

January, 2011

# Campus Connections

## Pacelli Catholic Schools Newsletter

From the Principal's Office by Mary Holtorf, Principal of Schools

Dear Families,  
In December, Mr. Parlin, Mr. Zielke, Mrs. Christensen, Ms. Gutnik and I went to a technology conference in the Cities. It was amazing; I learned so much my head was spinning! The one thing I realized is that with our emphasis on technology in the last 2 years, we, as a school, are on the cutting edge of the changes that technology can afford our students. We are embracing it and teachers

are using it to engage their students.

The conference was called *Engaging Students*.

Engaged students are students who learn and grow because they are involved in their learning.

When I observe classrooms, student engagement is the number one thing I look for.

Technology is just one way to achieve student involvement. It is a powerful way because

students have such a passion for technology. I am adding a technology feature to our newsletter to engage you in technology. With over a billion websites out there, it is great to have some direction of where to go.

I am hoping you will share our enthusiasm for technology as a way to engage our students!

Sincerely,  
*Mary P. Holtorf*

### MARK YOUR CALENDARS!

Catholic Schools Week is just around the corner and we hope you will help us celebrate!

Join us for our All School Open House on Wednesday, February 2 from 6-7:30 p.m. This event is a GREAT time to see old friends, meet new, and introduce Pacelli to a friend, neighbor, or cousin! Invite someone today!

Be on the look out for information on more great CSW highlights including the book fair, art fair, dress up days, and much, much more!

### Mission Statement:

The Pacelli Catholic Schools are a ministry of the Catholic parishes connecting faith and learning. We provide a welcoming environment that respects students. We challenge them to reach their full potential while preparing them for higher learning opportunities, guiding students in becoming witnesses to the Gospel as disciples of Jesus Christ. The youth of the Pacelli Catholic Schools will become salt of the earth and light for the world by serving the church and community.

### Staff Spotlight:

Betty Ripley

#### **What is role in the Catholic Schools?**

I'm the germ police!

#### **How many years have you worked at the Catholic Schools?**

33 years

#### **What do you think makes our school unique?**

The commitment of teachers and staff to the students and working together of teachers, staff and parents with the students.

#### **What is your favorite book?**

Anything that has adventure or mystery.

#### **What is your favorite vacation spot?**

Don't have one.

#### **Favorite Holiday and why?**

Easter because everything is coming back to life after being dormant in winter.

#### **Hobbies?**

Reading

#### **Pick one or the other:**

Coke vs. Pepsi

PEPSI

Books vs. Movies

BOOKS

Morning Person vs. Night Owl

MORNING

Popcorn vs. Candy Bars

POPCORN

Email vs. Snail Mail

POSTAL SERVICE, it's more personal

**DEVELOPMENT NEWS**

**Gala, Saturday, February 5 -**

The Winter Gala is a celebration of Catholic Schools Week, as well as an opportunity to celebrate school staff employment milestones. If you would like to attend the Gala, please contact the Development Office at 437-8908 or [hjmayer@austincatholic.org](mailto:hjmayer@austincatholic.org). Tickets are \$60 per person. If you would like to sponsor a staff member's ticket, please let the Development Office know.

**SCRIP** - Don't forget to purchase SCRIP! This is a very profitable program for our school - we had our largest week ever in SCRIP sales, with total sales of over \$27,000 during the week before Christmas! Remember that 2% of all of your purchases goes toward your tuition. Other people can designate your family to receive their purchase credits as well!

**Auction, Saturday, April 9 -**

Many volunteers are needed to make this a successful event. If you would like to help with office support, the night of the Auction, or any type of support, please contact the Development Office. **We are looking for an Auction Director to oversee this year's event.** This is a paid, full-time position beginning immediately and going through the end of April. If you are interested or know of someone who might be interested, please contact the Development Office.

**A New Year-A Good Time to Start Some Healthy New Habits**

submitted by School Nurse, Dorothy Meyer

Over the past 30 years, children and teens in the US have developed more sedentary habits with the result that the percentage of overweight and obesity has more than doubled. The average child/teen spends 5 ½ hours a day on all screen media (television, videos and DVDs, computer time outside of school work and video games). It's time for parents to take an active role in helping their children to be healthy and physically active. Physically active kids are more likely to be academically successful and are at reduced risk for developing diabetes and other chronic health conditions.

