



Louisa-Muscatine CSD



WE VALUE, WE CHALLENGE, WE PREPARE, EACH
AND EVERY STUDENT.

Back to School Events

Online Registration Opens	August 6, 2026
In Person Registration	August 10th noon-6pm August 11th 7am-noon
Back to School Night	August 20, 2026
First Day of School	August 24, 2026

Boxholder

Non-Profit Organization
U.S. Postage Paid
Permit No. 3
Letts, IA 52754

Louisa-Muscatine CSD
14478 170th St
Letts, IA 52754



*A letter from
Mr. Tony
Ryan!
Superintendent
Louisa-
Muscatine CSD*



Dear Falcon Families and Community Members,
On behalf of the Louisa-Muscatine Community School District, it is truly an honor to represent our Falcon community. Our focus is always on taking care of our students and our school district. We accomplish this by valuing each and every staff member, and I firmly believe we have the very best team here at Louisa-Muscatine Community Schools.

As summer begins to wind down, we are looking forward to starting a fresh new school year and are eager to welcome our students and staff back for another exciting year of learning, growth, and opportunities.

School supply lists have recently been posted on our social media platforms. If you are unable to locate this information, please do not hesitate to contact your child's building office for assistance.

Please also note these important back-to-school dates:

☑ School Registration: August 10 and 11

☑ Back-to-School Open House: Thursday, August 20

Additional important information, including school fees and annual notices, can be found in this newsletter.

As we begin another school year, I would also like to encourage our families to consider becoming involved in one of our Booster Clubs that support our outstanding extracurricular programs in both fine arts and athletics. The success of these programs is built upon the dedication of our volunteers, coaches, and community supporters. Your involvement and support make a tremendous difference in the opportunities we are able to provide for our students. If you are not currently a member, I encourage you to consider joining.

Thank you for your continued partnership and support of Louisa-Muscatine Community Schools. We appreciate the trust you place in us and look forward to another successful school year together.

Warm regards,

Anthony Ryan

Superintendent

Louisa-Muscatine Community School District

ADMINISTRATIVE RULES

**The Louisa-Muscatine Community School District maintains records on each student in order to facilitate the instruction, guidance and educational progress of the student. The records contain information about the student and his or her education and may include, but not limited to, the following types of records: identification data, attendance data, record of achievement, family background data, aptitude tests, educational and vocational plan, honors and activities, discipline data, objective counselor or teacher ratings and observations and external agency reports.

**The Records of each student are generally located in the school, which he or she is attending. Any exception will be noted in the student's other records or by the person in charge of record maintenance of student records for each school building listed below:

- Louisa-Muscatine High School: David Janzen, Principal
- Louisa-Muscatine Junior High: David Janzen, Principal
- Louisa-Muscatine Elementary: Aimee Wedeking, Principal

**The following persons, agencies and organizations may have restricted access to student records without prior written consent of the parent or student over the age of 18 years. Any other access to student records shall be only upon written consent or upon court order or legally issued subpoena.

- A. School officials, teachers and Mississippi Bend Area Education Agency personnel with legitimate educational interests.
- B. Officials of other schools in which the student proposes to enroll.
- C. Representatives of state and local government when auditing and evaluating Federal educational programs.
- D. Officials connected with a student's educational financial aid application.
- E. Government officials to whom information is to be reported under state law adopted prior to November 19, 1974.
- F. Organizations that process and evaluate standardized tests.

G. Accrediting organizations for accrediting purposes.

H. Parents of dependent children, regardless of child's age.

I. Appropriate parties in a health or safety emergency.

Student Directory Information:

**The Principal or person in charge of each attendance center may release the following types of information to the public, where appropriate, keeping in mind the privacy of the student and the student's family and the totality of the surrounding circumstances: name, address, telephone number, date and place of birth, e-mail address, grade level, enrollment status, major field of study, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, degrees and awards received, the most recent previous educational agency or institution attended by the student, photograph and other likeness, and other similar information. Examples of releases are: military recruitment, articles published in the newspaper, etc. To prevent the public release of such information, a parent must file a written objection with the aforementioned person responsible for maintaining student records by August 31st. The objections need to be renewed annually. Students and parents may file with the Department of Education, complaints concerning alleged failures of the school district to comply with federal legislation dealing with student records. Correspondence should be addressed to: The Family Educational Rights and Privacy Act Office, Department of Education, Switzer Building, 330 C Street S.W., Washington, D.C. 20201

**If you are the parent or legal guardian of a student you have the right to (1) inspect and review your child's educational records; (2) ask for an explanation of any item in the records; (3) have copies made at a reasonable cost; (4) be informed of types and locations of records being collected or used by the agency; (5) ask for the amendment of any record if you feel it is inaccurate, misleading or violates privacy rights; (6) a records hearing if the agency does not make the requested amendment; (7) give or withhold consent to disclose your child's records; (8) be told to whom information has been disclosed.

