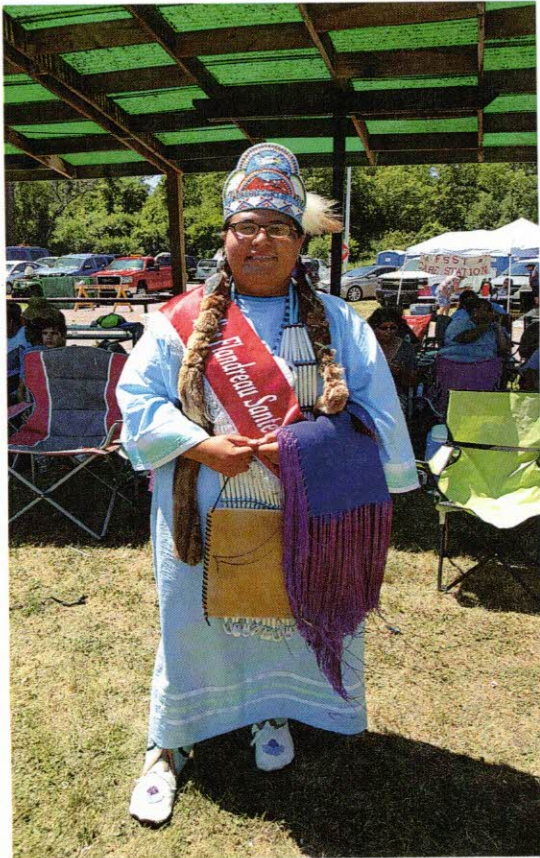
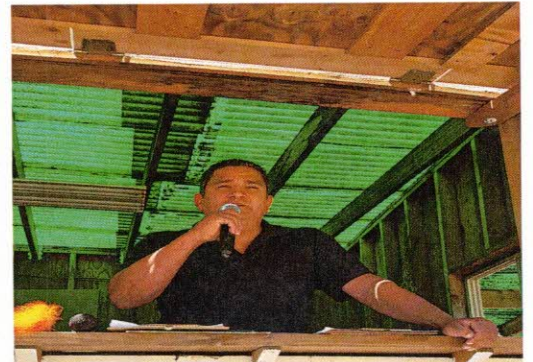


Flandreau Santee Sioux Tribe Monthly Newsletter

July 2017

Wakpa Ipaksan Oyate 55th Annual Traditional Wacipi

*Canpa Sa Wi (The month when
chokecherries turning red) - July*



FEST ROYALTY

Gayle Vazquez Miss Flandreau Santee
Sioux. Daughter of Gayle & Oscar-
Vazquez

Maya Anderson Jr Miss Flandreau Santee
Sioux daughter of Eric Anderson,
Granddaughter of Victoria Anderson
and Great granddaughter of Betty Tay-
lor.

Flandreau Santee Sioux Tribe Newsletter is a monthly publication by the

Flandreau Santee Sioux Tribe.
Digital photos, text on diskette
or other media is encouraged.
Flandreau Santee Sioux Tribe

Attn: Marcie Redday

Gayle Soward

P.O. Box 283

Flandreau, SD 57028-0283

or Call: 997-3891 ext 1251

Marcie.redday@fsst.org

gail.soward@fsst.org

NOTICE OF DISCLAIMER:

In preparation of this newsletter, every effort has been made to offer the most current, correct, and clearly expressed information possible. Nevertheless, inadvertent errors in information may occur. In particular but without limiting anything here, the Flandreau Santee Sioux Tribe (FSST) and its employees disclaim any responsibility for typographical errors and accuracy of the information that may be contained in the Flandreau Santee Sioux Tribe's Newsletter. The FSST also reserves the right to make changes at any time without notice.

The information and data included in this newsletter have been compiled by the FSST Newsletter staff from a variety of sources, and are subject to change without notice. The FSST makes no warranties or representations whatsoever regarding the quality, content, completeness, or adequacy of such information and data. In any situation where the official printed publications of the FSST differ from the text contained in this newsletter, the official printed documents take precedence.

If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next available newsletter. We reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.

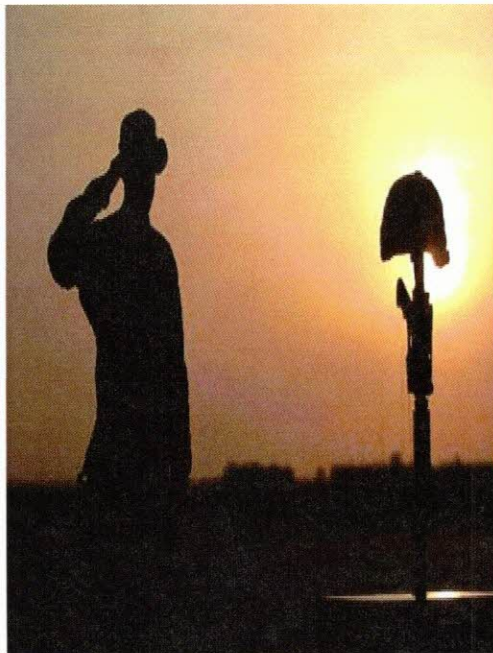
NEWSLETTER SUBMISSION

GUIDELINES:

