



Ani Heikkila, Principal

Baldwin Creek Elementary ~ Lander, WY
National ESEA Title I Distinguished & Model PLC

Bobcat Bulletin

Upcoming Events

April, 2024

- Mar. 21 3rd Qtr Report Cards go home
- Mar. 22 NO SCHOOL
- Mar. 25-29 SPRING BREAK, NO SCHOOL
- Apr. 5 Hat Day, bring a food item to donate
- Apr. 16-May 10 WYTOPP testing
- Apr. 18 Family Art Night 5:00-6:00
- Apr. 19 Hat Day, bring a food item to donate
- May 2 PIE Meeting @ 8:00 a.m.
- May 3 4th grade to WY Outdoor Ed Day
- May 3 Hat Day
- May 7 & 9 Music Concerts—see article
- May 8 & 10 5th Grade Learning Stations
- May 13 5th Grade Track & Field Day
- May 14 4th Grade Track & Field Day
- May 17 5th Grade WY Outdoor Weekend
- May 17 Hat Day
- May 20& 21 5th Grade Hike to Falls
- May 23 Awards Assembly @ 1:45



WYTOPP Testing

The Wyoming Test of Proficiency and Progress testing window opens on April 16 and ends on May 10. During the testing window, 4th grade tests in reading, math and science and 5th grade tests in reading and math. It is very important that your child be in school during these testing sessions. You can help your student in many ways.

- Make sure your child gets plenty of sleep the night before a test.
- On the morning of the test, get up in plenty of time so you don't feel rushed.
- Eat a good breakfast.
- Encourage your child to take their time and do their best on the test.
- After a test, ask your child if they felt they did their best.
- Check with your child's teacher before making an appointment that will take your child out of school.

Thanks for your help in making these tests successful for our Bobcats.

Volunteers

All volunteers must have an approved volunteer form in order to volunteer for fieldtrips or Track and Field Day. Stop by the office or contact us at lfriday@landerschools.org so we could send home a form. Paperwork must be received by May 8 to be approved in time for the event.

Planning for 2024-2025? The school calendar for next year is on page 2.

Friday Lunch and a Movie

In April the students will continue watching "Toy Story".
After "Toy Story" we will watch "Wreck-It Ralph".




FREMONT COUNTY SCHOOL DISTRICT NUMBER ONE SCHOOL CALENDAR

FCSD #1 bd approved 12/12/23

2024						2025						
July						January						18 student days
M	T	W	T	F		M	T	W	T	F	20 teacher days	
1	2	3	4	5	7/4 Independence Day			1	2	3	1/1 New Years Day	
8	9	10	11	12		6	7	8	9	10	1/6 PD Day	
15	16	17	18	19		13	14	15	16	17	1/17 End of Q2	
22	23	24	25	26		20	21	22	23	24	1/20 Inservice Day	
29	30	31				27	28	29	30	31		
August						February						19 student days
M	T	W	T	F	4 student days	M	T	W	T	F	19 teacher days	
			1	2	10 teacher days	3	4	5	6	7		
5	6	7	8	9		10	11	12	13	14		
12	13	14	15	16		17	18	19	20	21	2/17 No School (Snow Day)	
19	20	21	22	23	8/19-26 Inservice Days	24	25	26	27	28		
26		28	29	30	8/27 1st Day of School							
September						March						18 student days
M	T	W	T	F	20 student days	M	T	W	T	F	18 teacher days	
2	3	4	5	6	9/2 Labor Day	3	4	5	6	7	3/7 No School (Snow Day)	
9	10	11	12	13		10	11	12	13	14		
16	17	18	19	20		17	18	19	20	21	3/21 End of Q3	
23	24	25	26	27		24	25	26	27	28	3/28 Comp Day (P-T Conf.)	
30						31					3/31 Spring Break	
October						April						18 student days
M	T	W	T	F	21 student days	M	T	W	T	F	18 teacher days	
	1	2	3	4	22 teacher days		1	2	3	4	4/1-4 Spring Break	
7	8	9	10	11		7	8	9	10	11		
14	15	16	17	18	10/18 End of Q1 (full day)	14	15	16	17	18		
21	22	23	24	25	10/25 Comp Day (P-T Conf.)	21	22	23	24	25		
28	29	30	31		10/28 PD Day	28	29	30				
November						May						20 student days
M	T	W	T	F	18 student days	M	T	W	T	F	20 teacher days	
				1	18 teacher days				1	2		
4	5	6	7	8		5	6	7	8	9		
11	12	13	14	15		12	13	14	15	16		
18	19	20	21	22		19	20	21	22	23	5/23 No School (Snow Day)	
25	26	27	28	29	11/28 Thanksgiving	26	27	28	29	30	5/26 Memorial Day	
December						June						4 student days
M	T	W	T	F	15 student days	M	T	W	T	F	5 teacher days	
2	3	4	5	6	15 teacher days	2	3	4	5	6	6/5 End of Q4	
9	10	11	12	13		9	10	11	12	13	6/6 Inservice Day	
16	17	18	19	20	12/20 Early Out (1:00 pm)	16	17	18	19	20	6/10 Summer Programs Begin	
23	24	25	26	27	12/25 Christmas	23	24	25	26	27		
30	31				12/31 New Years Eve	30						
				S	78	S	97	175				
				T	85	T	100	185				
Holiday - NO SCHOOL												
Inservice or PD Day - NO SCHOOL						No School - unless needed for snow day make up						
No School - comp day for parent-teacher conferences						End of Quarter						

