



Colo - Nesco Community School District Newsletter

January 2014

As the last refrains of Auld Lang Syne fade into the distance we begin the difficult task of addressing our new year's resolutions. Resolutions have been around for a long time. Babylonians began the custom. Vows to the god Janus were common in Roman times (vows were made in January, a month named after that god). Today, making resolutions is very common. 41 percent of individuals make some sort of resolution to start off the New Year, and 56 percent of those who make such resolutions are so confident they will be successful that they initiate changes within one month. Tragically, only 46 percent actually do succeed in keeping their resolutions at 6 months, and only 19 percent at one year. As you know commonly-made resolutions include losing weight, increasing exercise, improving finances, reducing stress, getting along better, and traveling more. While these are common individual goals we too as an educational organizations set our priorities for the New Year.

This month the board will revisit their board goals. They will evaluate the progress that has been made in accomplishing the tasks outlined in each. They will determine whether or not the goal has been accomplished, should remain a priority for the district, should be modified or should be celebrated and retired. The general area of board goals are; Strengthening Student Learning and Achievement, Implementing Facilities Planning and Enhancing Communications. While we as individuals try hard to accomplish our New Year Resolutions we as a district have no choice but to succeed. We cannot settle for a 19 percent success rate. Therefore, we will continue to focus the work of the district on the goals set by the board with the intention of attaining them. We have come far in each of the three areas of emphasize but our work isn't done. Our commitment and decisions will continue to be based on what is best for our students.

In reflection 2013 was a good year for our student's and the district. We were able to do a number of things to enhance student learning, provide new and innovative ways of learning, increase teacher and administrative practice and begin the process of refurbishing our facilities. In October the district was awarded a Story County Urban Renewal Grant for \$45,000 to be applied to our new, elementary playground. Recently, Joel Niemeyer, CN Board President, Mickolyn Clapper, CN Elementary School Principal and I along with the board president and staff members from Heartland AEA 11 presented at the Iowa School Board Association Annual Conference our collaborative efforts to address the learning goals of our students. Then, in December Mrs. Clapper along with a Teaching and Learning Consultant from Heartland AEA 11 presented to the Governor and Lieutenant Governor our plans and program to ensure that our students are meeting our literacy, proficiency goals. Our story was the one chosen from throughout the state to be presented as a model of collaboration. As a district we should be very proud of where we are and where we are going. Our story has changed a great deal from just a short time ago. We are now being recognized not as a district in need but as a district with direction and focus on what is best for our students. By continuing to work together and by putting our students first we can accomplish much for our children ensuring them a bright 2014 and future.

- Jim Verlengia

Physical Education with Tony Stalzer

My name is Tony Stalzer and I am the K-4, HS PE teacher. I have been teaching at Colo-NESCO for 13 years. I live in Zearing with my wife Michelle and three daughters. Grace is in 9th grade, Emma is in 6th grade and Lily is in 1st grade. I am very proud that my kids are students at CN.

This year has seen a lot of changes in the PE curriculum. Through a parent organization headed up by Traci Nessa call Save or Schools (SOS) we have been given to opportunity to purchase new PE equipment. The HS classes have been using reaction balls, Indian clubs, battling ropes, ladders, resistance bands, and medicine balls. The elementary classes have used the reaction balls, Power walkers, and battling ropes. This equipment has allowed me to introduce the students to many different types of equipment to fulfill their physical activity.



The HS curriculum has changed with the addition of our Colo-NESCO weight lifting program. In the past students cause lift outside of school hours or during practice time. Now all students in HS PE lift twice a week with a third day focusing on core strength. The students tested out at the beginning and the end of the 1st semester and I am interested in see the improvement the students show.



The K-4 classes have also been working on improved strength. The students have been doing both speed and endurance improvement running in class. They have been working on core strength and upper body strength by doing front supports and Elevators, which are a form of push-ups. Ask your child to show you how to do them and then get on the floor and do them with your child. The students have been doing a great job at perfecting these activities.

I am looking forward to the 2nd semester and all the activities that the students will be doing.