CONCUSSION INFORMATION

Participation in school athletic activities provides opportunities for students to get daily exercise, increase lung capacity, and develop healthy habits. That opportunity, though, does not come without a potential risk of injury. Louisa-Muscatine coaches and trainers do everything in their power to prevent accidents from happening.

Unfortunately, they are called accidents for a reason; we cannot prevent every injury. A new Iowa law that went into effect July 1st mandates schools to give information to all 7th-12th grade families regarding the risk and signs of concussions when participating in extracurricular athletic activities. That information sheet requires athlete's and parent's signatures acknowledging receipt of the information on an annual basis. Athletes cannot practice or tryout until that form is completed. Forms can be downloaded from the district website, obtained at individual sport parent meetings, or completed at registration. Thanks for your help in keeping our athletes safe and informed.

**Be sure to visit the Louisa-Muscatine webpage
for the most up-to-date information and check us
out on Facebook: Louisa Muscatine Community
Schools**

Book Fees:

Grades K-2: \$100/Reduced Price \$50

Grades 3-6: \$110/Reduced Price \$55 (includes student planner)

Grades 7-12: \$110/Reduced Price \$55

Student Meals:

Breakfast K-6: \$2.15/Reduced Price 30¢

Breakfast 7-12: \$2.15/Reduced Price 30¢

Lunch K-6: \$3.15/Reduced Price 40¢

Lunch 7-12: \$3.15/Reduced Price 40¢

Band Instrument Rental Fees: Students who play school-owned instruments will be charged a \$50 per year rental fee. Students who play school-owned percussion instruments will be charged a \$25 per year fee. Fees are waived for students who qualify for free meals and reduced to 1/2 the fee for those who qualify for reduced price meals. The fee will be non-refundable after the first 4 weeks of school.

Student Activity Tickets: \$50 annual fee for ALL home events

For your convenience, fees may be paid on our website (www.lmcsd.org) or mailed to Registration @ L-M JH/HS, 14354 170th St., Letts, IA 52754 -OR-- Registration @ L-M Elementary, 14506 170th St., Letts IA 52754. Be sure to list your child's name, grade and the fees you are paying. Please make separate checks for each building.

2026-2027 School Fees

Can't attend registration? That's okay! You can register online through PowerSchool starting August 6th! If you need help logging into your PowerSchool account, contact Amanda Wetzel in the administration office at awetzel@lmcsd.org or by calling 319-726-3541.

WE WOULD LIKE TO WELCOME ALL OF THE NEW STAFF TO OUR LOUISA-MUSCATINE FAMILY!



- Blake McManus: Agriculture Teacher & FFA Advisor
 - Kennedy Prickett: 1st Grade Classroom Teacher
 - Megan VandeZandschulp: District School Nurse
- William Dunham: Industrial Technology Teacher & Shop Advisor
 - John Schreiber: Assistant JH Football Coach
 - Jason Townsley: Assistant Varsity Football Coach
 - Adam Hargrave: Head HS Girls Wrestling Coach

WE WOULD ALSO LIKE TO ANNOUNCE SOME PERSONNEL CHANGES!

- Ruben Vasquez: Head HS Girls Basketball Coach
 - Eric Gabe: Head JH Football Coach
- Jessica Brown: Assistant HS Girls Basketball Coach & Head JH Girls Basketball Coach

Parents'/Guardians' Rights Notification

Parents/Guardians in the Louisa-Muscatine Community School District have the right to learn about the following qualifications of their child's teacher: state licensure requirements for the grade level and content areas taught, the current licensing status of your child's teacher, and baccalaureate/graduate certification/degree. You may also request the qualifications of an instructional paraprofessional who serves your student in a Title I program or if your school operates a school-wide Title I program. Parents/Guardians may request this information from the Office of the Superintendent by calling 319-726-3541, or sending a letter of request to Office of the Superintendent, Louisa-Muscatine CSD, 14478 170th St., Letts, Iowa, 52754. The Louisa-Muscatine Community School District ensures that parents will be notified in writing if their child has been assigned, or has been taught for four or more consecutive weeks by a teacher who is not considered highly qualified.

