

# Cheetah Tracks

Cheetah Tracks is a monthly publication about Dugsi Academy and its ongoing change into a deeper commitment to Dugsi families and community.

Vol 1 Issue 3February 2018

### **Upcoming Events**

- 9 February Free Book Friday
- 19 February No School
- March is Literacy Month
- 2 March Read Across America Day
- 8 March Free Book Thursday
- 9 March No School

#### Contributing authors & photographers:

Renee Petersen, Dr. O, Ms. Roushdy, Hamdi Abdi, Hawa Sheik Mohamed, Amanda Morin, Luqman Mohamed, Abdulkhaaliq Farah, The St. Paul Public Library, Read Indeed, Mindy Hansen

## Literacy Month

#### March is Literacy Month at Dugsi Academy!

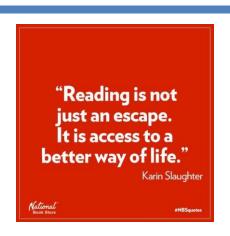
We will be highlighting literacy activities, having celebrity guest readers in classrooms, bookmark making contests, writing contests, reading contests (all of your minutes reading at home will count!), and of course all the prizes involved in these contests. All of our work will be shown off on Parent Night Wednesday 21 March 2018 from 5pm-8pm.

#### Literacy Month Activities:

- Reading Contest: Based on library statistics, the student with the most books read will win a prize from the library.
- Reading Contest for classes: Based on library statistics, the class with the most books read will receive a prize.
- Stories students write will be published in a special edition of Cheetah Tracks (all stories to be published must be submitted by email or Google Doc by 19 March): Stories must be school appropriate and be ready to print. Any photos or other graphics submitted with a story must be author produced.
- Bookmark Design Contest: The St. Paul Public Library is having a bookmark design contest with some fabulous prizes! All work must be original. Enter yours today!
- Celebrity readers in classrooms: Various local celebrities will be coming to Dugsi Academy to read aloud to students.
- Book Giveaways: Books are being donated so we can have the biggest book giveaway yet on Parent Night! Families will walk away with books for everyone in the family!

Let's all improve our reading statistics by spending at least 30 minutes every single day reading!





# Fifth Grade Girl

#### By Hawa Sheik Mohamed

There is a girl in fifth grade that is in a school close to her house and she can walk to school sometimes, but not all the time. It is called Falcon Heights Elementary. Her mom is Ms. Hibo. This girl is very shy. Her name is Hawa Sheikh Mohamed she is very amazing and cool. She loves school and sometimes she doesn't like school. She is loves to draw, but she has a problem; she's not that good but she practices all the time.

My age is 11, I have two sisters and two brothers (they're all amazing), I am Muslim, I love doing homework and reading Diary of a Wimpy Kid, Dork Diaries, and The Miraculous Journey of Edward Tulane.

I wake up at 6 or 7 then I brush my teeth and brush my hair. Sometimes I eat breakfast at home and sometimes at school. I leave for school at 8:00. I go to pick up my best friend and we go to are bus stop and wait till the bus comes. Finally the bus comes so we sit together till we go to school.

We go to school and eat breakfast then when the first bell rings I go to my class. I do my Thoughts Notebook which is a thing we do in a notebook where we get to write down stuff we are thinking of. Then we go to specials which we all know what that means! Mondays we have PE and Tuesday we have, ART!!! I love art it's the best! Wednesday we have music and Thursday we repeat. Well this is the end of my story hope you like it thank you for reading!

## Seven Annual Writing Contests for Kids

By Amanda Morin <a href="https://www.thespruce.com/writing-contests-for-kids-2086738">https://www.thespruce.com/writing-contests-for-kids-2086738</a> Updated 02/17/17

It's not always easy to get your kids motivated to write. One way to encourage them to polish their writing skills is to have them enter a writing contest. Sometimes just the idea of recognition is enough to get those pencils to paper (or fingers to keyboard).



#### PBS KIDS GO! Writer's Contest (Grades K-3)

This writing contest has both a regional and national component. After reading the contest guidelines — which include helpful information about how to brainstorm, outline a story and the elements of a story —kids can submit illustrated stories to their local PBS station. Each station chooses winners who are then submitted for entry in the national contest.