What can you do to motivate your kids to be active?

- Encourage age appropriate activities to prevent the child from being bored or frustrated.
- Encourage a variety of activities to build strength, endurance, and flexibility.
- Establish a regular schedule for physical activity.
- Incorporate activity into daily routines.
- Keep it fun. The more enjoyable it is, the more they will want to do it.
- Be a positive role model by being active yourself.
- Follow the recommendations of the American Academy of Pediatrics:
  - Daily screen time should be limited to no more than 1-2 hours of quality programming
  - Kids should get at least 60 minutes of moderate to vigorous exercise on most, preferably all, days. This can be broken up into smaller segments of time.

**See the activity calendar included in the newsletter for some fun ideas of how you can get moving!**

**VFW - Voice of Democracy Award Winners**

LEFT TO RIGHT:

6<sup>th</sup> grade – Bennett Kraemer // Cole Ethen

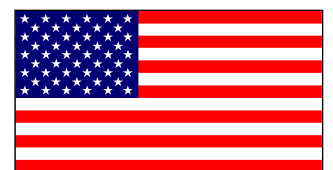
*Cole Ethen was also chosen as the 2<sup>nd</sup> place District Winner!*



7<sup>th</sup> grade – Jacob Kramer // Sarah Holtz // Faby Rodriguez



8<sup>th</sup> grade – Maija Cluever // Jannel Howard // Maggie Leif



## Deacon's Dialogue

The Liturgy of the Word

by Deacon John Kluczny

At Mass after the Priest closes the introductory rite with the ending of the Opening Prayer, he invites all those assembled to be seated for the Liturgy of the Word. In some instances he will give a brief explanation or synopsis of the readings we are about to hear, encouraging the faithful to listen for a particular theme that God is trying to present to us. In essence that is exactly what the Liturgy of the Word is, it is God speaking to us through the words of Holy Scripture and the working of the Holy Spirit. The Holy Spirit awakens our memory to the great workings of God the Father and Jesus his Son, thus inspiring us to offer our thanks and praise.


To nourish the faithful, the Liturgy of the Word includes a

selection of readings repeated over a three year cycle. The first reading is usually taken from the writings of the Old Testament and is read (as is all Sacred Scripture) from the ambo. The second reading is from the Book of Psalms, the Psalter, and it is recommended to be sung by a trained cantor with a response from the assembly. The third reading is usually a New Testament writing from Paul or other inspired writer relating to the teachings of Jesus and the work of the Holy Spirit in the establishment of the early Church. The fourth reading, the Gospel, has "pride of place" in the Liturgy of the Word and is proclaimed by the Deacon if present, or by the Priest or Bishop if circumstances require.

A homily or brief reflection delivered by a Bishop, Priest, or Deacon is then offered to help the assembly incorporate the Word of God into their understanding and their very lives. After the homily and a brief period of silence the Priest invites us as a community of faith to offer our prayers to God for our Church, our world, our own community needs, and for the faithful departed. After offering these prayers to God, the Liturgy of the Word concludes and we begin our preparations for the thanks and praise known as the Liturgy of the Eucharist.

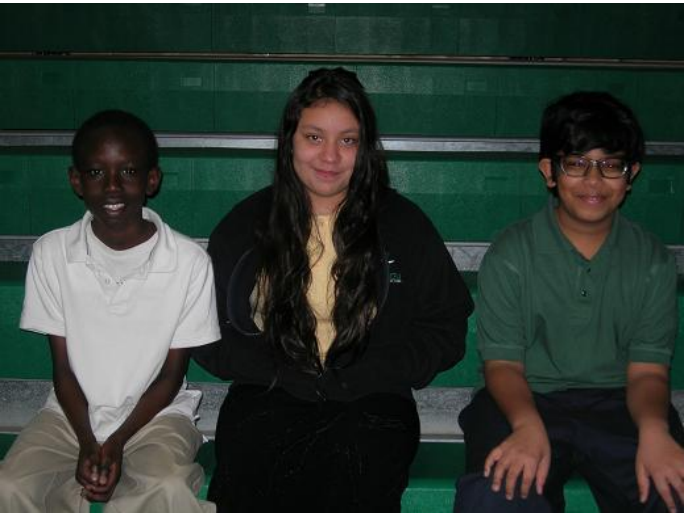
Website : <http://www.catholicquiz.com>

This website provides a weekly quiz for Catholics to get ready for the Sunday readings. The quiz is free. It is a fun way to prepare your minds for Sunday Mass.



