

October

2021

**HOMECOMING
2021**



NO PRESCHOOL
Friday
Friday, October 1st

NO SCHOOL
All Students & Staff
Monday, October 11th

NO SCHOOL
All Students
October 25-26

Digital Citizenship Tip of the Month

Parents: if you're unsure of a site, game, or YouTube influencer your child is talking about, a great place to look for guidance is <https://www.common SenseMedia.org/>



American Red Cross

Blood Drive
Niobrara High School Gym
Wednesday, October 6th
8:00-2:00 p.m.

Contact Chelsey Chohon 402-857-3323 to schedule an appointment. Mask required.

ATTENTION Families & Friends

Checkout our school website for all our Homecoming pictures!

<https://www.niobraraschools.org/>

Early Development Network



Babies Can't Wait

Do you have questions or concerns regarding your child's development? The Early Development Network helps support families of

children birth to age 3 who may have a developmental delay or diagnosed disability.

Call: (402) 287-2061 OR contact your school



Homecoming Candidates
2021

OCTOBER

Birthdays

3rd – Ramona Montalvo
 5th – Helena Ziegler
 Hartison Thorson
 9th – Praeson Klug
 12th – Ashley Parks
 Duwayne Traversie
 13th – Gracie Fritz
 Bryant Coffman
 15th – Jordan Long
 19th – Elena Mackey
 22nd – Everly Daniels
 24th – Anthony Smith
 25th – Natasha Henry

2nd Grade

Happy Fall! Time has been going by fast in second grade and we've been busy! In math, we are learning how to read data and create our own picture graphs and bar graphs. Science has been fun as we learn about landforms and water on Earth, and we even got to create our own landforms using clay, water, and sand (pictured below). This week we will start work on a landform research project. These kids have been working super hard and they are great to have! *Mrs. Steffen*

DATES TO NOTE:

- 1 - FB vs. Bloomfield @ Verdigre 3:30 pm
- 2 - Car Wash/Bake Sale Jr/Sr Class Bus Barn 10:00-3:00 pm
- 4 - JV VB @ Summerland 5 pm; JV FB @ Creighton 6:00 pm
- 5 - JV/V VB @ Winside 6:00 pm
- 6 - Red Cross Blood Drive 8-2 pm
- 7 - VB Tri vs. North Central @ Springview 5/615/730 pm
- 8 - FB vs. Boyd Co @ Spencer 2:00 pm; NVC XC @ Atkinson 4:00 pm; Picture Retake
- 9 - JV VB Tourney @ Verdigre 9 am
- 11 - No School Students & Staff; Knox Co. VB Tourney @ Bloomfield 430/530/630/730 pm
- 12 - Knox Co. VB Tourney @ Bloomfield 530/630/730 pm
- 13 - JH VB/FB vs. Wausa @ Verdigre 1:30/3:00 pm
- 14 - XC Districts; JV/V VB vs. EPPJ @ Verdigre 4/515/630 pm
- 15 - End of 1st Quarter
- 16 - VB Eagle Classic @ LHNE 9am
- 18 - NVC VB 6:15 pm
- 19 - Career Day WSC Sophomores; NVC VB Semi-finals @ Summerland 6:15 pm
- 20 - Flu/Covid Shots; WSC Rep Jrs/Srs 3:00 pm
- 21 - FB Playoffs 1st Rd; World Classrooms 7:00 pm
- 22 - XC State @ Kearney; NVC VB Consolation & Finals @ Niobrara
- 25-26 - VB Sub-districts; No School Students
- 27 - Miles of Smiles; Mitchell Scrubs Camp
- 28 - PreK Fall Family Night 5:30-6:30 pm
- 29 - FB Playoffs 2nd Rd
- 30 - VB District Finals

CONGRATULATIONS

to Niobrara Public

School for receiving the

Fruit and Vegetable

Grant, again!


Congratulations Mrs. Hanzlik!



