



Elmwood-Murdock

February, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 SP @ Lincoln Lutheran High School 8:00am Science Bowl - JH @ Wayne State College Recreation Center 2:00pm Basketball-B/Varsity 3:45pm Basketball-G/Varsity Conestoga
2 TBD Basketball-G/Varsity Away vs. TBA TBD Basketball-B/Varsity Away vs. TBA 9:00am JH Quiz Bowl @ Conestoga High School	3 TBD Basketball-B/Varsity Away vs. TBA TBD Basketball-G/Varsity Away vs. TBA 7:00pm SOS meeting @ Elmwood-Murdock Elementary	4 Class/Organizational meeting 7:30am Safety Committee meeting @ Elmwood-Murdock High School 1:15pm District Spelling Bee @ Elmwood-Murdock Elementary	5 Hastings Honor Choir 4:30pm Basketball-G/Varsity Away vs. Weeping Water 4:30pm Basketball-G/JH Syracuse	6 TBD Basketball-B/Varsity Away vs. TBA Hastings Honor Choir	7 TBD Basketball-G/Varsity Away vs. TBA TBD Basketball-B/Varsity Away vs. TBA Hastings Honor Choir SP @ Crete High School 8:00am Science Bowl - HS @ Wayne State College Recreation Center	8 TBD Basketball-G/Varsity Away vs. TBA TBD Basketball-B/Varsity Away vs. TBA Hastings Honor Choir SP @ Crete High School 8:00am Science Bowl - HS @ Wayne State College Recreation Center
9 4:30pm Basketball-G/JH Away vs. Yutan 6:00pm Basketball-G/C Team Away vs. Johnson County Central 6:00pm Basketball-B/C Team Away vs. Johnson County Central 6:30pm SkillsUSA meeting	10 5:00pm Basketball-G/JH Mead Jr. / Sr. 6:30pm FCCLA meeting 7:30pm FBIA meeting	11 7:00pm School Board meeting	12 Wesleyan Honor Choir 4:30pm Basketball-B/JV Away vs. Mead Jr. / Sr. 6:15pm Basketball-G/Varsity Away vs. Mead Jr. / Sr. 7:45pm Basketball-B/Varsity Away vs. Mead Jr. / Sr.	13 Wesleyan Honor Choir NO SCHOOL-Parent/Teacher Conference Grades PK-12 10 a.m.-6 p.m. @ Elmwood-Murdock Elementary Scholastic Book Fair 9:00am COMPASS regional testing @ Elmwood-Murdock High School 6:30pm Spanish Club meeting	14 Wesleyan Honor Choir 10:00am Basketball-B/JV Elmwood-Murdock vs. Multiple Schools 5:00pm Band Dinner/Concert Fundraiser @ Elmwood-Murdock High School	15 Wesleyan Honor Choir 10:00am Basketball-B/JV Elmwood-Murdock vs. Multiple Schools 5:00pm Band Dinner/Concert Fundraiser @ Elmwood-Murdock High School
16 TBD Basketball-G/Varsity Away vs. TBA NO SCHOOL - Winter Break @ Elmwood-Murdock Elementary	17 TBD Basketball-G/Varsity Away vs. TBA 7:30pm Science Club meeting	18 TBD Basketball-G/Varsity Away vs. TBA	19 TBD Basketball-G/Varsity Away vs. TBA 4:00pm Basketball-G/JH Away vs. Ashland-Greenwood	20 TBD Basketball-B/JV Away vs. Louisville 6:00pm Basketball-B/Varsity Away vs. Louisville 7:45pm Basketball-B/Varsity Away vs. Louisville	21 SP @ HTRS High School Science Bowl - HS 10:00am Basketball-G/JH Elmwood-Murdock vs. Multiple Schools	22 SP @ HTRS High School Science Bowl - HS 10:00am Basketball-G/JH Elmwood-Murdock vs. Multiple Schools
23 TBD Basketball-B/Varsity Away vs. TBA	24 TBD Basketball-B/Varsity Away vs. TBA 6:45pm Elementary Science Fair @ Elmwood-Murdock Elementary	25 Speech - ECNC @ Palmyra High School 9:30am ECNC Speech meet @ Palmyra High School	26 TBD Basketball-B/Varsity Away vs. TBA 3:30pm Basketball-G/JH Away vs. Louisville	27 TBD Basketball-G/Varsity Away vs. TBA NO PRESCHOOL	28 TBD Basketball-G/Varsity Away vs. TBA NO PRESCHOOL	

Breakfast

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Breakfast Fact

Compared to children who skip breakfast, a study showed that children who ate breakfast:

- Performed better at school
- Recorded higher test scores
- Reduced absenteeism and tardiness

Reference: Murphy JM et al. The Relationship of School Breakfast to Psychosocial & Academic Functioning: Cross-sectional & Longitudinal Observations in an Inner-city School Sample. *Arch Pediatr Adolesc Med* 1998

* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

School Information:

All meals are served with a choice of 1% white or flavored skim milk.
USDA is an equal opportunity provider and employer.