#### TIME for Kids' TFK Kid Reporter Contest (Ages 14 and Younger)

TIME for Kids, a non-fiction weekly news magazine for classrooms, is a child-oriented version of its parent, TIME Magazine. Many of the articles are written by TFK's Kid Reporters, a job for which the magazine opens a talent search each year in March — the TFK Kid Reporter Contest. Entrants must be 14 years old or younger and write a compelling news story about a school or community event and interview subjects.



#### **Kids Are Authors (Scholastic)**

This annual contest is unique in that it focuses on kids working collaboratively to create a piece of illustrated work in the form of a children's book. The 21-29 page book can be fiction or non-fiction and must be created by a group of three or more students.

Not only does this writing contest help kids learn to work together, it also teaches them about formatting manuscripts for children's books, as submissions must be formatted according to the guidelines. The winning book is published by Scholastic and sold at Scholastic Book Fairs across the country.



#### **Letters About Literature (Grades 4-12)**

Sponsored by the Center for the Book in the Library of Congress, the annual Letters About Literature is an interesting competition in that it combines both reading and writing. Students must write an essay (in the form of a letter) describing how certain book or author has had a profound effect on their outlook on life.

Students are grouped by age into three different levels, all of which are judged at both a state and national level. Entries are judged on the merits of composition (grammar, organization and language skills); content (how well the theme has been addressed); and voice. National winners receive a monetary or gift card prize as well as a sizeable

"LAL Reading Promotion" grant in their name for the local school district.



#### Scholastic Art & Writing Awards (Grades 7-12)

This prestigious contest began in 1923 and its winners include such notable people as Sylvia Plath, Robert Redford, Joyce Carol Oates and Truman Capote.

Writers in seventh through twelfth grade may submit work in one or more of the following categories: Dramatic Script, Flash Fiction, Humor, Journalism, Personal Essay, Persuasive Writing, Poetry, Science Fiction/Fantasy, Short Story and Novel Writing.

Entries are judged both regionally and nationally — the highest-level regional work is submitted for national consideration. National level winners are published in anthologies and Scholastic publications.



Stone Soup Magazine (Ages 13 and Younger)

Though technically not a contest, Stone Soup magazine publishes stories (2,500 words or less), poetry and book reviews by kids 13 and younger. Not all submissions will be published and kids are encouraged to read the Stone Soup archives to get a sense of what type of writing the editors are seeking. The great thing about Stone Soup is that kids can submit work as often as they want, regardless of previous rejection or acceptance for publication.



#### Creative Kids Magazine (Ages 8 to 16)

Like Stone Soup, Creative Kids Magazine is not a contest but a publication written for kids by kids. Kids can submit everything from stories and songs to editorials and plays for consideration. The magazine is published quarterly and submitted work is read not only by editors but also by an advisory board comprised of students between the ages of 8 and 16 years old.

### Immigrant Essay

By Hamdi Abdi

When I first came to America it was February, 15, 2006. I came from Ethiopia I didn't know anything because I was only 1 year old. I was born in Nairobi, Kenya. My mom told me that we left Ethiopia because my dad filed a sponsorship in the United States for us.

The first transit we had was to London. The second transit we had was to New York City and then finally we landed in Chicago. We were only there for a few days, after that our journey to Minnesota began.

We came to Minnesota on Feb 15, 2006. My mom was new to the country but we had many relatives living in St. Paul and Minneapolis and they were kind enough to help us find a house to rent. They helped us financially and physically. I still remember them and I still do contact them.

My mom learned the area and different places. I grew up and then my mom brought me to Dugsi Academy when I was in kindergarten and am proud to say that I am still here!



"You can make anything by writing."

— C.S. Lewis



## CAUGHT DOING THE RIGHT THING

## ROAR!

When you get your ROAR tickets, make sure to get them into the drawing bin! On 9 February, you could be the proud owner of a saucer sled!









**R**espect **O**wnership **A**chievement **R**esponsibility





# Where do all the books come from?

Dugsi Academy is the recipient of many excellent books from around the Twin Cities Metro Area. We receive books from Barnes & Noble Booksellers, American Girl, private donations, St. Paul Public Library, and from a place called *Read Indeed*.