State Mandatory Requirements:

Due by the first day of school.

K- Up to date Vaccine Certificate-due by the first day of school-NO GRACE PERIOD, Certificate of Vision Screening, Certificate of Dental Screening & Reported Blood Lead Level

3rd- Certificate of Vision Screening

7th- Up to date Vaccine Certificate w/proof of current Tdap and MCVO4 (Meningitis Vaccine) due by the first day of school NO GRACE PERIOD

9th -Certificate of Dental Screening

12th- Up to Date Vaccine Certificate showing proof of current MCVO4 (Meningitis Vaccine), there must be one dose given after age 16.



Important Contact Information

Administration Office: 319-726-3541

Superintendent Tony Ryan: tryan@lmcsd.org

Secondary Office: 319-726-3421

JR/SR Principal David Janzen: djanzen@lmcsd.org

Elementary Office: 319-726-3634

Elem Principal Aimee Wedeking: awedeking@lmcsd.org

EQUAL EMPLOYMENT OPPORTUNITY

The Louisa-Muscatine Community School District will provide equal opportunity to employees and applicants for employment in accordance with applicable equal employment opportunity and affirmative action laws, directives and regulations of federal, state and local governing bodies. The school district will take affirmative action in major job categories where women, men, minorities and persons with disabilities are underrepresented. Employees will support and comply with the district's established equal employment opportunity and affirmative action policies. Employees will be given notice of this policy annually.

Individuals who file an application with the school district will be given consideration for employment if they meet or exceed the qualifications set by the board, administration, and Iowa Department of Education for the position for which they apply. In employing individuals, the board will consider the qualifications, credentials, and records of the applicants without regard to race, color, creed, sex, national origin, religion, age, socioeconomic status, or disability. In keeping with the law, the board will consider the veteran status of applicants.

Inquiries by employees or applicants for employment regarding compliance with equal employment opportunity and affirmative action laws and policies, including but not limited to complaints of discrimination, will be directed to the Affirmative Action Coordinator by writing to the Affirmative Action Coordinator, Superintendent, Louisa-Muscatine Community School District, Letts, Iowa 52754; or by telephoning (319) 726-3541.

Further information and copies of the procedures for filing a complaint are available in the districts central administrative office and the administrative office in each districts school buildings.

ASBESTOS HAZARD EMERGENCY RESPONSE ACT

Pursuant to the requirements of the Asbestos Hazard Emergency Response Act, a copy of the Asbestos Management Plan for each school building is available for review in each respective facility. A complete set of Management Plan is available for review in the District Administrative Office.

Going Out for Fall Sports?

You Will Need:

- A current physical
 - A current athletic form (which includes the insurance waiver and concussion form.)
- These forms are available on our website.

FREE OR REDUCED-COST LUNCHES ARE AVAILABLE TO STUDENTS. APPLICATION FORMS ARE AVAILABLE FROM BUILDING OFFICES, CAN BE FILLED OUT ON SCHOOL CAFE OR CAN BE FOUND ON OUR WEBSITE. NO FREE OR REDUCED-COST MEALS WILL BE SERVED UNTIL AN APPROVED APPLICATION FOR THE FAMILY IS ON FILE IN THE DISTRICT. UNTIL APPROVAL, THE STUDENT WILL PURCHASE FULL PRICED MEALS. PARENTS ARE ENCOURAGED TO OBTAIN APPLICATION AT THE TIME OF REGISTRATION. CONTACT AMANDA FOR MORE INFORMATION (319) 726-3541 AWETZEL@LMCSD.ORG

4 Year Old Preschool Information

Parent/Child Visits: August 24th & 25th

August 26th & 27th: Half the preschool classes attending. Watch for an email from Mrs. Wedeking with more info.

August 28th: Friday daycare open for those registered

August 31st: First day of preschool for all children

Sign ups for parent/child visits as well as the schedule for the first days of school will be sent in mid/late July from your child's teacher. Any questions contact Aimee Wedeking 319-726-3634 or awedeking@lmcsd.org

☞It is the policy of the Louisa-Muscatine Community School District that school employees and volunteers not commit acts of physical or sexual abuse, including inappropriate and intentional sexual behavior, towards students.