Mrs. Tjelmeland's Second Grade

This fall we took a journey back to the times of the pilgrims. We imagined them crossing the ocean on the Mayflower as we took a virtual tour online of this historical ship. Then we studied different aspects of the lives of the pilgrims and we incorporated these different aspects into a pocket book. In these pockets we stored our readings and activities. We learned how difficult the pilgrims' lives were when they first arrived in America. It is hard for the Second Graders to understand life without electricity, TV, and technology! One of our pockets included the jobs of that era. Many of the students thought it would be fun to be a blacksmith. Other choices were those who made hats, barrel, and shoes. The boys thought it was great that they had to become part of the militia when they reached 16, and that the militia escorted the entire village to church on Sundays! Many of the Second Graders would have had a difficult time not talking or giggling during church. It is likely they would have gotten bopped on the head by the tithing man! One of the favorite projects was making a diorama of the keeping room. We saw that everything was arranged in a very small space, and that there was very little privacy! This unit helped us realize that living during this time was a challenge and most of us would not have enjoyed it, but we are thankful for many of the things that the pilgrims started and passed on to us. Some of these things are:

- *The tradition of the Thanksgiving holiday
- *Using manners
- *To be a hard worker
- *How to be a good farmer
- *Making quilts and clothes
- *Some recipes like Hasty Pudding
- *How to barter



Another adventure that we have taken is a trip to different countries on different continents to see how they celebrate Christmas. For each country we visited we made an ornament to hang on our classroom Christmas tree. On the continent of North America, we visited Mexico. We found out that they celebrate Christmas with a piñata and fireworks. We made a poinsettia for Mexico. Then we went to South America. Here we learned about Brazil and that they celebrate with fireworks too, and well as making trees out of lights. For Brazil, we made a tinsel-tailed bird to represent the rain forest. Our third destination was Australia and we found out that they have Christmas dinner on the beach! We made an Australian Cracker that we filled with goodies! When we got to Germany on the continent of Europe, we learned that the tradition of the Christmas tree originated from here, so we made a tree out of craft sticks. We made a lantern for the Asian country of Japan. Christmas in Japan is a romantic holiday that is like a combination of Christmas and Valentine's Day! We "flew" by Antarctica on our way to Liberia, Africa. Here we found it interesting that they decorate palm trees with bells for Christmas and they celebrate with fireworks too, like many other countries. It was fun to see how many countries have some of the same traditions that we do in America, but they also have customs that are unique to them.

Along with these adventures of the past and present, Second Graders are busy building their fact power and problem solving strategies in Math. They are working hard at becoming fluent independent lifelong readers. And they are learning to put their thoughts into writing. Second Grade is always a busy place filled with learning!

News from the Second Grade Classroom

By Sandra Williams

This fall, for the first time in over 15 years, there are two sections of second grade in the same building. Having two sections together means increased opportunities for joint learning activities, differentiated reading groups, team-teaching of subjects such as technology, and twice as many friends at recess! Exciting things are happening in the second grade classrooms!



One of the highlights of the first semester was our study of American history. The students learned to generate questions and use a variety of resources to enhance their learning. One of our favorite resources was Scholastic's First Thanksgiving website (www.scholastic.com) Here we were able to tour a replica of the Mayflower, take virtual fieldtrips to Plimoth Plantation, and compare the cultures of the Native Americans and the Pilgrims. In December, we also had the opportunity to visit the Iowa Historical Building in Des Moines. The museum's exhibits and artifacts fascinated the students. Our favorite exhibits included the mammoth bones, Native American clothing and tools, household items from the days of the pioneers, and weapons of the Civil War. There was so much to see and learn in just a few hours!

Throughout our study, the students updated illustrated timelines to record new understandings. They were asked to share not just what they learned *about* the people of the past, but also what they learn *from* the people of the past. Here are some of the "big ideas" that the second graders shared:

Life was hard back then, but people never gave up. We shouldn't give up either!

Family was important in the past, and it still is important.

Everyone needs to work together.

Even children have responsibilities.

If you believe in yourself, you can do many things. You may even become a famous inventor or a president!

People are always trying to find ways to improve their lives.

Sometimes you need to fight for what you believe in.

We are thankful for those who fought for our rights and freedom.