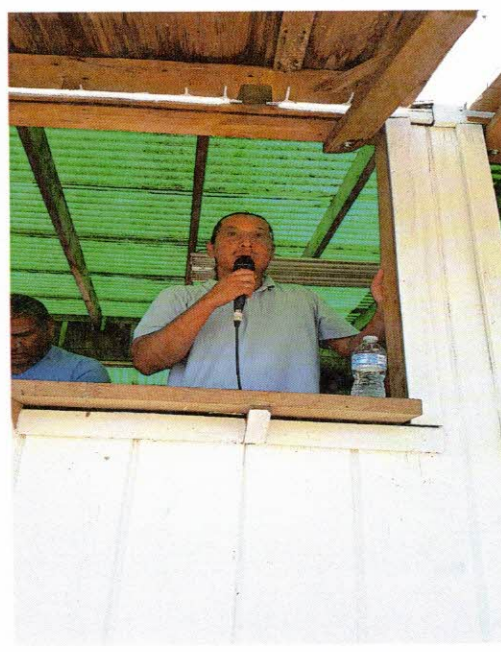
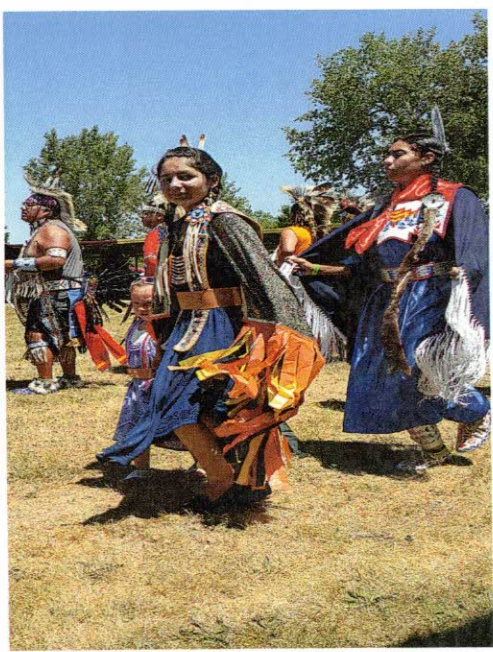
Submissions must be made in typewritten (or computer generated) format. They can be submitted directly to Marcie Redday in hardcopy, on disk or via email at: Marcie.redday@fsst.org or gail.soward@fsst.org

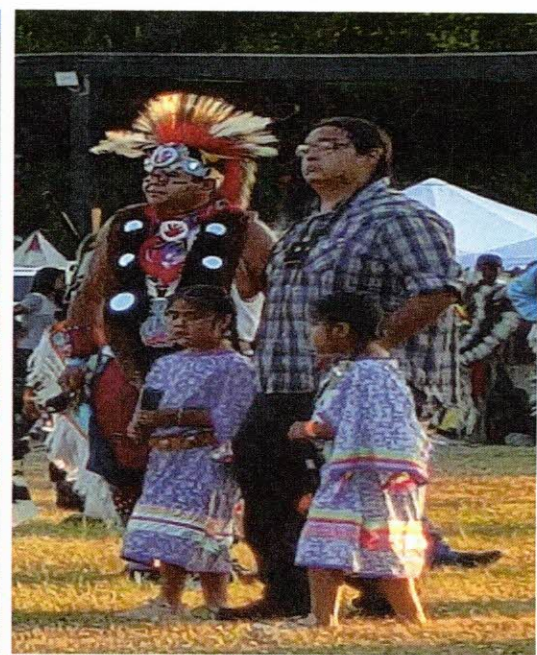
The FSST reserves the right to edit submission for content and clarity when appropriate. Additionally, submissions not of a time sensitive nature may be delayed for inclusion until subsequent newsletters.



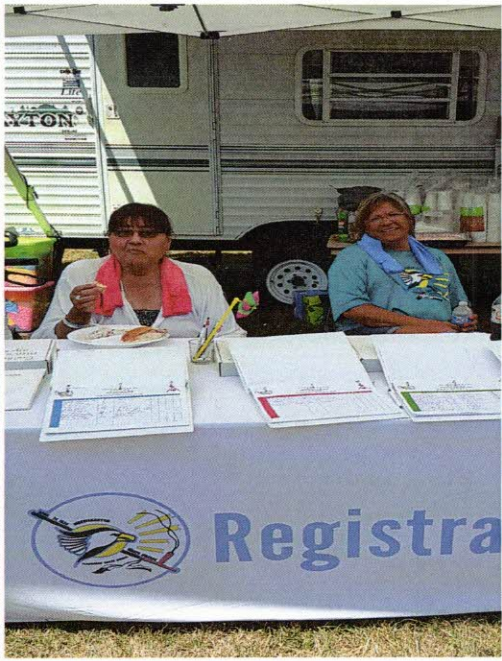


*Sid & Sue Byrd
Memorial Tiny
Tot Special*





HAPPY FEET!