**NEBRASKA
EDUCATOR
of the Year**

Presented to
**SHARLA
HANZLIK**
Niobrara High School

2021

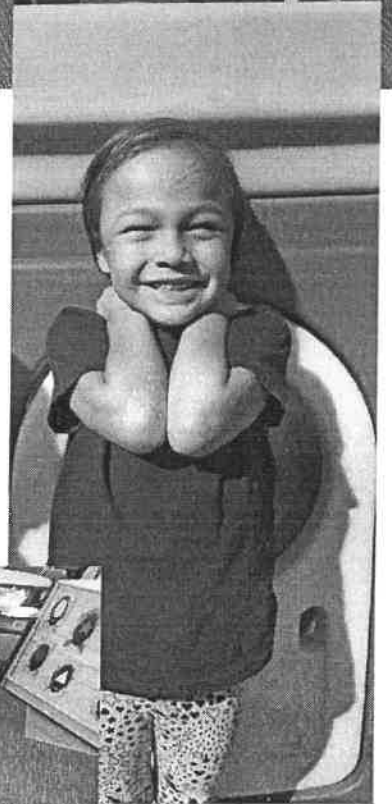
 Nebraska's
Natural Resources
Districts

Protecting Lives • Protecting Property • Protecting the Future





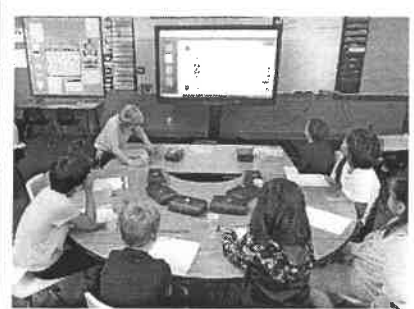
PRESCHOOL IS A BUSY CLASSROOM FULL OF LEARNING AND GROWTH. IN PRESCHOOL WE FOCUS ON LANGUAGE, READING, MATH, WRITING, SCIENCE, SOCIAL STUDIES, HEALTH, PROBLEM SOLVING, MOTOR DEVELOPMENT, SOCIAL SKILLS, AND SO MUCH MORE!



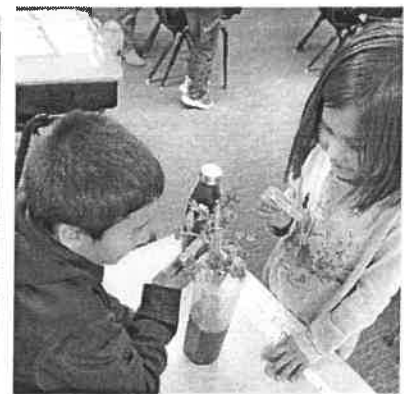
From the desk of Ms. McClellan
 We held our parent committee meeting on September 16th and voted for our program governance representatives. Our Policy council representative is Kelly Kraus and our Health Advisory representative is Sara Bathke. A big thank you to those ladies for being a voice for our program and our students! There will be no school for Preschool on October 1st due to a staff training. Also there is no school for the whole school on October 25th and the 26th. We will be doing miles of smiles on October 27th please be watching your child's folder for the permission form closer the the date. Dental care is very important for your childs' health! We will be having a family engagement night on October 28th at 5:30 P.M. for the preschool families. We will be decorating pumpkins, having treats and discussing Halloween Safety. Please RSVP to Ms. McClellan for the family engagement night. Work cell: 402-750-1507 School:402-857-3322 or Email: smcclellan@niobraraschools.org.

1st Grade Newsletter-October

The First Graders have been busy in school learning all sort of things. Math adding and subtracting, counting on, using different strategies. We have really been using the new Promethean board also!!!



In Science we have been learning about Plant parts and their functions. We finished up the chapter by using celery and putting it in colored water to watch the water go to all parts of the plant!! That was exciting.