Maria Keller is just your average 17-year-old girl, who loves to read, travel, and explore the great outdoors with her Golden Retriever, Lilly. She lives in Plymouth, Minnesota with her parents and 13-year-old brother, Ryan. She attends Orono High School and, when she is not busy counting and sorting books, she enjoys exploring the world and eating ice cream.



Read Indeed is a 501c3 nonprofit literacy organization and the vision of Maria Keller, a book-loving 17-year-old who wants to make the world a better place—one book at a time. Read Indeed's mission is to promote literacy by collecting and gifting books to at-risk children. Maria began Read Indeed when she was 8 years old and her original goal was to collect and distribute 1 million books to kids in need by the time she's 18. She accomplished this goal before the age of 13! She has currently surpassed 2.2 million books and now she wants to work toward 3 million books. Having donated more than \$4 million in books, Maria has touched the lives of hundreds of thousands of children.

Youth Advisory Council

Read Indeed's Youth Advisory Council allows youth (ages 12 to 17) to participate in Read Indeed on an advisory level. The Youth Advisory

Council participants build skills such as leadership, researching, and fundraising.





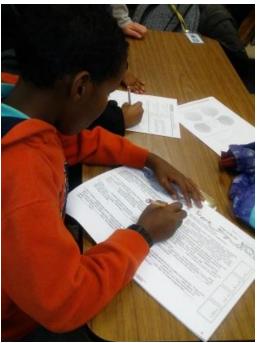
# Awesome Dugsi Students!



#### Being nice to others

-Tasir Ibrahim
Being nice is being kind. If
you are being mean, is
hurting people feeling it
okay to be friendly
because if you be mean to
other people they will feel
sad. The person who
bullying the others people
have to apologize.



















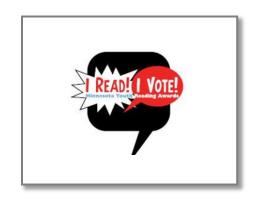


### DO YOU LIKE BOOKS? DO YOU LIKE TELLING PEOPLE WHAT YOU THINK?

ARE YOU A KID?

Every year the Minnesota Youth Reading Awards puts out lists of books for kids to read and then asks them to vote for their favorites during the month of March. The only votes that count are kid votes!

From October through April, the Saint Paul Public Library will be offering lots of fun activities based on these awards, which are divided into three age groups: The Star of the North Award for grades K-2 and The Maud Hart Lovelace Awards: Division I for grades 3-5 and Division II for grades 6-8. Bookmark Contest (Deadline: March 15)

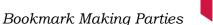


#### ABOUT THE CONTEST

Design a bookmark promoting your favorite Minnesota Youth Reading Awards nominated book. Winners will receive a \$40 gift card to Wet Paint, Michael's, Barnes & Noble, Half Price Books or Red Balloon and have their bookmarks printed and distributed throughout Saint Paul. Open to kids in grades K-8. Contest ends March 15.

#### HOW TO SUBMIT

You can email your artwork and application to <u>ireadivotebookmarks@gmail.com</u>, or you can give the form to a Saint Paul Public Library staff person before March 15.





- Bookmark Making Contest: Dayton's Bluff, Saturday, January 6 from 12-2 p.m.
- Middle School Bookclub, Maud Hart Lovelace Division II Saint Anthony Park Library, Monday, February 5 6:30-7:30 p.m.
- □ I Read! I Vote! Storytime and Bookmark Making Party Riverview Library, Wednesday February 21, 4-6 p.m.
- Come and meet the Star of the North nominees in a special storytime! Stick around for a bookmark making party after to promote your favorite nominee. You can even enter your design into our contest! Come back to the library in March to vote in the official statewide

contest and help pick this year's winner! For children in grades K-2. Ability to read is not required.

- □ I Read! I Vote! Book Club for grades K-2; Saint Anthony Park Library, Fridays in February 4-5 p.m.,
- Get ready to vote for your favorite Star of the North nominated picture book with the I Read! I Vote! Book Club! Each week, we'll read aloud a couple of the nominated books and discuss which is our favorite. We'll also do crafts and activities based on the books. Come back to the library in March to vote in the official statewide contest and help pick this year's winner! For children in grades K-2. Ability to read is not required.