Special thanks the Tribe's devoted and dedicated pow wow committee: Jessica Hovland, Mike Weston, Mike Wakeman, Kristi Beitz. Pam Byrd volunteered at the registration table, it was deeply appreciated and helped out tremendously.



22nd Annual WACIPI Fun Walk/Run

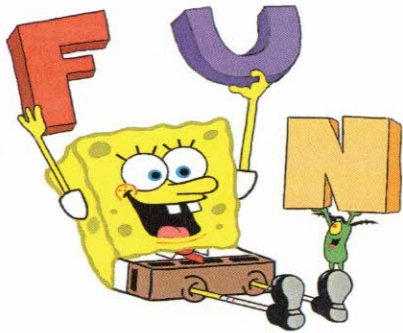




Nick Ross's Family

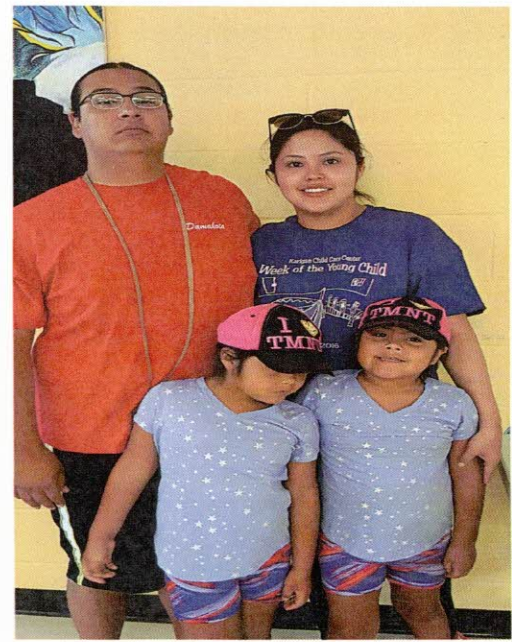


Jeanette Allen Family



Victoria & Shannon on the move

Avery Jone's Family



THE FLANDREAU SANTEE SIOUX TRIBE PRESENTS:

2017 FSST Fish Derby

Saturday August 12th, 2017

The Water Department of Natural Resources would like to invite one and all to grab your gear and join us for a free fishing derby at the South end of Flandreau City Park. Trophies will be given out for youth categories, and lunch will be served at noon to all registered participants!!!

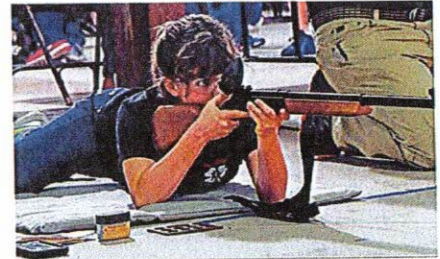
Questions?
Contact: Tim Spade,
Water Quality Specialist
605-997-5123 ext. 3
tim.spade@fsst.org
Or: Liz Wakeman, BIA
Water Technician
605-997-5123 ext. 2
elizabeth.wakeman@fsst.org

Flandreau City Park– 1 mile
East of Flandreau on Pipestone
Ave. South Side of the Park.



In addition to the main fishing event, we are pleased to announce that the SD GFP will be providing equipment and staff for stations set up to teach kids about:

BB Guns– Show us your skills and learn some basic safety rules about handling and operation.



Archery– Get hands on instruction about the basics of handling a bow and arrow and target practice.



Wiccoicaga Otipi Summer Calendar

9am-4pm Dakota lapi
Summer Program

1:30-3:30pm Open Gym

MON
anpetu tokaheya

TUES
anpetu inunpa

9am-4pm Dakota lapi
Summer Program

4pm-5pm Open Gym

9am-4pm Dakota lapi
Summer Program

1:30-3:30pm Open Gym

WED
anpetu iyamni

THURS
anpetu itopa

9am-4pm Dakota lapi
Summer Program

9pm-12am *Student Activity
Night (12-17 y.o.)

9am-4pm Open Gym

FRI
anpetu izaptan

9pm-12am **Student Open Gym
(13-20 y.o.)

SUN
anpetu isakowin

*Student activity night is open to 12-17 year old students.
**Student Open Gym will be basketball or volleyball. The participants must be 13-20 years old.
***Schedule is tentative and subject to change with little or no notice. Schedule changes will be posted to the Wiccoicaga Otipi Community Center Facebook page and at the building.

