

TigerTimes

Sherrard Jr/Sr High Newsletter

October, 2020

Tim Wernentin, High School Principal
Rick Basala, Jr. High Principal

October 3

JH/HS Band Concert - 2p @ HS

October 6

JH/HS Band Concert - 2p @
Sherrard Park

October 7

Early dismissal - 1:00p
Virtual conferences - 2:10p-6:30p

October 8

Early dismissal - 1:00p
Virtual conferences - 2:10p-6:30p

October

No school

October 12-16

Fall break - no school

October 14

SAT for Seniors

October 19

2nd Qtr begins

October 22

JH/HS Band Concert - 2p @
Preemption Church

October 27

SAT for Seniors

October 29 & 30

Fall play - virtually

Principal's Notes

As I write this article, it is difficult to believe that the first quarter is nearly complete amidst all the COVID related "stuff." I will say the in-person students are doing a phenomenal job at wearing their masks and staying engaged in the classroom. Teachers continue to address remote technical issues and are to be commended for doing "double duty." Everyone's patience and understanding is appreciated as we continue to abide by the many protocols associated with the pandemic.

Our cross country and boys golf teams continue to blaze the trail of success! The girls golf team has near record numbers of participants and continues to improve. The addition of a sectional round for cross country will allow our runners to demonstrate their abilities around the state. Congratulations to all fall teams!

I encourage all parents and guardians to participate in our virtual Parent/Teacher conferences on October 7 and 8 from 2:10 - 6:30 p.m. Contact your student's teachers for an appointment. Reminder we do not have school on October 9 and fall break is October 12-16.

Just an FYI, our physical education department will expand their activities in the second quarter to include golf, frisbee golf, yoga, dance, and many other activities that will keep students engaged. Locker rooms will continue to be unavailable and students will not be required to change clothes, however, they will need tennis shoes.

shs.sherrard.us • sjhs.sherrard.us



Sherrard Jr/Sr High School
4701 176th Avenue
Sherrard, IL 61281
High School 309.593.2175
Jr. High 309.593.2135

Stay informed!

Daily high school announcements will be posted on the Sherrard High School website. Please visit the website daily for information about all things happening at the high school. The link below will take you directly to the announcements: <https://www.sherrardtigerstv.com/morning-announcements.html>

You may also want to connect to our District social media accounts.

Facebook:

<https://www.facebook.com/sherrardschooldistrict> -

Facebook ID is "Sherrard School District"

Instagram:

<https://www.instagram.com/sherrardschooldistrict/> -

Handle is SherrardSchoolDistrict

Twitter:

<https://twitter.com/home> -

Handle is @SherrardSchools



We continue to offer academic assistance for students that need extra academic assistance. If your student is struggling academically, please contact Candace Gagliardo, our MTSS Coordinator, at gagliardoc@sherrard.us if you think your student could benefit from additional help.

Please remember that vacations that are scheduled during the school year are, by state code, unexcused absences. We encourage all families to plan trips during non-school days. If there are extenuating circumstances in which you need to have your student miss for these types of events, please contact me at wernentint@sherrard.us to discuss the absence.

Thanks for all you as parents and guardians are doing to prepare your student for all post-secondary options! Know we are partners in this endeavor and value working with you. Please contact us for any assistance at 309-593-2175.

As we near the end of the quarter, a reminder about our grading system; semester grades are calculated based on work from the entire semester and the final exam. We no longer use the average of the two quarter grades plus the final. The quarter grade is now a progress update, similar to our midterm grade checks. Also, remember the 70-30 breakdown of grade weights in which summative assessments (tests, quizzes, projects, major labs, etc.) account for 70% of the student's grade, while the remaining activities (homework, participation, daily work, etc.) account for 30% of the student's grade. The 70-30 scale is utilized in core classes and most elective classes. The grading scale applies to both in-person and remote learners. Please contact your student's teacher if you have questions.

Our hope, like yours, is that we are able to return to a "normal" school experience for all students as soon as possible. Until then, your support in continuing following the required COVID protocols is greatly appreciated.

Educationally yours,
Tim Wernentin
Sherrard High School Principal

JH Principal's Notes

Parents and Guardians,

Thank you for all your help with In-person and Remote Learners. Making sure the students have their own supplies and face coverings has been essential for in-person learning. Cueing students to join remotely is also important for virtual student's success. Finally checking the Infinite Campus portal to see how your child is progressing is the most important way to check your child's academics.