# Pacelli Catholic Schools

## Geography Bee Winners




**RIGHT to LEFT**

3rd place – Deng Deng –  
son of Santino and Monica Deng –  
7th grade

2nd place – Neftali Lopez –  
daughter of Maria Lopez –  
6th grade

1st place – Shane DeSilva –  
son of Sampath and Shayana DeSilva –  
5th grade

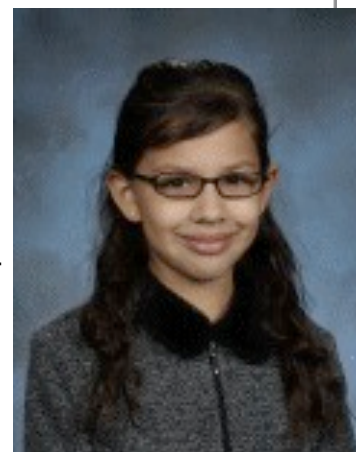


Congratulations to Pacelli's Fire Safety Poster contest winners **Skylar Guzman**:

Don't Play with Matches or You'll End Up in Patches and

**Emily Toland**: Fire Catches, So Don't Play with Matches!

The Junior Fire Safety program has been around for more than 20 years. The goal is to teach Austin's fourth-graders fire and life safety skills they will be able to use the rest of their lives. Teachers and firefighters use lessons, videos, presentations and hands-on demonstrations; students learn about smoke detectors, hazards in the home and how to draw and practice an



## Saint of the Month: St. Lucy

Elizabeth Ann Seton was the first native born American to be canonized by the Catholic Church. She was a convert to the faith and foundress of the Sisters of Charity in the United States. Her feast day is January 4th.

Elizabeth was born to a wealthy family and grew up in the "cream" of New York society. Her mother was a daughter of an Anglican Minister. Her father, a doctor, was the first professor of anatomy at Columbia College. She was raised in a devote Protestant home.

On January 25, 1794 Elizabeth wed William Magee Seton. She was deeply in love and their marriage started off quite happily. Her husband then died of tuberculosis just 9 short years later.

When her husband became sick they went to Italy to seek medical attention and it was there that her conversion to Catholicism began. She was widowed before her conversion and left with children to raise on her own. Her conversion to the Catholic faith caused a storm with her Protestant relatives and because of this she lost provisions from relatives that would have otherwise been provided.

Elizabeth lost her mother at an early age and found it easy to take comfort in the idea of the Blessed Virgin being her Mother. Before her conversion she sought the intercession of the Virgin Mary to guide her decision. Her desire for the Bread of Life was another factor in her conversion. Elizabeth finally joined the Catholic Church (2 years after her husband's death) in 1805. On March 25, 1809, she pronounced her vows of poverty, chastity, and obedience, binding for one year. From that time on she was called Mother Seton.

Mother Seton died in 1821 at the age of 46, only sixteen years after becoming a Catholic. During those years she accomplished more than many do in a lifetime. Elizabeth and her Order established the first free Catholic school in America, two orphanages and one additional school. She was also a prolific writer who left many diaries and much correspondence.

She was canonized on September 14, 1975.

Sources: <http://www.newadvent.org> <http://www.catholic.org>

### DID YOU KNOW???

We have excellent educators in the middle school?

Dan Zielke was recently nominated for KAAL TV 6 Excellent Educator by two of our students.

Congratulations to Dan Zielke for this recognition. You may remember that Jeannie Bambrick was recognized a couple of years ago for her excellent teaching too!

Middle school Open House Shadowing day is quickly approaching! Join us on Tuesday, January 25th and invite your friends to this day to find out what makes our middle school teachers and students so excellent!

## Pacelli Students to Attend Dorian Vocal Festival



Four Pacelli High School students will attend the 61<sup>st</sup> Annual Dorian Choral Festival at Luther College in Decorah, IA from January 8<sup>th</sup> through the 10<sup>th</sup>. Colton Scherer, Max Brennan, Abby Leif and Amy Johnson are among approximately 1400 juniors and seniors selected from 360 schools from Minnesota, Wisconsin, Iowa, North Dakota, South Dakota and Colorado to participate.