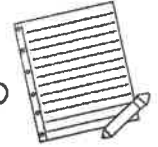


1st Graders
have read 50
books this
month for AR.
Keep up the
Reading!!!!

October 3rd Grade News



AR



The 3rd graders need to keep reading each night. They have a goal of 10 points.. I would love them to go above goal. They need 75 points for a Knox County Fair wrist band.



Reading

The focus in reading is continuing to read with fluency and building comprehension skills.



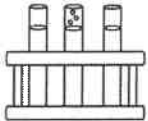
Language Arts

In Language Arts we are building our grammar skills and writing narrative paragraphs.



Math

We are working on rounding, expanded form, expanded notation and writing number words to 100,000.



Science

The class just finished force and motion and will be starting electricity and magnetism.



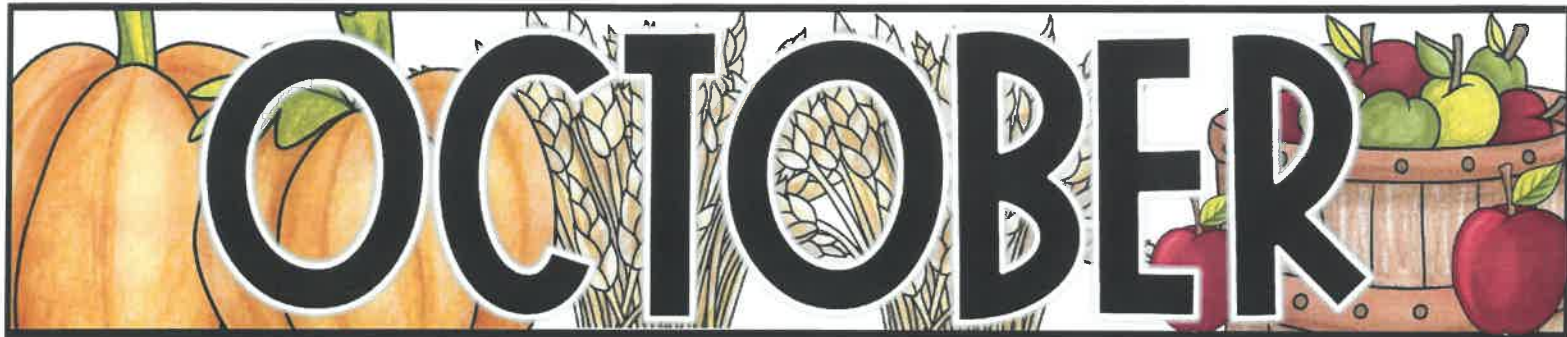
Social Studies

Social Studies has been about communities. They have just started working on map skills.

NOTE: Mr. Swalley is completing his student teaching in our class.

- He will be teaching all subjects for the month of October.





4th Grade Newsletter

Figurative Language!

The 4th graders are becoming masters of identifying figurative language in their reading and writing! Ask a 4th grader about similes, metaphors, imagery, alliteration, and onomatopoeia!

Reading

During reading enrichment time, we have been discussing the difference between having a great heart - both figuratively and literally. We have read three biographies on Hellen Keller, Clara Barton, and Anne Frank. They will then write an essay on one of these three ladies and describe how they demonstrate a great heart.

Science:

The 4th graders have been investigating how animals use their senses for survival. The students will use a model to describe that animals receive different types of information through their senses, process the information in their brain, and respond to the information in different ways.

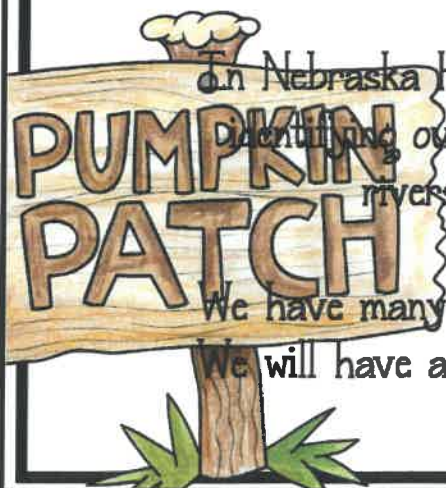
Social Studies:

In Nebraska History, we've been discussing Nebraska's geographical area, and identifying our location on a map, major landmarks in Nebraska, as well as rivers. We will continue learning about Nebraska's regions.

