

# Hawk Happenings

A monthly publication of the Woodward-Granger Community School District

February 2019



*Third grade had engineers come to visit to help with our forces unit by discussing what engineers do! They also helped prepare us for our bridge design project coming up this month!*





By W-G Superintendent  
Brad Anderson

## Fundamental Changes in the Central Office

With the recent case of District embezzlement coming to a conclusion, processes and procedures in the Central Office have been both internally and externally put under a microscope with many fundamental changes being made to deter and prevent future temptations. Below is a list of some of these changes:

1. A complete review of the currently small staffing core has been conducted and analyzed to see if the jobs in the office can physically be accomplished with the level of segregation of duties required.
2. Job responsibilities have been reviewed and reassigned with additional crosschecking and authorizations to complete specific work tasks assigned (i.e. no one person has the power to complete multiple steps of the same task...further segregation of duties assigned)
3. Since last school year, a single member of the school board has been invited into the office once a month to review bills, ask questions and review all reconciliations with the School Business Official prior to the regular school board meeting.
4. Standard operating procedural manuals are in the process of being redesigned and crosschecked with our local auditors and then approved by the school board regarding all central office and district transactions.
5. New auditors have been acquired by the district with the understanding that we want a thorough and comprehensive review of all areas of the District finances on an annual basis along with recommendations to continually improve current practice.

As we continue to engage with our auditors, software vendors and local resources to improve on processes and practices, we understand the magnitude and responsibility that is entrusted to us for being stewards of your taxpayer dollars. We will continue to be transparent with these endeavors while restoring the overall trust in the District.

If you have additional questions about this article and/or about the District in general please feel free to contact Brad Anderson, Superintendent at bradanderson@wghawks.school or by calling 515-999-8022.

You Are Invited!

## Spring School Improvement Advisory Committee (SIAC)

Twice a year (fall and spring) a group of students, parents, community members and staff come together to discuss and make recommendations to the W-G Board of Education regarding the following:

1. Major educational needs
2. Student learning goals
3. Curriculum, assessment and instruction
4. Long range and annual goals that include, but are not limited to, the state indicators that address reading, mathematics, and science achievement
5. Bullying and harassment prevention goals, programs, training, and other initiatives
6. Any other issues which relate to school improvement

This group is open to anyone/everyone in our communities. We are asking for your consideration in participating in this very important group. The format for the meetings is a two-hour forum where topics are brought up and discussed related to the six areas above, as a group. Recommendations/considerations for the board will be formulated prior to leaving the meeting and as always, we will provide water and snacks for your convenience.

The next regularly scheduled SIAC meeting will be on Tuesday April 16th from 6-8 p.m. in the MS/HS Media Center in Woodward. Thank you for your consideration.

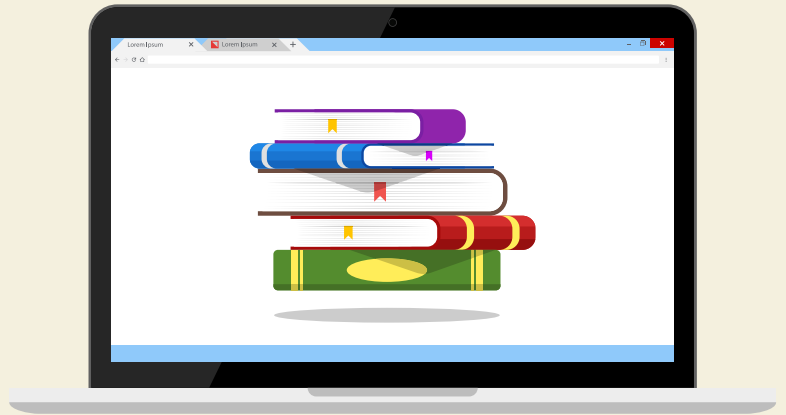


## Library News

The MS/HS library received a face-lift over winter break. The walls have fresh coats of paint and the new circulation desk has been installed. Stop in and see the changes for yourself next time you're at school.

Elementary students have been brushing up on their digital literacy skills and learning how to use online resources efficiently and responsibly. Third graders have learned to use the online catalog to check on the availability of books and place holds on any that are checked out. All WG students can access the online catalog anytime they have an Internet connection. Kindergarten and first grade students at the ELC are discovering new authors while brushing up on story elements and summarizing.

Remember that you can visit the WG Libraries website at <http://bit.ly/2B0nQoD>. Access the catalog, online resources and class calendars by clicking on this link.