The Dorian Vocal Festival is for outstanding junior and senior vocalists in high school. Students are selected on the recommendation of their high school choral directors. Pacelli choral director, Kelsey Korfhage, will accompany her students to the festival.

Colton Scherer was also selected to sing in the Chamber Choir at Luther during Dorian in January. He will be part of a 100 member choir selected of top singers from the 1400 attending. He can use this in his application for other music scholarships, showing his experiences and honored selections.

On Monday evening at 7:00 p.m. the Grand Concert will be held. During this concert the Dorian Festival Choir, Dorian Chamber Choir, outstanding soloists and the Luther Nordic Choir will perform.

*to the right:  
In honor of Mr. Z,  
students and staff wore  
sweater vests earlier this  
week.*

*Congrats Mr. Z! We are  
proud of you!*





## Parents in the stands: Focus on fun in your kids' sports activities



Kate Schak, M.D.  
Child and Adolescent  
Psychiatry

Ask parents what they hope their kids will experience in school sports, and you'll hear similar answers. For example, parents might want their kids to have fun, make friends or enjoy the competition. But without realizing it, some parents communicate another message entirely — that they care more about performance than having fun.

"Parents have a great opportunity to positively influence their kids' enjoyment of sports," says Kate Schak, M.D., a child psychiatrist at Austin Medical Center. But sometimes it's hard for parents to know how much to encourage and when to let up. Below, Dr. Schak shares several tips to help parents strike the right balance — so that sports are enjoyable for the whole family.

**Focus on fun.** It's easier than you think to create a negative tone by analyzing your athlete's performance on the field, even if the goal is to help your child improve. Instead, focus on whether your child enjoyed the game. It's more important to your child to feel cared about, so find a way to celebrate afterward — win, lose or draw.

**Try not to coach from the sidelines.** Even though parents think they're helping, most kids report that it's a distraction to hear a parent yelling out instructions during a game. And if you disagree with a coaching decision, vent to your spouse or a friend, and then move on. Remember that, usually, conflicts between the athlete and coach should be handled by the athlete, not the parent.

**Stay away from rewards.** It seems to make sense that promising a reward, like money or a gift after winning a game, will encourage kids to do better. But, in fact, a reward system can diminish your child's enjoyment of the sport. When the rewards dry up, so can your child's interest in playing.

**Provide choices and find a balance.** Activities are a great way to teach responsibility and commitment, but it's a good idea to let kids have a major role in

choosing where to join in. Then, if your child comes home from practice consistently unhappy and wanting to quit, have a conversation about any concerns and how to address them.

**Have realistic expectations.** If your child shows talent, it's easy for parents to start dreaming of what he or she can achieve. Just remember that even talented athletes rarely get college scholarships. If you have expectations for your child to seek an elusive scholarship, you risk turning the joy of sports into another chore — not to mention causing worry, undue pressure and fear of failure.

**Keep sports in perspective.** Be thankful that your child is healthy and has the opportunity to compete. Although sports participation can teach important life skills, sports aren't everything. Remember to be attentive to your child's progress and accomplishments in other areas, too, and you'll be planting the seeds for success.

**Austin Medical Center Department  
of Psychiatry and Psychology**

 **Appointments 507-433-8758**

 **[www.austinmedicalcenter.org](http://www.austinmedicalcenter.org)**

# Give Kids a SMILE

## Dear Parents or Guardians:

Minnesota dental professionals are concerned about the growing number of low-income children who face barriers to dental care. That's why thousands of dental professionals come together on the first Friday and Saturday of February to provide free dental care to children in need.

This special event is called "Give Kids a Smile" and is coordinated by the Minnesota Dental Association. The dental care will be available in community-based clinics and private practices in many locations throughout Minnesota. Here is more information:

**All patients must have appointments in advance and be accompanied by a parent or legal guardian. After Jan. 1,** parents may call United Way 211 (just dial 2-1-1) or 800-543-7709. Operators will have a list of participating dental offices and will be able to direct people to a location in their area. Parents will then call the dental office to schedule an appointment. An online list will also be available at [www.mndental.org](http://www.mndental.org).