2024-2025 School Calendar

We will soon be starting homeroom placements for the 2024-25 school year. 4th Grade Parents, if you would like input, please complete this form.

Baldwin Creek Elementary		
350 Smith Street Lander, WY 82520	 Ani Heikkila, Principal	Phone (307)332-6967 Fax (307)335-0228

Every Bobcat, Every Day!

Name of Student: _____ **Date:** _____

This form is due in the Baldwin Creek Office no later than Tuesday, April 16, 2024.

There are many factors that we take into consideration when placing a child in a classroom. We consider academic progress, behavior, personality, and gender to ensure that each classroom has a good balance of students. As a parent you may be aware of special skills, needs, or situations that affect the placement of your child.

Please let us know of your child's unique needs.

This is NOT a request to have or not have a specific teacher.

What other considerations we should make when placing your child for the 24-25 school year?

Thank you,
Ani Heikkila, Baldwin Creek Principal

The Baldwin Creek and Gannett Peak Elementary Art Show is at the Lander Public Library for the month of March. Check out all of the amazing artwork!



Student of the Month

Each month our classroom teachers choose a Student of the Month based on a list of exemplary traits that characterize outstanding Bobcats. The list includes a positive attitude, self-control, integrity, enthusiasm for learning, accountability, compassion for others, respect, good citizenship, being kind, encouraging others, honesty, grit and perseverance. Classroom teachers submit the name of the student along with a paragraph detailing why they were chosen as Student of the Month. A student photograph and the paragraph are posted in the building. Nice job Bobcats!



Michael Lapointe
Mrs. Linton's Class

4th Grade



Channing Heller
Mrs. McFadden's Class



Maddox Reinhardt
Mrs. Mulholland's Class



Tristin McCabe
Mrs. Robertson's Class



Oliver Stephen
Mrs. Stigers' Class

Congratulations to our Students of the Month!

5th Grade



Tyler Weber
Mr. Hitsheiw's Class



Taran Rangitsch
Mr. Long's Class

Student of the Month



Xaiden Calvert
Mrs. McNiven's Class



Bethanet Wright
Mrs. Schneider's Class



Deegan Johnson-Pebeahsy
Mrs. Stephen's Class

Congratulations to our Students of the Month!

A Visit from Jupiter

Jupiter and his friend, Rene Schell, from the Wyoming Game and Fish spent some time with our 4th graders. Students studied the owl's adaptations and how they are able to survive in the wild. They learned about physical structures such as their eyes and how they are adapted in order to be nocturnal.