# WG BLOOD DRIVE\*

WEDNESDAY, FEBRUARY 13TH  
12:00-5:30 P.M.  
HIGH SCHOOL GYM

SCHEDULE AN  
APPOINTMENT  
TODAY AT  
[WWW.LIFESERVEBLOODCENTER.ORG](http://WWW.LIFESERVEBLOODCENTER.ORG)  
OR CALL  
800.287.4903



\*BY LIFE SERVE BLOOD CENTER



# GRANDWOOD NEWSLETTER

Grandwood will provide functional and transitional learning experiences in a positive and structured environment while advancing student independence.



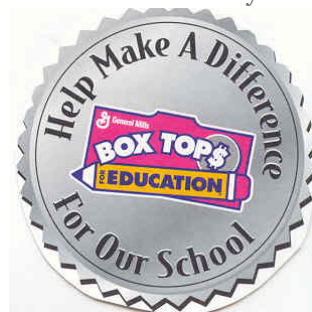
## WISH LIST

- Kleenex
- Hand Sanitizer
- Dry Erase Markers
- Notecards
- Plastic Silverware
- Binder clips
- Glue sticks

## FEBRUARY REMINDERS

Please contact your student's teacher for specific details.

One of our vocational sites is "Box Tops." Through this vocational site, students are able to work on sorting and counting skills. We are then able to turn these Box Tops in for cash for Grandwood! We can purchase extra items that can't be purchased with educational funds. Please watch on your regular purchased items for the small rectangle to cut. Send the Box Tops with your child to help keep the vocational site going AND earn cash for Grandwood! Thank you for your help!





WHAT'S GOING ON AT GRANDWOOD

# Grandwood Basketball



*"The players came together and did a nice job working together on the court"- Coach TMac*



On Thursday, January 10th the Grandwood Hawks scrimmaged the Woodward-Granger Hawks middle school basketball team. This was the first game of the Grandwood Hawks and was a great opportunity for the athletes to get some experience . The Grandwood Hawks will scrimmage Des Moines East Special Olympics basketball team on Friday, January 25th at 1:00 pm at the Grandwood's gym.



# HONOR ROLL

## 6th Grade

### A Honor Roll

Emma Agan  
Andrew Anderson  
Abraham Bell  
Alexis Bogardus  
Emma Brighton  
Landon Chambers  
Chloe Daws  
Chandler Drake  
Sophie Emery  
\*\*Avery Finestead  
Tyler Fitch  
Macey Fitzgerald  
James Flugge-Smith  
Casey Foster  
Keilayla Gregory  
Boden Greiner  
Taylor Headley  
\*\*Jocelyn Honkomp  
\*\*Joie Lantz  
Quin Mahler-Moreno  
Auvielle McCord  
Abigail Mentzer  
Katherine Meusburger  
Jacey Orman  
Brinna Orr  
\*\*Bradley Palmer  
Hannah Parkinson  
\*\*Cooper Petersen  
Grant Polito  
\*\*Lauren Rodgers  
Madison Rodgers  
Morgan Savage  
Kainen Schirman  
Sophie Smith  
Brady Stucker  
\*\*Caitlynn Tague  
Jada Tague  
Anna Weaver  
Gretta Yingst  
Sadie York

## 6th Grade

### B Honor Roll

Tyler Anousis  
Maxwell Behrens  
Jocelyn Bowsby  
Maximus Dalton  
Landon Devilbiss-Sholley  
James Dorrian  
Schaefer Hanson  
Tabor Lettow  
Gavin McDivitt  
Bryce Polich  
Ava Reinking  
Brady Seeman

## 7th Grade

### A Honor Roll

Ella Bearbower  
Molly Cue  
Caelan Daniels  
Tatum Greenough  
\*\*Elizabeth Grell  
Nikki Halferty  
Kairi Hanson  
Cela Hill  
Jacob Hultman  
Bryan Jesse  
Ethan Jones  
Cadence Klocke  
Taylor Noah  
Oliver Potter  
Claire Praska  
Tanner Ramsey  
Nicholas Rees  
Samuel Sejnoha  
Avery Smith  
Madeline Sus  
Gabrielle Younts

## 7th Grade

### B Honor Roll

Mersaydes Burk  
McKenna Carroll  
Hayden Farmer  
Sawyer Genkinger  
Garrett Hansen  
Kiara Jackson  
Danika Leuenberger  
Dillon Limoges  
Caleb Renshaw  
Abigail Rosen  
Jaden Schmitt  
Georgia Simmons  
Samantha Smith  
Sophia Thomas  
Brock Tiernan  
Breonna Tolle  
Aidan Topalovich  
Blake Tuel