FSST Education Office 997-2859

Dakota lapi Ospaye 864-8887

FSST Recreation 573-4195



JOURNEY TO THE SPIRIT WORLD

Solomon G Fleury

February 21, 1945- June 29, 2017

Aberdeen, SD-Funeral service for Solomon G. Fleury, Jr., 72, of Aberdeen will be 11:00 am, Thursday, July 6, 2017 at Carlsen Funeral Home and Crematory. Rev. Fr. Mark Lichter will officiate. Burial will be in Sacred Heart Cemetery with military graveside rites.

There will be a rosary at 7:00 pm on Wednesday with a visitation from 4:00-7:00 pm at the funeral home.

Solomon died Thursday, June 29, 2017 at his home.

Sol was born at Fort Thompson, SD, to Solomon Fleury, Sr. and Florine Touche-Zephier. He graduated from Immaculate Conception School 1965 in Stephan, SD, where he excelled in basketball and was a high scoring player. His team won the Catholic State Championship in 1963. He was drafted into the U.S. Army in 1965 and served in Germany. He was discharged in 1966 to care for his father.

Sol married Gail Gray in 1967 and worked in Altoona, PA, putting up power high lines for a short time. He moved to Aberdeen and attended college at Northern State College in 1967. He served in the Army Reserves from about 1973 to 1974.

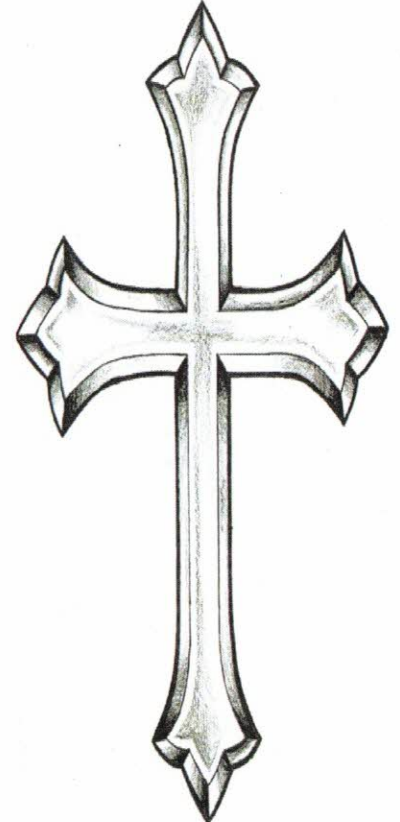
He and Sandra Wakeman married in 1979. Sol worked for the Indian Health Service in Aberdeen as a surveyor and draftsman for 33 years; retiring in 2000. After retiring from the government he worked as a driver for the railroad.

Sol enjoyed many activities and competitive sports – basketball, archery, hunting, bowling, horseshoes, softball, and was very creative in a variety of arts and crafts.

Grateful for having shared Solomon's life are his wife Sandra Fleury of Aberdeen; two daughters, Darci Fleury of Rapid City, SD and Kari Fleury of St. Cloud, MN; three sons Michael Fleury of Denver, CO, Kenneth (Tarah Martin-Gipp) Fleury of Aberdeen and John Fleury of Aberdeen; eight grandchildren, Morgan Visto, Brandon Visto, Madison Fleury, Bryson Fleury, Zaina Red Horn, Olivia Fleury, Uriah Fleury and Kenzi Fleury; one great-grandson, Desmond Visto and two sisters, Betty Cable of Cedar Vale, KS and Shirley Burgess of Tulsa, OK.

He was preceded in death by his parents, one brother Kenneth Fleury and four sisters Phyllis Fleury, Norma Jean "Jeanie" LeCompte, LaVonne Thompson, and Ramona Alexander.

Carlsen Funeral Home and Crematory of Aberdeen has been entrusted with arrangements. www.Carlsenfhome.com



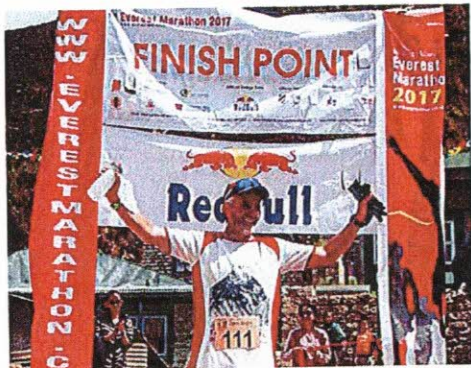
Natrual Resources and FIS students beautify FSST signs

Natrual Director Elizabeth Wakeman, Natural Resouces tech Jonathon Schrader, Amanda Fast Horse, Diane Makes Him First and Lamuel Armstrong



On top of the world

Flandreau man, son compete in half marathon on Mount Everest



Bruce Allen, 54, of Flandreau, finishes third in the Mount Everest Half Marathon May 29 in a time of 2:41:16.

By Dave Graves
Newsletter editor

Bruce Allen has already run a marathon at the bottom of the world, completing the Antarctica Marathon March 13, 2016.

