



Welcome Back to School

John F. Kennedy Day School

<https://jfk.bie.edu>

September 2025

Binist'anco (Big Harvest)

Reminders:

- No student drop off before 7:30 am.
- Students arrive to school at 7:35 am.
- Classes start at 8:00 am
- Meals are free and will be served daily. Encourage your child to eat their healthy breakfast/lunch that is provided for them.
- Bus changes must be made by 11:30 am.
- Friday -half day dismissal is at 12:30.
- If your child is ill, please keep them at home & notify our school office.
- Make sure your phone numbers are current, to ensure you receive the automated calls for parent messages & communication.
- Have your child waiting at the bus stop, 10 minutes prior to bus pickup schedule.
- Remind your child there is no eating or drinking on the bus.
- Visit our school website for updates at: <https://jfk.bie.edu>
- Please call our office if you have any questions/concerns. 928-338-4593

2025-2026 school year

We are excited to welcome you back for the start of the 2025-2026 school year! This newsletter contains information that will help your child have a successful return to school. Please contact the school if you have any questions. 928-338-4956

Morning Arrival

School starts at 8:00 a.m.

Please make sure to have your child at school before the time.

Late arrivals have to sign in at the office & get a tardy slip.



2025-2026 Missy JFK & Miss JFK Pageant

Pageant Date: Tuesday, September 23, 2025

@ 5:30 p.m.

Location: JFK School Gymnasium

For application & additional information

Contact: Mrs. Melgar

Admission will be charged at the door.

Indian Day Celebration & Dress Up week

Monday - Sept. 22nd - Clan Day

Eagle- white shirt, **Bear**- black shirt, **Roadrunner** -yellow shirt, **Butterfly** - green or blue shirt

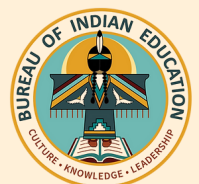
Tuesday - Sept. 23rd - jewelry / hat

Wednesday - Sept. 24th - moccasin / boots

Thursday - Sept. 25th - apron / drumstick

Friday - Sept. 26th - campdress / western warrior (Early Release Friday)

You are welcome to join us at JFK's Indian Day Program beginning at 9:00 a.m.



Principal Young's Message

Welcome Parents to an exciting new year at John F. Kennedy Day School. We are off to a great start, and we recently began our school-wide math intervention program to fill any gaps in basic math. Everyone is enjoying this time. We have four basic school rules this year: Be Kind, Be Respectful, Be Responsible, and Be Safe. We look forward to having a fantastic learning year.

Please be sure to visit our website at <https://jfk.bie.edu>. There you will find our updated Student Handbook. We have updated our attendance policy and have reorganized to make clearer our discipline policy. Please reach out if you have any questions. Finally, I encourage you to follow us on Facebook and either download the Class Dojo app on your phone or create an account online. From there you can connect to our school and your child's teacher. This is a great communication tool that allows you to reach out to us and vice versa. It is free as a parent, and works much better than the texts we usually send out that limit our word count and don't allow us to post pictures, files, etc.

Respectfully,

Christina J. Young, M.S. Ed
John F. Kennedy Day School
Principal
(928)338-4593



Greetings from Art Class

In the month of August, the students did a lot of drawings, using their hand coordination.

We started with self-portraits of "All about Me" then moving along further into August, they drew sunflowers and blue birds. I did a lesson on transportation: How do you arrive to school? Do you arrive by bus or by car? I had each child draw their mode of transportation.

Lastly, this week our theme was the WMAT Fair. Students drew the Ferris-wheel in the sunset. It appears we have some upcoming artists here at John F. Kennedy School.

Have a colorful time,
Mrs. Case

Apache Class

Apache class this year will be a little different.

Kindergarten to 2nd grade, we will learn our months, days of week, numbers, colors, and relatives. Encourage them to call you Shimaa and Shitaa.