Nature provides lots of resources. We need to take care of things on Earth.

We should appreciate all the things we have today.

We are thankful that we live in America!

Music Department with Mr. Ward

THOROUGHLY MODERN millie The Musical

It was a busy semester for the choir department this year. This fall the High School put on the production of "Thoroughly Modern Millie." We had two performances in front of full audiences. The students did an outstanding job putting the show on. The high school also had six individuals audition for the Iowa All-State Chorus in Indianola. This is the second straight year where Colo-NESCO has had individuals audition, and both years we had six. The high school choir has also grown to over seventy students in the group. This is a great thing, however also creates a problem that we now do not have enough robes.

The Junior High Choir as made great strides this year. We currently have almost sixty individuals in our choir for seventh and eighth graders. The quality of sound that these kids produce continues to improve as well. The fifth and sixth grade students just had their first concert of the year. They did an outstanding job at the concert. This year grades K-2 had a change in their music schedule. In the past, these grades met only once a week. This year they now meet twice a week for music, and for PE. This will be a very beneficial thing to continue to raise the quality of music we are doing at Colo-NESCO.

This spring will be a busy one as well. On Saturday March 1st, our music department will be having our Annual Pops Concert. This is the only paid concert of the year, and our largest fundraiser. Tickets are \$8 and will go on sale on January 6th. Contact Bryan Ward for tickets at bward@colo-nesco.k12.ia.us. Our school will also be hosting the ISHMA Solo/Ensemble Contest for class 1A in April. This will be a big day for our school. We will be looking for volunteers to help out that day, even for as little as an hour. If you could help out that day, contact Kat Breitbach at kbreitbach@colo-nesco.k12.ia.us.

Thank you for everyone's support for the music program here at Colo-NESCO. We will continue to get better each and every day. It's a great day to be a ROYAL!!!

Mr. Bryan Ward



Speech with Mrs. Hill



Speech activities are off and running this year! Practices have begun and entry fees have been paid!

Our large group improvisational acting teams have started practicing and are gearing up for district competition on Saturday, January 25 at Ames High in Ames. State large group takes place February 8 at Ankeny High School in Ankeny. Currently there are twelve students interested in group improv. These students include veteran improv-ers Olivia Key and Ricki

Grover, and rookies to group improve Jefferey Haskin, Cade Oswald, Jillian Gibbons, Hannah Reischauer, Evan Webb, Dustin Henderson, Samantha Prather, Alexandria Brown, Caitlan Clark and Stephanie Cordell.

Individual Speech activities kick off with district competition on Saturday, March 1 in Nevada. State competition is in Glenwood on Saturday, March 15. Current participants include newcomers Stephanie Cordell, Dustin Henderson, Hannah Reischauer, Amal Mchacti and Evan Webb. Returning individual speech participants include Olivia Key, Ricki Grover, Caitlan Clark, Andrea Roberts, and Alexandria Brown. Students will be competing in a variety of events including Radio News Broadcasting, Storytelling, Improvisational Acting, After Dinner Speaking, Poetry, Prose, Literary Program, and Original Oratory. Some students are even entered in more than one event!

There are still a lot of individual speech competition spots available if a student you know likes to be the center of attention and needs a great extra-curricular activity that will help build confidence and real-world skills! See Mrs. Hill with any questions!

1st Semester 5-12 ART with Nancy Sartori

This new school year has brought another change in the student population. I miss the pre-kindergarteners, but it sure is nice to be working with the 5th and 6th graders again! They began the year by studying an Italian post-Renaissance artist named Guiseppi Archimboldo, who painted very unusual and creative portraits for this time period. Art historians called his portraits “composite heads” because he “built” the image of a person from a great variety flora and fauna. From a distance they look very believable until one moves in for a closer look and finds that his people are really made of animals, flowers and even fish! The students enjoyed the creative freedom of building their self-portrait from their favorite fruits and vegetables. All shapes and sizes of pasta seemed to be a favorite choice, so parents, if you’re wondering what to cook tonight... Next the intermediate artists learned the American craft of cornhusk doll making. Many classes were spent braiding arms, legs and hair, tying knots, and finally adorning their dolls with clothing of pioneer times. Hopefully they made it to your Thanksgiving table as a centerpiece, but I did hear that in one case the family dog got to it first! Now we are watercolor painting landscape images inspired by a story entitled “Why Evergreen Trees Aren’t Perfect”.