## 8th Grade

### A Honor Roll

\*\*Jenna Achenbach  
Elijah Bell  
Nicholas Bermel  
Landon Bogardus  
\*\*Kiley Brandsfield  
Clayton Campidilli  
\*\*Sophia Clark  
Isabelle Coffin  
\*\*Kara Crouse  
Gracelyn Deputy  
Mason Dorenkamp  
Alayna Dunlavey  
\*\*Ryan Fitch  
\*\*Finley Fitzgerald  
Kolby Fogarty  
Kailey Galbraith  
Eliana Gregory  
\*\*Gretta Hansen  
Kai Hemphill  
\*\*Joshua Hultman  
Benjamin Jesse  
Madeline Mahoney  
Dylan McCaulley  
Elleana Meier  
\*\*Lindsay Mescher  
Charity Mickles  
Ethan Moats  
\*\*Carter Moran  
Alexandra Orr  
Dane Polich  
Gavyn Rothfus  
Makenna Schmitt  
\*\*Madison Schuler  
Kaden Seeman  
Audrey Simmons  
Lilly J. Smith  
Lily A. Smith  
Phoenix Swinton  
Marissa Trees  
Trevor Tuel  
\*\*Carsten Wright  
Hailey York

## 8th Grade

### B Honor Roll

Brylee Bice  
Jayden Flugge-Smith  
Taryn Jackson  
Kaleb Jessen  
Isabella McDivitt  
Allison Moore  
Brody Nardini  
Aydin Sholley  
Abigail Weaver

\*\* Denotes 4.0 GPA

# HONOR ROLL

## 9th Grade

### A Honor Roll

Emma Anderson  
Kaydee Bennett  
Klare Brittain  
\*\*Taylor Buckman  
Donald David  
Paden Drake  
\*\*Makenzie Dresback  
Ashley Gerken  
\*\*Katherine Grell  
\*\*Sydney Grell  
Aidan Honkomp  
\*\*Chloe Houge  
Cole James  
\*\*Rian Jamison  
Kylie Limoges  
Alexandra Mehrhoff  
Nathan Moser  
Annabella Pauley  
\*\*Samuel Pitman  
\*\*Kaitlyn Smith  
Samantha Volz

## 9th Grade

### B Honor Roll

Brayten Ashman  
Corbyn Atwell  
Eberle Brimm  
Sophie Cavanaugh  
Alex Evans  
Jerin Fridinger  
Nikolas Furstenau  
Lucas Hansen  
Devon McNear  
Jack Meusbürger  
Hannah Miller  
Alexia Segovia  
Rebecca Siems  
Zachary Swinton

## 10th Grade

### A Honor Roll

Garrett Burkhardt  
\*\*Kurt Crouse  
Emma Greiner  
Jenae Jones  
Faith Kuehl  
Trey Lettow  
Ava Petersen  
\*\*Ellen Polich  
Olivia Sus  
Emily Trewet  
Tyler Trewet

## 10th Grade

### B Honor Roll

Kailie Beggs  
Starr Claussen  
Ashton Daws  
Walker Deputy  
Sydney Hanson  
Worth Henry  
Martin Ibarra  
Kristopher Kammerer  
Hailey Morrison  
Abigail Pommrehn  
August Thielen



## 11th Grade

### A Honor Roll

Bryce Achenbach  
Brendan Andersen  
Alexander Bice  
Kaya Bowsby  
Nicholas Buch  
\*\*Chloe David  
Jayden Dorenkamp  
Emma Drake  
Chasidy Dugan  
Caden Easter  
Jack Grell  
Natalie Helbling  
\*\*Reese Jamison  
Caleb Jones  
\*\*Quinn Kaufman  
Asher Little  
William Moats  
Chloe Nixon  
Cale Pritchett  
Nathaniel Rosen  
Katelyn Scharlau  
Juliette Sosa-Valle  
Brandon Worley

## 11th Grade

### B Honor Roll

Mae Anderson  
Keith Braunschweig  
John Brittain  
Tanner Elston  
Matthew Hansen  
Tate Lettow  
Izabelle Meier  
Justin Wheeler

## 12th Grade

### A Honor Roll

\*\*Briley Bermel  
Megan Burkhardt  
Sophia David  
Kayley Dresback  
Noah Gleason  
Whitney Halferty  
Hannah Kokemuller  
Mackenzie Major  
Tyler Montague  
Samuel Peterson  
Hunter Pifer  
Lisa Pitman  
Alissa Smeltzer  
Anna Tague

## 12th Grade

### B Honor Roll

Sierra Bailey  
Marah Benbow  
Mallory Burkhardt  
Cierra DeHoet  
Jadon Hartman  
Noah Hoyt  
Cielo Ibarra  
Mya Kasiar  
Jacob Kepford  
Breana Spinler  
Gabriel Yingst

\*\* Denotes 4.0 GPA





Woodward-Granger 2018-19 Multiple Activities Schedule  
(as of 01-24-2019)