#### **Nominees**

Division I (grades 3 - 5)



Division II (grades 6 - 8)





Star of the North (grades K-2)





















#### HOW TO SUBMIT

- 1. Go to the website http://sppl.org/kidvote and down load the entry form
- 2. Choose the book you would like to read.
- 3. Read it.
- 4. Draw a bookmark and complete the application.
- 5. Email, USPS, carrier pigeon, Ms. Petersen Express, or bring it to your local library BEFORE 15 MARCH to be entered in this contest!

You can email your artwork and application to <u>ireadivotebookmarks@gmail.com</u>, or you can give the form to a Saint Paul Public Library staff person before March 15.

All of these books are available in the Dugsi Library for checkout! 🔼

STEPHEN KING



### Testing Season is coming! What can you do to prepare?

#### **Students**

- Read 30 minutes every single day, no exceptions
- Write or type in a journal
- Colour in a colouring book or do some kind of art
- Nun outside every day

#### Parents/caregivers

- Maintain a sleep and body maintenance schedule where students get plenty of rest
- Read with or to your student 30 minutes every single day
- Ucts of fresh food, no fast foods or processed foods.
- Lots of exercise
- ♥ Lots of lovin'

## Mohawk Tribe

By Luqman Mohamed

The Mohawk tribes of the Native American people live around Lake Ontario and St. Lawrence River in what is now Canada and the United States of America. Their traditional homeland is further south, in Albany, New York.

They lived near New Jersey and they used to travel near Lake Ontario also New England. They also lived in wet areas like the rain forest and woodland fields. There the climate is cold and temperatures were foggy and rainy, when the harsh weather came they preferred to move to other conditions that weren't that bad.



A Mohawk family gathering this is the clothing they traditionally wear. www.tribalpictures.org

The food that the Mohawk people ate was mostly meat.

They grew corn, beans, and squash they called these vegetables the three sisters. They ate such meat like squirrels, ducks, rabbits, and wild turkey for special occasions. The Mohawk people had hunters so they could kill animals for food. They hunted when the mothers are cooking and the children are in hunting practice with the old and skilled men.

No because the Mohawk tribe just immigrated to somewhere else and also there food are never going to live because they could still hunt for deer and wild goose so they could hunt to go like a restaurant.

The Mohawk people wore different clothes for different occasions they wore their traditional clothing for regular days but for special occasions they make their clothing out of leather. You ask how did they make leather back then? Well they got buffalo and other animals like rabbits and deer and to their skin and washed it after that they dried the skin and get feather and attach them to the leather and that's what they were for special occasions. The women made wrap around skirts with shorter leggings. Women also wore poncho like tunic called an overdress which is now used but more colorful. Mohawk men wore breech cloths with long leggings. Men did originally wear shirts in hot weather but they wore jackets made out of buffalo skin and feathers.



http://www.whitewolfpack.com/2014/ 12/the-truth-about-mohawk-hair-andwhy.html





#### Newspaper submissions:

- Fiction stories about anything school appropriate
- · Reports on favourite sports players or teams
- Cartoons about school life
- Game rules for new games
- Recipes
- Photos of Dugsi students and staff at school or on a field trip
- Stories about school life
- Stories about your or your family's life and transitions to Minnesota

#### **Donations for new books**

Got some extra cash? Donte it to the library! Better yet, buy the books you want to see in the library and donate the books.

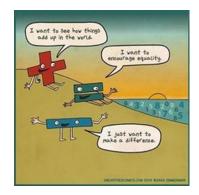
#### **Volounteers**

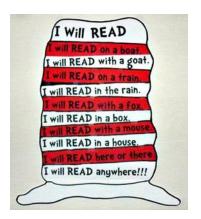
- Volounteers needed to help sort and box books at Read Indeed. Contact Read Indeed at <a href="http://www.readindeed.org/">http://www.readindeed.org/</a> to set up your volounteer appointment today!
- Volounteers needed on Wednesdays 9.15-2.30 in the library to read aloud to students on Wednesdays during checkout. If you stay the whole day, Ms. Petersen will provide lunch.