All student artists in grades 8th and 12th experienced a common lesson in printmaking called Mirror Mono Prints. They began by tracing their reflected faces on large mirrors. Sound easy? The challenging part was holding very still, while closing one eye to avoid a double image! Then they either drew the reflected art room background that displayed perspective, or they could add an imaginary background that reflected their personal interests. Finally, they transferred the mirror drawings onto a piece of damp paper. This was a fun way to explore the location and proportions of our facial features.



8th graders also learned how to make things look three-dimensional by modeling with light and shade. The room always gets a little quieter when the only room lighting comes from spotlights on their still-lives! Their favorite projects are always in the craft area: making ceramic plates or copper tooled masks.

High school students in Visual Design always learn about the basic elements and principles of art and become aware of how much time and effort goes into creating art. The Printmaking class and the Advanced Art Class did such a great job – it will be difficult deciding what will compete in the Wild Cat Art Show on April 30th in Jaynesville. Students in Metalsmithing again created a piece of serverware from their choice of copper, brass, or bronze, and then progressed to working in Sterling silver when they designed and constructed a ring.

Hopefully you were able to attend the winter concert on Dec 16th. It was a wonderful collaboration of Colo-Nesco’s fine arts departments and a true showcase of the amazing student talent I’m so fortunate to guide. Hopefully it will become a tradition. Happy 2014 to you all!

First Semester in School Counseling with Jessica Radmaker

Elementary: Kindergarten-8th Grade

This semester I began using the Second Step curriculum in grades Kindergarten-5th. This curriculum will continue to be used throughout second semester.

The *Second Step* program teaches skills in the following four areas:

1. Skills for Learning: Students gain skills to help themselves learn, including how to focus their attention, listen carefully, use self-talk to stay on task, and be assertive when asking for help with schoolwork.
2. Empathy: Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
3. Emotion Management: Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
4. Problem Solving: Students learn a process for solving problems with others in a positive way.

The first grade participated in Talking About Touching, a personal safety curriculum lead by trained counselors from Youth & Shelter Services, Inc.

This program teaches children skills that will help them stay safe from dangerous or abusive situations. Children also learn to ask for help when they need it.

The program is divided into three units:

- Personal Safety – This unit teaches children rules that will help keep them safe in potentially dangerous situations.
- Touching Safety – This unit focuses on teaching children to identify unsafe touches and to say “NO,” get away, and tell a grown-up if someone tries to touch their private body parts.
- Assertiveness and Support – This unit gives children a chance to practice getting out of unsafe situations and to ask a grown-up for help if they need it.

Kindergarten classes will be participating in Talking About Touching second semester.

We celebrated Red Ribbon Week in grades Kindergarten-6th the last week of October. Counselors from Youth & Shelter Services, Inc. gave a presentation to the 3rd and 4th grade about the history of Red Ribbon Week and the dangers of various drugs.

In November, 5th-8th grade students learned about the importance of saving, investing and financial literacy through a fun presentation from The National Theatre for Children called “Mad About Money II: Pay Yourself First!”

The 6th grade participated in Project Alert with Youth & Shelter Services, Inc. this semester. Project ALERT is an age-appropriate substance abuse prevention curriculum proven effective in reducing experimentation among teens, and in reducing usage among teens who experiment. Project ALERT's focus is on motivating non-use, learning to recognize pressures to use and on developing and practicing skills to resist these pressures.

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Project ALERT contained eleven lessons that focus on alcohol, tobacco, marijuana, inhalants and over-the-counter and prescription medications – those substances that are the first and most widely used by young people today.

The 7th and 8th grade classes participated in booster sessions of Project ALERT with Youth & Shelter Services, Inc. during first semester. These lessons helped reinforce the concepts and skills taught during the initial 6th grade lessons.