Another way to check your child's progress is to sign up for Parent-Teacher Conferences on Oct 7 and 8th.

For P/T conferences, typically we have an early release schedule that shortens all the periods of the day. This year, due to the block schedule, we are simply removing the last period - 7th and 8th periods - of both days (and a few minutes out of 5th and 6th periods) so classes will only be scheduled for students up until 1:00 pm dismissal. Conferences (this year virtually or by phone) will start at 2:10 pm and run until 6:30 pm.

Thank you,
Rick Basala, JH Principal

Jr. High Physical Education

The Jr. High PE classes will be going outside as long as the weather permits. This means students may need to bring jackets or sweatshirts for the colder days outside. We are still providing daily mask breaks during PE. We are finishing up frisbee golf and will be starting normal golf soon. Each student will be provided with their own golf club to practice. We are hoping to partner with the YMCA to provide safe golf ball options.

Thanks,
Paula Zigler
Brandon Oelmann
Troy Noble



Student of the Month

HIGH SCHOOL

English: Allyson Eckhardt

Math: Angelina Torres

Science: Charlotte Frere

Social Studies: Alex Wilson

Fine Arts: Keaton Egel

PE/Health: Rachel Mackin

Vocational: Lily Cederstrom

Special Forces: Maddison Summers

Business: Coleman Peterson

Rotary Student of the Month:
Charlotte Frere

JUNIOR HIGH

English: Emilee Palmer & Max Serre

Math: Alyssa Layer, Michael Bailey, & Keira Miller

Science: Alyssa Layer

Social Studies: Chris Crady

Fine Arts: Grace McMillin & Ella Smith

PE/Health: Kaden Wagoner & Chris Crady

Vocational: Macy DeBlock

Striving for Excellence:
Beth Churchill



Drinks in the classroom

Outside drinks are not allowed in the classroom. Water is the only acceptable drink for students to have in the classroom. Please remind your students to bring a water bottle with them everyday. It can be filled up at the filtered water bottle station in the HS commons. Due to Covid our regular drinking fountains are turned off.

Band Concerts

The high school, junior high and jazz bands will be performing concerts in a number of different outdoor locations on different dates. Be sure to bring a chair or blanket and come and enjoy the music. Please wear a mask and plan to social distance!

Sherrard Fall Band Concert

Featuring: JH & SHS Bands and Jazz Bands

When: Saturday, October 3rd at 2:00pm

Where: Sherrard High School Back Field

Sherrard Jazz in Sherrard, IL

Featuring: JH & SHS Jazz Bands

When: Tuesday, October 6th at 5:30pm

Where: Sherrard Park by the Library in Sherrard, IL

Sherrard Jazz in Preemption, IL

Featuring: JH & SHS Jazz Bands

When: Thursday, October 22nd at 5:30pm

Where: Preemption United Methodist Church, Preemption, IL

Fall Play

This fall the high school drama department is undertaking a new adventure. We will be live streaming our fall play on Thursday, October 29 and Friday, October 30. More information will be on the Drama Department Facebook page about purchasing a ticket to the livestream soon. The performance will be a collection of scary and ghost stories, and it is an original script being developed by the drama department. Please email Jill Bennin at benninj@sherrard.us with any questions.

From the HS Counseling/Academic Center

ACADEMIC INFORMATION:

Did you know that you can receive daily or weekly notifications from your student's Google Classrooms? As a guardian, you can get email summaries about your student's activity in Classroom. Email summaries do not include grades.

In email summaries, you can review:

Missing work—Work not turned in when the summary was sent.

Upcoming work—Work that's due today and tomorrow (for daily emails) or that's due in the upcoming week (for weekly emails).

Class activities—Announcements, assignments, and questions recently posted by teachers.

To get email summaries of your student's work, you must accept an email invitation from a teacher. You can unsubscribe from summaries or remove yourself as a guardian at any time.

Steps to receive notification:

1. The teacher emails you an invitation to join your student's class.
2. In your email program, open your email invitation and accept.

In addition, the parent portal on Infinite Campus is a great tool to monitor grades and assignments. If you do not have a parent portal, or cannot gain access to yours, please contact Jen Thurman to get it set up at thurmanj@sherrard.us.