☞It is the policy of the district to respond to allegations of abuse by school employees or volunteers by investigating or arranging for the full investigations of any allegations, and to do so in a reasonable prudent manner.

☞Anyone believing that a district employee or volunteer has abused a student may report the abuse to the level one investigators: Aimee

Wedeking, Principal-Elementary, 319-726-3634 or David Janzen, Principal-HS, 319-726-3421. Megan VandZandschulp, District Nurse, will serve as alternate.

☞For additional questions regarding student abuse by district personnel, please contact the District Administrative Office, 319-726-3541.

WE'RE GONNA FIGHT, FIGHT FOR THE FALCON TEAM!

Show your Falcon pride and support the talented students at Louisa-Muscatine Community School District by attending local athletic and extracurricular events! Cheering on our kids in sports, music, drama, and FFA builds community and fosters vital teamwork, responsibility, and confidence in our youth. Come be a part of the action! Stay connected and get involved with the Falcon community! Check the District Activity Calendar to see what is happening throughout the school year.



The Falcon Crest Award

Louisa-Muscatine's Falcon Crests Hall of Fame program recognizes high-achieving Louisa-Muscatine alumni and former staff who have excelled in their various fields either during school or after. We want to celebrate the success at Louisa-Muscatine and increase pride in LMHS!

If you know of someone who should be considered for selection, fill out a Falcon Crests nomination form. Look at the criteria and then submit your form for the committee to review.

To be a Falcon Crest inductee, a candidate must be nominated by the public and chosen by an anonymous committee. Anyone in the community will be able to nominate an applicant for the committee to choose from. Applicants must be Louisa-Muscatine Alumni or former staff, and 5 years removed.

Falcon Crest Criteria

Persons nominated for the Falcon Crest Hall of Fame at LMHS must meet one or more of these requirements:

- Received high recognition or honors by the state or district/conference in a sport while representing LMHS.
- Received high honors academically by the state or area while attending.
- Received high honors in the arts-music, speech, and/or art- by the state or conference.
- Candidates may also be nominated for outstanding achievements after attending LMHS
- Coaches and teachers can be nominated for outstanding achievements during their career.
- Persons who have prevailed through difficult obstacles in order to achieve a goal are also eligible.
- Persons who have served and sacrificed through military service.
- Persons that have shown devoted support, service, and contribution to the Louisa-Muscatine School District.
- Other notable accomplishments, distinctions, service, or acts of support otherwise not mentioned.

In addition to the above, candidates must meet these requirements:

- Candidates must be a minimum of 5 years removed from direct association with LMHS (graduation, retirement, etc.).
- Persons must maintain a clean criminal record. (If team is inducted but one individual does not meet this standard, that individual will not be recognized or named.)
- Any candidates not accepted at the time of entry are encouraged to submit again in subsequent years. Nominations must be resubmitted in order to be reconsidered.

Frequently Asked Questions

Why are we doing this?

- Our goal is to recognize high achieving Louisa-Muscatine alumni and former staff who have excelled in their various fields either during school or after. We want to celebrate the successes at Louisa-Muscatine and increase pride in LMHS. Nominations are due by March 31.

How many people can be inducted?

- There could be anywhere from 1 to 5 inductees in the current and subsequent years.

When will inductees be announced?

- Once the committee selects the inductees, the inductees will be notified. This will occur during the month of May, allowing inductees, and friends and family, to make arrangements to attend the ceremony at Homecoming later in September/October of the next school year.

How will this be funded?

- The Louisa-Muscatine School District has offered financial support, as well as other community groups, to help us with this project.

How is the committee selected?

- The committee is comprised of a music booster, athletic booster, student, secondary staff member, elementary staff member, PTO member, SIAC member, and an administrator who are of high integrity and will remain anonymous. They are assembled by the district office staff.

What criteria must an applicant meet?

- To be nominated, an applicant must be 5 years removed from the school. S/he must be a positive role model and have shown outstanding achievement in his/her area (academics, arts, athletics, sciences, military service, humanitarianism, etc.). The applicant and all inductees must maintain a clean criminal record as well. Read the full criteria.

What happens at the induction ceremony?