4th grade also learned about the owl's behavioral adaptations like how their eggs hatch at different times to support an owlets' survival.



Jupiter is a Great Horned Owl. He had vision problems and couldn't survive in the wild. Want to know more? Read all about him at cowboystatedaily.com/category/outdoors



FAMILY ART NIGHT

Baldwin
Creek
Elementary

April 18th
in the BCE Gym

Enjoy free cookies and
make art to take home!!!!

5 pm-
6 pm



Mrs. Widhalm was honored in Casper by the Wyoming Art Education Association as the Wyoming Elementary Art Educator of the Year!



Athlete of the Month

Aubrey Wondrasek



4th Grade

Aubrey is a no nonsense kind of girl. She comes into the gym and takes care of business. You don't hear her but you will see her moving! Not only is she striving to improve her fitness but she works well with any classmate.
High five!

March, 2024



Athlete of the Month Crew Phillips

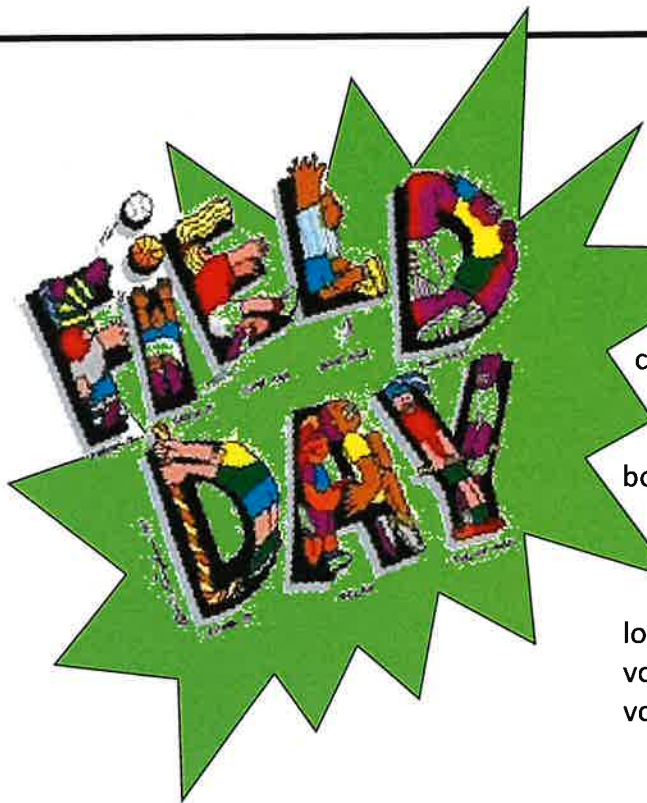


5th Grade

Crew is always working toward improving his fitness, strength and well being. He is a very determined athlete and if given a challenge, he will work until he accomplishes it. Crew loves to move and compete!

March, 2024





**5th Grade
Monday
May 13**

**4th Grade
Tuesday
May 14**

Baldwin Creek Elementary's **Track & Field Day** is a fun-filled day at the LVHS track. The day consists of students moving through stations that focus on track and field events (such as running, throwing, and jumping). Every student gets to participate in each station. There is also a tug-of-war competition. Four boys and four girls from each class will represent their homeroom and complete a 4x100 relay. These students are chosen from their spring pacer test scores. Parents and guardians are welcome to attend. We are also looking for volunteers for timers and station help. All volunteers need to have completed and approved volunteer paperwork prior to the event.

Spring Music Concerts

Our spring music concerts are scheduled for May 7 and 9 at the LVHS Auditorium. These programs are always enjoyable as our students perform an original song, written by the homeroom.

On Tuesday, May 7, Mrs. Mulholland, Mrs. Stigers, Mr. Hitsheew, Mrs. Schneider and Mrs. Stephen's homerooms will perform.

On Thursday, May 9, Mrs. Linton, Mrs. McFadden, Mrs. Robertson, Mr. Long and Mrs. McNiven's homeroom will perform.

