

February

Monday

Tuesday

Wednesday

Thursday

Friday

COUNTRY FRIED STEAK
MASHED POTATOES
CREAM GRAVY
GREEN BEANS
CRISP APPLE QUARTERS
DINNER ROLL, JELLY
MILK

RIB SANDWICH
TRI TATER
FRESH BROCCOLI
CRISP APPLE SLICES
MILK

PORK CHOP PATTY
MASHED POTATOES
CREAM GRAVY
WHOLE GRAIN CORN
CRISP APPLE SLICES
DINNER ROLL
MILK

NO SCHOOL
Teacher In Service

PIG IN A BLANKET
TATER TOTS
BROCCOLI & CHEESE
BANANA
MILK

Shaver's 4th gr. Cooking
CHICKEN LEG
BAKED POTATO
Fresh Strawberry &
Banana Salad
CHEESY BREAD
DREAM BROWNIE
MILK

CORN DOGS
OVEN FRIES
BAKED BEANS
ORANGE SLICES
MILK

BISCUITS & GRAVY
SAUSAGE PATTIES
TRI TATER
BANANA
MILK

CRISPITO & CHEESE
LETTUCE & SALSA
SEASONED RICE
APPLESAUCE
TEDDY GRAHAM'S
STRAWBERRY MILK

TOSTADA
SALSA
WHOLE GRAIN CORN
APPLESAUCE
CINNAMON BREAD
STRAWBERRY MILK

BEEF RAVIOLI
TOSSED SALAD
DICED PEACHES
GARLIC BREAD
RANGER COOKIE
MILK

GRILLED CHICKEN
ON A BUN
LETTUCE & TOMATO
SUN CHIPS
ORANGE SLICES
STRAWBERRY MILK

CHICKEN WRAP
LETTUCE & TOMATO
WHOLE GRAIN CORN
ORANGE SLICES
BREAD STICK
MILK

Muninger's 4th gr. Cooking
SUB SANDWICH
PICKLE SPEARS
CURLEY FRIES & CHEESE
CARAMEL APPLE SALAD
CHOC CHIP COOKIE
MILK

NO SCHOOL
Parent/Teacher
Conferences

BEEF & NOODLES
MASHED POTATOES
SWEET PEAS
FRUIT COCKTAIL
HOT ROLL
MILK

LASAGNA
TOSSED SALAD
DICED PEACHES
GARLIC BREAD
Whole Grain Sugar Cookie
MILK

HOME-MADE PIZZA
TOSSED SALAD
PINEAPPLE CHUNKS
SHERBERT
MILK

NO SCHOOL

TONY'S PIZZA
TOSSED SALAD
PINEAPPLE CHUNKS
PUDDING
MILK

What to Eat?

Are you confused about how much your child should be eating from the various food groups?

Ages 8-11 Every Day

FRUITS- 2 cups.

1 cup fruit or 1/2 c. dried fruit = 1 fruit

VEGETABLES 2 1/2 cups

1 c. raw or cooked or veg. juice or 2 c. raw leafy greens = 1 c. vegetables.

Grains 6 oz-equivalent

MEAT AND BEANS- 5oz.

1oz. lean meat, poultry or fish. 1 egg. 1 Tbsp. P butter

1/4 c. cooked dry beans.

1/2 oz nuts = 1oz.

equivalent

MILK- 3 cups, 1 cup milk or yogurt, 2 oz. processed cheese or 1 1/2 oz. natural cheese = 1 cup.

School Breakfast and Lunch for 17 days in February.

Elementary- Breakfast \$22.10

Lunch \$36.55

MS/HS Breakfast \$23.80

Lunch \$39.10

Reduced

B-\$5.10

L-\$6.80



Your heart can beat up to 40,000,000 times per year!
Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.