Breakfast Pizza

3

Or
Cereal & WG Toast
Juice Fruit
Milk

Combo
WG Toast

4

Or
Cereal & WG Toast
Juice Fruit

French Toast Sticks
Or
Cereal & WG Toast
Juice Fruit

5

Pancake on Stick-E
Breakfast Burrito-M
Or
Cereal & WG Toast
Juice Fruit

6

Waffles & Sausage Link-E
French Toast Sticks-M
Or
Cereal & WG Toast
Juice Fruit

7

Breakfast Pizza

10

Or
Cereal & WG Toast
Juice Fruit
Milk

Combo
WG Toast

11

Or
Cereal & WG Toast
Juice Fruit

French Toast Sticks
Or
Cereal & WG Toast
Juice Fruit

12

Pancake on Stick-E
Breakfast Burrito-M
Or
Cereal & WG Toast
Juice Fruit

13

No School
Parent -Teacher
Conferences
Happy Valentines Day!

14

No School

17

Winter Break
Have a Great Day!!!

Combo
WG Toast

18

Or
Cereal & WG Toast
Juice Fruit

French Toast Sticks
Or
Cereal & WG Toast
Juice Fruit

19

Pancake on Stick-E
Breakfast Burrito-M
Or
Cereal & WG Toast
Juice Fruit

20

Waffles & Sausage Link-E
Sausage Gravy/Biscuit-M
Or
Cereal & WG Toast
Juice Fruit

21

Breakfast Pizza

24

Or
Cereal & WG Toast
Juice Fruit
Milk

Combo
WG Toast

25

Or
Cereal & WG Toast
Juice Fruit

French Toast Sticks
Or
Cereal & WG Toast
Juice Fruit

26

Pancake on Stick-E
Breakfast Burrito-M
Or
Cereal & WG Toast
Juice Fruit

27

Waffles & Sausage Link-E
Sausage Gravy/Biscuit-M
Or
Cereal & WG Toast
Juice Fruit

28

LUNCH

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Nutrition Tip

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

Reference: USDA. MyPlate.gov. Internet <http://www.myplate.gov/>.



* monday

* tuesday

* wednesday

* thursday

* friday

School Information:

All meals are served with a choice of 1% white or flavored skim milk. Choices from the fruit/vegetable bar are included in lunches for K-12 grade students. USDA is an equal opportunity provider and employer.

3

Ham burger
WG Bun
Baked Beans
Fruit
Animal Crackers

4

Chicken filet
WG Bun
Corn
Fruit

5

Italian Dunkers
WG Garlic Bread
Green Beans
Fruit

6

Teriyaki Chicken
Asian Rice
Broccoli
Mandarin Oranges
Dinner Roll

7

Sub Sandwich
Sub Toppings
Chips
Fruit

10

Chicken Strips
Cooked Carrots
Fruit
WG Biscuit

11

Tacos
WG Hard or Soft Shell
Refried Beans
Juice Cup
Churro

12

Breaded Steak
Mashed Potatoes
Gravy
Corn
Dinner Roll

13

Popcorn Chicken
Mac-n-Cheese
Green Beans
Fruit

14

No School
Parent -Teacher
Conferences
Happy Valentines Day!

17

No School
Winter Break
Have a Great Day!!!

18

Mandarin Chicken
Asian Rice
Broccoli
Pineapple
Dinner Roll

19

Creamed Turkey
On WG Biscuit
Mixed Vegetables
Fruit

20

Hot Italian Sub
Sub Toppings
Chips
Fruit

21

Hamburger
WG Bun
Fries
Fruit
Snack Cookies

24

Chicken Nuggets
Baked Beans
Fruit
Animal Crackers

25

Crispito
Cheese Sauce
Spanish Rice
Broccoli
Fruit

26

Ham Patty
WG Bun
Augratin Potatoes
Fruit
Cupcake

27

Chili
Cinnamon roll
Crackers
Juice Cup

28

Pizza
Tossed Salad
WG Crackers
Fruit
Ice Cream