- Inductees, family, and friends, are all invited to celebrate and recognize the inductees. Dessert will be served, and a brief program will be presented, which will include the history and achievements of the inductees.

What if the applicant I submit is not chosen?

- All applications are encouraged to be resubmitted in the following years to be reconsidered. One individual can submit more than one application. Multiple submissions do not guarantee induction as a "Falcon Crest."

MORE INFORMATION ON THE FALCON CREST AWARD CAN BE FOUND ON OUR WEBSITE UNDER OTHER RESOURCES.

2026-2027 School Calendar
Louisa-Muscatine CSD

August				
Mo	Tu	We	Th	Fr
3	4	5	6	7
10	11	12	13	<14>
<17>	<18>	<19>	<20>	<21>
24	25	26	27	28
31				

September				
Mo	Tu	We	Th	Fr
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

October				
Mo	Tu	We	Th	Fr
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
<26>	27	28	29	30

November				
Mo	Tu	We	Th	Fr
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	*26*	27
30				

December				
Mo	Tu	We	Th	Fr
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	*25*
28	29	30	31	

Legend

	Qtr Begins
	2 Hr. Early Out
< >	Inservice
	Qtr Ends
**	Contracted Holiday
	No School
	P/T Conf
	Early Dismissal: (1:52 JH/HS, 2:00 Elem)
*	Holiday

Important Dates	
8/6	Registration Opens
8/10 & 8/11	In Person Registration
8/14	New Teacher Inservice
8/17-8/21	Teacher Inservice
8/24	First Day of School
9/7	Labor Day, No School
10/12 & 10/14	Parent/Teacher Conferences
10/16	Comp.Day for P/T Conf.No School
10/23	End of 1st Quarter (44)
10/26	Teacher Inservice , No School
11/25-11/27	Thanksgiving Break, No School
11/26	Thanksgiving Day
12/22	End of 2nd Quarter (38) 1st sem(82)
12/23-1/1	Winter Break, No School
12/25	Christmas Day
1/1	New Year's Day
1/4	Teacher Inservice, No School
1/5	1st Day of 2nd Semester
1/18	MLK Day
2/15	Presidents' Day
3/2 & 3/4	Parent/Teacher Conferences
3/5	Comp. Day for P/T Conf. No School
3/12	End of 3rd Qtr (47)
3/24	Teacher Inservice, No School
3/25-3/30	No School
3/26	Good Friday, No School
4/19	Teacher Inservice, No School
5/16	Graduation
5/21	End of 4th Qtr (44), 2nd Semester(91)
5/24	Staff Inservice Day
5/31	Memorial Day

School Times	
Elementary	8:17am - 3:25pm
Secondary	8:10am - 3:18pm

1st Snow Make-Up Day: January 18th
2nd Snow Make-Up Day: February 15th
3rd Snow Make-Up Day: April 19th

There will be no school make up days beyond May 28th, 2027 as long as we stay at or above the required 1,080 instructional hours. Teacher Inservice days may be used as make up weather days at the discretion of the superintendent. If 188 staff contract days have not been served by June 4th, additional day(s) will be made up individually by June 30th.

January				
Mo	Tu	We	Th	Fr
				1
<4>	5	6	7	8
11	12	13	14	15
*18	19	20	21	22
25	26	27	28	29

February				
Mo	Tu	We	Th	Fr
1	2	3	4	5
8	9	10	11	12
*15	16	17	18	19
22	23	24	25	26

March				
Mo	Tu	We	Th	Fr
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	<24>	25	*26*
29	30	31		

April				
Mo	Tu	We	Th	Fr
			1	2
5	6	7	8	9
12	13	14	15	16
<19>	20	21	22	23
26	27	28	29	30

May				
Mo	Tu	We	Th	Fr
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
<24>	25	26	27	28
*31				

June				
Mo	Tu	We	Th	Fr
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

It is the policy of the Louisa-Muscatine CSD not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, gender, disability, religion, age, political party affiliation, socioeconomic status, or actual or potential parental, family or marital status in its programs, activities, or employment practices as required by the Iowa Code.

OPEN ENROLLMENT

STATEWIDE SMOKING BAN

Beginning July 1, 2008, after Governor Culver signed the Smoke Free Air Act (H.F. 2212), smoking is banned on all school grounds, including personal vehicles. Fines for individuals found in violation of the Smoke Free Air Act are currently set at \$50 per violation. For more information or to register a complaint call 1-888-944-2247 or visit www.IowaSmokefreeAir.gov

You can find current open enrollment information and the application on our Louisa-Muscatine website. If you need more information feel free to call us!