Spangles

Earn Money

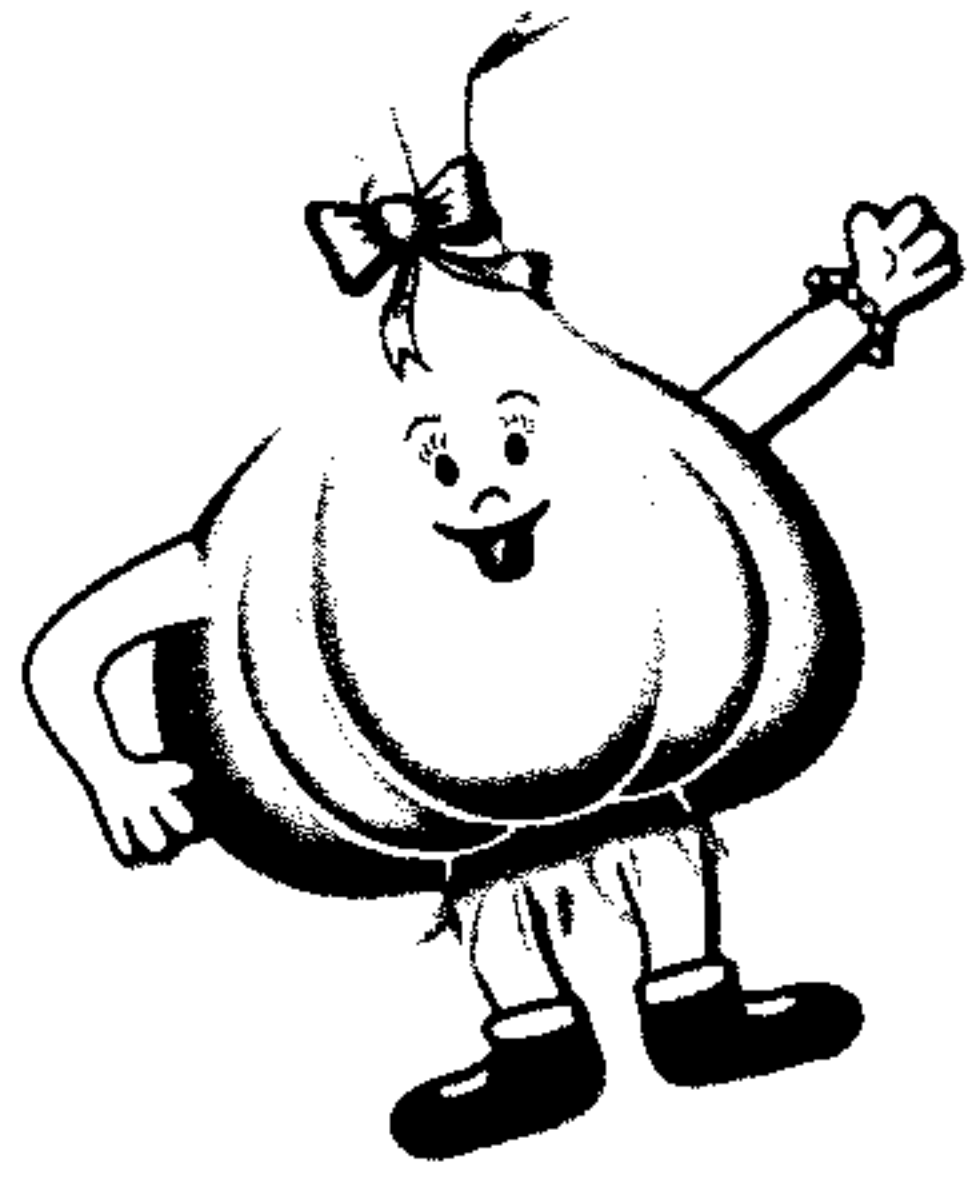
Night Out Fundraiser Idea

Have Fun

Who: **Ell-Saline Elementary School**

Where: Spangles at 1720 W. Crawford

When: February 24TH From 5pm to 8pm



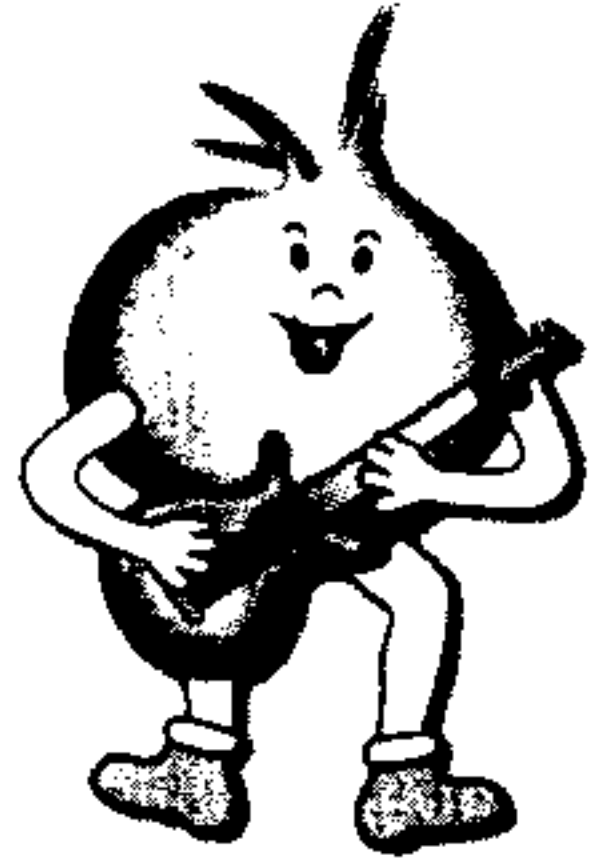
PIZZA

PAPA JOHN'S



Better Ingredients.
Better Pizza.

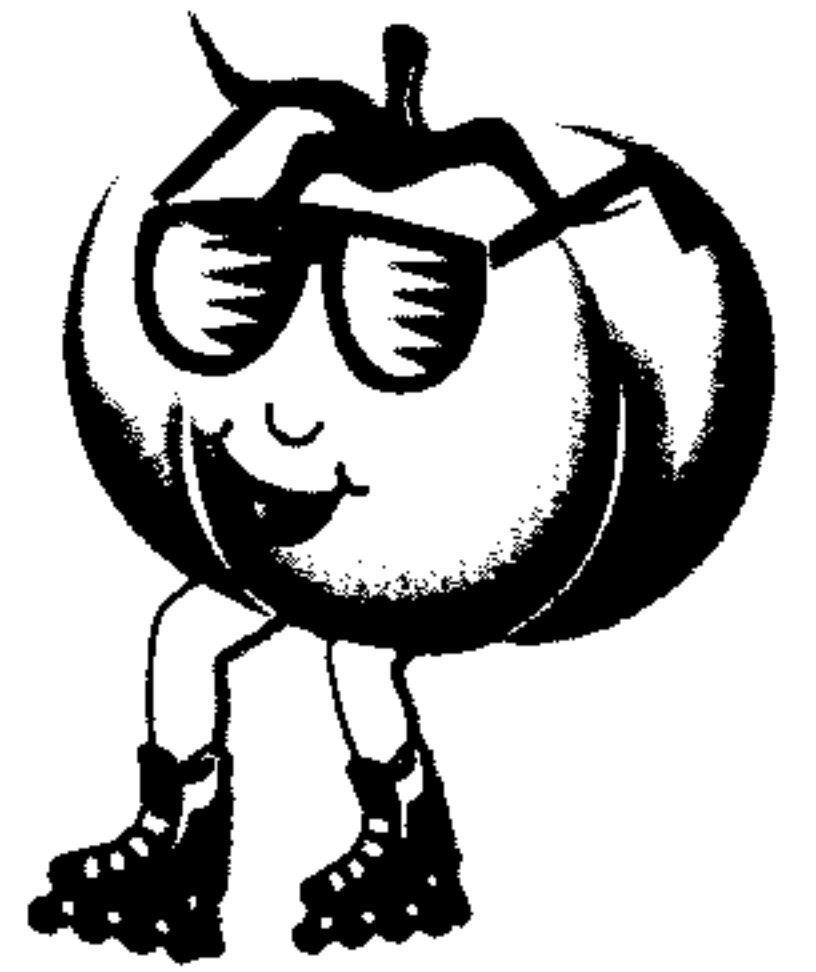
Papa John's will donate 20% of your purchase back to your school.