"If there's a book that you want to read, but it hasn't been written yet, then you must write it." – Toni Morrison

I DO BELIEVE SOMETHING VERY MAGICAL CAN HAPPEN WHEN YOU READ A GOOD BOOK.



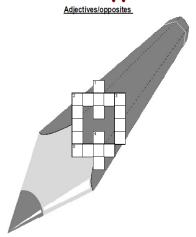






5			4	6	7	3		9
9		3	8	1		4	2	7
1	7	4	2		3			
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4		9	
4	9	6	3		8	1	7	2
				8	9	2	6	
7	8	2	6	4	1			5
	1					7		8

### What's the opposite?



SMALL BIG THIN FAT SHORT LONG

#### Across

- 2. What's the opposite of BIG?
- 5. What's the opposite of FAT?

#### Down

- 1. What's the opposite of THIN?
- 2. What's the opposite of LONG?
- 3. What's the opposite of SHORT?
- 4. What's the opposite of SMALL?

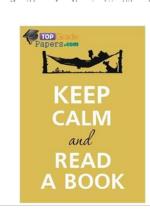
### School Life

В	L	Α	С	K	В	0	Α	R	D	Ε	S	K	N
R	С	R	T	Ε	K	E	P	R	R	T	D	E	U
N	S	S	Ε	S	G	L	U	E	S	T	I	С	K
E	S	N	Н	S	0	Α	Ε	T	0	Α	G	R	R
A	С	Α	0	A	A	K	K	T	Ε	K	J	Α	0
C	Ι	Н	L	T	R	R	N	I	Ε	P	Н	Υ	T
S	S	K	L	0	Ε	P	Ε	L	Α	Ε	0	0	A
R	S	I	S	P	A	В	Ε	G	P	N	М	N	L
E	0	K	K	Υ	S	I	0	N	М	S	Ε	S	U
K	R	Α	0	0	L	Α	Α	0	Ε	S	W	Α	C
R	S	С	0	М	P	Α	S	S	K	R	0	Α	L
A	Α	E	В	N	A	0	S	Α	S	K	R	K	A
M	В	K	С	Α	P	K	С	Α	В	Ε	K	P	C
E	Α	0	L	R	S	J	0	U	R	N	Α	L	S

GLITTER SHARPENER HOMEWORK **JOURNAL ERASER** BLACKBOARD NOTEBOOK BACKPACK CRAYONS SCISSORS GLUE STICK MARKERS BOOKS CALCULATOR COMPASS PENS







