodio, en lugar de sal.
- Utilice salsas y aderezos sin grasa o bajos en grasa.
- Para postre o refrigerio, coma fruta fresca.
- Cocine alimentos al vapor, a la parrilla o al horno, en lugar de fritos.
- No coma muy tarde en la noche.
- Compre carnes magras (con poca grasa) como el pollo o el pavo, en lugar de carnes de res o de cerdo. Y quite la piel al pollo o pavo antes de comer.
- Cuando coma en un restaurante, comparta su plato con un familiar. En casa, coma en platos más pequeños y no repita.



Actividad física

- Salga a dar una caminata con su familia después de la cena.
- Haga sentadillas frente al televisor y motive a que sus hijos compitan sobre quién hace más sentadillas en un minuto.
- Lleve a sus hijos a la escuela caminando.
- Baile con sus hijos o asistan a clases de Zumba juntos.
- Anote a sus hijos en equipos deportivos en su comunidad. Corra o camine alrededor de la cancha mientras sus hijos practican deportes.
- Use las escaleras en lugar del elevador y motive a sus hijos a que compitan sobre quién llegará primero.
- Opte por caminar los domingos, en lugar de manejar.
- Camine durante la hora de almuerzo o camine con su perro en el parque o en su vecindario.
- Bájese del autobús una parada antes de la suya, y camine hasta su destino.
- Estacionese lejos de la tienda, y camine.

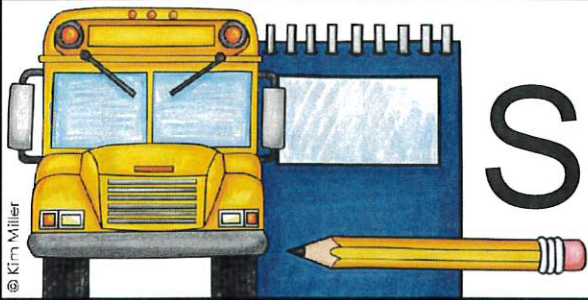


¡Podemos!® es un programa desarrollado por los Institutos Nacionales de la Salud (NIH, por su sigla en inglés). **¡Podemos!** ofrece instrucciones, herramientas y consejos gratuitos a los padres, personas a cargo del cuidado de niños y a las comunidades, para ayudar a los niños de 8 a 13 años a mantener un peso saludable mejorando su alimentación, aumentando su actividad física y reduciendo el tiempo que pasan delante de una pantalla.

Para obtener más información, visite <http://wecan.nhlbi.nih.gov/espanol> o llame al 1-866-359-3226.

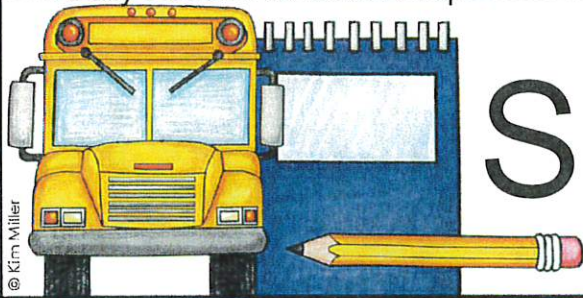
¡Podemos! y los logotipos de **¡Podemos!** son marcas registradas del Departamento de Salud y Servicios Humanos de los Estados Unidos (U.S. Department of Health & Human Services, DHHS, por su sigla en inglés).