SCHOOL NAME: Ell-Saline Elementary

HOW: CIRCLE ONE PHONE INTERNET WALK-IN

PHONE #: _____



Fill this out and give to the delivery driver or cashier at the time of payment.

Teacher's Name: _____

Amount of Order (Excluding Sales Tax & Gratuity): \$ _____

Specialty Pizzas

	12"	14"	16"
THE MEATS™ Pepperoni, Ham, Bacon & Sausage	\$12.99	\$15.99	\$18.99
SPICY ITALIAN Pepperoni and a double portion of spicy Italian sausage	\$12.99	\$15.99	\$18.99
GARDEN FRESH Baby Portabella Mushrooms, Black Olives, Green Peppers, Sliced Tomatoes & Onions	\$12.99	\$15.99	\$18.99
TUSCAN SIX CHEESE Mozzarella, Parmesan, Romano, Asiago, Povolone, Fontina and Italian herb seasoning	\$12.99	\$15.99	\$18.99
SPINACH ALFREDO Creamy Alfredo & Spinach Sauce	\$12.99	\$15.99	\$18.99
THE WORKS™ Pepperoni, Ham, Onions, Spicy Italian Sausage, Green Peppers, Baby Portabella Mushrooms & Black Olives	\$12.99	\$15.99	\$18.99
BBQ CHICKEN & BACON BBQ Sauce topped with Grilled All-White Chicken, Bacon & Onion	\$12.99	\$15.99	\$18.99
HAWAIIAN BBQ CHICKEN BBQ Sauce topped with Grilled All-White Chicken, Bacon, Onion & Pineapple	\$12.99	\$15.99	\$18.99
SICILIAN CLASSIC Italian salami, Italian ham, pepperoni and spicy Italian sausage	\$12.99	\$15.99	\$18.99
ITALIAN MEATS TRIO Robusto-style sauce, Italian sausage, Italian sausage, Italian ham, Italian salami, three cheeses and Italian herb seasonings	\$12.99	\$15.99	\$18.99
SPINACH ALFREDO CHICKEN TOMATO Blend of spinach and garlic Parmesan Alfredo sauce, grilled all-white chicken and Roma Tomatoes	\$12.99	\$15.99	\$18.99
SMOKEHOUSE BACON AND HAM Bacon, ham, onions and green peppers	\$12.99	\$15.99	\$18.99
CHICKEN BACON RANCH Garlic ranch sauce, grilled all-white chicken, bacon, onions and tomatoes	\$12.99	\$15.99	\$18.99

Create Your Own

	12"	14"	16"
CHEESE PIZZA	\$8.99	\$10.99	\$12.99
ONE TOPPING	\$8.99	\$10.99	\$12.99
ADD'L TOPPINGS	\$1.30	\$1.58	\$1.70
*2ND PIZZA DEAL	\$6.99	\$7.99	\$8.99

*EQUAL OR SMALLER SIZE WITH EQUAL OR FEWER TOPPINGS.

WINGS (10 WINGS PER ORDER)	\$6.49
Spicy Buffalo or Mild Chipotle Barbeque.	
CHEESESTICKS	\$5.99
CHICKENSTRIPS	\$5.49
BREADSTICKS	\$4.99
GARLIC PARMESAN BREADSTICKS	\$5.25
SWEETREAT	\$4.99
CHOCOLATE PASTRY DELIGHTS.	\$3.99
DIPPING SAUCES.39
Special Garlic, Cheese, Buffalo Hot Sauce, Ranch, Barbeque, Pizza, Honey Mustard, Blue Cheese	
EXTRAS39
Extra Pepperoncinis, Anchovies, Jalapeno Peppers, Banana Peppers	

20 oz. SODA	\$1.49
2-LITER SODA.	\$2.39
Coca-Cola® classic, Sprite®, diet Coke®, Dr. Pepper, Root Beer	

Customer responsible for all applicable taxes. Prices subject to change.

Better Toppings

Extra Cheese / Onions / Green Peppers / Baby Portabella Mushrooms / Pineapple / Pepperoni Sausage / Spicy Italian Sausage / Beef / Ham / Black Olives / Bacon / Banana Peppers / Jalapeño Peppers / Sliced Roma Tomatoes / Anchovies / Grilled All-White Chicken

YOUR SCHOOL &

"Extra Credit +"
Order Online

For every online order submitted on your fundraiser night, Papa John's will donate an extra 5% to your school.



Better Ingredients.
Better Pizza.

Are teaming up this Thursday to help our school raise much needed funds!



MOM! DAD!

It's easy. This is all you have to do! Place your order by phone or order online at www.papajohns.com. Enter the coupon code for whichever special you would like to use. Fill out the form on the back of this sheet and give it to the driver when they deliver your pizza or the cashier when you pick up your pizza. At the end of the night, Papa John's adds net sales and gives our school 2.5% of all your orders. To help maximize the amount donated back to our school, only these coupons will be accepted. The teacher's name and the classroom that generates the most in sales will win a FREE PIZZA PARTY!