Is your student struggling with any classes? If so, Sherrard High School offers After School Study Hall.

When: Every Tuesday and Thursday

Time: After school until 5pm (activity bus available for transportation home)

*Teachers supervise to provide support if needed

Senior Parents:



Your students have been invited to join the Academic Counseling Google Classroom. A ton of information is provided about post high school through this classroom. Encourage your student to join, and accept the guardian invite to see notifications.

Tiger Closet

Each month the Tiger Closet is going to focus on collecting different items that are in need, for the month of October we are collecting paper products. If you are interested in donating items to the Tiger Closet please drop your items off in the main office between regular business hours, 7:00am-3:00pm.

Items in need:

- Paper towels
- Toilet paper
- Kleenex
- Napkins
- Paper plates

If you have any questions you can contact Vanessa Schulenberg at schulenbergv@sherrard.us or Amanda Fritch at fritch@sherrard.us. We appreciate the outpouring of support our community has shown the Tiger Closet over the last two years, this could not be done without everyone's generosity and support.



SAT: Just a reminder the SAT will be administered this month for seniors. Some students signed up to take it over fall break on October 14th and the rest will be taking it during school on October 27th.

FAFSA: The FAFSA opens on October 1st. Starting this school year, to receive a diploma, a student must complete the FAFSA or submit the FAFSA Nonparticipation Form. Mrs Drish will provide more information about the Nonparticipation Form later in the school year. Please see the [Academic/Counselling website](#) for helpful FAFSA videos. Your students have also received a ton of information through their Senior Google Classroom.

FAFSA Informational Meeting Opportunity

If you and your parents/guardians were unable to attend the informational FAFSA meeting that Sherrard hosted, ISAC is hosting an additional meeting that will provide the same information.

10/1 (Thursday) at 6:30 pm – Tips for completing the FAFSA

This event will be held on ISAC's Facebook page as a live event. There will be a Q&A feature there as well. Parents don't have to register for this, they can just go to the page and join the event. <https://www.facebook.com/ILStudentAssistance>

Remote Learners:

Attached to the newsletter is the handout "Tips for High School Students Remote Learning at Home". The handout includes contact information and advice to stay on top of school work. Please make sure to keep an open line of communication with all teachers!

SOCIAL/EMOTIONAL INFORMATION:

We will continue to counsel students both socially/emotionally and academically. Students and parents can reach out via email if they have any questions or concerns. Meetings can be held in person, or via Zoom, Google Meet, etc.

blackwells@sherrard.us
drishju@sherrard.us

With a mix of students in school and at home, we feel it is important to expand our reach to students that may be struggling. Every week students complete an online emotional check-in form. The emotional check-in is a safe place for students to share their emotions and a quick way for the counseling staff to assess mental health needs. After completing the emotional check-in, the counseling staff will complete individual check-ins with students that were in the struggling categories. For remote learners, the counseling staff will offer a zoom meeting or phone call to discuss their feelings.

Jesse Hamerlinck from the Mercer County Mental Health Action Program is also providing support services to students and families through case management. She is located in the HS counseling office on Tuesday, Wednesday, and Thursday. The Mental Health Action Program works to address students' social emotional wellness, provide resources and referrals for mental health and wellness services, and eliminate barriers to care. The action program may also assist with other social determinants of health such as food insecurity, housing, and financial issues. Jesse can be reached by email at hamerlinckje@sherrard.us or by phone at 593-2175.

For any questions contact:

Mrs Drish
Academic Coordinator
drishju@sherrard.us

Homecoming 2020-21!

Homecoming week: Sunday January 10th-Saturday January 16th

Theme: High School Musical "We're All In This Together"

Opponent: Riverdale Rams

Parade: *SATURDAY*, January 16th at 10:00am, all entries are due Friday, January 8th. Please email entries to Schulenbergv@sherrard.us. Entries may also be mailed to Vanessa Schulenberg, 4701 176th Ave. Sherrard, IL 61281.