Grades: 3rd to 8th

We will learn our identity. I want the students to learn where they come from. They will ask questions about their clans, family, culture and history. At the end of the school year, they will know who they are. If your child/ren come home and ask you questions that you don't know...take them to your elders.

Binist' ancho
September

Golaago dant'aa
Big (lots) Harvest

Mrs. Marcia Melgar,
Apache Language

8th Grade



Hello...Parents/Guardians,

I am Mrs. Kimberly Cosay. I am starting this school year with your 8th grade child. They are such great, quiet, learners. I am enjoying them.

A little about myself: this is my 8th year with JFK school, I reside in Canyon Day with my Family and two fur babies. I love to bake, sew and spend time with my husband & two boys. Being an Educator has always been my passion. I do have a Bachelors Degree from Prescott College. I am looking forward to seeing your children daily until the new 8th Grade Teacher comes on board.

Here is a jest of what we've been learning for the month of August.

MATH: Ms. Lewis comes every morning to teach Envision Math.

ELA: We start off our mornings with 10 minutes of CNN news, after all students write a paragraph of what was most interesting. After Apache class, we dive into ELA-My Perspective; The Medicine Bag we have in-class discussions, group discussions and individual learning on laptops (assignments assigned directly). Students are learning: to use grade-appropriate words and phrases from the story/text, citing textual evidence that supports the text, conduct short research projects, form and use verbs in active and passive voice, and establish context and point of view which is introducing a narrator or characters. Our next assign reading is The Banana Tree.

UFLI- Ms. Lewis comes after lunch to teach UFLI.

Science- We just wrapped up Bacteria and Virus and Classification of Living things. Students did an outstanding job, majority of students Aced the test. Now we are learning about the Causes of Seasons.

Please encourage students to remain respectful. All electronics do need to be turned into me every morning.

Our 1st 8th grade meeting will be scheduled soon. I will send the students home with a date and time. Also please join Class Dojo. Announcements will be posted in Class Dojo. I did send home your child with instructions on how to join Class Dojo.

Thank you! Mrs. K. Cosay

7th Grade News

Hello Family & Friends,

The 7th graders are currently covering Operations with Integers and Rational Numbers in math. We have also started our small groups for Math Intervention this week. Most students seem to be confused with adding and subtracting integers but we will continue to practice throughout the course of the year. They will catch on soon.

In reading our Unit's essential question is, what can one generation learn from another? Which they will begin writing a personal narrative this week. I look forward to seeing what personal experiences they have to share. Have a safe and wonderful fair week and weekend.

Mrs. Felicia Morris
JFK 7th Grade Teacher



3rd Grade

Greetings to all the third-grade parents/guardians, I am the third-grade teacher this year. I graduated from Arizona State University many decades ago. I have taught Third through Seventh Grade, First Grade and Head Start. I have high expectations and enjoy challenging all my students. We begin class at 8:05 AM and our day ends at 3:00 PM. I have not sent any homework home yet but will in the near future.

The third graders held their student council election. They all voted, and I tallied them on the board for the class. They selected Phoebe Aranda and Dahntay Antelope as their representatives. Our representatives were voted as our representatives for displaying their leadership skills, positive behavior, and doing well academically in class/school. Congratulations! Phoebe and Dahntay We have been learning to write about our readings, improve our vocabulary, word study, write complete sentences and paragraphs. In math, we were rounding to the nearest ten and hundred but started multiplication this week.

If you have any questions, call me at school after 3 o'clock.

Sincerely, Mrs. Santiago



2nd Grade

Dear Second Grade Parents:

Welcome to JFK for another school year. We have been learning about Math, UFLI, Apache Language, My View Reading, WIN and Science.

We are having fun learning. We are still learning our school rules daily.

Wishing you a Wonderful Labor Day weekend.

Thank You, Ms. Pailzote

6th Grade

Hello and welcome to the 2025-2026 school year. I am excited to work with my students this year and help them prepare for seventh grade. I know they will do well. I was very excited to hear about how well my students did last year on their summative assessments and can't wait to see how well this new class will do. I know they will do great.