**Services will vary** from preventive care, which includes cleanings, sealants and fluoride treatment, to restorative care, which includes fillings. Information on specific services that will be provided will be outlined when an appointment is scheduled.

**Typically, clinics treat children ranging in age from 3 to 18.** When calling for an appointment, parents should ask about any age requirements.



Learn more at [mndental.org](http://mndental.org).

Please photocopy this document and share it with families who could benefit from the "Give Kids a Smile" program. This document is also available in Hmong, Spanish, Vietnamese, Somali and Russian. Please download them from [mndental.org](http://mndental.org).

(ENGLISH)

# PACELLI CATHOLIC SCHOOLS STUDENT OF THE MONTH










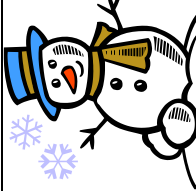




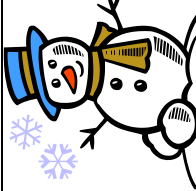


## DECEMBER

<b>NOMINEES:</b>	<b>NOMINATED BY...</b>	<b>NOMINEES:</b>	<b>NOMINATED BY...</b>
Hunter VaDeer	Mrs. Wicks Mrs. Frederick	Connor Byram	Mrs. Braaten
Grant Marreel	Mrs. Schwab Mrs. Baker	Samuel Keenan	Ms. Gees
Brody Steinbach	Mrs. Schwab Mrs. Baker	Shane DeSilva	Mrs. Leif
Owen O'Rourke	Mrs. Schwab Mrs. Baker	Elizabeth Christenson	Mrs. Leif
Adam Christenson	Mrs. Schwab Mrs. Baker	VyVy Luong	Mrs. Jeannie Bambrick
Kendahl Lewis	Mrs. Taylor	Nathan Drees	Mrs. Wicks
Hannah Hecimovich	Mrs. Zielke	Trishanna Gordon	Mrs. Jeannie Bambrick
Sophia Devine	Mrs. Zielke	Jannel Howard	Mrs. Jeannie Bambrick
Caitlin Drees	Mrs. Wicks	Ann Rysavy	Ms. Gutnik
Nybol Deng	Mr. Valentine	Ann Rysavy	Mr. Bowden
Olivia Boyce	Mrs. Valentine	Samantha Smith	Mr. Parlin
Emma Rosheim	Mrs. Weinmann	John Ethen	Ms. Gutnik
Jadyn Moriarty	Mrs. Kristen Bambrick	Stephen Juenger	Mr. Bowden
Bray Karsjens	Mrs. Kristen Bambrick	Justin Servellon	Mr. Bowden
Johnny Nguyen	Mrs. Ulland	Heather Wolf	Ms. Gutnik
Anastasia Mitchell	Mrs. Ulland	Jiang "George" Tao	Mr. Bowden
Kayla Christopherson	Mrs. Braaten		