Game: Friday, January 15th (boys basketball game)

Dance: Saturday, January 16th from 7:00-10:00



NINTH GRADE HEALTH REQUIREMENTS for SCHOOL YEAR 20-21

- All ninth grade students are required to have an updated school physical.
- State law requires Illinois Department of Public Health form to be used.
- Physical forms are available at the school and on the school district web site www.sherrard.us, go to Departments and select Health Services, Health Forms and Student Physical Form.
- Physicals must be completed and signed by a physician licensed to practice medicine, a physician's assistant, or an advanced practice nurse. Chiropractors MAY NOT perform school or sports physicals.
- Parents or guardians are required by state law to complete and sign the health history portion on the back of the physical form.
- Sports physicals will not fulfill this requirement. The ninth grade physical may be used for a sport physical for 395 days from the date of the exam. Students who receive freshman physicals March 1, 2020 will need another sports physical by April 1 of 2021, if they desire to participate in spring sports. Please keep this in mind when scheduling your child's physical.
- Call for vaccine and physical appointments prior to end of this school year.
- A copy of your child's immunization record may be required by the health care provider.
- STUDENTS NOT IN COMPLIANCE WITH PHYSICAL AND IMMUNIZATIONS WILL BE EXCLUDED FROM SCHOOL PER STATE REQUIREMENTS.
- **NEW REQUIREMENT:** All 9th grade students must have a current dental exam dated after 11/15/19 or waiver completed by May 15, 2021. Forms are available on the district web site under Health Forms.

*****NOTE: See below from ISBE regarding physical and immunizations. All required physicals and immunizations are to be completed by October 15, 2020. Student not in compliance will not be able to attend school after this date until requirements are met.**



IMMUNIZATION REQUIREMENT FOR TWELFTH GRADE

All students entering the **12th grade** shall show proof of having received two doses of the **meningitis vaccine** prior to entering the **12th grade**. The first dose shall have been received on or after the **11h birthday**, and the second dose shall have been administered on or after the **16th birthday**, and at least eight weeks after the first dose. If the first dose is administered when the child is 16 years of age or older, only one dose is required.

*****NOTE: See below from ISBE regarding immunizations. All required immunizations are to be completed by October 15, 2020. Student not in compliance will not be able to attend school after this date until requirements are met.**

From ISBE: Illinois State Board of Education

The COVID-19 pandemic has presented many challenges to routine medical care, causing many children to fall behind on scheduled immunizations. In order to protect individuals and communities from vaccine-preventable diseases and to prepare for the return to school, medical providers are urging parents to make appointments to resume necessary immunizations. At this time, all child-health related requirements for school attendance, remain in effect for children in public, private, or parochial schools, as per 105 ILCS 5/27-8.1.

Health-related examinations and immunization requirements are due no later than October 15 or an earlier specified date as determined by the district (to include a required 60 days prior notice). There is no language in the Code that differentiates on-site/physical learning vs. remote/distance learning. Districts should adhere to the current requirements as per 105 ILCS 5/27-8.1, and all students enrolled in school should show proof of appropriate grade-level requirements. Required physicals must be completed on the Certificate of Child Health Exam Form (completed in its entirety with required signatures). This form is acceptable to meet the requirements for a sports physical, but an IESA/IHSA sports physical form may not be used to fulfill the child health examination. <http://www.dph.illinois.gov/sites/default/files/forms/certificate-of-child-health-examination-03032017.pdf>





TIPS FOR HIGH SCHOOL STUDENTS REMOTE LEARNING AT HOME



<h2>Begin and end each day with a check-in</h2>	<ul style="list-style-type: none"> • Make sure to log in EVERY DAY and check in with each class. • Check <u>your</u> email EVERY DAY for Google Classroom notifications (you can select daily or weekly updates). If you find that you need more information about assignment details and are not signed up for Google Classroom notifications, please contact your teachers. • Keep your email open all day in case an important email comes through.
<h2>Routines and Expectations for Learning at Home</h2>	<ul style="list-style-type: none"> • Create a realistic schedule for getting work done in defined periods, building in breaks and times for socializing, exercising and entertainment. <i>The key principle:</i> do a session of work first, then reward yourself with something relaxing. • Remember that <u>COMMUNICATION</u> is very important! <u>You</u> should be checking in regularly with your teachers. A simple email will go a long way! • If you are struggling, email your teacher for assistance. • Maintain regular sleep routines and wake times. • Find a designated space to work away from any distractions such as video games, tv, music, etc. • Advocate for yourself if you need assistance. If your efforts are not successful, email Mr. Newquist, Mrs. Drish, or Mrs. Blackwell for assistance (see contact info below). • Keep up to date with your grades by using the student portal on Infinite Campus.
<h2>Important Contact Information</h2>	<p style="text-align: center;">Academic/Counseling Issues:</p> <p>Mr. Newquist - newquistm@sherrard.us</p> <p>Mrs. Drish - drishju@sherrard.us</p> <p>Mrs. Blackwell - blackwells@sherrard.us</p> <hr/> <p style="text-align: center;">Technology Issues:</p> <p>Mr Wyckoff - wycloffj@sherrard.us</p> <p>Mr. Miller - millers@sherrard.us</p> <hr/> <p style="text-align: center;">Library Support:</p> <p>Ms. Bennin - benninj@sherrard.us</p> <p>Mrs. Justice - justicet@sherrard.us</p>