Our new 6th graders have already gotten to work learning about volume for rectangular prism and ratios in Math. In science we learned all about matter including properties and forms the matter can take. In ELA we are learning how to write short answer responses that include citing from the text emphasizing the theme or central idea of a story or poem.

We have added two interventions into our day. The first was started last year called UFLI which focuses on phonics and fluency. The second is called WIN (What I Need) and focuses on Snap Math small groups. The students are getting the hang of these programs and moving to different classes for their WIN time.

August has been very productive for us, and we cannot wait to see what September holds.

Mrs. Helen Fall; 6th Grade Teacher

Kg - Future Scientists

This new school year we welcome 22 new Kindergarteners. They are bright, ready and excited to learn. Being at a new place can be quite intimidating, but the Kindergarteners are adapting very well to their new learning environment.

The Kindergarteners are very interested in Science, and all want to be a scientist one day. Meet the future scientists below:



Mrs. Bangert

FABULOUS FIRST GRAPERS



First grade is off to an amazing start this first month of the school year! We have well behaved and hard working students in this class. We spent time assessing the students the first week of school. Then, we used those assessments to identify academic strengths and weaknesses. We started the enVision Math and MyView Reading curriculum that gives both grade level and differentiated learning opportunities. We do lessons as a whole group and are also getting the hang of our small group center rotations. These students are fast learners with rules and procedures.

In math, we have been learning addition, subtraction, and comparing amounts. In English language arts, our focus has been realistic fiction. In reading, we have been reviewing letter sounds, blending, and sight words.

The students have a red home folder that they take home every day. In the home folder is one side labeled Return to School and the other side is Keep At Home. There is also a homework chart with all of the weekly events. Please sign the chart on that day. We use the folder to send completed work home so that parents stay informed of their child's learning. It also helps foster routines and responsibilities with the students. Thank you for your help with this.

Have a wonderful and safe Labor Day Weekend and Tribal Fair! Ms. Powell

Come out and support the 5th/6th grade volleyball and football teams.

Note:

TRS & East Fork schools -DO NOT have a football team. However, the volleyball games will continue as scheduled.

*All games are subject to change in accordance with the Rim Rider League Handbook. Games are played Fridays at 1:00pm.
Approved 6/26/2025

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Mrs. Helen Fall; 6th Grade Teacher



Rim Rider League 2025 Fall Sports Schedule

(Football/Volleyball)

Week #1 August 15, 2025

East Fork @ McNary
Solomon @ Alpine
TRS @ JFK
Vernon Bye

Week #5 September 12, 2025

JFK @ Alpine
Vernon @ Solomon
McNary @ TRS
East Fork Bye



Week #2 August 22, 2025

East Fork @ Vernon
JFK @ Solomon
Alpine @ McNary
TRS Bye

Week #6 September 19, 2025

Vernon @ TRS
McNary @ JFK
Solomon @ East Fork
Alpine Bye

Week #3 August 28, 2025

Vernon @ Alpine
TRS @ East Fork
Solomon @ McNary
JFK Bye

Week #7 September 23, 2025

TRS @ Solomon
JFK @ Vernon
Alpine @ East Fork
McNary Bye

Week #4 September 5, 2025

McNary @ Vernon
Alpine @ TRS
East Fork @ JFK
Solomon Bye

Friday, September 26, 2025

Volleyball Tournament @ McNary

Saturday, September 27, 2025

Football Tournament @ Vernon

Parents, If you have a child who has food allergies **or** are lactose intolerant, you are encouraged to fill out this form & return the form back to school. The form is to be completed by a Licensed Healthcare Provider. Mark "Permanent" so that this form is not required to be filled out yearly. JFK does have lactose free milk available to students that have a completed form on file. For more information, please contact the JFK Kitchen at 928-338-4593 ext. 1240



Medical Statement for Students with Special Dietary Accommodations

This form is used to request Dietary Accommodations in the U.S. Department of Agriculture (USDA) Child Nutrition Programs such as the National School Lunch Program, School Breakfast Program, Afterschool Snack Program, and Summer Food Service Program.