AR Reading:

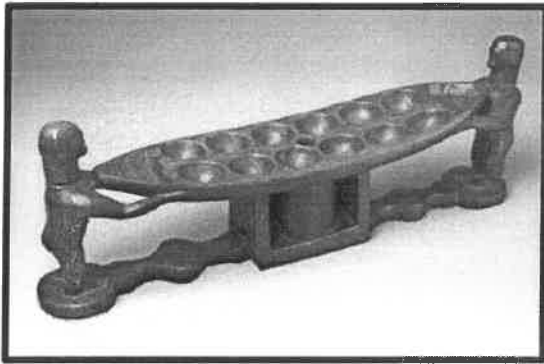
We have many students who have reached their AR goal this quarter already! We will have an AR party in October to celebrate those who made their goals!

Keep reading!



High School Math News

After taking their first assessment, the students in Mrs. DeKay's Algebra 1 class were rewarded with a game day. The student's learned how to play Kalah, a version of the popular game Mancala. Archaeologists have discovered evidence dating Mancala back to 500 A.D. to 700 A.D.



The word *Mancala* is

derived from the Arabic word *naqala* meaning "to move". Many versions of Mancala have been played throughout Africa, India, Malaysia, Indonesia, and China. It is believed that Mancala arrived in North America with the slave trade. Mancala can be

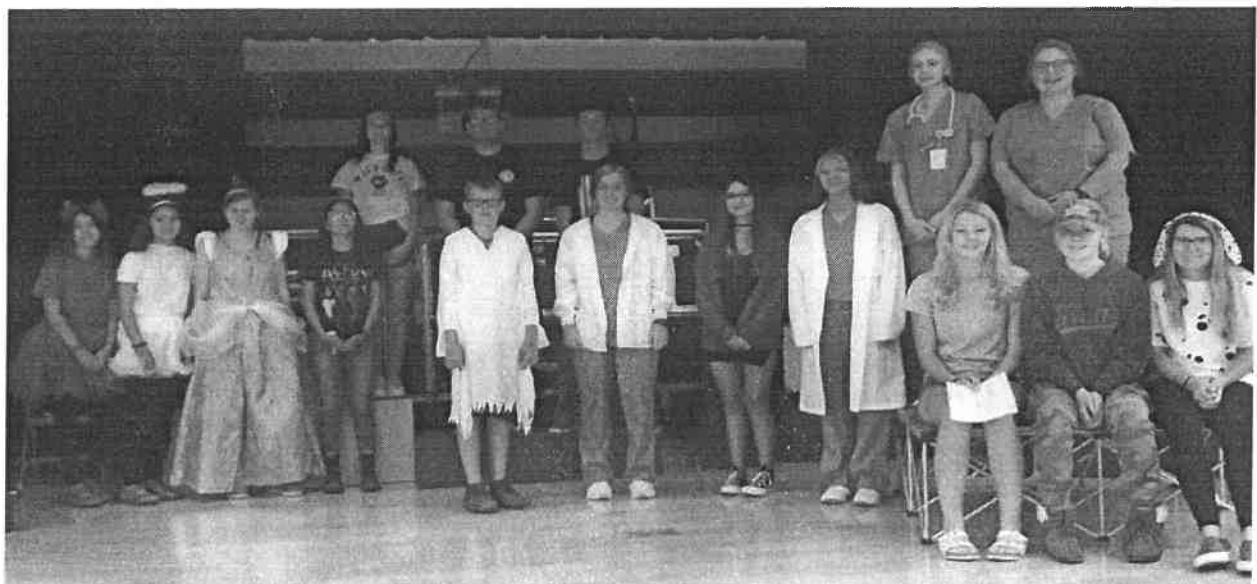


played by the poor and the rich, the young and the old. Original versions of the game were played by making divots in the dirt and played with stones or shells. Today most versions of the game are played on wooden boards with smooth stones.