HOMECOMING 2020

The _____ (organization) will have an entry in the Sherrard High School Homecoming parade on **Saturday, January 16, 2021.**

TYPE ENTRY (float, decorated vehicle, walking group, etc.): _____

SPONSOR: _____

PHONE: _____

WHERE FLOAT IS TO BE BUILT: _____

FLOAT THEME OR TITLE: _____

* * * * *

INSTRUCTIONS FOR PARADE PARTICIPANTS

1. Each float should not exceed \$150.00 in construction costs. The name of the organization or class must be clearly marked on both sides of the float.
2. The theme for this year's parade is High School Musical, "We're All In This Together". Sherrard's opponent is Princeton. Their mascot is the Tigers and their colors are blue and silver.
3. Floats are preferable for the parade, but you may enter a decorated car or truck or a walking ensemble.
4. Float riders must be approved on an individual basis determined by float design and number of riders.
5. Vehicles pulling floats should be driven by licensed drivers who have proof of insurance in their vehicle.
6. Float decorating cannot be done during school hours and should be stopped by 10:00 p.m. Float construction may begin Sunday, January 10, 2021. A class sponsor or other responsible adult must be present at each decorating session.
7. The parade will start from THE OLD HIGH SCHOOL at **10:00 a.m. Saturday, January 16, 2021.** The parade will assemble in the **GRASS FIELD AT THE OLD HIGH SCHOOL at 8:00 a.m. sharp.** The parade will end at the south end of the old school.
8. No items, including candy and gum, may be **thrown or handed out** during the parade due to COVID-19 guidelines.
9. After the parade, floats should be returned to where they were constructed for the purpose of dismantling.
10. Immediately following the parade, the float winners will be announced as well as the class winners of homecoming week.

Event Schedule
10/01/2020 to 10/31/2020

Sherrard Junior/senior High School Mike Applegate
4701 176th Avenue School Phone: (309) 593-2175 HS
Sherrard, IL 61281 593-2135 JH
Fax: (309) 593-2775
applegatem@sherrard.us

Saturday October 03, 2020

Time	Activity	Facility	Comments
2:00 PM-TBA	*[+] Band N N - JH/HS Band Concert	(TBA) -	-

Tuesday October 06, 2020

Time	Activity	Facility	Comments
TBA-TBA	*[+] Golf B V vs IHSA Regional - @Valley View	(A) - IHSA Regional	-

Wednesday October 07, 2020

Time	Activity	Facility	Comments
TBA-TBA	*[+] Golf G V vs IHSA Regional - @Baker Park	(A) - IHSA Regional	-
1:00 PM-TBA	* School Event N N - P/T Conferences - early dismissal @1pm	(TBA) -	-

Thursday October 08, 2020

Time	Activity	Facility	Comments
TBA-TBA	*[+] Cross Country G V vs Kewanee HS - @Baker Park	(A) - Kewanee HS	-
TBA-TBA	*[+] Cross Country B V vs Kewanee HS - @Baker Park	(A) - Kewanee HS	-
1:00 PM-TBA	* School Event N N - P/T Conferences - early dismissal @ 1pm	(TBA) -	-

Friday October 09, 2020

Time	Activity	Facility	Comments
TBA-TBA	* School Event N N - No School	(TBA) -	-

Monday October 12, 2020

Time	Activity	Facility	Comments
TBA-TBA	* School Event N N - No School - Fall Break	(TBA) -	-
10:00 AM-TBA	*[+] Golf B V vs IHSA Sectional Meet - @Fyre Lake	(H) - Fyre Lake International	-