Send completed forms to:

Barbara Goklish _____
 barbara.goklish@bie.edu _____

For any questions, please contact:

Barbara Goklish _____
 John F Kennedy Day School / Kitchen 928-338-4593 ex 1240 _____

Part 1: To be completed by a parent/guardian

Child's Name: _____ Birth Date: _____

School Name: _____ Child's Grade: _____

Student ID #: _____

Parent/Guardian Name: _____ Cell Phone: _____

Email: _____ Work Phone: _____

Parent/Guardian Signature: _____

Part 2: To be completed by state licensed healthcare professionals*

*For purposes of Child Nutrition Programs, only a "Licensed Healthcare Professional" is permitted to complete and sign a medical statement for meal accommodations in the Child Nutrition Programs. Medical professionals permitted to complete and sign a medical statement for meal accommodations in the Child Nutrition Programs administered in Arizona include Registered Dietitians, Dentists, Homeopathic Physicians, Naturopathic Physicians, Nurse Practitioners, Osteopathic Physicians, Physician Assistants, and Physicians.

A. List of foods/ingredients to be omitted from the diet. _____

B. Provide a brief explanation of how exposure to the food affects the child. _____

C. List of foods/ingredients that can be substituted into the diet to accommodate the dietary restrictions. _____

This medical statement is **permanent**.
 (This medical statement will remain in effect during the time the student is enrolled. A new medical statement will be required to change any aspect of information provided in this medical statement.)

This medical statement is **temporary**.
 (This medical statement will remain in effect for the current school year. A new medical statement will be required annually.)

Licensed Healthcare Professional Name: _____

Office Phone Number: _____

Licensed Healthcare Professional Signature: _____

Date: _____

JOHN F. KENNEDY DAY SCHOOL

Dear Parent/Guardian:

Children need healthy meals to learn. John F. Kennedy Day School will be offering healthy meals to all students at no cost every school day in School Year 2025-26. Your child(ren) will receive free breakfast and lunch meals every school day without having to pay a fee or submit a household application.

Your child(ren)'s school is approved to operate Community Eligibility Provision. No further action is required of you. Your child(ren) will be able to receive free meals without having to pay a fee or submit an application.

If you have other questions or need help, call 928-338-4593 ex 1240.

Sincerely,

BARBARA GOKLISH/SCHOOL COOK

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR)

about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

JOHN F. KENNEDY DAY SCHOOL

Dear Parent/Guardian:

John F. Kennedy Day School takes part in the Special Milk Program which offers half pint milk to children every day. Half pints of milk are available for students at no cost for school year 2025-2026.

If you have other questions or need help, call 928-338-4593 ex 1240.

Sincerely,

Barbara Goklish/School Cook

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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442; or

email:
Program.Intake@usda.gov

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September 2025

Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal: Honey Nut Cheerios Buttered Wheat Toast Jelly Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	2 Scrambled Eggs w/ WG buttered toast Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	3 Assorted Yogurt Granola w/ dried fruit Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	4 Egg, Sausage and Cheese Wrap Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	5 Scrambled Eggs w/ WG buttered toast Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
8 WG Pancake Mini Bites Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	9 WG Blueberry Muffin Hardboiled Egg Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	10 French Toast Slicks Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	11 WG Bagel Cream Cheese Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	12 Bean and Cheese Burrito WG Tortilla Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
15 Egg & Cheese Breakfast Taco Salsa Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	16 Cereal: Honey Nut Cheerios Buttered Wheat Toast Jelly Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	17 Breakfast Sandwich Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	18 French Toast Yogurt Syrup Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	19 Blue Creamed with Jelly Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
22 Sausage/Pancake on a Stick Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	23 WG Turkey Sausage Breakfast Pizza Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	24 Venison & Potato Breakfast Taco Salsa Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	25 WG Pancake Mini Bites Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	26 Hashbrown Stackers Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
29 WG Bagel Cream Cheese Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	30 Omelet WG English Muffin Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk			30 Canned Fruit in Light Syrup WG = Whole Grain