DUC	SSI ACADEN	February 2018				
		LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - Box Lunch		
MONDAI	TOESDAT	WEDNESDAT	1	2		
Halal	food is delivered by Ali's Ca	terina	Half Day Box Lunch	PB & J Sandwich		
	ood Distribution at 612-998-1	•	PB & J Sandwich	Sun Chips		
			Sun Chips	Ranch Dip		
Menus subjec	t to change based on availal	bility of items.	Ranch Dip	Baby Carrots		
NOTE: N	Menus may contain nuts, see	ds, milk,	Baby Carrots	Raisins		
egg,	soybean, and other ingredie	ents.	Raisins	Milk		
			Milk			
5	6	7	8	9		
Chicken Legs	Spaghetti & Meatballs	Chicken Burrito	Beef Suqaar	PB & J Sandwich		
Dinner Roll	Breadstick	Baked Tortilla Chips	Basmati Rice	Sun Chips		
Potato Wedges	Green Beans	Green Leafy Salad	Black Beans	Ranch Dip		
Celery Sticks	Broccoli	Salad Dressing	Cucumber Slices	Baby Carrots		
Apple	Applesauce	Cherry Tomatoes	Banana	Raisins		
Milk	Milk	Peaches	Milk	Milk		
12	13	Milk 14	15	16		
Beef & Cheese Lasagna	Chicken Suqaar	Soft Shell Beef Taco	Chicken Patty Sandwich	PB & J Sandwich		
Breadstick	Basmati Rice	Baked Tortilla Chips	Baked Beans	Sun Chips		
Green Beans	Steamed Com	Green Leafy Salad	Cucumber Slices	Ranch Dip		
Celery Sticks	Broccoli	Salad Dressing	Banana	Baby Carrots		
Apple	Applesauce	Cherry Tomatoes	Milk	Raisins		
Milk	Milk	Peaches		Milk		
	ļ	Milk				
19	20	21	22	23		
	Spaghetti & Meatballs	Chicken Burrito	Beef Suqaar	PB & J Sandwich		
	Breadstick	Baked Tortilla Chips	Basmati Rice	Sun Chips		
NO	Breadstick Green Beans	Baked Tortilla Chips Green Leafy Salad	Basmati Rice Black Beans	Sun Chips Ranch Dip		
NO SCHOOL	Breadstick Green Beans Broccoli	Baked Tortilla Chips Green Leafy Salad Salad Dressing	Basmati Rice Black Beans Cucumber Slices	Sun Chips Ranch Dip Baby Carrots		
	Breadstick Green Beans Broccoli Applesauce	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes	Basmati Rice Black Beans Cucumber Slices Banana	Sun Chips Ranch Dip Baby Carrots Raisins		
	Breadstick Green Beans Broccoli	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches	Basmati Rice Black Beans Cucumber Slices	Sun Chips Ranch Dip Baby Carrots		
SCHOOL	Breadstick Green Beans Broccoli Applesauce Milk	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk	Basmati Rice Black Beans Cucumber Slices Banana	Sun Chips Ranch Dip Baby Carrots Raisins		
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SCHOOL  26  Beef & Cheese Lasagna Breadstick	Breadstick Green Beans Broccoli Applesauce Milk  27 Chicken Suqaar Basmati Rice	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk 28 Soft Shell Beef Taco Baked Tortilla Chips	Basmati Rice Black Beans Cucumber Slices Banana Milk	Sun Chips Ranch Dip Baby Carrots Raisins Milk		
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26  Beef & Cheese Lasagna Breadstick Green Beans Celery Sticks Apple Milk	Breadstick Green Beans Broccoli Applesauce Milk  27 Chicken Suqaar Basmati Rice Steamed Corn Broccoli Applesauce Milk  TUESDAY	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk 28 Soft Shell Beef Taco Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk BREAKFAST WEDNESDAY	Basmati Rice Black Beans Cucumber Slices Banana Milk  This institutio opportunity	Sun Chips Ranch Dip Baby Carrots Raisins Milk  on is an equal y provider.		
26 Beef & Cheese Lasagna Breadstick Green Beans Celery Sticks Apple Milk  MONDAY Blueberry Loaf	Breadstick Green Beans Broccoli Applesauce Milk  27 Chicken Suqaar Basmati Rice Steamed Corn Broccoli Applesauce Milk  TUESDAY Cinnamon Toast Crunch	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk 28 Soft Shell Beef Taco Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk BREAKFAST WEDNESDAY Mini Bagel	Basmati Rice Black Beans Cucumber Slices Banana Milk  This institutic opportunity  THURSDAY Banana Muffin	Sun Chips Ranch Dip Baby Carrots Raisins Milk  on is an equal y provider.  FRIDAY Cinnamon Roll		