In June he had plans to run one at the top of the world, the Mount Everest Marathon. He was accompanied on the three-week expedition by his 15-year-old son, David, who didn't intend to do the marathon. That changed a couple time during their May 14 to June 2 adventure from the Sioux Falls Airport to the Lukla Airport in the Himalayas of Nepal.

After spending nearly two weeks gradually climbing toward Mount Everest Base Camp, the marathon's starting point, David decided he wanted to run/hike the marathon route.

But at mandatory medical exam the day before the May 29 marathon, race officials ruled that David Allen hadn't acclimatized properly to tackle his first marathon, his father said. David was sent down the mountain to compete in what would be only his second half marathon. Bruce could have run the marathon, but opted to stay with his son.

The trip was arranged through Cold Feet Adventure, which provided guides to carry the runners' belongings, prepare meals and set up tents.

Many struggled with elevation

Members of the group, which numbered 22, regularly had their heart rate and oxygen levels tested, Bruce Allen said. "If David had another day to acclimatize he probably could have run" the marathon, Bruce said.

Several factors figured in David Allen not being accepted for the marathon.

"We didn't initially start taking Diamox (an altitude sickness pill) and he was feeling a little dizzy," Bruce said. Plus, he hadn't been eating much. "David is a picky eater. He didn't eat like he should have; mostly Cliff bars." Noodles were diet staple and eggs were the only protein that was served to the

For the greater good

In addition to personal accomplishment, Bruce Allen also ran to raise funds for 6-year-old Hovakah Bostin, of Flandreau, who is battling a form of Leukemia. "I would like to thank everyone who has donated and sent prayers to Hovakah and his family," Allen said in thanking those who donated a total of \$1,025.

In addition, the marathon group raised \$1,000 among themselves to help an elementary school that was struck by the 2015 earthquake in Nepal.

marathon group, Bruce Allen said.

Medical conditions of others in the group also had race organizers on edge and they weren't going to take a risk with a 15-year-old, Allen said.

The day before the pre-marathon medical exam a lady died from a heart attack while in the caravan's portable tea room. Two others were sent down because of altitude sickness and another 10 were denied a chance to run because they were so dizzy that they couldn't walk a straight line, reported Allen, a Prairie Striders member from Flandreau.

'Hardest half marathon'

While the marathon started at Everest Base Camp, 17,600 feet above sea level, the half marathon started at 14,500. The races shared the same finish line.

Allen said rainy weather arrived a few days before the races, knocking out internet and cell phone service as well as bringing some snow to Everest Base Camp. But the skies parted on race day. Runners were greeted with clear skies, a dry course and moderate temperatures. Allen said he ran in sports tech shorts and a short-sleeve tech shirt.

The course drops 2,000 feet from start to finish, "But it's up and down. A lot of switchbacks on rocks. So it's hard to get a good pace. I'm just glad I never twisted an ankle.

"It was the hardest half marathon I've been a part of. There are very few spots you can actually get a straight run in. You've got to bounce from rock to rock. The terrain is tough. No two strides are the same. You can't get a decent stride," said Allen, who added there was a steep uphill section that was nearly a mile long and had everyone walking.

Extra conditioning pays off

Nonetheless, Allen finished in third place with a time of 2:41:16. David finished in 3:54:19.

When Allen traversed the 13 miles from Everest Base Camp to the camp at the half marathon start, it took him three hours at a fast-paced hike. So he was hoping for an official time of 2:30, but wasn't disappointed by his effort May 29.

The first two runners quickly left the pack and finished in 2:18:53 and 2:33:15. Allen was eight minutes ahead of fourth place.

All four beat the course record, which was a rather slow 3 1/2 hours. "A lot of times in these kinds of races, the half doesn't draw serious runners. We had a lot of serious runners in the half this time," said Allen, who set a 2:53 marathon PR in Brookings in 2013. "After seeing how good I was doing, I was shooting for place."

He said the runners that beat him were 10 to 20 years younger and 15 to 20 pounds lighter, so he was pleased with how he acclimatized.

Allen said part of his training was to carry a heavy backpack on all the group's hiking. He had never been higher than 11,000 feet before the trip, but he did wear an altitude mask for some four- or five-mile treadmill runs. During the two weeks of acclimatization, there were nine hiking days, reaching a peak elevation of 18,200.

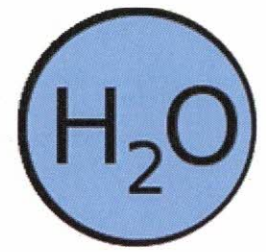
Try again next year?

The races are always run on May 29, the anniversary date of the first successful summiting of 29,029-foot Mount Everest in 1953.

Allen's 2018 adventure marathon is already planned—the Inca Trail Marathon in the Southern Peruvian Andes. It bills itself "the most difficult marathon in the world." But he also is considering giving the Mount Everest Marathon another shot, which is a week earlier, because he then wouldn't need to adjust to the 13,800-foot elevation of the Andes.