Note: Menus are subject to change due to product availability.
This institution is an equal opportunity provider.

menubyrd

September 2025

Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf Mashed Potatoes w/ Gravy Green Beans Pineapple Tidbits WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	2 Bean Tostada Spanish Rice Shredded Lettuce Cherry Tomatoes Salsa Cup Grapes 1% Lowfat White Milk or Nonfat Chocolate Milk	3 Bison Burger on WG Bun Pasta Salad w/ veggies Seasoned potatoes Whole Apple Ketchup, Mustard, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk	4 Chicken Fajitas on WG Tortilla Sautéed Pepper & Onions Black Beans Mixed Fruit Ranch Dressing 1% Lowfat White Milk or Nonfat Chocolate Milk	5 Beef Sir Fry w/ Brown Rice Vegetable Egg Roll Orange Slices 1% Lowfat White Milk or Nonfat Chocolate Milk
8 WG Spaghetti w/ Meat Sauce Tossed Salad w/ dressing Cherry Tomatoes WG Garlic Knot Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	9 Chicken Quesadilla on WG Tortilla Salsa Cup Corn Salad Fresh Orange 1% Lowfat White Milk or Nonfat Chocolate Milk	10 Sloppy Joe on WG Bun Tater Tots Broccoli Diced Peas Ketchup, Mustard, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk	11 Steak Fingers WG Roll Green beans Potatoes Au Gratin Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	12 Crispy Beef Tacos (2) w/ Spanish Rice Refried Beans Shredded Lettuce, Tomato Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk
15 Chicken Nachos Black Bean Salad Salsa Cup Corn Salad Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	16 Perk Chopette WG roll Seasoned potatoes Creamed Spinach Pineapple Tidbits Ranch Dressing, Ketchup 1% Lowfat White Milk or Nonfat Chocolate Milk	17 Bison Mac Bowl Cheesy WG Breadstick Broccoli Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	18 Corn Dog Mustard, Ketchup Sweet Potato Fries Baked Beans Mandarin Oranges 1% Lowfat White Milk or Nonfat Chocolate Milk	19 Turkey Sliders Tater Tots Mixed Vegetables Mixed Fruit 1% Lowfat White Milk or Nonfat Chocolate Milk
22 Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	23 Chicken Tenders Mashed Potatoes w/ Gravy Sautéed Zucchini Pineapple Tidbits WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	24 Beef and Broccoli Carrot Sticks Ranch Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	25 Green Chile Posole Broccoli Mixed Fruit WG Tortilla 1% Lowfat White Milk or Nonfat Chocolate Milk	26 Salisbury Steak Sweet Potato Fries Creamed Spinach Diced peas WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk
29 Cheese Pizza Tossed Salad w/ Dressing Cherry Tomatoes Black bean salad Fresh Orange 1% Lowfat White Milk or Nonfat Chocolate Milk	30 Three Sisters Stew Blue Corn Bread Pear Carrot Sticks Ranch 1% Lowfat White Milk or Nonfat Chocolate Milk		ENTREE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG- YELLOW OTHER VEG- ORANGE LEGUMES- PURPLE	30 Canned Fruit in Light Syrup WG = Whole Grain

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menubyrd

Indigenous Food Hubs 2025 Harvest of the Month



AUGUST: WILD RICE WILD RICE & BERRY SALAD

COOK TIME
60 Minutes

SERVINGS
8

INGREDIENTS

- 6 ears sweet corn (or 1½ cups frozen corn, thawed)
- 1 cup blueberries, fresh (or frozen, thawed)
- 1 small cucumber, finely diced
- ¼ cup red onion, finely chopped
- ¼ cup fresh cilantro, chopped
- 1 cup wild rice, cooked
- 1 jalapeno pepper, seeded and finely chopped (optional)
- 4 tbsp lime juice
- 4 tbsp vegetable oil
- 2 tbsp honey or maple syrup
- ½ tsp ground cumin
- ½ tsp salt

NOTES

- Wash your rice in cold water. It becomes softer and more pliable.
- Cook on medium-high heat for 35 to 45 minutes until soft.