Activity	Time	Versus	Location	Location Detail	Comments
<b>FRIDAY, FEB 01, 2019</b>					
Basketball: Boys Freshman Game	4:30pm	Des Moines Christian	Des Moines Christian School		
Basketball: Girls Varsity Game	6:00pm	Des Moines Christian	Des Moines Christian School		
Basketball: Boys Varsity Game	7:30pm	Des Moines Christian	Des Moines Christian School		
<b>SATURDAY, FEB 02, 2019</b>					
HS Speech					State Large Group Speech Competition at Valley HS in Des Moines
HS Instrumental Music					JAZZ BAND - Jack Oats Jazz Festival at Earlham HS
Wrestling: Varsity Sectionals	12:00pm	North Polk, Adel DeSoto Minburn, Ballard, Saydel Community Schools, Van Meter, Woodward-Granger	North Polk		
<b>MONDAY, FEB 04, 2019</b>					
<b>Basketball: Girls JV Game</b>	<b>6:00pm</b>	<b>AC/GC</b>	<b>Woodward-Granger High School</b>		
<b>Basketball: Boys JV Game</b>	<b>7:15pm</b>	<b>AC/GC</b>	<b>Woodward-Granger High School</b>		
<b>TUESDAY, FEB 05, 2019</b>					
Wrestling: Varsity Duals	TBD	TBA,	TBA		Regional Dual Team Wrestling Tournament. Qualifiers and location to be determined.
<b>Basketball: Girls Varsity Game</b>	<b>6:00pm</b>	<b>AC/GC</b>	<b>Woodward-Granger High School</b>		
<b>Basketball: Boys Varsity Game</b>	<b>7:30pm</b>	<b>AC/GC</b>	<b>Woodward-Granger High School</b>	High School Gym	
<b>WEDNESDAY, FEB 06, 2019</b>					
Early Dismissal	2:15pm				
<b>THURSDAY, FEB 07, 2019</b>					
Wrestling: JV Tournament	TBD	Boone	Boone		
Basketball: Boys JV Game	6:15pm	Central Decatur	Central Decatur High School		
Basketball: Boys Varsity Game	7:45pm	Central Decatur	Central Decatur High School		

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**FRIDAY, FEB 08, 2019**

Basketball: Boys Freshman Game 6:00pm Collins-Maxwell Collins-Maxwell High School  
Basketball: Boys Varsity Game 7:30pm Collins-Maxwell Collins-Maxwell High School

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**SATURDAY, FEB 09, 2019**

Basketball: Girls Varsity Regional TBD TBA, TBA TBA Class 2A Girls' Regional Basketball Tournament. Pairings and locations TBD

HS Vocal Music SHOW CHOIR - North Polk Show Choir Invite @ North Polk HS in Alleman.

Wrestling: Varsity District 12:00pm Adel DeSoto Minburn, Ballard, Gilbert, Nevada, North Polk, Perry Community, Roland-Story, Saydel Community Schools, Van Meter, Webster City, West Marshall, Woodward-Granqer Adel DeSoto Minburn High School

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**MONDAY, FEB 11, 2019**

Basketball: Boys Varsity District TBD TBA, TBA TBA Boys' 2A District Basketball Tournament. First Round. Pairings and Locations TBD

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**TUESDAY, FEB 12, 2019**

Basketball: Girls Varsity Regional TBD TBA, TBA TBA Class 2A Girls' Regional Basketball Tournament, Round 2. Pairings and locations TBD

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**WEDNESDAY, FEB 13, 2019**

Wrestling: Varsity State Duals TBD TBA, TBA TBA State Dual Team Wrestling Tournament at Wells Fargo Arena In Des Moines

Early Dismissal 2:15pm

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**THURSDAY, FEB 14, 2019**

Basketball: Boys Varsity District TBD TBA, TBA TBA Boys' 2A District Basketball Tournament. Second Round. Pairings and Locations TBD

Wrestling: Varsity State Meet TBD TBA, TBA TBA STATE WRESTLING TOURNAMENT. Qualifiers to be determined.

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**FRIDAY, FEB 15, 2019**

MS Instrumental Music				JR HIGH JAZZ at Indianola Jazz Encounter in Indianola
Wrestling: Varsity State Meet	TBD	TBA, TBA	TBA	STATE WRESTLING TOURNAMENT. Qualifiers to be determined.
Basketball: Girls Varsity Regional	TBD	TBA, TBA	TBA	Class 2A Girls' Regional Basketball Tournament. Semi-Finals. Qualifiers and locations TBD

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**SATURDAY, FEB 16, 2019**

HS Vocal Music				SHOW CHOIR at Indianola Jazz Encounter at Indianola HS
HS Instrumental Music				HS JAZZ BAND at Indianola Jazz Encounter at Indianola HS
HS Speech				All - State Large Group Speech Festival at ISU in Ames
Wrestling: Varsity State Meet	TBD	TBA, TBA	TBA	STATE WRESTLING TOURNAMENT. Qualifiers to be determined.