Take advantage of our **SECOND PIZZA DEAL** for great savings!

For Your Location Call

Emporia 342-7272 2808 W. Highway 50	Newton 282-2222 1700 N. Main (Delivery to Newton & Hesston)	Pittsburg/Frontenac 232-7272 1517 S. Broadway	Hutchinson 665-7272 501 East 17th Avenue	Nixa 725-7676 129 N. Massey Blvd.	Salina 827-7575 1650 South Ohio Street	Council Bluffs 322-7272 16 S. 8th Street
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Medium Pizzas

\$16⁹⁹

Two Medium Three Toppings

To order online, go to www.papajohns.com & enter code: 1699F



Expires 30 days. Coupon required.

Family Special™

\$22⁹⁹

One Large with The Works
& One Large Two Toppings

To order online, go to www.papajohns.com & enter code: 2299F



ORIGINAL, THIN OR WHOLE WHEAT CRUST • PAN CRUST EXTRA
Expires 30 days. Coupon required.

Large Specialty Pizza

\$13⁹⁹

One Large Specialty Pizza

To order online, go to www.papajohns.com & enter code: 1399F



ORIGINAL, THIN OR WHOLE WHEAT CRUST • PAN CRUST EXTRA
Expires 30 days. Coupon required.

One Topping Pizza

Medium
\$8⁹⁹

Large
\$10⁹⁹

One Topping Pizza

To order online, go to www.papajohns.com & enter code:
Medium: 899F Large: 1099F



LARGE ORIGINAL, THIN OR WHOLE WHEAT CRUST • PAN CRUST EXTRA
Expires 30 days. Coupon required.

Large Pizzas

\$19⁹⁹

Two Large Two Toppings

To order online, go to www.papajohns.com & enter code: 1999F



ORIGINAL, THIN OR WHOLE WHEAT CRUST • PAN CRUST EXTRA
Expires 30 days. Coupon required.

Large Pizza & Cheesesticks

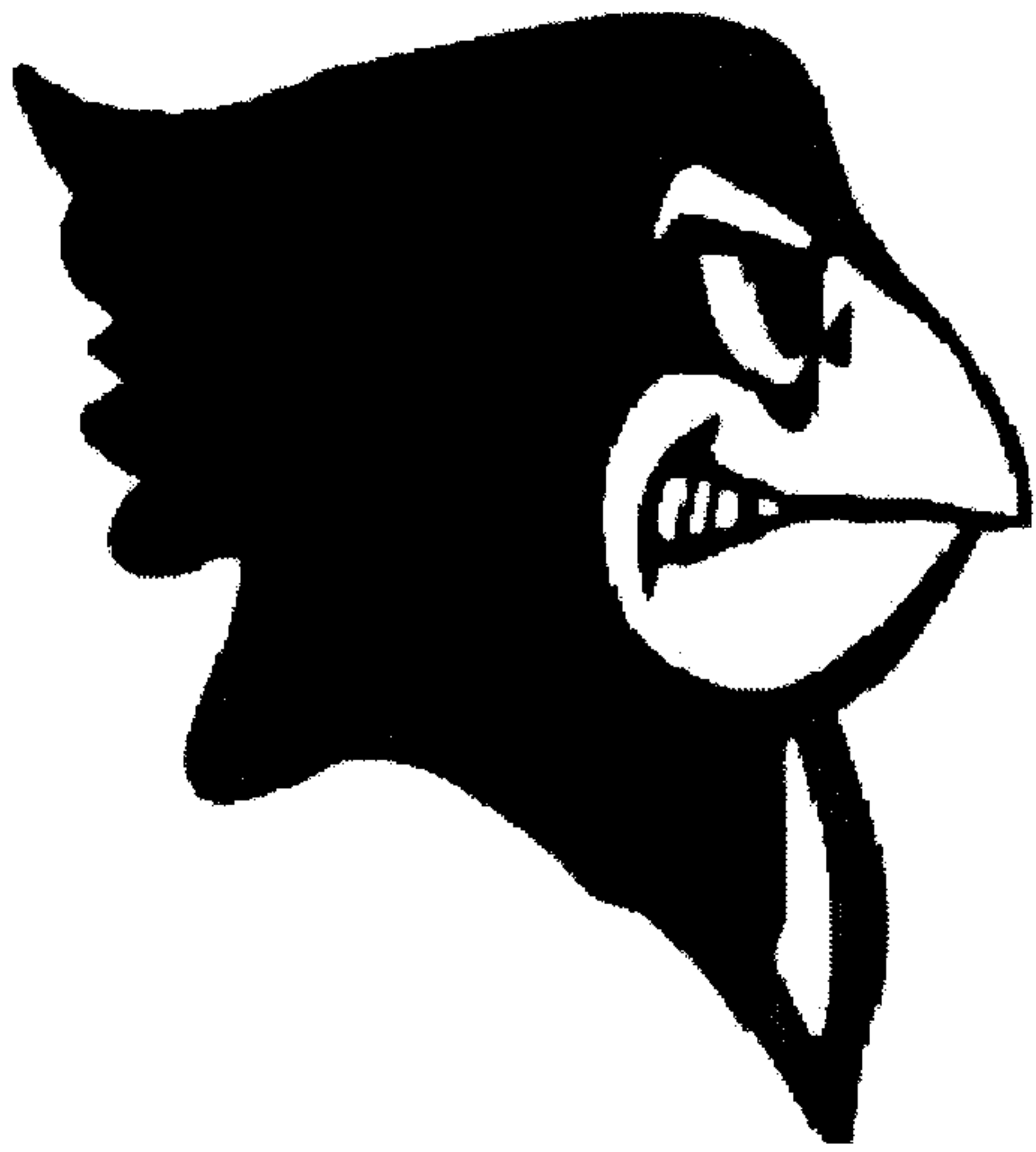
\$16⁴⁹

One Large Two Toppings
& Cheesesticks

To order online, go to www.papajohns.com & enter code: 1649F



ORIGINAL, THIN OR WHOLE WHEAT CRUST • PAN CRUST EXTRA
Expires 30 days. Coupon required.