Tuesday October 13, 2020

Time	Activity	Facility	Comments
TBA-TBA	* School Event N N - No School - Fall Break	(TBA) -	-

Wednesday October 14, 2020

Time	Activity	Facility	Comments
TBA-TBA	* School Event N N - No School - Fall Break	(TBA) -	-

Thursday October 15, 2020

Time	Activity	Facility	Comments
TBA-TBA	* School Event N N - No School - Fall Break	(TBA) -	-

Friday October 16, 2020

Time	Activity	Facility	Comments
TBA-TBA	* School Event N N - No School - Fall Break	(TBA) -	-
TBA-TBA	*[+] Cross Country B V vs Riverdale	(A) - Riverdale	-
TBA-TBA	*[+] Cross Country G V vs Riverdale	(A) - Riverdale	-

Saturday October 24, 2020

Time	Activity	Facility	Comments
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Event Schedule
10/01/2020 to 10/31/2020

Sherrard Junior/senior High School
4701 176th Avenue
Sherrard, IL 61281

Mike Applegate
School Phone: (309) 593-2175 HS
593-2135 JH
Fax: (309) 593-2775
applegatem@sherrard.us

TBA-TBA	* _[+] Cross Country B V vs IHSA Regional	(TBA) -	-
TBA-TBA	* _[+] Cross Country G V vs IHSA Regional	(TBA) -	-

October 2020

Sherrard Jr-Sr High Menu

LUNCH



School Information: Menu Subject to Change
Early Dismissal on Oct. 7th & 8th
This institution is an equal opportunity provider.



Nutrition Tip: Make half your plate veggies and fruits.
Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Ribette/Bun
Chips
Cauliflower
Fruit
Milk Choice

5

Tenderloin/Bun
Salad
Cookie
Fruit
Milk Choice

6

Cheeseburger/Bun
Chips
Broccoli
Fruit
Milk Choice

7

Uncrustable
Cheese Stick
Salad
Cookie
Fruit
Milk Choice

8

No School

9

No School

12

No School

13

No School

14

No School

15

No School

16

Corn Dog
Slushy
Cookie
Fruit
Milk Choice

19

Super Nachos
Salad
Fruit
Milk Choice

20

Breaded Chicken Patty/Bun
Chips
Celery/Peanut Butter
Fruit
Milk Choice

21

Pizza Crunchers
Salad
Cookie
Fruit
Milk Choice

22

Chicken Nuggets
Chips
Carrots
Fruit
Milk Choice

23

Tenderloin/Bun
Chips
Broccoli
Fruit
Milk Choice

26

Cheeseburger/Bun
Salad
Cookie
Fruit
Milk Choice

Cheese Dippers
Marinara Sauce
Chips
Cauliflower
Fruit
Milk Choice

Grilled Chicken/Bun
Salad
Cookie
Fruit
Milk Choice

Hot Dog/Bun
Chips
Celery/Peanut Butter
Fruit
Milk Choice

October 2020

Sherrard PreK-12 Menu

BREAKFAST



School Information: Menu Subject to Change
Parent/Teacher Conferences Oct. 7th & 8th
This institution is an equal opportunity provider.



Nutrition Tip: Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off



Reference: USDA

Monday

Tuesday

Wednesday

Thursday

Friday



Mini Banana Loaf
½ Cup Fruit
Milk Choice **5**

Poptart
½ Cup 100% Juice
Milk Choice **6**

Cereal Bowl
½ Cup Fruit
Milk Choice **7**

Fruit Frudel
½ Cup 100% Juice
Milk Choice **8**

No School **9**

No School **12**

No School **13**

No School **14**

No School **15**

No School **16**

Cereal Bowl
½ Cup Fruit
Milk Choice **19**

Muffin
½ Cup 100% Juice
Milk Choice **20**

Mini Cinnis
½ Cup Fruit
Milk Choice **21**

Cinnabuns
½ Cup 100% Juice
Milk Choice **22**

Cereal Bar
½ Cup Fruit
Milk Choice **23**

Mini Banana Loaf
½ Cup 100% Juice
Milk Choice **26**

Poptart
½ Cup Fruit
Milk Choice **27**

Cereal Bowl
½ Cup 100% Juice
Milk Choice **28**

Fruit Frudel
½ Cup Fruit
Milk Choice **29**

Mini Bagel
½ Cup 100% Juice
Milk Choice **30**