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**MONDAY, FEB 18, 2019**

Basketball: Girls Varsity Regional	TBD	TBA, TBA	TBA	Class 2A Girls' Regional Basketball Tournament. Finals. Qualifiers and locations TBD.
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**TUESDAY, FEB 19, 2019**

Basketball: Boys Varsity District Finals	TBD	TBA, TBA	TBA	Boys' 2A District Basketball Tournament. Final Round. Pairings and Locations TBD
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**WEDNESDAY, FEB 20, 2019**

Early Dismissal	2:15pm			
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**FRIDAY, FEB 22, 2019**

WGCS D

No School.  
Staff  
Professional  
Development  
Day.

HS Instrumental Music

Jim Coffin Jazz  
Festival at WG  
in the  
auditorium.  
Day 1 of 2**SATURDAY, FEB 23, 2019**

HS Speech

District  
Individual  
Speech  
Competition at  
ADM in Adel

HS Instrumental Music

Jim Coffin Jazz  
Festival at WG  
in the  
auditorium.  
Day 2 of 2

Wrestling: Varsity Substate

TBD

TBA, TBA

TBA

Boys' 2A  
Substate  
Basketball  
Tournament.  
Pairings and  
Locations TBD.  
Winners  
advance to the  
state  
tournament.**MONDAY, FEB 25, 2019**

MS Vocal Music

JR CHOIR-  
WCAC  
Conference JR  
High Choir  
FestivalBasketball: Girls Varsity State  
Meet/Tournament

TBD

TBA, TBA

TBA

Girls' State  
Basketball  
Tournament at  
Wells Fargo  
Arena in Des  
Moines**TUESDAY, FEB 26, 2019**Basketball: Girls Varsity State  
Meet/Tournament

TBD

TBA, TBA

TBA

Girls' State  
Basketball  
Tournament at  
Wells Fargo  
Arena in Des  
Moines**WEDNESDAY, FEB 27, 2019**Basketball: Girls Varsity State  
Meet/Tournament

TBD

Trey nor, TBA

Trey nor

Girls' State  
Basketball  
Tournament at  
Wells Fargo  
Arena in Des  
Moines

Early Dismissal

2:15pm

**THURSDAY, FEB 28, 2019**Basketball: Girls Varsity State  
Meet/Tournament

TBD

TBA, TBA

TBA

Girls' State  
Basketball  
Tournament at  
Wells Fargo  
Arena in Des  
Moines



Don't Forget  
to Eat Your  
Vegetables

# Woodward-Granger Breakfast Menu

February  
2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



29

30

31

1

Long John

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk

Breakfast Pizza

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit  
1% Milk

Great Northern Banana  
Chocolate Loaf

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk

Pancake on a Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk

Bagel and Cream Cheese

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk

Long John

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk

Breakfast Pizza

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit  
1% Milk

Waffle Sausage Sandwich

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk

Mini Pancakes

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk

Mini French Toast

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk

Long John

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk

No School

Great Northern Banana  
Chocolate Loaf

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk

Pancake on a Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk

Bagel with Cream Cheese

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk

Long John

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk

Breakfast Pizza

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit  
1% Milk

Waffle Sandwich

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk

Mini Pancakes

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk

French Toast Sticks

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk



### Prices

Regular	\$1.80
Reduced	\$.30
Adult	\$2.50
Extra Milk	\$.50

### HARVEST OF THE MONTH



### EXTRA INFO

Milk Choice of 1%, Skim or Chocolate  
Skim is included with Lunch.  
Entree Salads are served with a Dinner Roll.  
For Questions or Comments, contact Meladee  
Steele at 515-438-2115 ext 5129  
or email meladeesteele@wghawks.school





Don't Forget  
to Eat Your  
Vegetables

# Woodward-Granger ELC and Elementary

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily  
on the Fruit and Vegetable Bar

