

OVERTON PUBLIC SCHOOL
P.O. Box 310, 401 7th St.
Overton, NE 68863-0310



Mark A. Aten, Superintendent
Brian Fleischman, Principal
Calli McCoy, Counselor
Clint Little, Activities Director

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www.overtoneagles.org

Greetings from the Principal's Office

These first five weeks of school have been a whirlwind. Students remember to keep working hard to achieve great success. Success doesn't fall into your lap; you have to earn it through hard work. Remember that one way to earn success is to complete your homework on time. Good luck to all of our Eagle Athletes this year.

Upcoming Events:

- September 23rd: No School (Teacher In-Service)
- September 23rd: FB @ Amherst 7PM
- September 24th: VB @ Sutherland Turnney 10AM
- September 26th: JHVB/FB & JVVB/FB @ Amherst 3/5PM
- September 26th: CC @ UNK 4PM
- September 29th: VB @ Alma 5/6/7 PM
- September 30th: FB @ Bertrand 3PM
- October 1st: Harvest of Harmony Parade in Grand Island
- October 2nd: Homecoming BBQ & Bonfire 6:30PM
- October 3rd: JHVB/FB & JVVB/FB @ Elm Creek 3/5 PM
- October 4th: VB @ Overton 6/7:15 PM
- October 6th: CC @ Wilcox-Hildreth (Franklin) 4PM
- October 6th: VB @ Loomis 5/6/7PM
- October 7th: Homecoming Pep Rally 1PM Downtown
- October 7th: FB vs. Elm Creek 7PM
- October 7th: Homecoming Dance 9:30-12AM
- October 10th: Picture Re-Take Day
- October 10th: FKC VB Tournament at the Top 2 Seeds 5/6/7PM
- October 11th: FKC VB Semi-Finals @ Overton 6/7PM
- October 12th: School Board Meeting 7:30PM
- October 13th: FKC VB Finals & Consolation @ Kearney Catholic at 6/7PM
- October 13th: CC Districts @ Arapahoe

High School Cube: Once again this year you can catch all Overton Home events on High School Cube. Many of the schools we play also utilize this service so you can watch many away games also. You can access the link via the school home page at www.overtoneagles.org. Hopefully this will help us reach more of Eagle Nation throughout the year.

Attendance & Punctuality: Good attendance is one of the most important factors in a student's success in school. Students easily fall behind when they are repeatedly absent from school. Taking care of your health by getting a good night sleep, eating properly, and maintaining good hygiene is a great way to help improve attendance. As important as a student's attendance in school is their punctuality to school. Being on time indicates a level of respect for the event you are attending. This could be an appointment or simply being on time to school. The school day begins at 8:05. Thank you for making every effort to be on time to school. Punctuality is a life skill that is becoming lost in society. Let's break this cycle!

Educationally yours,

Mr. Brian Fleischman, Principal
308-987-2424 x206
brian.fleischman@overtoneagles.org

Animall/Plant Science Class

The Animal/Plant Science class is starting a new project this year with the Tower Garden. The Tower Garden is a 6 foot tall plastic tower with cubbies for the plants to grow in. The plants are sprouting in a square of rock wool which gives them the nutrients they need. Once they have established themselves in the rock wool, the plants are transplanted into the tower where they are watered aeroponically, which means that the water and nutrients are supplied to the plant by way of falling water which is caught by the rock wool as needed. The class is studying nutrient uptake and needs while growing the plants. The plants will be harvested and used by the kitchen and FCS classes as they are ready. Watch for the Tower Garden on display at school events throughout the year.



Family Consumer Science

Overton Public Schools Family and Consumer Sciences teacher and FCCLA adviser Angie Ehlers was recently selected to serve on the Nebraska Family, Career, and Community Leaders of America Board of Directors. Mrs. Ehlers will be the at-large representative on the board and will serve a three year term that started in June of 2016. As a member of the FCCLA Board of Directors, Mrs. Ehlers will work with other board members to provide a direction for the state association as well as work with the State FCCLA Adviser to carry out the policies, programs and goals of Nebraska FCCLA and to ensure its financial viability. This is Mrs. Ehlers' ninth year as an FCCLA adviser. She also currently serves as a co-adviser of the Community Leader State Peer Education Team.