Remember to watch our Facebook for Back to School Night information. The first day of school is Monday, August 24.



SCHOOL SUPPLY LISTS ARE AVAILABLE NOW ON OUR WEBSITE & FACEBOOK PAGE!

NON-DISCRIMINATION POLICY STATEMENT - Section 504

It is the policy of the Louisa-Muscatine Community School District to provide equal educational and employment opportunities and not to illegally discriminate on the basis of race, color, national origin, gender (sex), sexual orientation, gender identity, marital status, socioeconomic status (program only), age (employment only), disability, religion, or creed, in its educational programs, activities, or its employment and personnel policies. Affirmative steps are taken to integrate students in attendance centers, programs and classes on the basis of race, color, national origin, gender (sex), sexual orientation, gender identity, marital status, socioeconomic status, disability, religion, or creed.

This agency shall provide program activities, a curriculum, and instructional resources that will reflect the racial and cultural diversity present in the United States and the variety of careers, roles, and lifestyles open to both men and women in our society. One of the objectives of the agency's programs, curriculum, services, and teaching strategies is to reduce stereotyping and to eliminate bias on the basis of race, color, national origin, gender (sex), sexual orientation, gender identity, marital status, socioeconomic status, disability, religion, or creed. The curriculum, programs, and services shall foster respect and appreciation for the cultural diversity found in our country and an awareness of the rights, duties, and responsibilities of each individual as a member of a pluralistic society. It is the policy of this agency to affirmatively recruit women and men, members of diverse racial/ethnic groups, and persons with disabilities for job categories where they are under-represented. A fair and supportive environment will be provided for all students and employees.

Regardless of their race, color, national origin, gender (sex), sexual orientation, gender identity, marital status, socioeconomic status, disability, religion, or creed, inappropriate statement or actions made from one employee to another, from an employee to a student or vice versa, and from one student to another is a violation of this policy.

Inquiries or grievances related to this policy may be directed to Amy Lantigua - Equity Coordinator, L-M School District, 14478 170th St., Letts, IA 52754, or to the Director of the Iowa Civil Rights Commission in Des Moines, the Director of the Region VII Office of the United States Equal Employment Opportunity Commission, or the Director of the Regional VII Office of Civil Rights, United States Department of Education in Kansas City, Missouri. Inquiries may also be directed to the Director, Iowa Department of Education, Grimes State Office Building, Des Moines, Iowa 50319.



ELEMENTARY SUMMER READING:

Hopefully within your summer you have had time to do some reading. Be sure to jot down the days, times or books you have read to turn into Mrs. Wedeking. (Or if you have participated in the library summer programs!) These can be emailed to awedeking@lmcsd.org, brought to registration, dropped off at the Letts Library or brought the first day of school. We want to see lots of names on the Summer Reading Board!

August Breakfast/Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
24 Muffins	25 Pancakes	26 Egg & Cheese Biscuit	27 *Breakfast Bites	28 Biscuits & *Gravy
Elementary Alternate: Cereal, Fruit & Juice				
Chicken Nuggets, Corn, Chips & Peaches	Crispito, Nachos, Rice & Pears	Sloppy Joes, French Fries, Baked Beans & Oranges	Hotdogs w/Mac & Cheese, Peas and Grapes	Spaghetti, Garlic Bread, Green Beans & Pineapple

SCHOOL WELLNESS POLICY

As obesity has become a problem in youth and adults throughout the nation, we have seen increased concern with nutrition. To address this concern a committee of parents, community members, teaching staff representatives, nutrition staff, and administration worked to develop a wellness policy in 2006. In 2017, the committee worked to revise and update the policy which was approved by the Board of Education in June. The committee's goals have remained the same: to provide students with better nutritional choices, not to become the food police, and give the students better nutrition information to help them make better food choices. Beverages and snacks in vending machines operated during the school day, as well as foods offered in the ala carte line, will follow nutrition guidelines provided by the Healthy Kids Act. Listed is a suggested snack list for parents sending treats to school.

