

DECEMBER 2022

# Trojan Update

Home of the Trojans!

## PRINCIPALS CORNER

**By Jennifer Berg**

Dear Tri-County Families,

Winter weather is approaching! This means it's time for you to pull out snowpants, winter coats, gloves, stocking caps, and boots. No boots means no playing in the snow for elementary recess and you'll have to stay on the basketball court for recess. You'll also be nice and warm while you wait for the buses if you're a bus rider.

Our Iowa School Performance Profile results are in and the elementary is acceptable and the secondary is commendable. Way to go, Tri-County!

With the holiday break approaching, I urge you to read at least fifteen minutes a day.

Have a safe, healthy, and merry holiday break!

~Ms. Jennifer Berg



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3003 STATE HWY 22 THORNBURG, IA

JUNE.WILLIAMS@TRI-COUNTYSCHOOLS.COM

641-634-2636

TRI-COUNTYSCHOOLS.COM

## Pancake Mix in a Jar

Pancake Mix:

6 C Flour

4T baking powder

1 1/2tsp baking soda

1 1/2tsp salt

6T sugar

To make the mix; toss ingredients together in a large bowl with a fork.

Fill mason jars with 1 1/3 C pancake mix.

Attach the following recipe instructions:

1 1/3 C Pancake Mix

1 C milk

1 egg, beaten

2 T butter, melted (or oil)

Whisk pancake mix, milk, egg and butter together.

Pour about 1/4 c onto hot, greased skillet.

Flip when bubbles form and let cook on other side.



## Cookie Mix in a Jar

Cookie Mix:

2 C + 2 T flour

1 T cornstarch

1/2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1 C packed brown sugar

1/4 C granulated sugar

1-1 1/2 C mix ins like chocolate chips, m&ms, nuts

To be added to the gift:

12 T melted butter

1 large egg

1 tsp vanilla



Mix flour, cornstarch, baking powder, soda and salt. Pack into a mason jar. Add brown sugar and pack down. Top with granulated sugar then the add ins. To make cookies: Preheat to 350. Stir butter, egg and vanilla together then add jar mix. Drop by TBSP onto ungreased cookie sheet. Bake for 9-11 minutes.

# STUDENTS OF THE MONTH



Leo Molyenuex(2nd); Jordy Little(K); Brooklyn Maxwell(1st); Joslynn Serb-Jones(4PK) and Annalyse Serb-Jones(3PK)



Carter Thomas(4th); Bailey Moore(5th); Dax Tuttle(3rd) and Cole Hughes(6th)



**THIS MONTH WE HAD 3 SECONDARY STUDENT OF THE MONTH RECIPIENTS. FINN BRACKELSBURG (9TH); NAZ DAVIS (8TH) AND KARLEY MOORE (7TH).**

# **SCHOOL BREAKFAST PROGRAM**

BY: JILL HALL

Did you know that Tri-County offers breakfast every morning? We want to ensure that all of our students are well prepared for academic success.

For families that have early morning commitments or conflicting schedules, our school breakfast program is a great solution to ensure your child starts the day off right—which is why we encourage participation in this program.

## **Five Ways School Breakfast Benefits Kids**

**Higher Test Scores:** Hunger makes school harder. Students who eat school breakfast achieve higher scores on standardized tests.

**Calmer Classrooms:** Children who do not regularly get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and educational problems.

**Fewer Trips To The Office:** When kids come to school hungry, they visit the school nurse and/or secretary more often due to stomachaches and headaches. Kids who struggle with hunger are also likely to be sick more often, slower to recover from illness, hospitalized more frequently and more susceptible to obesity.

**Stronger Attendance & Graduation Rates:** Students who eat school breakfast attend more school days. Chronic absenteeism, defined as missing three weeks or more of school, decreases by 6 percentage points on average when students have access to Breakfast. Attendance is important, as students who attend class more regularly are 20 percent more likely to graduate from high school.

**Maximizes Our Country's Future:** When children are hungry, they struggle to grow up into strong, healthy and productive members of our society. This comes at a massive cost to the American economy and its potential.

Here at Tri-County, the School Breakfast Program is offered to all students every day. We encourage every student to participate to ensure that they have the nutrition needed to succeed in the classroom. These meals meet federal nutrition standards and our staff is working to provide students with a variety of meal options.

Kids do better when they start the day right. Research shows that the simple act of eating school breakfast can dramatically change a child's life. If you have any questions, comments, or concerns, please do not hesitate to reach out to us at (641) 634-2636 or [jill-hall@tri-countyschools.com](mailto:jill-hall@tri-countyschools.com).



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5**  
Chicken Nuggets  
Baked Beans, Coleslaw  
Baked Chips  
Mandarin Oranges  
  
Cereal and Toast

**6**  
Salisbury Steak w/ Gravy  
Mashed Potatoes  
Cooked Carrots, Roll  
Pineapple  
  
Strawberry Bagel Bites

**7**  
Orange Chicken  
Brown Rice, Mixed Vegetables  
Sliced Pears, Cookie  
  
Sausage/Pancake Stick

**1**  
Beef Stroganoff  
Sweet Potato Fries  
Green Beans, Roll  
Peaches, Brownie  
  
Long John

**2**  
Chicken Strips  
Waffles w/ syrup  
Potato Cubes, Side Salad  
Cucumbers w/ Ranch, Grapes  
  
Blueberry Muffin

**12**  
Chicken Sandwich  
French Fries, Corn  
Sliced Pears  
  
Cereal and Pop-tart

**13**  
Beef & Potato Wrap  
Shredded Cheese  
Tomatoes, Black Beans  
Strawberries/Blueberries  
  
Cinnamon Pull Aparts

**14**  
Teriyaki Chicken Bowl  
Brown Rice  
Broccoli/Cauliflower  
Roll, Mandarin Oranges  
  
Long John

**8**  
Chicken Taco  
Lettuce, Cheese, Salsa  
Sr. Cream, Red Peppers  
Tomatoes, Apple  
  
Cinnamon Roll

**9**  
Tater Tot Casserole  
Cooked Carrots/Peas  
Roll, Peaches  
  
Breakfast Pizza

**15**  
**Christmas Meal**  
Sliced Ham  
Party Potatoes, Green Beans  
Roll, Apple Crisp  
  
Biscuits and Gravy

**16**  
Bbq Chicken Sandwich  
Side Salad, Cooked Carrots  
Apple  
  
Breakfast Bagel Sandwich

**19**  
Pork Chopette  
Mashed Potatoes  
Green Beans, Roll  
Mandarin Oranges, Cookie  
  
Cereal and Yogurt

**20**  
Chicken Enchilada Nachos  
Lettuce, Shredded Cheese  
Black Bean/Corn Salsa  
Applesauce  
  
Pancakes

**21**  
Hamburger  
Baby Carrots, Side Salad  
Baked Chips, Pineapple  
  
Cheese Omelet & Toast

**22**  
NO SCHOOL

**23**  
NO SCHOOL

**26**  
NO SCHOOL

**27**  
NO SCHOOL

**28**  
NO SCHOOL

**29**  
NO SCHOOL

**30**  
NO SCHOOL

Breakfast is served with fruit, fruit juice, milk, and daily  
entree listed at the bottom of the daily lunch menu.

\*Variety of milk is offered with lunch each day.

*All menus are subject to change.*