The Niobrara Public School Drama Troupe is well into their practice for the upcoming production of ***Scary Story***. The troupe consists of several seasoned actresses and actors as well as new, highly motivated, and skilled actresses and actors. We also have a great Crew, who are ready, willing, and able to be the backbone of this production through their skills in sound, lights, and scenery. No production can be successful without a great Crew. We are looking forward to a successful season and are planning for a community showing of this production, dates to be announced. ***Ms. Callahan***

Characters	Cast	Crew
Storyteller	Harley	Austin
Janitor	Livi	Chelsea
Mayor	Tasha	Elizabeth
Townsperson 1	Kennedi	Pearl
Townsperson 2	Chloe	Karli
Townsperson 3	Billie	Chase
Butcher	Bradyn	Bradyn
Old Woman/Edna Johnson	Chloe H/Mya	Bella
Judge	Jordon	Tiffany
Witch	Ashley	Yesenia
Police Officer 1	Brooke	Mya
Police Officer 2	Winter	Preston
Passerby	Tiffany	Kellen
Stingy Jack	Billie	
Devil	Danika	
Bartender	Bradyn	
Queen 1	Brooke	
Queen 2	Winter	
Storyteller's Mom	Chloe H	
Belle	Kennedi	
Sarah	Tiffany	
Josh	Jordon	
Teacher	Tasha	
Adam	Livi	
Steve	Wolfgang	
Bride of Frankenstein	Ashley	
Theater Teacher	Tasha	
Bear	Chloe R	

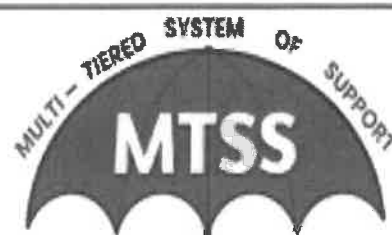




MTSS UPDATE



It's hard to believe we are nearing the end of 1st Quarter. Our MTSS Process is continuing to ensure that students are receiving strong core instruction, as well as evidence-based interventions for both academics and behavior/ social-emotional learning. Students are also continuing working hard to be recognized as Cougars of Character for being kind, respectful, responsible, and safe.



ALL MEANS ALL

October *LIBRARY NEWS* With Ms. Stark:

The October Challenge is the **Character Pumpkin Contest**. (See the 2-page insert and follow directions.)

The results of the September challenges for Pre-K-12/Staff are not available currently. Final tally's will not be in until Oct. 1 and the bulletin material is turned in prior to the end of the month. So, I will be announcing winners in the November newsletter. The September Challenge for Pre-K through 1 was a reading calendar, and for grades 2-12 and staff to read a book.

Literacy information for you!

Reasons to Read Aloud to Your Kids

- **Promotes bonding:** Reading aloud with children provides benefits for adults too. The quality time spent together promotes bonding and strengthens relationships, making it easier for children to develop their social, communication, and interpersonal skills.
- **Increases attention span:** Unlike watching television, reading, or being read to promotes a slower unfolding of events and ideas. This encourages children to listen, pay attention, and concentrate, which after a while can increase their overall attention span.

AWESOME READERS from September!

In 28 days, students and staff have checked out a total of 807 books from the school library! Students have checked out 743 of those books while staff added 64. Top elementary book checkout was a tie between Zane Brandt and Olivia McClellan with 27 books. Top middle school book checkout goes to DuWayne Traversie while Austinia Latorra has the top number for high school with 7. Top teacher book checkout goes to Mrs. Pavelka in pre-school with 31.