While the Everest Marathon eluded him this year, he's thankful for the time with his son. "That trip really expanded what David found out he could do."





7 Tips to Help Prevent Dehydration in Elderly

1. Encourage your patients to drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.
2. Five 8-ounce glasses of water per day is a good bench for elderly. Although everyone's needs are different, studies have shown that elderly adults who drink 5 glasses of water experience lower rates of fatal coronary heart disease.
3. Elderly should avoid coffee, alcohol and high-protein drinks, especially in large quantities, because they have a diuretic effect. This leads to a greater loss of body water, which can cause or exacerbate dehydration.
4. Make it easier for elderly to drink more fluids voluntarily. Encourage older adults to drink water, milk or juice with every meal, and keep favorite beverages nearby.
5. Elderly and their families should recognize the early warning signs of dehydration. **Warning signs include fatigue, dizziness, thirst, dark urine, headaches, dry mouth/nose, dry skin and cramping.**
6. Remember that foods high in water, like fresh fruits, vegetables and some dairy products, can help elderly meet their daily water needs. Encourage elders to eat foods high in water.
7. Fear of incontinence can diminish a elder's urge to drink voluntarily. Therefore, encourage patients to drink more during the day and limit drinking before bed. Additionally, drinking small amounts of water throughout the day may help.-Drip Drop



*If there is a change in your
address ...*

*Don't forget to update with
Marcie Redday*



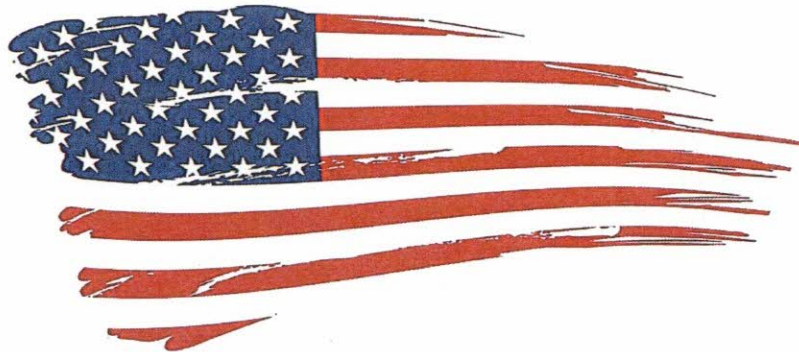
Senior Center Picnic

Friday August 11 at 5:00 pm

City Park Shelter

This Year's Theme **"Celebrate America"**

Come dressed in **Red, White & Blue**



**There will not be a noon meal served
that day!**



“Happy 94th Birthday to FSST oldest Tribal Member”



Naomi Jones 7/20/1923

Naomi Lives in Aberdeen. I have no pictures of Naomi, A Senior outing was planned to visit Naomi but due to Naomi feeling under the weather it was post phoned .

Happy Birthday in July

Rhea Canku 7/14

Rosella Jones 7/26

Melvin Renville 7/19

Ardie Lovejoy 7/31

Tyrone Issac 7/21



© wondercliparts.com

Lockers Future Still Unknown

Following a fire that destroyed the Flandreau meat locker on Thursday June 29 plans for the business moving forward is remains unknown.

“we’re still taking our time trying to figure it out.” Said locker owner Tyler Kills A Hundred. Plans for demolition of the building. Located at 114 W 2nd Ave. are not yet set. Pending further discussion with insurance company.

But Kills a Hundred says he’s hoping it can happen soon. The Butcher’s BBQ. Which the locker host each week has been temporary been relocated to the picnic area by the Flandreau Aquatic center. The lunch will continue as usual on Thursdays from 11-2pm or until food runs out.

A Go fund me page has been created to support the Flandreau Meat Locker during this time at www.gofund.comtylersarah-kills-a-hundred. Other fund-raising efforts include an account for donations at first saving bank, and by searching underground threads to purchase a Flandreau Meat Locker T-shirt



“Education”

“Good Medicine”

Quote of Chief Red Cloud
– Oglala Sioux Tribe



***Grace Moore Senior Citizens Center
Fundraiser
T- Shirts for Sale***



Sm-Extra Lg. - \$15.00
XXLg. - XXXLg. - \$17.00

Please stop on by the GMSC and check out our T-Shirts!
If we don't have your size available; we can order it for you!!