Secondary: 9th-12th Grade

In September, 11th grade students and their parents were invited to attend a Career and College Planning presentation by the Iowa College Access Network (ICAN). Students learned the steps to take to become career and college ready following high school. They were given several resources and month-to-month checklists to follow to help them in this process. All of these materials can be found on the school counseling webpage.

In November, all high school students and their parents were invited to attend a Financial Aid Night presentation by the Iowa College Access Network (ICAN). Students learned about the various types of financial aid available and how the process of applying for and receiving financial aid works. They were given several resources to use in this process. All of these material can be found on the school counseling webpage.

All high school students and their parents were encouraged to attend the Golden Circle College Fair on September 29th in Des Moines.

On October 1st, several juniors and seniors were able to attend the Marshalltown Community College, College Fair. Representatives from 65 colleges, universities, and military branches were in attendance. The purpose of the College Fair was to give high school students and their parents an opportunity to discuss admission requirements, housing, financial aid, scholarships, internships and specific majors, in a single, convenient location.

On October 16th, 10th and 11th grade students who signed up took the PSAT/NMSQT. The Preliminary SAT/ National Merit Scholarship Qualifying Test is a program cosponsored by the College Board and National Merit Scholarship Corporation (NMSC). It's a standardized test that provides firsthand practice for the SAT. It also gives you a chance to enter NMSC scholarship programs and gain access to college and career planning tools. The PSAT/NMSQT measures: Critical reading skills, Math problem-solving skills, and Writing skills. Students will receive the results of this test in January and will be given access codes to use the My College QuickStart and MyRoads online programs to explore career and college options and much more. For more information on this please see the school counseling webpage.

On October 21st, female high school students who signed up were able to attend the Young Women In Business Conference at Iowa State University. These students were able to: explore majors in business, learn about career opportunities, meet and ask questions of business faculty members in each major, hear directly from professionals working in each field, and interact with female business students from Iowa State about their experiences and what they hope to accomplish.

On October 29th, Colo-Nesco held an ACT Registration Event to help students and their parents register to take the ACT college entrance exam. Similar events will be held next semester before ACT test registration deadline dates.

On November 5th, 11th grade students took the ASVAB test. On November 27th they received the results from this test and were introduced to the ASVAB Career Exploration Program. This program helps them explore their interests and careers that correspond with these interests. They will have free access to this program for two years. For more information on this please see the school counseling webpage.

On November 13th, high school students were given the opportunity to attend the Discover Advanced Manufacturing Day at DMAAC.

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This event was for students interested in the following professions: Architectural Technologies, Architectural Millwork, Building Trades, Computer Aided Design (CAD), CNC Operators, Industrial Electro-Mechanical Technologies, Machinist Technology, Electronics, Robotics, & Automation, Tool & Die Making, Water Treatment, and Welding. Unfortunately, no students took advantage of this opportunity; however, this event will be offered again on February 19th.

Throughout this semester, high school students were given the opportunity to interact with several college and military representatives who visited Colo-Nesco.

High school students and their parents were also given the opportunity to sign up for the scholarship e-mail list. People on this list receive information on each scholarship opportunity that comes through the school counseling office. To be included on this list please e-mail the school counselor. These scholarships are also listed on the school counseling webpage under College Information: Apply for these scholarships.

Next Semester in School Counseling

Kindergarten-5th grade students will continue with the Second Step curriculum.

Select 4th grade students will participate in a small leadership group aimed at developing leadership, communication, and relationship skills. After 4th grade completes this group, 1st-3rd grade students will also be invited to this small group as time allows, starting with 3rd and working down to 1st.

Select K-4 students will participate in the Colo-Nesco Mentoring Program. Volunteers from the community will mentor these students. To become a mentor or to request a mentor for your student, please contact the school counselor. 6th grade students will begin a career exploration unit.

In March, 7th grade students will attend Teen Maze. In Teen Maze, teens are assigned various choices as they navigate through a life-size maze. While in the Maze, young people discover the realities that both positive and negative choices may bring. As choices and consequences compound, teens experience how an entire life can be affected by any decision. The Maze is creative and interactive, while demonstrating the possible consequences of teen choices.