DIFFICULTY:

EASY MEDIUM HARD

DIRECTIONS

1. In a large saucepan, bring salted water to a boil.
2. Remove husks from corn and add to water.
3. Cook covered for 5 minutes, or until tender.
4. When cool enough to handle, cut corn from cobs.
5. In a serving bowl combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
6. Pour dressing over salad and toss.
7. Cover the salad and refrigerate overnight or up to 24 hours.

For dressing:

1. In a screw-top jar combine lime juice, oil, honey, cumin, and salt.
2. Cover and shake well to combine.



Indigenous Food Hubs 2025 Harvest of the Month



AUGUST: WILD RICE

CULTURAL SIGNIFICANCE

- Manoomin (Anishinaabe for wild rice) means "the good berry."
- Many tribes across the continent eat wild rice as a staple and use it in ceremony, social rituals and oral traditions.
- Historically, the super nutrient-dense food was used as a commodity and traded.
- Wild rice is used in soups, salads, and many side dishes and desserts.

WILD RICE MOONS

Many tribes refer to one month in late summer/early fall as the "Wild Rice Moon" in their language.

- Ojibwe/Potawatomi: Manoominike-gizis (Moon of Gathering Wild Rice)
- Dakota: Wasuturji (Ripe Rice Moon) and Psighnaketu Wi (Wild Rice Storing Moon)

WILD RICE HARVEST

Many Eastern Woodlands tribes gather wild rice by hand in a canoe. They use "knockers" as they float through a wild rice bed to gently brush the mature rice grains into the boat while allowing some to fall into the bed as seeds for the next year.

NUTRITION AND FUN FACTS

- Three species of wild rice grow in the United States, primarily in parts of the Great Lakes, Texas, Florida, and the Gulf and Atlantic Coasts.
- Wild rice thrives in streams, rivers, and lakes with shallow water, a slow current, and a muddy substrate. Marshes are ideal!
- Wild rice is food for migratory waterfowl, birds and other animals.
- About 99 percent of US-cultivated wild rice is grown in Minnesota and California.
- Wild rice grows up to 10 feet tall with a moderate fire tolerance. It thrives in direct sunlight.
- It is a whole grain and a good source of carbs, fiber, thiamin, niacin, vitamin E, vitamin K, iron, magnesium, potassium and zinc - a very nutrient-dense food!



Stop when red lights flash!

SCHOOL BUS

SAFETY TIPS

Stay away from the bus until it comes to a **complete stop** and the driver signals you to enter.

Stay away from the bus until the driver gives his/her signal that it's ok to approach.

Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.

Have a safe place to wait for your bus, **away from traffic and the street.**

Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do.

When being dropped off, exit the bus and **walk ten giant steps away** from the bus.

Use the handrail to enter and exit the bus.

Protect yourself and watch out!



All 50 States require traffic in both directions to stop on undivided highways when students are getting on or off a school bus. The wording varies from state to state, but generally, the law requires the following:

- **The school bus driver activates flashing yellow lights to indicate the school bus is preparing to stop to load or unload students.**
- **At this point, motorists should slow down and prepare to stop.**
- **The school bus driver activates flashing red lights and extends the stop arm to indicate the school bus has stopped and students are getting on or off.**
- **At this point, motorists must stop their vehicles.**

"DON'T LOSE YOUR RIDING PRIVILEGE!"

FOLLOW THESE RULES

1. Be on time. Remain in your seat.
2. Have respect for others and for the driver. Listen to the bus driver.
3. For your own safety, do not distract the driver.
4. For safety, keep the aisle and exits clear.
5. Be courteous. Never use foul language or obscene gestures.
6. Keep all body parts inside the bus.
7. Use of tobacco, alcohol, and drugs is prohibited.
8. No food or drinks on the bus.
9. Do not damage any part of the bus, you and your parents/ guardians are responsible for repairs.