Suggested Snack List (Not an all inclusive list): granola bars, apple Slices, fresh fruit cups or fruit cups in syrup, baked pre packaged chips, animal crackers, cheese nibs or gold fish, go-gurt, jello, pudding cups, popcorn, juice boxes, cookies pre-packaged, crackers pre-packaged.

STATEMENT REGARDING THE HOMELESS

The Board of Directors of the Louisa-Muscatine Community School District is responsible for locating and identifying homeless children and youth who are "identified" within the district. A "homeless child or youth of school age" is defined as one between the ages of 5 and 21 who lacks a fixed, regular and adequate night time residence and includes a child or youth living on the street, in a car, tent or abandoned building or some other form of shelter not designed as a permanent home; living in a community shelter facility; or living with non-nuclear family members or friends who may not have legal guardianship over the child or youth of school age. The district shall make available to the homeless child or youth all services and assistance including, but not limited to, compensatory education, special education, English as a second language, vocational courses or programs, programs for the gifted and talented, health services, and food and nutrition programs, on the same basis of those services and assistance provided to resident pupils. If you need further assistance/information, please contact the building principal, counselor or the Superintendent of Schools, 14478 170th Street, Letts, Iowa 52754.

Alternate lunch entree is offered for grades K-12.

JH/HS may purchase 2nd entree for \$2.15

All meals are served with a choice of milk.

Fresh Carrots are served daily.

Items marked with * contain pork.

Available for lunch daily for grades 7-12: Turkey or *Ham deli, chef salad, pizza, fresh fruit

Alternate breakfast entree: cold cereal, toast, fruit or juice. A la Carte breakfast available for grades 9-12

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



September Breakfast/Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Waffles	2 Bagel	3 *Breakfast on a Stick	4 Donut Holes
	Elementary Alternate: PBJ, Cheese Stick, Fruit & Juice			
	Beef Taco w/toppings, Rice, Refried Beans (HS ONLY), & Applesauce	*BBQ Meatballs, Cheesy Potatoes, Green Beans(HS ONLY) & Fresh Fruit	Turkey Sandwich, Baked Potato, Broccoli w/Cheese & Peaches	Falcon Bowl, Corn, Roll, & Strawberries
7 NO SCHOOL 	8 Pancake Bites	9 Cinnamon Toast Bar	10 Egg & *Bacon Croissant	11 *Pizza
	Elementary Alternate: Cereal, Crackers, Fruit & Juice			
	Beef & Bean Burrito, Rice(HS ONLY), Salad(ELEM ONLY), Banana & Churro	*Italian Sub w/Pepperoni & Sausage, Potato Cubes & Oranges	*Shredded Pork Sandwich, French Fries, Pears & Cookie	Chicken Tetrizzini, Mashed Potatoes, Cooked Carrots, Roll & Mixed Fruit
14 Glazed Donut	15 French Toast Sticks	16 Frudel	17 Scrambled Eggs & Toast	18 Biscuits & *Gravy
	Elementary Alternate: PBJ, Yogurt, Fruit & Juice			
Chicken Sandwich, Chips, Cottage Cheese(HS ONLY), Salad (ELEM ONLY) & Peaches	Beef & Cheese Quesadilla, Corn & Apples w/Dip	*Cornedog, Potato Wedges, Baked Beans(HS ONLY) & Applesauce	Bosco Sticks, Green Beans, Salad(ELEM ONLY) & Grapes	*Swedish Meatballs, Mashed Potatoes, Veggies(HS Only), Roll & Oranges
21 Mini Donuts	22 Pancakes	23 Cereal Bar	24 Egg Omelet & *Sausage	25 *Combo
	Elementary Alternate: Cereal Bar, Fruit & Juice			
*BBQ Rib Sandwich, Baked Beans, Potato Salad(HS ONLY) & Mixed Fruit	Supreme Potato w/Meat & Cheese, Refried Beans & Fresh Fruit	*Chef Salad, Breadstick & Watermelon	*Round Pizza, Corn & Strawberries	Lasagna, Green Beans, Garlic Bread & Mixed Fruit
28 *Pizza	29 *Waffles	30 Cook's Choice		
	Elementary Alternate: PBJ, Fruit & Juice			
Chicken Nuggets, Cheesy Potatoes, Butter Sandwich & Applesauce	Walking Taco w/Toppings, Rice & Pears w/Cherries	Turkey & *Bacon Wrap, Broccoli w/Cheese, Grapes & Oreo Fluff		