**What do you get when you
add the Ell-Saline Cardinals
to Starlight Skating Rink
and Burger King??**

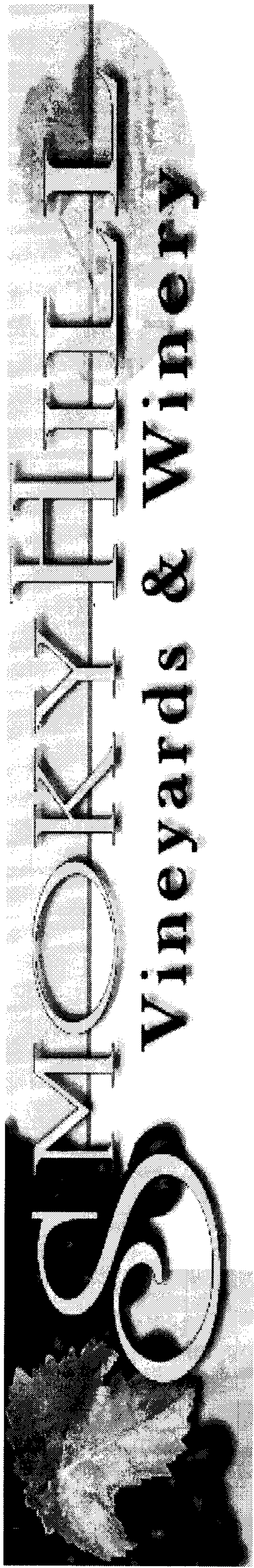
**A night of GREAT family
fun and AWESOME food!!**

**Don't forget to join us on
Wednesday, February 16th**

**for the Ell-Saline
Elementary Family Skate
Night!! We will be
skating at Starlight Skating
Rink from 6:30pm –
8:00pm!!**



**We'll also be having our Burger
King Fundraiser to benefit the
ESH After Prom! Have dinner
at the Burger King on 9th St.,
from 5:30pm to 8:30pm and
20% of all purchases go back to
the ESH After Prom
Committee!!**



2010 Murder Mystery...and Dinner

MARCH – *WHO'S WINE IS IT, ANYWAY?*

MAY - *THE HILLS ARE ALIVE WITH THE SOUND OF MURDER*

JULY - *A FEW GOOD MURDERS*

OCTOBER - *SLAY IT AGAIN, SAM*

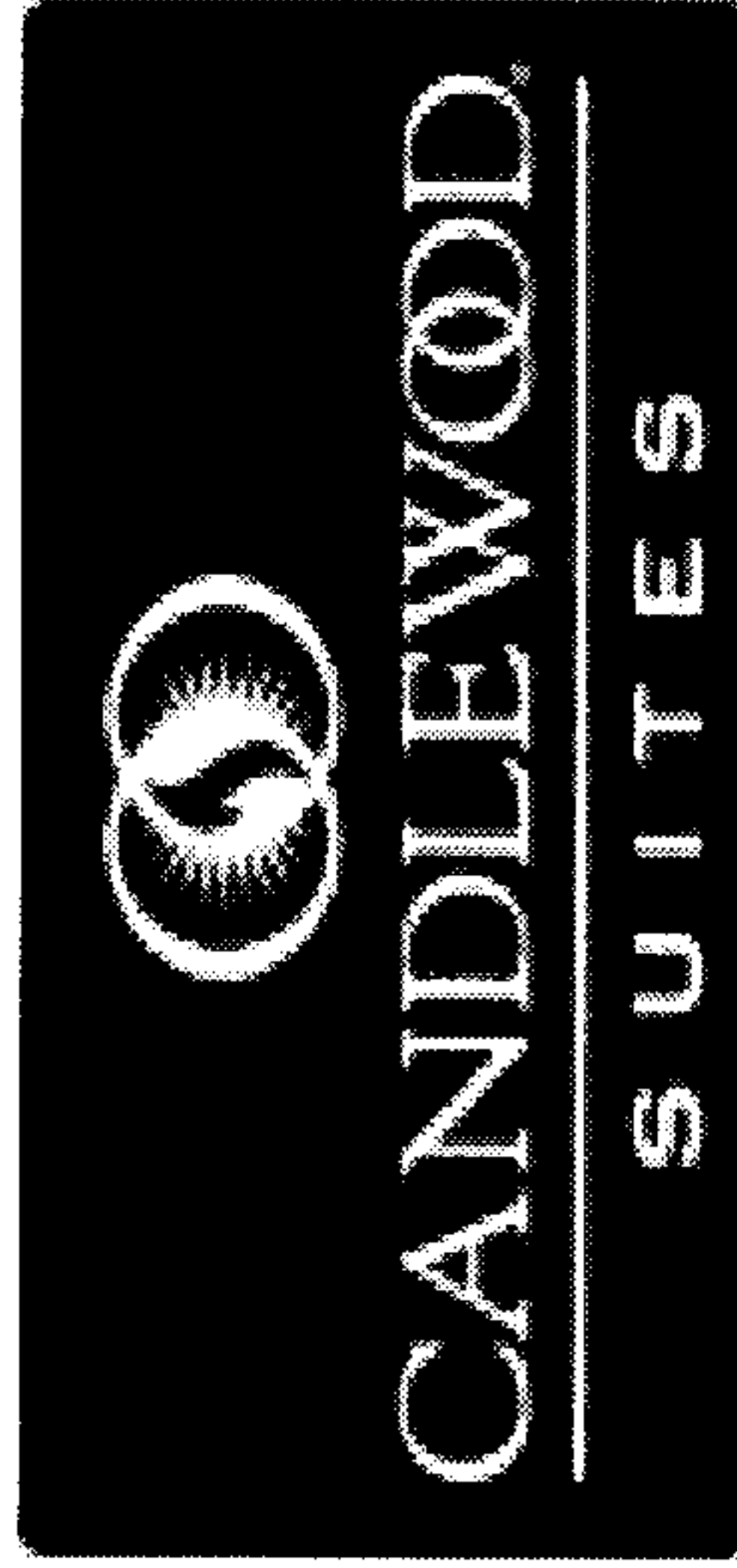
DECEMBER - *I'LL BE HOMICIDAL FOR CHRISTMAS*