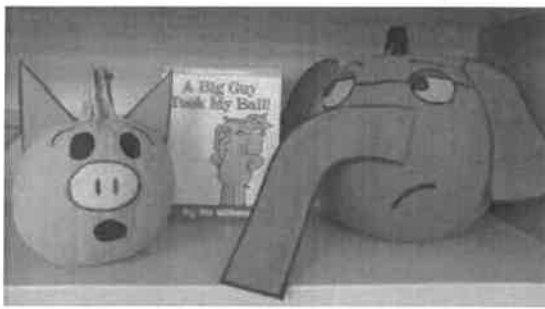
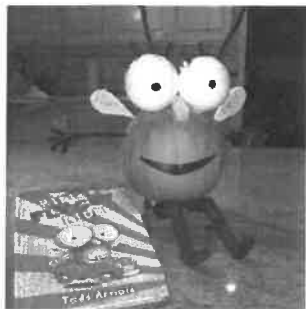
MUSIC NOTES: October 2021

Upcoming Events: Neitzke-Metschke Memorial Battle of the Pep Bands. Tuesday, November 2 at 7 PM at Elkhorn Valley School, Tilden, NE

The Band needs community and school support at the Battle of the Pep Bands on Tuesday, November 2. (See upcoming events above). The bands involved will play the National Anthem together to begin and then we will have 4 rounds of individual competition between the schools. Parents and audience vote by donating dollars in their bands buckets while they are playing. Students will be involved in individual competitions (with trophies) for Trumpet highest note, best trombone rev, and drum line. After the 4 rounds have been completed, the schools will play a couple of songs together while the money is being counted. The winner of the night will be the school that makes the most money. All money is donated back to the schools and there is no cost to attend. **COME OUT AND SUPPORT YOUR SCHOOL BAND!**

We have three weeks under our belt in **beginning band**. All wind instruments should know how to put their instrument together, blow into it, know and count either whole notes and rests or quarter notes and rests, and playing the first 3 notes. Drummers have learned how to hold their sticks and play properly. Help them remember to come prepared to their lesson by practicing nightly and bringing all materials on their lesson day.

Character Pumpkin Contest



Who: All K-12 students are invited to enter!

What: Character Pumpkin Contest

Where: Niobrara Public School LIBRARY

When: October 26 – Pumpkin turn-in day!

Why: To celebrate the season with a fun activity that will help build students' creativity, functional text literacy, and love of reading!

ONLY send Pumpkins on the contest day.

Pumpkins final judging October 28th by noon.

Winners will be announced in the afternoon 10-28, and students can pick up their prize in the library!

Pumpkins must be taken home Thursday afternoon, October 28th!

Please NOTE:

Pumpkins cannot be dropped off at the office or brought inside by an adult.

If your child wants to participate, be sure that they use a SMALL pumpkin that they can carry. Consider packing it in a box or a bag with handles for carrying from the car or bus.

Directions Checklist

- When you decide on a BOOK character, **read a book with that character in it** (with a family member or friend for K-1)
 - Use a **SMALL pumpkin** that can fit on a regular-size paper plate. (Small enough that it can be carried safely by them)
 - Decorate your pumpkin like the book character that you choose. **(NO CARVING & NO DISPLAYS!)**
 - This should be **mostly student work!** We are looking for KID work! Be creative and have FUN together!
 - Include a copy of the **book** to display with the pumpkin. If it is your personal book, make sure your name is on the inside cover.
 - The **entry form** must be completed and included with the pumpkin. (See next page or get from Mrs. Stark)
 - Students may drop off the pumpkin, book, & entry form at the library from 7:30 am to 8:00 am **ONLY** on October 26th!
-

Winning Information:

- ➡ All directions on this page must be followed to qualify for judging. *If you use ideas from the pictures on the first page, please do not copy. Be creative and make your own version.*
 - ➡ Pumpkins will be judged on: Creative choice of character/materials, obvious student work, and neatness.
 - ➡ Two pumpkins from each grade will be selected as a “winning pumpkin” and receive a 1st prize ribbon.
 - ➡ Each student who has a pumpkin selected as a winner will get a NEW BOOK of their choice!
 - ➡ All students that don’t win will get a special participation ribbon for their hard work and extra effort!
 - ➡ Email jstark@niobraraschools.org if you have any questions.
-

DIRECTIONS: CHARACTER PUMPKIN ENTRY FORM

- *Make sure you **follow all directions** found on the contest flyer as you complete your pumpkin.
- *Neatly fill out the form below.
- *Neatly cut out the form on the ____ line with scissors.
- ***FOLD** the paper on the **** line that says **FOLD**.
- *Place the form by your pumpkin when you bring it to the library.

CUT on the line below and PUT the FORM BELOW BESIDE YOUR PUMPKIN

Character Pumpkin Contest Entry Form

Grade _____ (write in)

Book character name _____

Book title _____

Book author _____

*****FOLD*****

YOUR first and last name _____ Grade _____



From the desk of Mrs. Bowen

Hello Niobrara Patrons! I have a question for you. **What is self-efficacy?**

Self-efficacy is the belief we have in our abilities and competencies. Our self-efficacy determines how we think and feel about ourselves and influences our thoughts, emotions, actions, behaviors, and motivation.

You might be wondering why I am talking about self-efficacy, and the reason is because it is so important to develop that mind-set in our youth. Self-efficacy impacts grades, work ethic, behavior, relationships with peers, and decision making. If our students don't believe in themselves, it does not matter how much WE believe in them because they will continually have that negative self-talk. So how can we improve our youth's self-efficacy? The first step is to identify if we have low self-efficacy.

People with low self-efficacy commonly share the following features:

- They avoid accepting challenges as they fear failure.
- They firmly believe that they are not capable of performing complicated tasks.
- They focus on failures and adversities as **personal** shortcomings.
- They are less confident about themselves.
- They lack a sense of commitment to their work.
- They have a hard time recovering from setbacks and underachievements.
- They quickly lose interest in activities and work they were a part of.
- They expect results without putting in the effort.
- They are highly susceptible to depression and anxiety about facing failures.
- They focus more on their weaknesses and less on their strengths.

Now it's time to learn how we can improve self-efficacy in our youth.

1. **Stay in the Stretch Zone:** There are three zones in which we lie in; the comfort zone, the stretch zone, and the panic zone. If we keep ourselves in the stretch zone by setting individual and professional goals, we keep challenging ourselves in a healthy manner.
2. **Set Simple Goals:** This is a good way to build and sustain self-efficacy. By achieving goals one at a time our confidence will build. If we don't achieve a goal, revisit the goal and set a new one...just keep moving forward.
3. **Look at the Big Picture:** One might have a big goal they want to achieve and along the way, a subgoal was not accomplished. We need to teach our youth that setbacks are okay, but we have to power through them and keep the "Big Picture" in mind.
4. **Reframe Obstacles:** Reconstruct the way you look at failure. At some point we are all going to fail! Helping our youth look at failure as an opportunity will build resilience to failure and teach them to overcome obstacles.

As I become older and wiser in my years, I have learned that self-efficacy is the most important factor to achievement and success. Learning self-efficacy at a young age will set our youth up for a lifetime of overcoming obstacles and meeting goals that impact their future!

Sincerely,

Mrs. Bowen

Please keep our students safe!

Creating a safe learning environment is the number one goal at Niobrara Public Schools. We need your help! Each day there are 10-15 students from town that cross the Highway 12/Spruce Ave. intersection at the Trading Post/J&K corner. The main portion of the traffic in this intersection occurs between 7:20 and 7:50 prior to the start of school. If you have noticed there has been a strong Sheriff's Office presence and stops are being conducted for anyone not yielding to the pedestrians on that corner. This is not just a reminder for drivers but students alike. Please take time to visit with your child or neighbor about the importance of following safety protocols while crossing any street regardless of the travel use. Let's all work together to ensure that safety is our number one goal.