SEPTEMBER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast Choice of Cereal or Item on Menu each day Lunch High will have a Choice of Sub Sandwich or Item on menu each day Any Questions please contact Janet Slama janet.slama@wilberclatonia.org		Prices Breakfast K-12 \$2.00 Adults \$2.50 Lunch K-5 \$3.05 6-12 \$3.25 Adults \$4.00		1 Pancakes ***** Hot Dog Oven Potatoes Baked Beans Fruit Milk		2 Breakfast Pizza ***** Soft Shell Taco Mexican Rice Salsa Lettuce/Cheese Cup Fruit Milk			
5 No School! Menu is subject to change at anytime		6 Poptart ***** Sloppy Joe Vegetable Cup Chips Fruit Milk		7 Yogurt & Cereal Bar ***** Pizza Toss Salad Cookie Fruit Milk		8 Bagel ***** Chicken Drumstick Mashed Potatoes Corn/Roll Fruit Milk		9 Sausage Link & Muffin ***** Quesadilla Tri Tator Toss Salad Fruit Milk	
12 Pancake on Stick ***** Chicken Nuggets Rice Pilaf Broccoli Fruit Milk		13 Breakfast Sandwich ***** Hamburger Oven Potatoes Baked Beans Fruit Milk		14 Donut ***** Pulled Pork Sandwich Oven Potatoes Vegetable Cup Fruit Milk		15 French Toast ***** Italian Dunkers Toss Salad Pudding Fruit Milk		16 Breakfast Taco ***** Chicken Alfredo Peas Garlic Bread Fruit Milk	
19 Waffles ***** Country Fried Steak Mashed Potatoes Green Beans Roll Fruit Milk		20 Ham/Egg/Cheese Bar & Muffin ***** Taco Corn/Black Beans Lettuce/Cheese Cup Fruit Milk		21 Yogurt Parfait ***** Peanut Butter & Jelly Chips Carrots Fruit Milk 1 pm Dismissal		22 Bagel ***** Sub Sandwich Oven Potatoes Cookie Fruit Milk No School for K-5 Grades 1 pm Dismissal High		23 No School!	
26 French Toast ***** Chicken Sandwich Oven Potatoes Dill Spear Fruit Milk		27 Breakfast Taco ***** Corn Dog Seasoned Noodles Coleslaw Fruit Milk		28 Donut ***** Lasagna Rollup Corn Garlic Bread Fruit Milk		29 Biscuit & Gravy ***** Mandarin Chicken Fried Rice Broccoli Fruit Milk		30 Yogurt & Cereal Bar ***** Hamburger Cookout Chips Carrots Fruit Milk	



SEPTIEMBRE

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

Desayuno Elección de cereal o artículo en el menú cada día
Almuerzo
 High tendrá una opción de sándwich secundario o artículo en el menú todos los días
 Cualquier pregunta por favor póngase en contacto
 Janet Slama
 janet.slama@wilberclatonia.org

Precios
Desayuno
 K-12 \$2.00
 Adultos \$2.50
Almuerzo
 K-5 \$3.05
 6-12 \$3.25
 Adultos \$4.00

1 tortitas

 Pancho
 Papas al Horno
 Frijoles
 Horneados
 Fruta
 Leche

2 pizzas de desayuno

 Taco de cáscara blanda
 Arroz Mexicano
 Salsa
 Copa de Lechuga/Queso
 Fruta
 Leche

5
 ¡No hay clases!
 Menús sujetos a cambios en cualquier momento

6 popart

 Joe descuidado
 Copa de verduras
 Papas fritas
 Fruta
 Leche

7 Barra de yogur y cereales

 Pizza ensalada mixta
 Galleta
 Fruta
 Leche

8 rosquillas

 Muslo de pollo
 Puré de patatas
 Maíz/Rollo
 Fruta
 Leche

9 Enlace de salchicha y muffin

 Quesadilla tri tator
 ensalada mixta
 Fruta
 Leche

12 panqueques en palito

 Nuggets de pollo
 arroz pilaf
 Brócoli
 Fruta
 Leche

13 Sándwich de desayuno

 Hamburguesa
 Papas al Horno
 Frijoles
 Horneados
 Fruta
 Leche

14 rosquillas

 Sándwich de cerdo desmenuzado
 Papas al Horno
 Copa de verduras
 Fruta
 Leche

15 tostadas francesas

 Dunkers italianos
 ensalada mixta
 Pudín
 Fruta
 Leche

16 tacos de desayuno

 Pollo Alfredo
 Guisantes
 Pan de ajo
 Fruta
 Leche

19 gofres

 Bistec Frito Campestre
 Puré de patatas
 Judías verdes
 Rodar
 Fruta
 Leche

20 Barra de Jamón/Huevo/Queso y Muffin

 Tacos
 Maíz/Frijoles
 Negros
 Copa de Lechuga/Queso
 Fruta
 Leche

21 Postre helado de yogur

 Mantequilla De Maní Y Jalea
 Papas fritas
 Zanahorias
 Fruta
 Leche
 1pm Despedida

22 rosquillas

 Sub Sándwich
 Papas al Horno
 Galleta
 Fruta
 Leche
 No hay clases para los grados K-5
 1 pm Despedida High

23
 ¡No hay clases!