FCCLA Donates to Overton Veteran's Memorial

September 13, 2016

During the Overton Goodwill Days celebration the Overton FCCLA Chapter was asked to sponsor yard games at the football field for children in the community. The chapter had many games set up including a giant ring toss, pool noodle dart throw, giant Jenga, tic-tac-toe, bean bag toss, lawn golf, lawn bowling, water balloon toss and water pong. A free-will donation was collected totaling close to \$100. The chapter decided to donate this money back to the community, selecting the Overton Veteran's Memorial as the recipient. Thank you for everyone who participated in the yard games and FCCLA is looking forward to serving the community in other ways this school year.

Fourth Grade Field Trip

The 4th grade attended the 13th annual Nebraska Kids Fitness and Nutrition Day at UNK. The students participated in nutrition education activities including making healthy snacks, understanding food labels, portion control , food safety, hand washing, and energy balance. They also participated in physical activities that included obstacle courses, parachute fun, step aerobics, and team building.





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Potato

Potatoes were first grown in the Andes Mountain of South America over 7,000 years ago.
Spaniards brought potatoes to Spain in the 1500's, which then gradually spread to the rest of Europe.
Irish immigrants introduced potatoes to North America in the 18th century.

Potatoes are the second most popular vegetable in the world (after corn). They are inexpensive and available year round. Idaho grows 30% of the potatoes grown in the United States.

The potato has only a very distant relationship with the sweet potato, but because both vegetables grow in the ground, they have been often confused.

VARIETIES

There are thousands of varieties of potatoes. Common North American potato varieties include:

- Russet Burbank
- Yellow Finn
- Red Gold
- German Butterball
- Yukon Gold

Many potatoes are grown in Nebraska.



Most potatoes have a light brown or red skin with white flesh. Some of the new varieties have purple/blue skin with yellow flesh. The peel is good to eat and has many nutrients. Scrub under running water and cut off any green spots or sprouts before preparing.

Potatoes are vegetables which grow in the ground as tubers (fleshy, underground stems).

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- High in potassium
- High in vitamin C

USES

Potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed, fried or grilled). Potatoes can be added to soups, stews or casseroles. Other popular ways to eat potatoes are: potato salad, hashbrowns, potato chips and French fries. Potatoes prepared with little or no added fat are more nutritious.



Funded in part by USDA's Food and Nutrition Services, ESNP, and Nebraska Department of Health and Human Services 2002.
The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.
It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln
cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies
of the University of Nebraska-Lincoln and the United States Department of Agriculture.

Broccoli Baked Potatoes
Preparation time: 1 hour, 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1

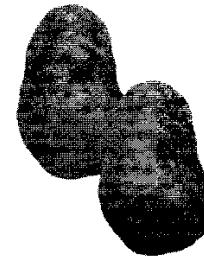


6 potatoes
3 broccoli stalks
1/4 c. skim milk
1 c. light Cheddar cheese, shredded, divided
1/8 tsp. black pepper

1. Preheat oven to 350°F. Scrub and make shallow slits around the middle of the potato.
2. Bake potatoes for 30-60 minutes or until done.
3. Peel broccoli stems. Steam whole stalks until tender and chop finely. Put in a bowl and set aside.
4. Slice the potatoes in half and scoop out the insides into the bowl with the broccoli.
5. Set the potato skins aside.
6. Add milk, 3/4 cup cheese and black pepper to potato and broccoli mixture. Mash ingredients together.
7. Heap the mixture into the potato jackets and sprinkle with the remaining cheese.
8. Bake for 15 minutes or until heated through.

Nutrition Information per Serving: Calories 210, Total Fat 2 g (2% DV), Saturated Fat 1 g (5% DV), Cholesterol 5 mg (2% DV), Sodium 140 mg (6% DV), Total Carbohydrate 39 g (13% DV), Dietary Fiber 5 g (20% DV), Sugars 3 g, Protein 10 g, Vitamin A 4%, Vitamin C 90%, Calcium 10%, Iron 10%.

Potato Salad
Preparation time: 1 hour, 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5



2 c. potatoes, cubed **1 T. mustard**
1/2 c. celery, chopped **2 T. pickle relish**
1/4 c. onion, chopped **1/2 tsp. salt**
1/4 c. green bell pepper, chopped **1/2 tsp. pepper**
1/4 c. low-fat salad dressing **1 tsp. dill weed**

1. In a large saucepan, place potatoes and cover with water. Cover and bring to a boil.
2. Simmer until potatoes are tender. Remove from heat, drain potatoes, and cool completely.
3. In a large bowl, combine potatoes, celery, onion, and bell pepper.
4. In a small bowl, combine salad dressing, mustard, pickle relish, salt, pepper, and dill weed.
5. Add salad dressing mixture to vegetables and stir gently until coated evenly.
6. Refrigerate at least 1 hour before serving.