# January 2011 Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Duplicated with permission from Head Start Body Start (HSBS). For more information about quality K-12 physical education visit <a href="http://www.naspe.org">www.naspe.org</a>. For more information about lifelong and inclusive physical activity visit <a href="http://www.aapar.org">www.aapar.org</a></p> <p><b>2</b> Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.</p>	<p><b>3</b> Find a place in your home where you can roll. Practice rolling with a long, straight body and with a small, coiled body.</p>	 <p><b>4</b> Play follow-the-leader. Take turns moving to a different area and then do a fun movement in each space.</p>	 <p><b>5</b> Play add-on. Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.</p>	 <p><b>6</b> Go ice skating inside! Put two paper plates on the floor and use them to skate around. Try taking big steps or small steps; try going in a straight line or a curvy line.</p>	 <p><b>7</b> Practice your jumping and hopping today. How far can you go? How many can you do in a row?</p>	<p><b>1</b> Start off the year with a family walk and talk. Think of a physical activity you could do as a family this month.</p>
<p><b>9</b> Have fun rolling a ball back and forth to each other. Start out really close then move further away.</p>	<p><b>10</b> Work on your catching today. Toss a scarf or ball to yourself. Watch it move through the air and make a home for it with your hands. Can you clap your hands or touch your tummy before you catch it?</p>	<p><b>11</b> Practice your galloping today. Try to use your hands to do other things while your legs are galloping, such as waving, clapping or snapping.</p> 	<p><b>12</b> Put some music on and dance! Try to keep moving for an entire song.</p>	<p><b>13</b> Play the Mirror Game. Face your mom or dad and copy what they do with their bodies as if you were looking into a mirror.</p>	<p><b>14</b> Pretend as if you were just waking up, act out all the things you do in a day. From brushing your teeth, to chasing the dog, to washing your hair, to cleaning your room.</p>	<p><b>15</b> Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud or under a tree.</p>
<p><b>16</b> Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as your march in a line.</p>	<p><b>17</b> Play a game of Shape It! Pick something in the house and your job is to put your body into that shape.</p>	<p><b>18</b> Pretend to go through the four seasons. What would you look like if you were moving in the winter? How about the summer, spring or fall?</p>	<p><b>19</b> Today you are going to be rain. Can you act out a mist, a drizzle or a downpour? What about a windy rain, a cold rain or a heavy rain?</p>	<p><b>20</b> It rained yesterday so there are lots of puddles today. Pretend to run through the puddles, jump over the puddles, crawl around the puddles and splash in the puddles.</p>	<p><b>21</b> Time to get outside and take a nature walk around your home or neighborhood. Make sure to go with a grown-up.</p>	<p><b>22</b> Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it.</p>
<p><b>23</b> Body Ball Roll: Using a ball such as a beach ball work on rolling the ball around the body. Stand up, sit down, kneel or lay down.</p>	<p><b>24</b> Time to explore space. Using a scarf explore the space around you. Move the scarf up and down, in different pathways, shapes and sizes.</p>	<p><b>25</b> Move like things around the house. Can you be a blender? How about a washing machine? How about a light switch or the vacuum?</p> 	<p><b>26</b> Go on a color walk. Try to find as many different colors as you can. When you find a color do 10 jumps before going to a new color.</p> 	<p><b>27</b> Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.</p> 	<p><b>28</b> Cut out snowflakes and make a trail. Move along the trail.</p> 	<p><b>29</b> Roll up some socks, put them on a big beach towel, hold onto the ends of the towel and fling the socks into the air.</p> 
<p><b>30</b> Spread out a bunch of cotton balls on one side of the room. Start on the other end, run to the cotton, pick up one ball with a clothespin, run back and put it in a bucket.</p>	<p><b>31</b> What was your favorite activity this month? Give it another try!</p>					

# January 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>HAPPY NEW YEAR!</i>
2	3 <b>NO SCHOOL</b> Boys JH Bball Home at Lyle 4:30pm	4 <b>SCHOOL RESUMES</b> Girls 7th gr Bball Home at PHS 4:30pm <u>PHS Chapel Mass 7:20am</u>	5 Choir trip to Billy Elliot	6 Girls B/V Bball Home at PHS 6:00/7:15pm	7 Boys B/V Bball Home at Lyle 6:00/7:15pm <u>All School Mass 9:00am</u>	8 PCS Christmas Tree Pick-up
9 MAP testing BEGINS for K-12 grade ... <i>Get lots of sleep!</i>	10 Girls 7th gr Bball Home at PHS 4:30pm	11 School Council Meeting 7:00pm <u>PHS Chapel Mass 7:20am</u>	12 Booster Club Meeting 6:30pm <u>6-12 gr Mass 9:00am</u>	13 Girls JH Bball Home at Lyle 4:30pm AHS/PHS Wrestling Home at AHS 7:00pm <u>Elementary Mass 9:00am</u>	14 5-8 gr Spelling Bee 9:00am Auditorium Reading Across the Street 1:30pm at PHS	15
16 MAP testing continues ... <i>Eat a healthy breakfast!</i>	17 Boys B/V Bball Home at Lyle 6:00/7:15pm	18 Girls B/V Bball Home at PHS 6:00/7:15pm <u>PHS Chapel Mass 7:20am</u>	19	20 Boys JH Bball Home at Lyle 4:30pm <u>Elementary Mass 9:00am</u>	21 Boys B/V Bball Home at Lyle 6:00/7:15pm	22
23 Final Week of MAP testing ... <i>Almost finished!</i>	24 Girls JH Bball Home at PHS 4:30pm	25 Middle School Shadow Day Boys 7th gr Bball Home at Lyle 4:30pm <u>PHS Chapel Mass 7:20am</u>	26 9-12 gr Semester Testing	27 9-12 gr Semester Testing	28 K-12 gr \$1.00 Jean Day 9-12 gr Semester Testing <b>End of 2nd Quarter</b>	29 <b>Early Dismissal</b> Elementary 12:20pm 6-12 gr 12:55pm
30 <u>Catholic Schools Week</u>	31 Boys B/V Bball Home at Lyle 6:00/7:15pm	1 <u>PHS Chapel Mass 7:20am</u>	2 <u>6-12 gr Mass 9:00am</u>	3 <u>Elementary Mass 9:00am</u>	4 <u>Elementary Mass 9:00pm</u>	5 PCS Winter Gala Country Club