Get your chance to win at the basketball ticket table or see Jeannie Beough, Susan Reiff or any After Prom Committee member!

This will benefit your 2010 Ell Saline After Prom

Great Gift for your Sweetheart!

Includes a 1 night's stay for 2 at



You MOM would love this for Mother's Day!

Hurry; don't miss out on a wonderful opportunity!

2650 PLANET AVENUE, SALINA, KS 67401 UNITED STATES

January

Student of the Month



Elaina Weed

Elaina Weed is the Ell-Saline Middle School Student of the Month for January. She is an eighth grader and her parents are Mary Alice and Dave Weed. Elaina also has two older siblings, Andrew and Lydia. Elaina participates in the PALS program, football, Circle of Friends, drama club, and quiz bowl. Outside of school, she helps her dad with spotting during football games and helps him at the scorer's table during basketball games. Elaina's hobbies include dancing, hula-hooping, photography, video games, playing with her pets, and listening to music. She plans on attending college but is not decided on a major.

January

Student of the Month



Mariah Jones

The Ell-Saline High School Student of the Month for January is Mariah Jones. Mariah is a Junior and has a 4.0 GPA. Her parents are Randy and Karla Jones and she has one older brother, Matt. Mariah has participated for three years in volleyball, basketball, track, PALS, and Science Olympiad, and NHS for two years. Outside of school, she is active in her church youth group, does volunteer work, and takes part in Relay For Life. Her hobbies include scrapbooking, reading, and riding her bike. Mariah's future plans include majoring in neonatal nursing or pediatrics.



National Children's Dental Health Month: Keep That Winning Smile

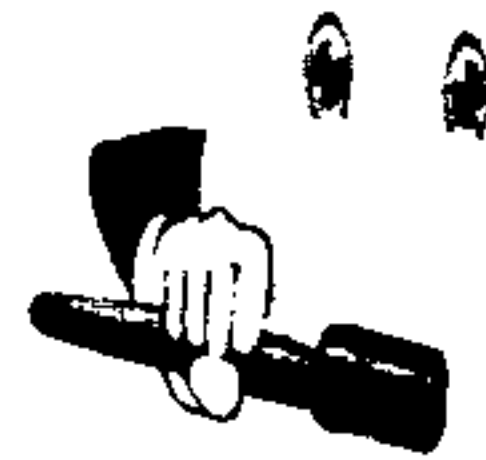


Your baby's teeth can start to decay as soon as they appear in the mouth, so it is important to protect them right from the start. The American Dental Association recommends the following:

- Wipe your baby's teeth and gums with a damp washcloth after each feeding. Continue doing this until baby teeth have come through the gums; then begin brushing with a baby-sized toothbrush.
- Never allow your baby to fall asleep with a bottle.
- Avoid filling your child's bottle with sweet liquids such as sugar water, juice or soft drinks.
- If you suspect that your child has any dental problems, make an appointment with the dentist as soon as possible.

Parents—You can keep your child cavity free.

- Brush morning and night with fluoride toothpaste
- Limit sweet and sticky foods to meal times
- Have regular dental check ups
- Offer fluoridated water to drink between meals
- Offer snacks of fruit, vegetables, whole grain products and dairy products



(TINY TEETH HEALTHY HABITS)

The Brush on Your Teeth

(Tune: "Wheels on the Bus")

The brush on your teeth goes brush, brush, brush;

Brush, brush, brush;

Brush, brush, brush.

The brush on your teeth goes brush, brush, brush;

Up, down, and around.