February  
2019

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

29

30

31

1

**National Wear Red Day**

Cheese Pizza

WG Chips, Salsa and Cheese

Tomato & Cucumber Salad

4

Fried Chicken  
Rip Stick Breadstick

Chef Salad

Green Peas

5

Grilled Cheese Sandwich

Deli Sandwich

Vegetable Soup  
Mini Rice Krispie Treat

6

Cheeseburger on Bun

Chef Salad

Sweet Potato Tots

7

Cheese Omelet  
Cinnamon Roll

Deli Sandwich

Tri Tator

8

**HOM Papaya**

Crispy Chicken Nuggets  
Whole Grain Dinner Roll

Turkey Cranberry Wrap

Minted Fruit Salad  
Papaya Tasting

11

Soft Beef Tacos

Chef Salad

Cinnamon Apples

12

Sloppy Joe on a Bun

Deli Sandwich

Tator Tots

13

Popcorn Chicken  
Whole Grain Dinner Roll

Turkey BLT Salad

Mashed Potatoes

14

**Valentine's Day**

Corn Dog

Deli Sandwich

Baked Beans  
Valentine's Treat

15

Sausage Pizza

Yogurt Pak with Bagel

Coleslaw

18

Pancakes  
Hard Boiled Egg

Chef Salad

Tri Tator

19

**HOM: Cilantro**

Walking Taco

Deli Sandwich

Mexican Street Corn with  
Cilantro

20

**National Muffin Day**

Crispy Chicken Tenders  
Whole Grain Dinner Roll

Beef Taco Salad

Mixed Vegetables  
Pumpkin Apple Muffin

21

**HOM Bell Peppers**

French Bread Pizza

Deli Sandwich

Garden Salad

22

No School

25

**Chili and Tortilla Day**

Beef Chili  
Tortilla Chips

Chef Salad

Steamed Carrots

26

Chicken Patty Sandwich

Deli Sandwich

Kettle Potato Chips  
Pickle Slice

27

Lasagna Rollup with Sauce  
Garlic Toast

Chef Salad

Green Beans

28

French Toast Sticks  
Cherry Vanilla Yogurt

Deli Sandwich

Cinnamon Apples



## Prices

Regular	\$2.85
Reduced	\$.40
Adult	\$3.70
Extra Milk	\$.50

## HARVEST OF THE MONTH



## EXTRA INFO

Milk Choice of 1%, Skim or Chocolate  
Skim is included with Lunch.  
Entree Salads are served with a Dinner Roll.  
For Questions or Comments, contact Meladee  
Steele at 515-438-2115 ext 5129  
or email meladeesteele@wghawks.school







Don't Forget  
to Eat Your  
Vegetables

# Grandwood Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily  
on the Fruit and Vegetable Bar

February  
2019

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

4

Ravioli with Meat Sauce  
Rip Stick Breadstick  
Green Beans

Chef Salad

5

Sack Lunches

6

Sloppy Joe on a Bun  
Baked Beans

Chef Salad

7

Meatballs and Gravy  
Mashed Potatoes

Deli Sandwich

1 National Wear Red Day

Grilled Cheese Sandwich  
Tomato Soup

Chef Salad

11

Popcorn Chicken Bowl  
Whole Grain Dinner Roll

Chef Salad

12

Beefy Nachos & Homemade  
Cheese Sauce  
Refried Beans

Deli Sandwich

13

Pulled Pork on Pretzel Bun  
Baked Beans

Chef Salad

14 Valentine's Day

Sweet Heart Salisbury Steak  
Be Mine Mashed Potatoes  
Whole Grain Dinner Roll

Deli Sandwich

15

Crispito with Chili and Cheese  
Potato Oles

Chef Salad

18

Pancakes  
Sausage Patty  
Breakfast Potatoes

Chef Salad

19

Soft Shell Tacos  
Refried Beans

Deli Sandwich

20

Pizza Crunchers (Pizza Roll)  
Corn

Chef Salad

21 HOM Bell Peppers

Philly Flatbread  
Coleslaw

Deli Sandwich

22 No School

No School

25

Roasted Hot Dog on a Bun  
Green Beans

Chef Salad

26

Cheese Bosco Stick  
Mexican Corn

Deli Sandwich

27

Oven Roasted Chicken  
Garlic Rosemary Potatoes  
Whole Grain Dinner Roll

Chef Salad

28

Chili  
Cinnamon Roll

Deli Sandwich



### Prices

Regular	\$3.00
Reduced	\$ .40
Adult	\$3.70
Extra Entree	\$2.65
Extra Milk	\$ .50

### HARVEST OF THE MONTH



### EXTRA INFO

Milk Choice of 1%, Skim or Chocolate  
Skim is included with lunch.  
Entree Salads are served with a Dinner Roll.  
For questions or comments, contact Meladee  
Steele at 515-438-2115 ext 5129  
or email meladeesteele@wghawks.school





Remember to eat  
Your Fruits  
& Vegetables

# Woodward-Granger Middle School / High School Lunch Menu

## February 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

**Classic Cafe** Grilled Cheese Sandwich,  
Tomato Soup

**Diner Station** Fry Friday- Fries with your Chicken  
Patty Sandwich

**Grab and Go** Chef Salad, Deli Sandwich

### Harvest of the Month



*Milk choice of 1%, Skim or Chocolate Skim is  
included with lunch.*

*For questions or comments, contact the Food Service  
Director at [meladeesteele@wghawks.school](mailto:meladeesteele@wghawks.school),  
or call 515-438-2115 ext 5129*