Students should arrive at the high school at 6:45. The concert begins at 7:00 p.m.

Mr. Wilson will send more information home early in May.

Fieldtrip Supplies

When our classes go on fieldtrips, students will need to dress for the weather and bring some items with them. We all know what the weather is like in the springtime, so dressing in layers is a must. Also remember, hiking trails might be muddy so shoes might get a bit messy.

For most fieldtrips students should bring:

A healthy snack

Large bottle of water (1 L minimum)

Sunscreen & chapstick

Hat or sunglasses

Backpack

Sack lunch (no sugary drinks, please)

Layers (raincoat, t-shirt, light jacket)

Shoes for hiking—it might be muddy (no sandals!)

A Kind Attitude!

Our homeroom teachers will send a note through Seesaw outlining the recommended items needed for each fieldtrip.



Jett Francom was the first Bob-cat to get the Basketball Ninja Black Belt! February 29th. Way to conquer the challenge, Jett!

Happy Spring Break

The Almost Impossible Shot



Hugh Martin
March 4



Kendalynn Kilpack
March 11

Congratulations, for a job well done!



***** Child Identification Awareness Week *****
April 8th – 12th, 2024

Children with Disabilities

All year long, school districts are responsible for identifying children with disabilities and implementing individualized plans to meet their unique educational needs. The law states that all children with disabilities have the right to a free and appropriate public education in the least restrictive environment.

If your child is having problems in school, or if you have questions about his/her development or progress, please contact your child's teacher, school counselor, principal, or the Fremont County School District #1 Student Services Office at 332-4711. Student Services staff members will assist you by providing information and options to help determine an appropriate plan to help your child succeed in school.

BCE Artist of the Month

River Barksdale



River Barksdale is the April **Artist of the Month**. River works hard and demonstrates high craftsmanship on all of his assignments. He has contagious enthusiasm and we love having him in class.

Congrats, River on earning the Artist of the Month!



*River is a 4th grade
student in
Mrs. Stiger's class.*

BCE Artist of the Month

Alina McCoy



Alina McCoy is the April **Artist of the Month**. Alina is quiet but passionate about her artwork. She works hard and spends a lot of time on each assignment. Even though she's quiet, her art speaks volumes, and that's why she's so special!

Congrats, Alina on earning the Artist of the Month!



*Alina is a 5th grade
student in
Mr. Hitshew's class.*



COURAGE

4th Grade Family Connection

PurposeFULL
People

Overview

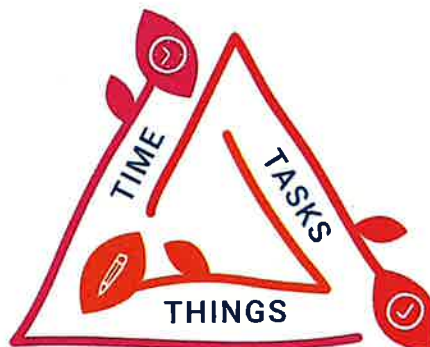
We are excited to focus on Courage this month! One way to think about Courage is "choosing what is helpful, right, and kind even when it is hard or scary."

Courage is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

In The Classroom

While practicing Courage this month, 4th grade students will be focusing on organization using the **3T's**: organizing their **Time**, **Tasks** and **Things**. Students will evaluate the impact organization has on their ability to practice Courage.

Practice using the 3T's at home to support your student in staying organized.



Conversation Starters



- Can you describe how to use organization to accomplish larger goals?
- When working towards larger goals, how can Courage help us reach them?

Reflect:



COURAGE

PurposeFull Pursuits



PurposeFULL
People

Have some fun connecting as a family this month while practicing Courage. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

Reflect, think, and discuss with your student things you both would like to do, but find intimidating or scary. Maybe it's a new hobby, trying a new game, sharing your art or invention with others, or going on an adventure somewhere. Give 1 of these things a try together and take a selfie to capture the memory!