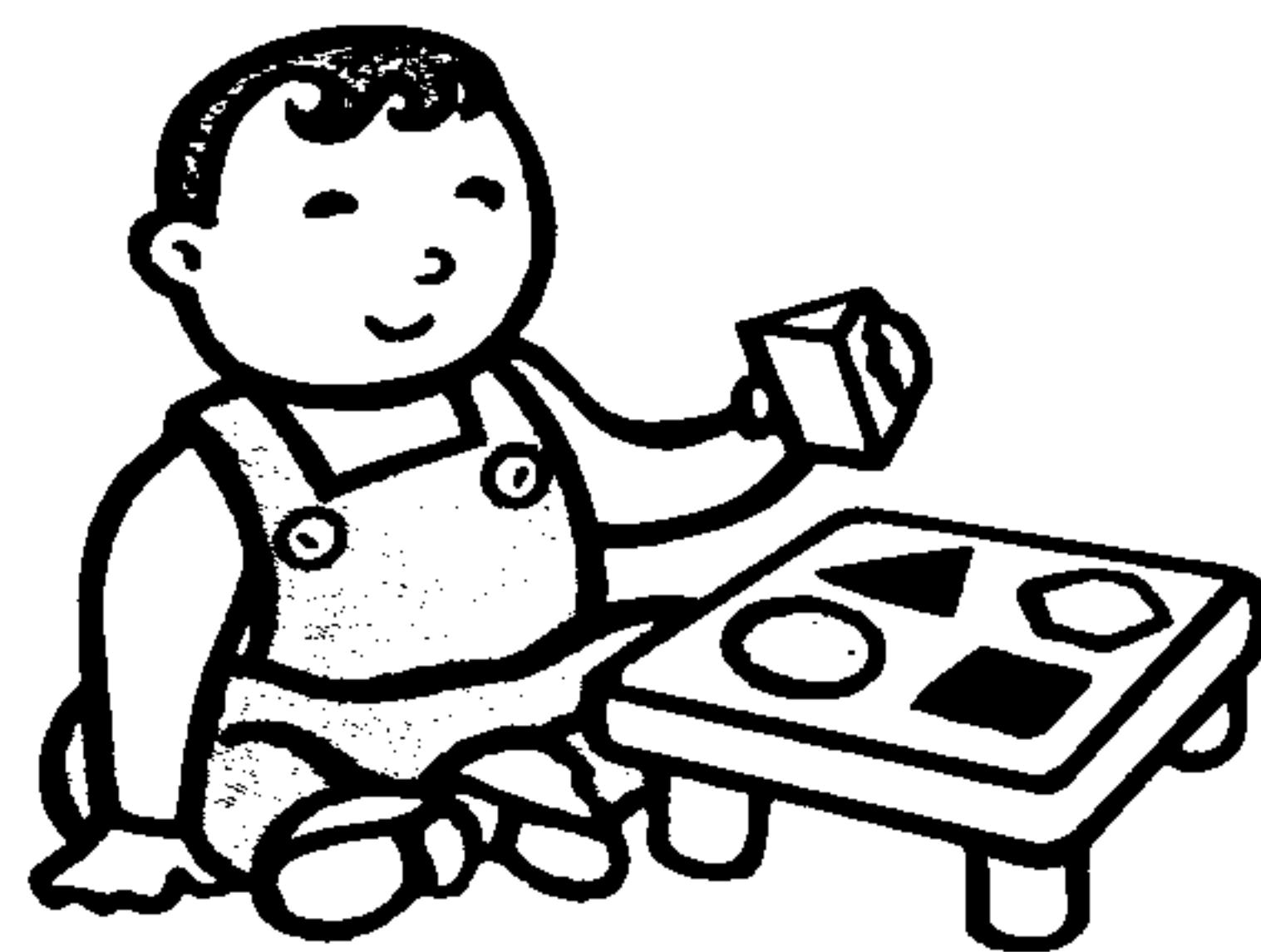


February Playgroups

Tuesday 16th 10-11:00 am

Tuesday 23rd 10-11:00 am

Wednesday 24th 6-7:00 pm



Smoky Hill Learning Center

830 S 9th - Salina



RELATIONSHIP QUIZ:

HOW WELL DO YOU KNOW YOUR PARTNER?

HOW WELL DOES HE OR SHE KNOW YOU?

Chocolate, vanilla, or neither?

Favorite dessert?

If your partner was given \$10,000, how would he or she spend it?

Favorite childhood memory?

Favorite TV show?

Favorite song?

Dream vacation?

Baseball or football?



SMOKY HILL EDUCATION SERVICE CENTER

Ell-Saline

Parents as Teachers

Parent Educator: Aimee McDaniel 785-825-9185

23rd ANNUAL LIONS

BROOKVILLE ***PANCAKE***

DAY

SATURDAY

February 13th, 2010

7:00 a.m. - 1:00 p.m.