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# Woodward-Granger Middle School / High School Lunch Menu

## February 2019

### 4 MONDAY

- Classic Cafe** Ravioli with Meat Sauce, Rip Stick Breadstick, Green Beans
- Diner Station** Cheese Bosco Stick
- Grab and Go** Chef Salad, Deli Sandwich, Honey Mustard Ham Wrap

### 7 THURSDAY

- Classic Cafe** Meatballs and Gravy, Mashed Potatoes
- Pizza** Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza
- Grab and Go** Chef Salad, Deli Sandwich

### 5 TUESDAY

- Harvest of the Month:** Cilantro
- Classic Cafe** Enchilada Bake, Cilantro Lime Rice
- Pizza** Cheese Pizza, Sausage, Pepperoni Pizza, Breakfast Pizza
- Grab and Go** Chef Salad, Chicken Caesar Salad, Deli Sandwich

### 8 FRIDAY

- Classic Cafe** Asian Bar- Popcorn Chicken, Choice of Sauces, Brown Rice
- Diner Station** Fry Friday- Fries with your Burgers
- Grab and Go** Chef Salad, Deli Sandwich

### 6 WEDNESDAY

- Classic Cafe** Sloppy Joe on a Bun, Baked Beans
- Diner Station** Pizza Cruncher
- Grab and Go** Chef Salad, Deli Sandwich, Turkey BLT Wrap

### EXTRA INFO



Milk choice of 1%, Skim or Chocolate Skim is included with lunch.  
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# Woodward-Granger Middle School / High School Lunch Menu

## February 2019

11

MONDAY

**Classic Cafe** Popcorn Chicken Bowl

**Diner Station** Whole Grain Dinner Roll, Breaded Pork Sandwich

**Grab and Go** Chef Salad, Deli Sandwich, Honey Mustard Ham Wrap

14

THURSDAY

**Classic Cafe** Sweet Heart Salisbury Steak, Be Mine Mashed Potatoes, Whole Grain Dinner Roll

**Pizza** Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

**Grab and Go** Chef Salad, Deli Sandwich

12

TUESDAY

**Classic Cafe** Beefy Nachos & Homemade Cheese Sauce, Refried Beans

**Pizza** Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Breakfast Pizza

**Grab and Go** Chef Salad, Caesar Salad, Deli Sandwich

15

FRIDAY

**Classic Cafe** Crispito with Chili and Cheese, Potato Oles

**Dinner Station** Fry Friday- Fries with your Burger

**Grab and Go** Chef Salad, Deli Sandwich

13

WEDNESDAY

**Classic Cafe** Pulled Pork on Pretzel Bun, Baked Beans

**Diner Station** Cheese Bosco Stick

**Grab and Go** Chef Salad, Deli Sandwich, Turkey BLT Wrap

EXTRA INFO

Harvest of the Month 



Milk choice of 1%, Skim or Chocolate Skim is included with lunch.  
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# Woodward-Granger Middle School / High School Lunch Menu

## February 2019

18

MONDAY

**Classic Cafe** Pancakes, Sausage Patty,  
Breakfast Potatoes

**Diner Station** BBQ Rib Sandwich

**Grab and Go** Chef Salad, Deli Sandwich, Honey  
Mustard Ham Wrap

21

THURSDAY

**Harvest of the Month:** Peppers

**Classic Cafe** Philly Flatbread, Coleslaw

**Pizza** Cheese Pizza, Sausage Pizza,  
Pepperoni Pizza, Chicken Bacon  
Ranch Pizza

**Grab and Go** Chef Salad, Turkey Deli Sub  
Sandwich

19

TUESDAY

**Classic Cafe** Taco Bar, Refried Beans

**Pizza** Cheese Pizza, Sausage Pizza,  
Pepperoni Pizza, Buffalo Chicken  
Pizza

**Grab and Go** Chef Salad, Caesar Salad, Deli  
Sandwich

22

FRIDAY

**No School**

20

WEDNESDAY

**Classic Cafe** French Bread Pizza, Corn

**Diner Station** Pizza Crunchers (Pizza Roll)

**Grab and Go** Chef Salad, Deli Sandwich,  
Turkey BLT Wrap

EXTRA INFO



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# Woodward-Granger Middle School / High School Lunch Menu