Pursuit #2

Review Courage as a family! Remember that Courage is choosing what is helpful, right, and kind - even when it's hard or scary. What's something that you've been afraid to discuss with your student? Something that might be difficult to explain about our community or the world. Chances are they will hear about it eventually and it may come from someone who is less informed or less supportive than you. Have a courageous conversation with your student. It could be about bullying, the environment, uncertainty, etc. Remind them that love and support are 2 tools that we can use to practice Courage. Discuss as a family ways they can practice Courage around the issue you discuss.



Pursuit #3

We have all demonstrated Courage in our lives. Many of us have seen people practice Courage in ways that have inspired us. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Courage with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Courage this week.



Story Prompts:

- A time I (or someone else) showed Courage was _____.
- An act of Courage that changed/challenged me was _____.





COURAGE

5th Grade Family Connection

PurposeFULL
People

Overview

We are excited to focus on Courage this month! One way to think about Courage is "choosing what is helpful, right, and kind even when it is hard or scary."

Courage is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

In The Classroom

While practicing Courage this month, 5th grade students will be focusing on goal-setting. Students will practice setting an important target to work towards, anticipating obstacles, and making a plan. They will do this by using TOP Goals.

TOP stands for...

- **Target:** Visualize your goal and think about why this is important for you.
- **Obstacles:** Plan for challenges. If _____ gets in the way, then what can you do?
- **Plan:** Create 3 action steps you will need to take to complete your goal.

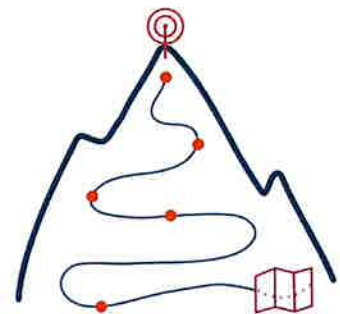
This technique helps students be more Courageous by clarifying different types of goals and taking thoughtful actions to achieve them.

Conversation Starters



- Can you share with me what your character goals are? Why are those goals important to you?
- When working towards larger goals, how can Courage help us reach them?

Target
Obstacles
Plan
GOALS





COURAGE

PurposeFull Pursuits



PurposeFULL
People

Have some fun connecting as a family this month while practicing Courage. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

Reflect, think, and discuss with your student things you both would like to do, but find intimidating or scary. Maybe it's a new hobby, trying a new game, sharing your art or invention with others, or going on an adventure somewhere. Give 1 of these things a try together and take a selfie to capture the memory!

Pursuit #2

Review Courage as a family! Remember that Courage is choosing what is helpful, right, and kind - even when it's hard or scary. What's something that you've been afraid to discuss with your student? Something that might be difficult to explain about our community or the world. Chances are they will hear about it eventually and it may come from someone who is less informed or less supportive than you. Have a courageous conversation with your student. It could be about bullying, the environment, uncertainty, etc. Remind them that love and support are 2 tools that we can use to practice Courage. Discuss as a family ways they can practice Courage around the issue you discuss.



Pursuit #3

We have all demonstrated Courage in our lives. Many of us have seen people practice Courage in ways that have inspired us. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Courage with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Courage this week.

Story Prompts:

- A time I (or someone else) showed Courage was _____.
- An act of Courage that changed/challenged me was _____.