Four specific areas are addressed:

- *Health and Wellness* (tobacco, alcohol and drugs, legal consequences)
- *Relationships* (peer pressure, dating, bullying and pregnancy prevention, STIs)
- *Mental Health* (suicide prevention, body image, and emotional vocabulary)

Money and Me (youth employment, financial literacy, money management)

On February 6th, 5th-8th grade students will be participating in a Skills Day where they will learn more about various topics including digital citizenship, bullying prevention, and study skills.

On February 6th, 9th-12th grade students will be participating in a Career/College Fair. Students will be given the opportunity to interact with professionals in various occupations and will also be able to meet with college representatives.

8th-12th grade students will be completing I Have A Plan Iowa (IHAPI) guideways. IHAPI helps students plan their high school career, explore their interests, and examine options for their lives beyond high school.

High school students and their parents are encouraged to attend an Iowa College Goal Sunday event in February. With rising tuition costs, paying for college has become one of the largest hurdles to attending college. Iowa College Goal Sunday offers: receive help filing the FAFSA (Free Application for Federal Student Aid), get advice from financial aid experts, receive scholarship information, and learn about the process and YOUR next steps.

Iowa State University will be hosting two Iowa College Goal Sunday events at the DMACC Hunziker Center in Ames on Thursday, February 6 from 5:30pm to 9pm and Saturday, February 8 from 9am to 12pm.

Marshalltown Community College will be hosting three Iowa College Goal Sunday events at the MCC campus on Saturday, February 22 from 10am to 2pm; Wednesday, February 26 from 4pm to 7pm; and Sunday, March 9 from 4pm to 7pm.

Select 9th-12th grade and 5th-8th grade students will be participating the Colo-Nesco Mentoring Program. 9th-12th grade students will be mentors to the 5th-8th grade students. For more information on this please contact Mike Boeve.

High school seniors are encouraged to continue applying to colleges and looking for scholarships and other forms of financial aid. For information on this please see the school counseling webpage and/or the school counselor. Please take advantage of the month-to-month checklists supplied by the Iowa College Access Network (ICAN) to make this process easier.

To learn more about the school counseling at Colo-Nesco please visit our web site at:

<http://www.color-nesco.k12.ia.us/guidancedepartment>

Band with Kat Breitbach



The band department has had a VERY busy start to our year! We have completed yet another marching season, rounding it out with the mass band performance of 6-12 grade band students. All 120 kids took the field at halftime and performed Born This Way. We were fortunate enough to have six high school students audition for All-State this year, a new recent record for Colo-NESCO. The following students were selected for the Simpson Honor Band that will take place in January: Brittnee Packer, junior clarinet; Savannah Deupree, sophomore clarinet; Maggie McLoud, junior tenor sax; Chelsea Henze, 8th grade flute; Bryce Neimeyer, 8th grade bass clarinet; Caitlin McLoud, 8th grade French horn; and Jacob Clatt, 8th grade baritone. The following students were selected for the Iowa State Cyclone Honor Band to be held in February: Brittnee Packer, junior clarinet; and Maggie McLoud, junior tenor sax. We will have our first participant in the Wartburg Honor Band this year that will take place in February, congratulations goes to Samantha Riese, junior trumpet.

Our fifth grade students have had an excellent start to the year, so much so that I invited them to participate in the Winter Concert that was held on December 20th! They did an excellent job and are a wonderful addition to our music program here at Colo-NESCO.

Upcoming events to mark on your calendar would be the Festival of Bands on March 10th and we will be hosting the state sanctioned solo/ensemble contest on Saturday, April 12th.