26 tostadas francesas

 Sándwich de pollo
 Papas al Horno
 lanza de eneldo
 Fruta
 Leche

27 Desayuno Taco

 perro de maíz
 Fideos Sazonados
 Ensalada de col
 Fruta
 Leche

28 Rosquilla

 Rollo de lasaña
 Maíz
 Pan de ajo
 Fruta
 Leche

29 Galletas y Salsa

 Pollo mandarín
 Arroz frito
 Brócoli
 Fruta
 Leche

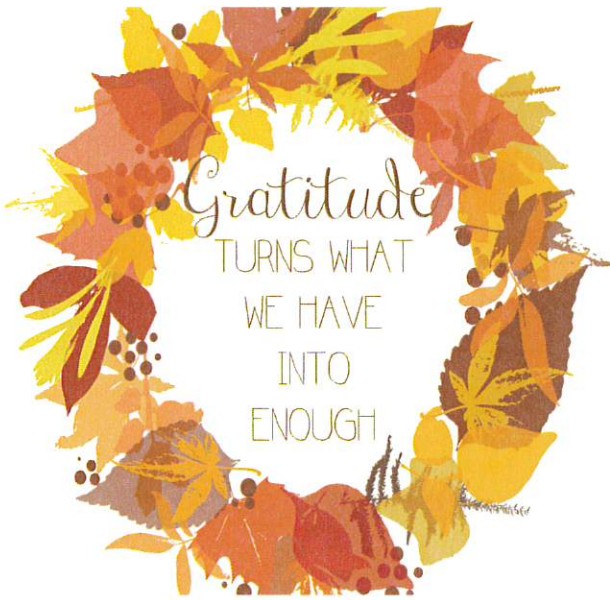
30 Barra de Yogur y Cereales

 Comida al aire libre de hamburguesas
 Papas fritas
 Zanahorias
 Fruta
 Leche

September

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 School Pictures 5 pm VB @ Heartland 6 pm V SB vs Auburn	2 7 pm V FB vs Louisville Home	3 9 am CC @ Beatrice 9 am VB @ Weeping Water
4	5 NO SCHOOL	6 4 pm SB Triangular @ Centennial 4:30 pm JH FB-Home 4:30 pm JH VB @ Centennial 5 pm VB Triangular	7 7 pm PTO Mtg	8 7 pm 5 th Grade Band Night 4:30 p.m. SB Triangular Home 5 pm CC @ Doane	9 7 pm V FB @ Doniphan Trumbull	10 9 am SB @ Falls City
11	12 4:30 pm JH FB -Home 6 pm JV FB Home	13 5 pm SB-Home	14	15 Student Council Mtg 4:30 pm JH VB-Home 5 pm CC @ Hidden Hills 5 pm SB Home	16 7 pm FB Home	17 9 am VB @ Fillmore Central 10 am SB @ Wilber
18	19 4:30 pm JH VB @ Tri County 6 pm JV FB Home 7 pm Bd Mtg	20 4 pm CC @ Branched Oak 4:30 pm JH FB Home 5 pm SB @ Southern 5 pm VB Home	21 Sportsmanship Summit 1 pm Dismissal 3:30 pm Parent Teacher Conferences	22 NO SCHOOL K-5 1 pm Dismissal 3:30 pm Parent Teacher Conferences 5 pm CC @ Hebron	23 NO SCHOOL 7 pm FB @ Lincoln Lutheran	24 9 am VB @ Sandy Creek 10 am SB SNC @ Wilber
25 Homecoming Parade	26 4 pm JH FB @ Auburn 6 pm JV FB Home 6:30 pm FFA Mtg 7pm Friends of Music Mtg	27 5 pm SB Home 5 pm VB @ Thayer Central	28	29 4:30 pm JH VB @ Milford 5 pm RVB Home 6:30 pm SB @ Fairbury	30 3:45 pm CC @ Syracuse CC FFA Booster Tailgate 7 pm VFB- HOMECOMING	



BE THE BEST PERSON
YOU CAN BE

PRIDE:
POSITIVE RESPONSIBLE
INDIVIDUALS DEDICATED
TO EXCELLENCE

**Wilber Clatonia Public Schools
PO Box 487 900 S Franklin St
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402-821-2508 HS Office

402-821-2141 Elem Office