Nutrition Information per Serving: Calories 80, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (2% DV), Sodium 390 mg (16% DV), Total Carbohydrate 13 g (4% DV), Dietary Fiber 2 g (8% DV), Sugars 4 g, Protein 1 g, Vitamin A 2%, Vitamin C 25%, Calcium 2%, Iron 4%.



Apple

The apple can be traced back to the Romans and Egyptians who introduced them to Britain. The pilgrims planted the first apple trees in North America in the Massachusetts Bay Colony. Americans eat about 120 apples apiece each year.

Apples are the most popular fruit in the United States. 36 states grow apples commercially with the following as top producers: Washington, New York, Michigan, California, Pennsylvania and Virginia.

VARIETIES

There are about 2,500 varieties grown in the United States. Golden Delicious, Red Delicious, Fuji and Granny Smith are available year round.

Choose apples which are firm with no soft-spots. Wash under clean, running water before eating.

Many apples are grown in Nebraska.

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Apples come in all shades of red, green and yellow. Apple varieties range in size from a little bigger than a cherry, to as large as a grapefruit. The peel is good to eat and has many nutrients. Apples have five seed pockets. Do not eat the seeds.

Apples are fruit which grow on trees.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C

USES

Apples can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. Bake in cakes, pies and cookies. Other popular ways to enjoy are as applesauce or 100% juice.

Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

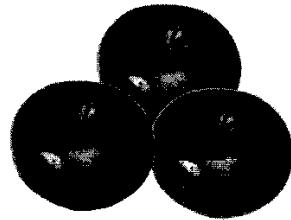
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Golden Apple Oatmeal
Preparation time: 15 minutes
Number of servings: 1
Cups of fruits or vegetables per serving: 0.5

1 apple, diced
½ c. apple juice
½ c. water
dash of cinnamon
dash of nutmeg
½ c. oatmeal, uncooked

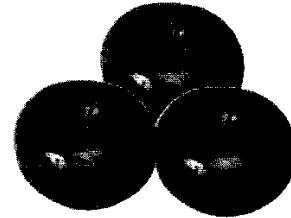


1. In a medium saucepan, combine apples, juice, water, cinnamon, and nutmeg; bring to a boil.
2. Stir in oatmeal; cook on medium for 1 minute.
3. Cover and let stand 3 to 4 minutes before serving.

Nutrition Information per Serving: Calories 200, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 300 mg (13% DV), Total Carbohydrate 45 g (15% DV), Dietary Fiber 6 g (24% DV), Sugars 23 g, Protein 4 g, Vitamin A 2%, Vitamin C 10%, Calcium 2%, Iron 8%.

Apple Carrot Salad
Preparation time: 10 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5

1 c. carrots, shredded
3 apples, diced
1 T. lemon juice
½ c. raisins
½ c. low-fat mayonnaise
lettuce (optional)



1. In a large bowl, combine all ingredients.
2. Chill thoroughly.
3. Serve on lettuce, if desired.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 140 mg (6% DV), Total Carbohydrate 25 g (8% DV), Dietary Fiber 3 g (12% DV), Sugars 20 g, Protein 1 g, Vitamin A 45%, Vitamin C 10%, Calcium 2%, Iron 2%.

From the Guidance Counselor

The school year is off to an eventful start, and I am still adjusting to the new role as guidance counselor. Freshmen have been on a college visit to UNK, Juniors are taking the ASVAB test, Sophomores are getting ready for their college visit to Concordia, and Seniors are tackling everything they need for college such as ACT, FAFSA, and Scholarships. Please contact me if you have any questions or concerns! My door is always open.

-Mrs. McCoy

Sophomores and Sophomore Parents

This is a year for you to focus on academic success and begin thinking about what careers you might want to learn more about.

Juniors and Junior Parents

Plan ahead for your senior year...it actually starts now! It is good to take the ACT as a Junior at least one time, usually in December, but you can take it anytime. November 4th is the deadline to register for the December ACT test.

The ASVAB will also be given at Overton High School this fall. Juniors will take the Armed Services Vocational Aptitude Battery, this test gives good career information and is also useful for students interested in entering one of the service branches after graduation.

Juniors should also begin meeting with college admissions reps and going on college visits.