Aqui Breakfast

Mon	Tue	Wed	Thu	Fri
4/1/2024 Main Entree Mini French Toast Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Dessert Syrup Cup	4/2/2024 Main Entree Pancake Wrap Maple (Turkey) Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups	4/3/2024 Main Entree Banana Bread Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit	4/4/2024 Main Entree Eggstravaganza Assorted Cold Cereal Grain Granola Bar Quaker Fruit Fresh Fruit Canned Fruit	4/5/2024 Main Entree Peaches & Creme Oats Assorted Cold Cereal Grain Cinnamon Goldfish Graham Fruit Fresh Fruit Canned Fruit
4/8/2024 Main Entree Mini Waffle Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Dessert Syrup Cup	4/9/2024 Main Entree Biscuit & Gravy (k-5) Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups	4/10/2024 Main Entree Muffin Assorted WG (2.0 oz) Yogurt Yarni 4 oz Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit	4/11/2024 Main Entree Omelet Cheese Colby Toast WG Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups	4/12/2024 Main Entree Mini Bagel Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit
4/15/2024 Main Entree Pancake WG Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups Dessert Syrup Cup	4/16/2024 Main Entree Breakfast Burrito Cheese & Egg Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit	4/17/2024 Main Entree Benefit Bar (assorted) String Cheese Stick Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups	4/18/2024 Main Entree Cheese Egg Sausage Sandwich Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit	4/19/2024 Main Entree Cinnamon Roll WG Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit
4/22/2024 Main Entree Pancake Wrap Maple (Turkey) Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups Dessert Syrup Cup	4/23/2024 Main Entree Fried Egg, Toast, Hash Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups	4/24/2024 Main Entree Breakfast Rounds Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit	4/25/2024 Main Entree Breakfast Pizza Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups	4/26/2024 Main Entree Donut Ring Magic Apple Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups
4/29/2024 Main Entree Mini French Toast Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Dessert Syrup Cup	4/30/2024 Main Entree Pancake Wrap Maple (Turkey) Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit Assorted Fruit Juice Cups	5/1/2024 Main Entree Banana Bread Assorted Cold Cereal Fruit Fresh Fruit Canned Fruit	5/2/2024 Main Entree Eggstravaganza Assorted Cold Cereal Grain Granola Bar Quaker Fruit Fresh Fruit Canned Fruit	5/3/2024 Main Entree Peaches & Creme Oats Assorted Cold Cereal Grain Cinnamon Goldfish Graham Fruit Fresh Fruit Canned Fruit

A variety of low fat milk provided with each meal.

Menu subject to change without notice.

FCSD#1 is an equal opportunity provider.

Reduced Price Meal Benefit applications are always available. For more information contact Alicia Espinosa, Food Service Director at 307-332-4711 or visit <http://www.landingschools.org/foodservice>

APRIL LUNCHEON

Mon	Tue	Wed	Thu	Fri
Main Entree Mac & Cheese Grain Dinner Roll Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Chicken Fajita (K-5) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree zCheese Filled Breadstick Vegetable Fresh Veggies Frozen Veggie Marinara Cup Fruit Fresh Fruit Canned Fruit	Main Entree Mandarin Orange Chicken & Rice (k-5) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Breaded Chicken Strips (tender) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit
Main Entree Breakfast for lunch k-5(pancake, sausage, hash) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Cheesy Nachos (K-5) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree zWVG Pizza- 4x6 Cheese Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Chicken Patty Sandwich Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Beef Hotdog Vegetable Fresh Veggies Fruit Fresh Fruit Canned Fruit
Main Entree BBQ Pork Rib Sandwich Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Taco, Beef (K-5) Vegetable Fresh Veggies Frozen Veggie Salsa Fruit Fresh Fruit Canned Fruit	Main Entree zPizza Ripper Ham & Cheese Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Teriyaki Chicken & Rice (GF) k-5 Grain Fortune Cookie Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Turkey & cheese Sandwich k-5 Grain SunChip Original 1 oz Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit
Main Entree Cheeseburger Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Burrito Bean & Cheese Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree zWVG Pizza- 4x6 Pepperoni Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Sloppy Joe (K-5) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Chicken Nuggets GoldKist Brand Grain Scooby Snacks Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit
Main Entree Ravioli Alfredo Grain Dinner Roll Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Chicken Fajita (K-5) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree zCheese Filled Breadstick Vegetable Fresh Veggies Frozen Veggie Marinara Cup Fruit Fresh Fruit Canned Fruit	Main Entree Sweet and Sour Chicken & Rice (K-5) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit	Main Entree Breaded Chicken Strips (tender) Vegetable Fresh Veggies Frozen Veggie Fruit Fresh Fruit Canned Fruit

A variety of low fat milk provided with each meal.

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