## February 2019

25

MONDAY

**Classic Cafe** Hot Dog on a Bun with Choice of Chili and Cheese, Green Beans

**Diner Station** Breaded Pork Sandwich

**Grab and Go** Chef Salad, Deli Sandwich, Honey Mustard Ham Wrap

28

THURSDAY

**Classic Cafe** Chili, Cinnamon Roll

**Pizza** Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

**Grab and Go** Chef Salad, Deli Sandwich

26

TUESDAY

**Classic Cafe** Walking Taco, Mexican Corn

**Pizza** Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Breakfast Pizza

**Grab and Go** Chef Salad, Caesar Salad, Deli Sandwich

1

FRIDAY

27

WEDNESDAY

**Classic Cafe** Oven Roasted Chicken, Garlic Rosemary Potatoes, Whole Grain Dinner Roll

**Diner Station** Cheese Bosco Stick

**Grab and Go** Chef Salad, Deli Sandwich

EXTRA INFO

### Harvest of the Month



Milk choice of 1%, Skim or Chocolate Skim is included with lunch.

For questions or comments, contact the Food Service Director at [meladeesteele@wghawks.school](mailto:meladeesteele@wghawks.school), or call 515-438-2115 ext 5129

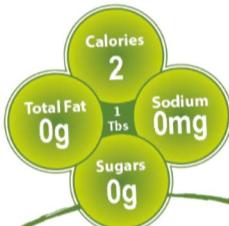
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# Harvest of the Month

## Peppers



### FUN FACTS:

**Eat a pepper that is too spicy for you?**  
To help quench the pain, drink milk, not water. Sugar, white rice, honey or peanut butter help too!

Bell peppers contain capsaicin which can help reduce 'bad' cholesterol, control diabetes and bring pain relief.

Peppers come in a rainbow of colors. Red peppers are mature green peppers, they become sweeter as they ripen on the vine. Yellow and orange peppers are a different, sweeter variety.

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## Go Red for Women®

February is *Go Red for Women*® month, a time for people to raise awareness about heart disease and serve as a catalyst for change to improve the lives of women globally. Did you know that 1 in 4 deaths of both men and women are caused by heart disease?

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To reduce your risk:

- ♥ Maintain a healthy weight
- ♥ Quit smoking and stay away from secondhand smoke
- ♥ Control your cholesterol and blood pressure
- ♥ If you drink alcohol, drink only in moderation
- ♥ Get active and eat nutritiously
- ♥ Reduce your level of stress
- ♥ Make a commitment to heart health

For more information, visit the American Heart Association at <http://www.goredforwomen.org>

*Melanie Wirth, RDN, LD, MBA  
Corporate Dietitian, Taher, Inc.*

## Stuffed Peppers

**Yield: 6 servings**

- 3 medium bell peppers
- 1 lb ground beef
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 medium yellow onion diced
- 1 cup zucchini (grated)
- 1 Tbs minced garlic
- 1 Tbs dried oregano
- 1 cup crushed tomatoes
- 1 cup shredded parmesan

### NUTRITION SNAPSHOT ~ 1 serving

240 calories, 10g total fat, 5g sat. fat, 351mg sodium, 10g carbohydrate, 3g fiber, 56mg cholesterol, 21g protein, 4g sugar

## HARVEST OF THE MONTH RECIPE—FEBRUARY

1. Preheat oven to 350°F and spray a baking dish with pan spray.
2. Prepare peppers: Use a knife to cut each bell pepper in half vertically right through the middle of the stem and the bottom of the pepper. Remove the ribs and seeds. Season the inside of each pepper with salt and pepper. Place peppers into the greased baking dish in one layer. Set aside.
3. Prepare filling: Cook ground beef until browned, season with salt and pepper. Add onions, zucchini, garlic, and oregano. Cook until softened. Stir in canned crushed tomatoes. Remove from heat.
4. Stuff the pepper: Evenly divide the filling mixture among the peppers. Carefully pour ½ cup of water between peppers into baking dish. Cover with foil.
5. Bake until the peppers are tender and the filling is heated through (about 45 minutes). Remove the foil and sprinkle the peppers with parmesan cheese. Return to the oven uncovered for 5 minutes. Serve.







## Woodward-Granger CSD

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## Woodward-Granger Board of Education

These are the Board members who represent the stakeholders in our district:

Ashley Brandt - President  
Jennifer Benbow - Vice President  
Tim Bogardus - Director

David Elliott - Director  
Troy Janssen - Director

*Thank You*  
*to these individuals who serve our district.*

Woodward-Granger Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact: **Rebekka Maass**, 1251 334th Street Woodward, Iowa 50276, (515) 438-3240 or [rebekkamaass@wghawks.school](mailto:rebekkamaass@wghawks.school) or to the Chicago Office, Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 West Madison Street, Suite 1475, Chicago, IL, 60661, and (312) 730-1560.