Seniors and Senior Parents:

Senior Students- Create a personal email if you have not done that. Check out EducationQuest.org for assistance with resumes, FASFA info and help, and Scholarships. Be ready to apply for the FAFSA starting October 1st. ACT should be taken at least twice! Get registered by for the December 10th test by November 4th.

Parents, please make sure that you have correct contact information listed on Power School, specifically your e-mail address so that you receive important information from me.

Familiarize yourself with my website for information.

Senior Pictures

If you haven't already done it, have your senior pictures taken soon!

I will need a total of 3 senior pictures by December 1st!

These are for the yearbook, the composite picture in the commons area, and publication. All three pictures need to be vertical (up and down).

ACT Test

The ACT test is given at Overton High School and surrounding schools multiple times throughout the year. You must take the test at least once by December of your senior year. Have your scores sent directly to the college(s) you are considering attending. College codes can be found on the ACT website, or I can help you find them. Register at <http://www.actstudent.org>

COLLEGE FAIRS & VISITS

College Fairs are a great way to learn more about many colleges. You also have the opportunity to have your questions answered directly by a representative from that college. There are many college fairs, check on the EducationQuest Calendar of Events if you would like to attend an event. Dates and events will be shared soon.

APPLY for COLLEGE

Apply to the top three colleges you are considering attending.

Go to the Admissions page of the college of your choice, you will find all of the information you need.

SCHOLARSHIPS:

Many national and regional scholarships are due in October. Most local college scholarships are due in November. Please begin looking for scholarship now!

I will provide Scholarship information as I receive it. Please use the links and information I provide as well as looking on the website of the college you plan to attend.

COLLEGE REPS and INFO:

Many college reps will visit the school throughout the year. If you are interested in learning more about a specific college, let me know and I will work to make arrangements to have a rep visit our school! This is open to Juniors and Seniors, other student welcome by special arrangements and approval, but is not a free pass to skip class for any student.

POTENTIAL COLLEGE ATHLETES:

Register with the NCAA clearinghouse! NAIA schools require the same “pre-registration”.

If you are planning to play sports in college, you and your parents need to complete the application.

**MINUTES OF THE OVERTON PUBLIC SCHOOL BOARD OF EDUCATION
REGULAR MEETING**

**August 8, 2016
7:30 p.m.**

Board President called the meeting to order. Members Present:

Brennan
Johnson
Luther
Meier
Rudeen
Walahoski

Notification: The August 8, 2016 meeting of the Overton Public School Board of Education was posted at the Overton Public School, on the Overton Public School web site, Beacon Observer, Post Office, and the Security First Bank.

Open Meetings Information: To be in compliance with LB 898, The Nebraska Open Meetings Act, Board President informed the public that a copy of the Open Meetings Law is posted near the LMC check-out counter.

Administration Present: Mark Aten, Superintendent, Brian Fleischman, Principal

Guests Present: Angie Ehlers and Seth Ehlers

Public Comments: None

Reports: None

Communications: None

Other: None

Action Items:

1. **Agenda** - Moved by Walahoski, seconded by Brennan to approve the agenda of the August 8, 2016 regular monthly board meeting as presented. Motion 5-0-1. Voting Yes: (5) Brennan, Johnson, Luther, Rudeen and Walahoski. Voting No: (0). Absent: (1) Meier.
2. **Minutes** - Moved by Brennan, seconded by Luther to approve the July 11, 2016 Student Fees Hearing and July 11, 2016 regular board meeting minutes. Motion 5-0-1. Voting Yes: (5) Brennan, Johnson, Luther, Rudeen and Walahoski. Voting No: (0). Absent: (1) Meier.
3. **Claims** - Moved by Luther, seconded by Johnson to pay the August General Fund bills in the amount of \$340,569.48. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
4. Moved by Meier, seconded by Walahoski to approve the 2017 commencement date of May 6, 2017 and time of 1:30 p.m. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
5. Moved by Luther, seconded by Johnson to authorize the superintendent to pay the late August bills. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).

6. Moved by Rudeen, seconded by Brennan to approve the 2016-2017 salary schedule and fringe benefits for the non-certificated staff. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
7. Moved by Luther, seconded by Brennan to purchase a skid steer and attachment(s). Motion 5-0-1. Voting Yes: (5) Brennan, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Voting to Abstain: (1) Johnson. Absent: (0).
8. Moved by Brennan, seconded by Walahoski to approve the 2016 annual policy updates, which include the following policies: Conflict of Interest, Student Member of School Board, Use of School Property, Denying Access to Procurement, Suspension and Debarment School Premises or Activities, Staff Internet and Computer Use, Prohibition Against Employment of Board Members as Teachers, Use of Social Media by Staff and District, School Vehicle Use, Option Enrollment, Student Records, Initiations and Hazing, Student Driving and Parking, Self-Management of Diabetes or Asthma/Anaphylaxis, Parental Involvement in the Title 1 Program, Audio and Video Recording, Student Discipline, Field Trips. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
9. Moved by Johnson, seconded by Luther to adjourn at 9:54 p.m. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0).