26 Beef & Cheese Lasagna Breadstick Green Beans Celery Sticks Apple Milk  MONDAY Blueberry Loaf String Cheese	Breadstick Green Beans Broccoli Applesauce Milk  27 Chicken Suqaar Basmati Rice Steamed Corn Broccoli Applesauce Milk  TUESDAY Cinnamon Toast Crunch Fruit Yogurt	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk 28 Soft Shell Beef Taco Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk BREAKFAST WEDNESDAY Mini Bagel Peanut Butter &	Basmati Rice Black Beans Cucumber Slices Banana Milk  This institutio opportunity  THURSDAY Banana Muffin String Cheese	Sun Chips Ranch Dip Baby Carrots Raisins Milk  on is an equal y provider.  FRIDAY Cinnamon Roll Hard-boiled Egg		
26  Beef & Cheese Lasagna Breadstick Green Beans Celery Sticks Apple Milk  MONDAY Blueberry Loaf String Cheese Peaches	Breadstick Green Beans Broccoli Applesauce Milk  27 Chicken Suqaar Basmati Rice Steamed Corn Broccoli Applesauce Milk  TUESDAY Cinnamon Toast Crunch Fruit Yogurt Raisins	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk 28 Soft Shell Beef Taco Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk BREAKFAST WEDNESDAY Mini Bagel Peanut Butter & Cream Cheese Apple Milk	Basmati Rice Black Beans Cucumber Slices Banana Milk  This institutic opportunity  THURSDAY Banana Muffin String Cheese Pears	Sun Chips Ranch Dip Baby Carrots Raisins Milk  on is an equal y provider.  FRIDAY Cinnamon Roll Hard-boiled Egg Banana		
26 Beef & Cheese Lasagna Breadstick Green Beans Celery Sticks Apple Milk  MONDAY Blueberry Loaf String Cheese Peaches Fruit Juice Milk	Breadstick Green Beans Broccoli Applesauce Milk  27 Chicken Suqaar Basmati Rice Steamed Com Broccoli Applesauce Milk  TUESDAY Cinnamon Toast Crunch Fruit Yogurt Raisins Fruit Juice Milk	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk 28 Soft Shell Beef Taco Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk BREAKFAST WEDNESDAY Mini Bagel Peanut Butter & Cream Cheese Apple Milk SNACK	Basmati Rice Black Beans Cucumber Slices Banana Milk  This institutio opportunity  THURSDAY Banana Muffin String Cheese Pears Fruit Juice Milk	Sun Chips Ranch Dip Baby Carrots Raisins Milk  on is an equal y provider.  FRIDAY Cinnamon Roll Hard-boiled Egg Banana Milk		
26 Beef & Cheese Lasagna Breadstick Green Beans Celery Sticks Apple Milk  MONDAY Blueberry Loaf String Cheese Peaches Fruit Juice Milk	Breadstick Green Beans Broccoli Applesauce Milk  27 Chicken Suqaar Basmati Rice Steamed Com Broccoli Applesauce Milk  TUESDAY Cinnamon Toast Crunch Fruit Yogurt Raisins Fruit Juice Milk	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk 28 Soft Shell Beef Taco Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk BREAKFAST WEDNESDAY Mini Bagel Peanut Butter & Cream Cheese Apple Milk SNACK WEDNESDAY	Basmati Rice Black Beans Cucumber Slices Banana Milk  This institutio opportunity  THURSDAY Banana Muffin String Cheese Pears Fruit Juice Milk  THURSDAY	Sun Chips Ranch Dip Baby Carrots Raisins Milk  on is an equal y provider.  FRIDAY Cinnamon Roll Hard-boiled Egg Banana		
26 Beef & Cheese Lasagna Breadstick Green Beans Celery Sticks Apple Milk  MONDAY Blueberry Loaf String Cheese Peaches Fruit Juice Milk	Breadstick Green Beans Broccoli Applesauce Milk  27 Chicken Suqaar Basmati Rice Steamed Com Broccoli Applesauce Milk  TUESDAY Cinnamon Toast Crunch Fruit Yogurt Raisins Fruit Juice Milk	Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk 28 Soft Shell Beef Taco Baked Tortilla Chips Green Leafy Salad Salad Dressing Cherry Tomatoes Peaches Milk BREAKFAST WEDNESDAY Mini Bagel Peanut Butter & Cream Cheese Apple Milk SNACK	Basmati Rice Black Beans Cucumber Slices Banana Milk  This institutio opportunity  THURSDAY Banana Muffin String Cheese Pears Fruit Juice Milk	Sun Chips Ranch Dip Baby Carrots Raisins Milk  on is an equal y provider.  FRIDAY Cinnamon Roll Hard-boiled Egg Banana Milk		

5	2	8	4	6	7	3	1	9
9	6	3	8	1	5	4	2	7
1	7	4	2	9	3	5	8	6
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4	6	9	3
4	9	6	3	5	8	1	7	2
3	4	5	7	8	9	2	6	1
7	8	2	6	4	1	9	3	5
6	1	9	5	3	2	7	4	8