Contact Information: Gayle Soward

Phone Number: (605) 997-2924 & Email: gail.soward@fsst.org



July Fourth Word Search



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY

NATION
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED



Flandreau Santee Sioux Tribe Counseling Center

1301 S. Veterans St
Phone: (605) 997-3844

Flandreau, SD 57028
Fax: (605) 997-3694

Addiction Counseling

Evaluations- Walk-ins welcome or by appointment

Individual Counseling- Alcohol or drug addiction

Codependency Education/Counseling- Assistance for family members of addict/alcoholic

Inpatient Treatment- Assistance with paperwork and funding

Aftercare Group- Wednesday @ Noon

MRT Group (Moral Reconciliation Therapy- Criminal Thinking)- Tuesday @ Noon

CBISA Services (Cognitive Interventions for Substance Abuse), as needed

***Currently exploring need for Intensive Outpatient Program with a waiting list**

Addictions Counselor: Elisa Kelley, MS, ACT
605-573-4164
Elisa.kelley@ihs.gov

ELEMENTARY K-4

Kindergarten

Crayola crayons (regular) 24
Scissors
Large pink eraser (1)
Paint shirt
Pencil box (no bags)
Large box of Kleenex (1)
Resting Mat or Rug ONLY
Elmer's Jumbo Glue Stick (6)
Package of napkins (1)
Clorox disinfectant wipes (2)
Back pack- large - no rollers
Prang/Cray. Water Color Paints
Headphones (optional)
Gym shoes

First Grade (label with name)

Ticonderoga Brand Pencils (12)
Crayons (24)
Eraser (2)
School supply box
White school glue & glue stick
Scissors
Watercolor paints (set of 8)
Large box of Kleenex (3)
Clorox disinfectant wipes (2)
Vinyl Pocket folders (2)
Clipboard
Wide lined notebook
Paint shirt
Headphones (optional)

Second Grade

2 Ticonderoga Pencils (12)
Red pens (2)
Crayons
Markers - thick
White board marker (4)
Colored pencils
School glue (1)
Scissors
Water colors
Vinyl pocket folders (3)
Blue, Red, Green
Erasers (pencil top & pink)
Large box of Kleenex (2)
Pencil box (standard size)
Red Notebook (wide rule)
Blue Notebook (wide rule)
Glue stick (6)
Disinfectant wipes (2)
Headphones

Third Grade

Pencils
Large Erasers (2)
Red Pen
Markers (12)
Crayons (24)
Colored Pencils
Dry Erase Marker
Scissors
Glue/Glue Stick
Pencil box
Pocket folders (2)
Wired wide-line notebooks (2)
Highlighter

Large Box of Kleenex (2)
Disinfectant Wipes (1)
Headphones for Ipad
Stylus for Ipad

Grade 4

Pencils
1 folder
Headphones for iPad
Stylist for iPad
Scissors
Washable Markers
Crayons (small box)
Colored pencils
Notebooks (3)
Large box of Kleenex (2)
Large eraser
White glue (small)
Highlighters
Disinfectant Wipes (1 pkg)
Pencil case/bag
Whiteboard marker & eraser

2-4 Music

Pocket Folder
Pencil

PE: K-4 Recommended

Separate soft-soled tie tennis shoes to leave at school. Not mandatory

MIDDLE SCHOOL 5-8

Grade 5

Pencils
Large eraser
Red pen
Large box of Kleenex (2)
Colored pencils
Washable markers
Crayons (small box)
Ruler
Scissors
White glue (small)
2 pocket folders
Small pencil box or pouch
4 function calculator
3 Notebooks
Highlighter
Black dry erase marker
White board eraser
Clorox wipes (1) - large
Headphones

Grade 6

Pencils/erasers (24)
Red pens (2)
Colored pencils & crayons
Zippered binder pencil pouch
Scissors
Single subject notebooks (6):
1-red 1-green 1-yellow
1-blue 1-orange 1-purple
Pocket folders (7):
1-red 1-green 1-yellow
1-blue 1-orange 1-purple
1-black
Glue or Glue stick

1" 3-ring binder (1)
Highlighter
Head phones
Disinfectant wipes (1)

7th & 8th Grade Band

Percussion-1 pr. 5A drum sticks
Students using school owned instruments will be charged a yearly \$30 usage fee.

7th Grade

Zippered binder pencil pouch
Erasers or eraser caps
Pencils (24)
Pens (red and blue)
Colored pencils (optional)
Kleenex (2 boxes)
Disinfectant Wipes (1)
Loose-leaf paper (2 pkg)
3x5 index cards
3" Red 3-ring binder
1" Blue 3-ring binder
1" Black 3-ring binder
2" Pocket Binder - Green
Binder dividers (optional)
Highlighter
Headphones

8th Grade

Zippered binder pencil pouch
Erasers or eraser caps
Pencils (24)
Pens (red and blue)
Colored pencils (optional)
Kleenex (2 boxes)
Disinfectant wipes (1)
Highlighter
Spiral Notebook (1)
3x5 ruled index cards
3" Red 3-ring binder
1" Blue 3-ring binder
1" Black 3-ring binder
2" Green 3-ring binder w/pocket
Looseleaf paper (2 pkg)
Binder dividers (optional)
Headphones

8th Grade Algebra *

For those taking HS algebra

Scientific calculator TI-30XIIS
Composition graphing notebooks (2)
.9 mm mechanical pencil
6" ruler (prefer metal)

Note: MS PE students

Need to bring a change of shoes & clothes to allow for participation. Bring a towel & personal care items for use after gym class.