Board Reports and Discussion Topics:

1. **Board Reports:**
 - a. Upcoming Meeting: Schedule Provided
 - b. Interlocal Committee: Annual Interlocal Committee Meeting
2. **Discussion Topics:**
 - a. September board meeting is scheduled for Monday, September 12, 2016 beginning at 7:30 p.m. in the LMC
 - b. Budget of Expenditures Public Hearing - September 12, 2016 7:00 p.m.
 - c. Tax Request Public Hearing - September 12, 2016 7:15 p.m.
 - d. The annual Board/Staff supper is scheduled for Thursday, August 11, 2016
 - e. Rental House Discussion

Administrative Reports:

Principal's Report:

1. Calendar of Events
2. Enrollment Update
3. NeSA Assessment Results

Superintendent's Report:

1. Enrollment Option Report
2. Option Enrollment-

a.	Out -	a.
		b.
b.	In -	a.
c.	Change of Status	a. None
3. Financial Summary & Update
4. Projects Update
5. Budget Review & Levy/Valuation/Tax Request Projections

MINUTES OF THE OVERTON PUBLIC SCHOOL BOARD OF EDUCATION
REGULAR MEETING
September 12, 2016
7:30 p.m.

Board President called the meeting to order. Members Present:

Brennan
Johnson
Luther
Meier
Rudeen
Walahoski

Notification: The September 12, 2016 meeting of the Overton Public School Board of Education was posted at the Overton Public School, on the Overton Public School web site, Beacon Observer, Post Office, and the Security First Bank.

Open Meetings Information: To be in compliance with LB 898, The Nebraska Open Meetings Act, Board President informed the public that a copy of the Open Meetings Law is posted near the LMC check-out counter.

Administration Present: Mark Aten, Superintendent, Brian Fleischman, Principal

Guests Present: Jeff Marshall, Becky Marshall, Clint Little, Tanner Cavenee, Jacob Lammers, and Hannah Wolfe

Public Comments: None

Reports: Student Counsel representatives Hannah Wolfe and Jacob Lammers presented information on Counsel activities.

Communications: Thank you (2), Grant Award

Other: None

Action Items:

1. **Agenda** - Moved by Johnson, seconded by Meier to approve the agenda of the September 12, 2016 regular monthly board meeting as presented. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
2. **Minutes** - Moved by Luther, seconded by Walahoski to approve the August 8, 2016 board meeting minutes. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
3. **Claims** - Moved by Brennan, seconded by Johnson to pay the September General Fund bills in the amount of \$15,917.89. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
4. Moved by Meier, seconded by Johnson to approve the 2016-2017 Budget of Expenditures as presented. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).
5. Moved by Johnson, seconded by Luther to approve the 2016-2017 Tax Request Resolution. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0). Absent: (0).

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6. Moved by Johnson, seconded by Luther to adjourn at 8:40 p.m. Motion 6-0. Voting Yes: (6) Brennan, Johnson, Luther, Meier, Rudeen and Walahoski. Voting No: (0).

Board Reports and Discussion Topics:

1. **Board Reports:**
 - a. Upcoming Meeting: Schedule Provided
 - b. Negotiations Committee: First Meeting in October
2. **Discussion Topics:**
 - a. September board meeting is scheduled for Wednesday, October 12, 2016 beginning at 7:30 p.m. in the LMC
 - b. Rental House Discussion
 - c. Sign Project

Administrative Reports:

Principal's Report:

1. Calendar of Events
2. Enrollment Update
3. NeSA Assessment Results
4. Student Handbook Update

Superintendent's Report:

1. Enrollment Option Report
2. Option Enrollment-

a.	Out -	a.
b.	In -	a.
c.	Change of Status	a. None
3. Financial & Budget Summary Updates
4. Projects Update
5. Grant Awards



OCTOBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Harvest of Harmony Parade
2 Homecoming week. BBQ & bonfire @ 6:30PM. Locker decorating.	3 JHVB/FB @ Elm Creek 3PM. JVVB/FB @ Elm Creek 5PM. One-Act 7PM.	4 VB @ Overton 6/7:15PM (Elm Creek/Gibbon./ SEM). One-Act 7PM.	5	6 VB @ Loomis 5/6/7PM (Eustis/ Farnam). CC @ Wilcox-Hildreth (Franklin) 4PM. Cheer @ lunch. PK Pumpkin Patch field trip.	FCA 7AM. FB vs. Elm Creek 7PM (Homecoming). Pep rally 2PM. Homecoming Dance 9:30-12AM. Dance @ lunch.	8
9	10 Picture re-take day. FKC VB @ top 2 seeds 5:15/6:15/7:15PM.	11 FKC VB @ Overton 6:15/7:15PM.	12 School board mtg. 7:30PM.	13 CC Districts. FKC VB @ Kearney Catholic 6:15/7:15PM. Cheer @ lunch.	14 FCA 7AM. FB vs. South Loup 7PM. Dance @ lunch.	15 Overton/FKC alumni VB tournament 9AM.
16	17 JHVB/FB vs. Axtell 3PM. JVVB/FB vs. Axtell 5PM. One-Act 7PM.	18 One-Act 7PM.	19 FCCLA District Leadership Conference @ North Platte. PSAT test.	20 End of 1Q (45 days). FB @ Ravenna 7PM. 11:30 dismissal. P/T conferences 1:30 -7:30PM.	21 NO SCHOOL. State CC @ Kearney.	22 VB @ Arcadia/ Loup City tourney 1:30PM. ACT test date @ Overton.
23	24 One-Act 7PM.	25 VB @ Shelton 5/6/7PM (Amherst).	26 UNK TE 100	27 1st round of FB playoffs Cheer @ lunch.	28 FCA 7AM. Dance @ lunch.	29
30	31 VB Sub-Districts @ Holdrege.					

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 ALT MEAL: Pizza	3 <i>*Muffins & omelets</i> Chicken fried steak, mashed potatoes & gravy, corn, applesauce, oranges, dinner roll	4 <i>*Glazed donut & ham</i> Shredded pork sandwich, fries, broccoli & cheese, peaches, mixed fruit	5 <i>*Waffles & sausage</i> Soup bar, cheese bread, relish tray, pears, kiwi	6 <i>*Yogurt parfait & English muffins</i> Crispitos & cheese, shredded romaine, salsa, apples, pineapple	7 <i>*Funnel cake & sausage</i> Cheeseburgers, baked beans, pickles, jello, peaches, cookie	8
9 ALT MEAL: chicken patty sandwich	10 <i>*Cinnamon little Johns & yogurt</i> Spaghetti & meat sauce, California blend veggies, grapes, mandarin oranges, garlic toast	11 <i>*Pancakes & ham</i> Burrito bowl 9-12, burrito PK-8, shredded romaine, diced tomatoes, pears	12 <i>*Cheese stuffed pretzel</i> Little smokies, macaroni & cheese, green beans, grape tomatoes, jello, oranges, brownies	13 <i>*Chocolate donut & sausage</i> Chicken nuggets, fries, peas, peaches, strawberries, biscuit	14 <i>*Breakfast pizza</i> Pigs in a blanket, cole slaw, corn casserole, pineapple, apples	15
16 ALT MEAL: Corn dog	17 <i>*French toast slices & egg</i> Chicken & noodles, mashed potatoes, peas, pears, dinner roll	18 <i>*Donut holes & Sausage</i> Cheeseburger, tater tot, baked beans, jello, grapes	19 <i>*Cinnamon rolls & ham</i> Hot dog bar, fries, broccoli, peaches, fruit cocktail	20 <i>*Biscuits & gravy</i> NO LUNCH	21 NO SCHOOL	22
23 ALT MEAL: Pizza	24 <i>*Breakfast cookie & eggs</i> Tater tot casserole, green beans, roasted carrots, strawberries	25 <i>*Oatmeal bar & Yogurt</i> Crispitos & cheese, shredded romaine, salsa, fruit cocktail	26 <i>*Breakfast on a stick</i> Chicken patty sandwich, sweet potato fries, fruit	27 <i>*Griddle sandwich</i> Potato soup, grilled cheese sandwich, Jello, cherry crisp	28 <i>*Cinnamon little Johns & sausage</i> Little Caesars beef pizza, shredded lettuce, oranges, peaches	29
20	31 <i>*Spider webs</i> Bones, ooze with gravy, bird food, Eyeballs, toad stools					