Colo-NESCO Community School 2014 January Brk/Lunch Menu

All meals are served with a 1/2 pint of skim, or 1 % OFFER VS SERVE: At lunch, all students must take 3 out of the 5 components.
100% Juice or Fruit may be offered breakfast.
Students can decide what to decline
All menus are subject to change

Colo-NESCO Community School District is an Equal Opportunity Provider

Additional fruits and vegetables may be offered at some lunches.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NO SCHOOL Winter Break	2 Cheese Burger/F.F/ Sweet Potato Puffs / Fruit Cereal/Bagels/Fruit/Juice	3 Chicken Fajitas/ Veggies/Fruit Pancake Sausage Bites/Cereal/Toast/ Fruit/Juice	
	6 Pizza/Veggie/Fruit Eggs/Cereal/Toast/Fruit/ Juice	7 Taco's/Refried Beans/ Veggie/Fruit Waffles/Cereal/Toast/ Fruit/Juice	8 Chicken Drum Sticks/ Mashed Potatoes/ Gravy/ Fruit/Dinner Roll H&C Cereal/Cinnamon Toast- ers/Fruit/ Juice	9 Turkey/Ham Wraps/ Veggie/Fruit/Sunchips Breakfast Bar/Cereal/ Toast/ Fruit/Juice	10 Macaroni & Cheese/ Veggie/Fruit/Fruit Crisp Pancakes/Cereal/Fruit/ Juice/Toast	
	13 Chicken Nuggets/Rice/ Veggie/Fruit/Dinner Roll Pancake Sausage Stick/ Cereal/ Toast/ Fruit/Juice	14 Hotdogs/French Fries/ Sweet Potato Puffs/ Fruit Eggs/Toast/Cereal/ Fruit/ Juice	15 Chili/Crackers/Veggie/ Fruit/Cinnamon Rolls Breakfast Pizza/Fruit/ Juice/Toast/ Cereal	16 Chicken Fried Steak Sandwich/Broccoli w/ cheese/fruit Sausage Gravy & Bis- cuits/Cereal/Fruit/ Juice	17 Quesadilla/Refried Beans/Veggie/Fruit Breakfast Wrap/ Toast/Cereal/Juice/ Fruit	
	20 No School	21 Meatballs/Parsley Po- tatoes/Gravy/Veggies/ Fruit/ Dinner Roll Breakfast Egg Bagel/ Toast/Cereal/Juice/	22 Chicken Patty Sandwich/ Baked Beans/Fruit French Toast/Cereal/ Fruit/Juice	23 Crispito's/Veggies/ Fruit Pancake Sausage Bites/Cereal/Toast/ Fruit/Juice	24 Corn dogs/Nachos w/ Salsa/Veggie/Fruit Cereal/Bagels/Fruit/ Juice	
	27 Mandarin Orange Chicken/Rice/Veggie/ Fruit/ Breadstick Breakfast Burrito/ Cereal/Toast/Fruit/ Juice	28 Mr. Ribs/Veggies/Fruit Waffles/Cereal/Toast/ Fruit/Juice	29 Chicken & Biscuits/ Veggies/Fruit Breakfast Pizza/Cereal/ Toast/Fruit/Juice	30 Pizza Bake/Veggie/ Fruit/Bread stick Breakfast Bar/Toast/ Fruit/Juice/Cereal	31 Pork Patty Sand- wich/Baked Beans/ Fruit Eggs/Toast/Cereal/ Fruit/Juice	



Winter

**Salad Bar offered five days a week grades 5-12th
Salad Bar offered Monday, Wednesday & Friday for K-4th grade**

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NON-PROFIT ORGANIZATION

COLO-NESCO Community School

NOTICE OF NONDISCRIMINATION Code No. 102.E

Students, parents, employees and others doing business with or performing services for the COLO-NESCO Community School District are hereby notified that this school district does not discriminate on the basis of race, color, age (except students), religion, national origin, creed, sex, marital status, sexual orientation, gender identity or disability in admission or access to, or treatment in, its programs and activities.

The school district does not discriminate on the basis of race, color, age (except students), religion, national origin, creed, sex, sexual orientation, gender identity or disability in admission or access to, or treatment in, its hiring and employment practices. Any person having inquiries concerning the school district's compliance with the regulations implementing Title VI, Title VII, Title IX, the Americans with Disabilities Act (ADA), § 504 or *Iowa Code* § 280.3 is directed to contact

(Title)	Supt of Schools
(where located)	919 West St Colo, IA 50056
(telephone number)	641-377-22584

who has been designated by the school district to coordinate the school district's efforts to comply with the regulations implementing Title VI, Title VII, Title IX, the ADA, § 504 and *Iowa Code* § 280.3.