HIGH SCHOOL ON BACK

HIGH SCHOOL 9-12

General supplies for ALL

Ear buds
Note cards (100 ct)
Large box of Kleenex (2)

Art I & II

Erasers 1" plastic or art gum
1 kneaded eraser
2 soft pencils
Paint shirt
Soft cotton rag

Band

1 Pair All Black Band Shoes
1 Pep Band T-shirt (\$15)
Percussion-1 pr 5A drumsticks

Student's using school owned instruments will be charged a yearly \$30 usage fee-percussion also.

Chemistry

Scientific Calculator (TI-30XIIS)
(Graphing Calculator recommended)
Notecards(turned in 1 semester)
1" or 1 1/2" 3 ring binder (1)
Loose leaf paper
2 Pocket folders
Colored pencils

CSI

Scientific Calculator (TI-30XIIS)
or (Graphing Calculator recommended)
Notecards(turned in 1 semester)
1" or 1 1/2" 3 ring binder (1)
Loose leaf paper
2 Pocket folders
Colored pencils

Spanish I, II, III

3 ring binder (1)
Loose leaf paper
Pens & pencils

Physics

Scientific Calculator
(Graphing Calculator recommended)
Notecards(turned in 1 semester)
1" or 1 1/2" 3 ring binder (1)
Loose leaf paper
2 Pocket folders
Colored pencils

Geometry

2 Composition books quad ruled
6 inch metal ruler
Pencils
Correcting pen (red)
*Scientific calculator – T1-30XIIS
Good quality bow compass

Algebra

2 Composition books quad ruled
Pencils (12)
6 inch metal Ruler
Colored pens
*Calculator – T1-30XIIS

Algebra II

Binder
Notebook
Loose Leaf paper
Pencils
Correcting pen
Graphing Calculator – TI84/TI83
Book Cover

Pre-Calculus

Binder
Notebook
Loose Leaf paper
Correcting Pen
Graphing Calculator-TI84/83
Pencils (12)
Book Cover

Pre-Calculus II

Binder
Notebook
Loose Leaf Paper
Correcting Pen
Graphing Calculator-TI84/83
Pencils (12)

Senior Applications of Math

Notebook
Folder
Loose leaf paper
Calculator-TI30/Casio
Pencils

9th Grade English

1-3 ring binder- 1 1/2 - 2"
Loose leaf paper (500 sheets)
Black/blue ink pens for all year
3 – pocket folders
1 – composition notebook

Child Dev/Wellness & Nutrit.

2 – pocket folders
Loose Leaf paper
Ink pens

***NO SUBSTITUTIONS**

Note: HS PE students need to bring a change of shoes, shorts and a t-shirt to allow for participation. Bring a towel & personal care items for use when needed after gym class.

July 2017 Menu

Monday

CLOSED 3



10
Spagetti w/meat
Sauce
Tossed Salad
Garlic Toast
Ice Cream Kups

Tuesday

CLOSED 4

11
Fish Sandwich
Macaroni Salad
Sliced Tomato's
Apple Crisp

Wednesday

5

Barbque Chicken
Wings & Legs
Parslied Potato's
Broccoli w/cheese sauce
Pears

12
Roast Beef
Mashed Potato/gravy
Glazed Carrots
Confetti Cottage Cheese
Birthday Cake

Thursday

6

Swedish Meatballs
Mashed Potato's
Lima Beans
Oat Pan Rolls
Brownies

13
Hamburgers
w/all the fixins
Potato Salad
Baked Beans
Watermelon

Friday

7

Wisconsin Cheese
Soup
Tuna Salad Sandwich
Snicker Fruit Sald

CLOSED



17
French Toast
Scrambled Eggs
Sausage Patties
Mixed Fresh Fruit

18
Chicken Wraps
Rice Pilaf
Fruited Jello

19
Hot Turkey Sandwich
Mashed Potato/gravy
Seasoned Green Beans
Cranberries
Pumpkin Dessert

20
French Dip Sandwich
Oven Brownd Potato's
Corn on the Cob
Watergate Salad

21
Chef Salad
Bread Stix
Fresh Fruit

24
Soft Shell Taco
Spanish Rice
No-Bake Cookies

25
Potato Soup
Ham Salad Sandwich
Rice Krispie Bars

26
Barbque Brisket
Baked Potato
Corn Salad
Bread Pudding

27
Chicken Salad
On Croissant
Tomato, Cucumber Salad
Banana Bread

28
Corn Chowder
Grilled Cheese Sandwich
Celery & Carrot Stix
Cookies

31
Sloppy Joe's
Sweet Potato Fries
Pickles
Pudding w/banana's