# JANUARY

**PACELLI CATHOLIC SCHOOLS**  
511 4th Avenue NW  
Austin, MN 55912

PB OPTION WITH SIDES: Includes Peanut Butter Sandwich plus veggie and fruit sides and milk.

Mon	Tue	Wed	Thu	Fri
3 <b>NO SCHOOL</b>	4 <b>Fiesta Stix</b> Corn Rice Pineapple / Milk PB Option with Sides	5 <b>Hot Dog on a Bun</b> Baked Beans French Fries Pear / Milk PB Option with Sides	6 <b>Chicken Patty on a Bun</b> Sweet Potatoes Mixed Fruit Cookie / Milk PB Option with Sides	7 <b>Italian Dunkers</b> <b>Cheese Bread</b> Green Beans Peach/ Milk PB Option with Sides
10 <b>Sloppy Joe on a Bun</b> Potato Patty Pineapple Delight Milk PB Option with Sides	11 <b>Pancake &amp; Sausage On a Stick</b> Tri Tater / Cottage Cheese Applesauce / Milk PB Option with Sides	12 <b>Turkey Gravy Mashed Potatoes</b> Bread & Butter Corn / Peach / Milk PB Option with Sides	13 <b>Beefy Nachos</b> Lettuce Salad / Croutons Pear Milk PB Option with Sides	14 <b>Ham &amp; Cheese on a Bun</b> Green Bean Casserole Apple crisp Milk PB Option with Sides
17 <b>Corn Dog</b> Scalloped Potatoes Muffin / Peach Milk PB Option with Sides	18 <b>Grilled Cheese Tomato Soup</b> Celery Stix / Crackers Applesauce / Milk PB Option with Sides	19 <b>Hamburger &amp; Cheese On a Bun</b> Smile Fries Fruit Salad / Milk PB Option with Sides	20 <b>Cheese Quesadilla</b> Corn Pineapple Jello / Milk PB Option with Sides	21 <b>Taco in a Bag</b> Lettuce / Cheese Tater Rounds Pear / Milk PB Option with Sides
24 <b>Chicken Nuggets Mashed Potatoes/Gravy</b> Bread & Butter / Corn Pear / Milk PB Option with Sides	25 <b>Sub Sandwich</b> Lettuce Salad / Sun Chips Carrot Stix Fresh Fruit / Milk PB Option with Sides	26 <b>Spaghetti &amp; Meat Sauce</b> Garlic Toast Peas Pineapple / Milk PB Option with Sides	27 <b>Chicken Fajita</b> Lettuce Salad Mandarin Oranges Milk PB Option with Sides	28 <u>EARLY RELEASE DAY</u> <b>Pizza</b> Green Beans Pretzels / Peach / Milk PB Option with Sides
<u>CATHOLIC SCHOOLS WEEK</u> 31 <b>Chicken Noodle Soup</b> <b>Meat &amp; Cheese Sandwich</b> Crackers / Carrot Stix Applesauce / Milk PB Option with Sides	<b>FEBRUARY 1</b>	<b>FEBRUARY 2</b> SAVE THE DATE: VIP LUNCH & ALL SCHOOL OPEN HOUSE	<b>FEBRUARY 3</b> SAVE THE DATE: VIP LUNCH	<b>FEBRUARY 4</b> <b>SATURDAY, FEBRUARY 5</b> SAVE THE DATE: WINTER GALA