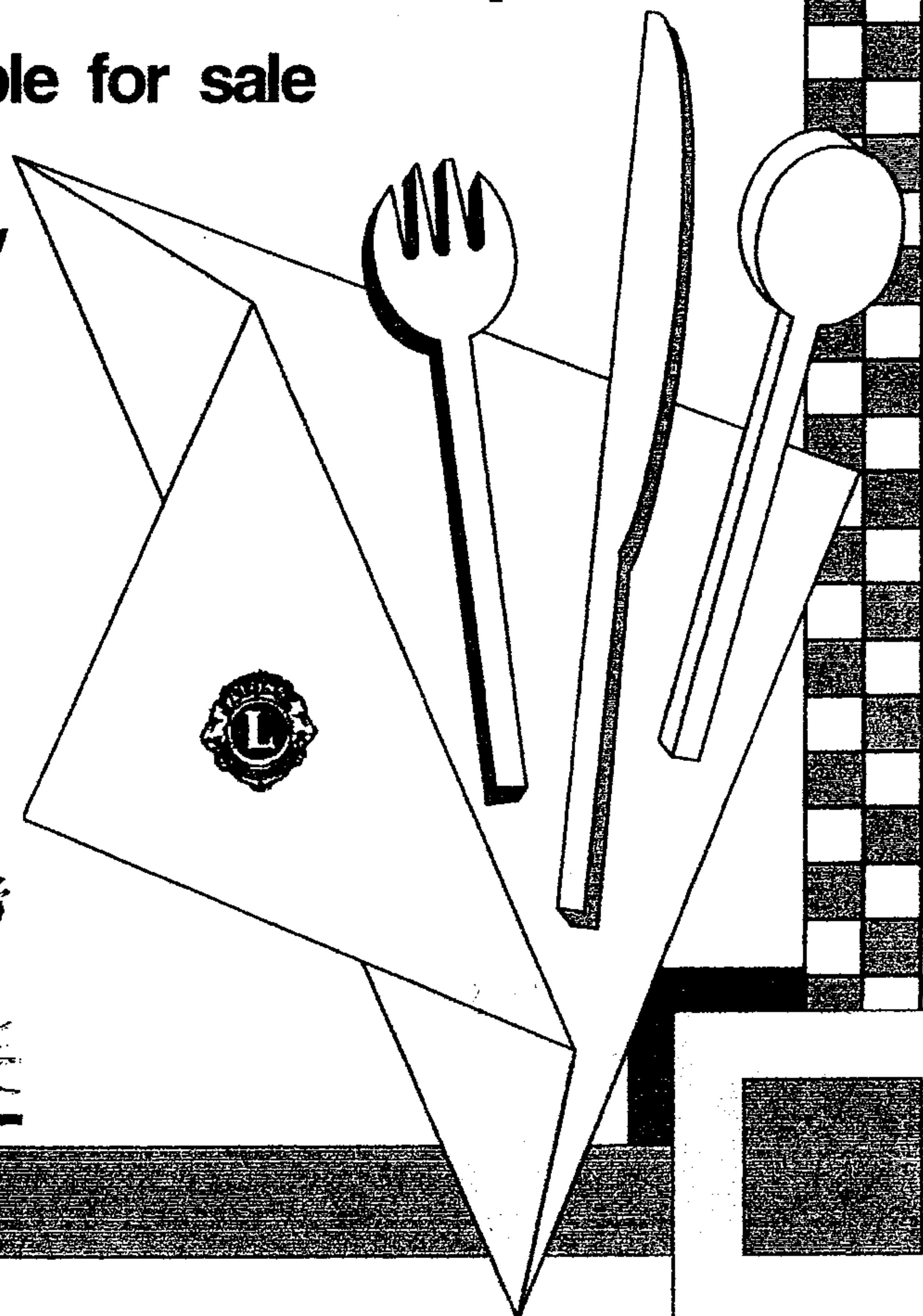
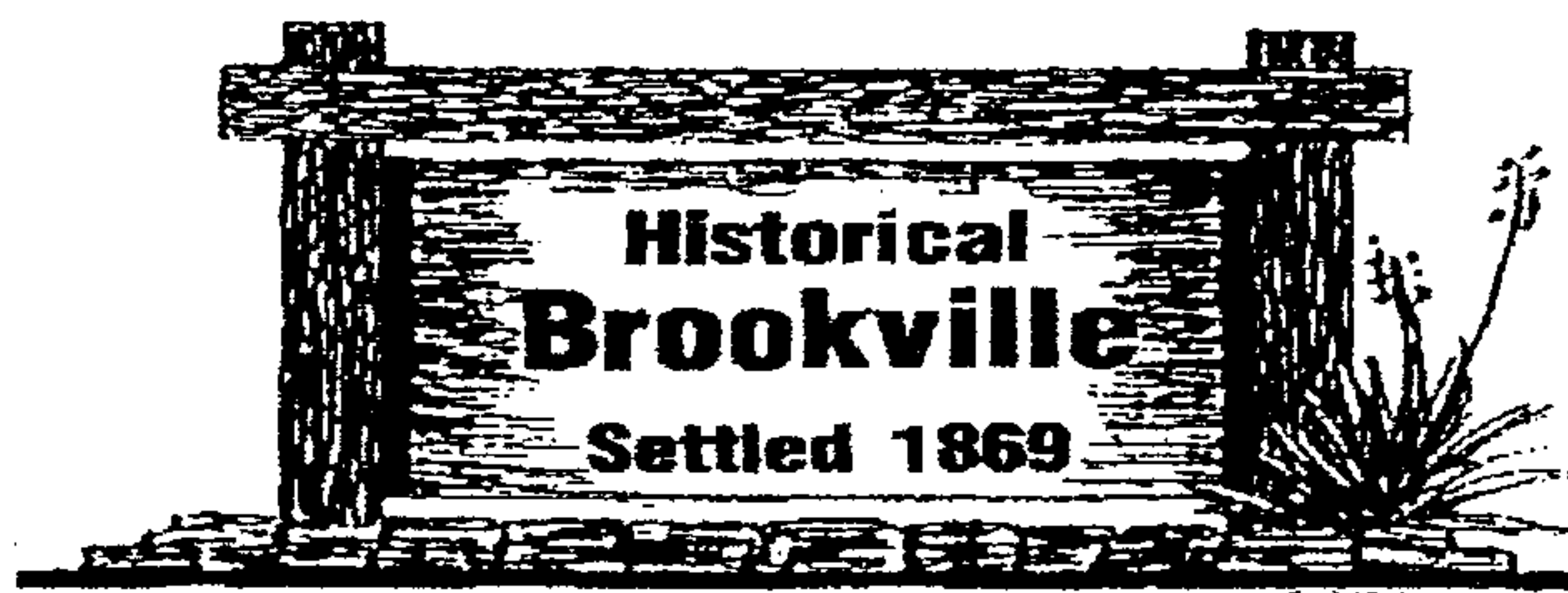
Brookville Community Bldg.

Drawing at 1:00 p.m. for 50/50 & prizes

Sausage available for sale

Travelers & Community
WELCOME

Proceeds will go to the
Ell-Saline Lions Club
Community Fund



DON'T MISS THE **PALS**
Bake Sale



When? Tuesday, February 2nd
during the games against Little River
4:30-8:30 p.m.

Where? High School Cafeteria
"PALS Sweets Pantry"

What For? All Proceeds go to the
'No Kid Hungry'
Campaign



Presented By:

The Food Network * C&H Sugar
Family Circle magazine
Domino's Sugar