Message to students: Stop at the curb at a corner or crosswalk.

- Look left, right, and left again, making sure no vehicles are approaching. Make eye contact with any nearby drivers before crossing. Make sure cars have come to a complete stop before crossing.
- When you cross the street what are the things you should do before during and after crossing the street?

Message to Parents: Keeping Your Kids Safe While They Walk

- Prevent Pedestrian Crashes: Parents and Caregivers of Elementary School Children (PDF, 165.61 KB)
<https://www.nhtsa.gov/sites/nhtsa.gov/files/811027.pdf>
Elementary school children are very active and impulsive. Although they're learning and growing, school-age children 10 and younger still need guidance and supervision when playing and walking near traffic.
- Five Tips to Keep Your Children Safe on Their Way to and from School <https://www.nhtsa.gov/school-bus-safety/keeping-children-safe>
Strengthen your traffic safety knowledge: Teach and reinforce your children's pedestrian safety habits.
- A Kid's Guide to Safe Walking (PDF, 3.04 MB)
This colorful pamphlet will help you teach young children safety tips for crossing the street and things to remember when walking.
- Tips for Preteens & Teens: Prevent Pedestrian Crashes (PDF, 3.30 MB)
<https://www.nhtsa.gov/document/prevent-prevent-pedestrian-crashes-tips-preteens-teens>
Remind your preteens and teens that walking around traffic requires the same critical thinking skills as riding a bike or driving a car: Stop, look left-right-left, be safe and be seen.

Message to the Community: 9 Driving Safety Tips

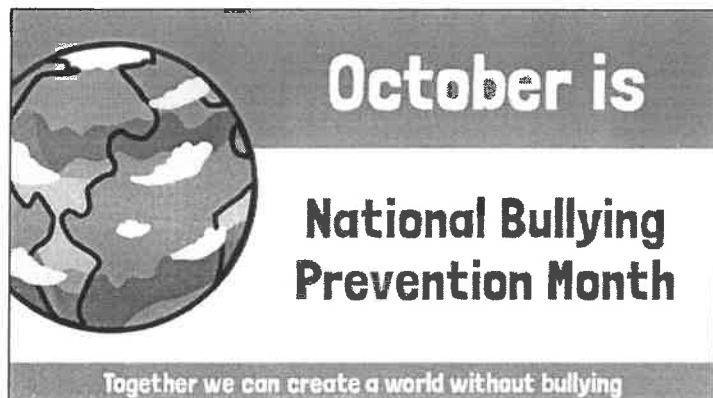
Look out for pedestrians everywhere, always. Safety is a shared responsibility.

1. Use extra caution when driving in hard-to-see conditions, such as nighttime or bad weather.
2. Slow down and be prepared to stop when turning or otherwise entering a crosswalk.
3. Yield to pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the crossing pedestrians so they can stop too.
4. Never pass vehicles stopped at a crosswalk. There may be people crossing that you can't see.
5. Never drive under the influence of alcohol and/or drugs.
6. Follow the speed limit, especially around people on the street.
7. Follow slower speed limits in school zones and in neighborhoods where children are present.
8. Be extra cautious when backing up—pedestrians can move into your path.



Talking with kids can be difficult to do. This month I have added some resources to help you talk to your kids about difficult topics like bullying, substance abuse, and college or career planning. Remember, "parents and families are critical partners in helping their children develop social and emotional know-how" (CASEL, 2021).

Take Care, Mrs. Pritchett



Looking for resources to help you talk to your child about bullying?
Go to:

www.StopBullying.gov



For more information on *Growing Up Drug Free: A Parent's Guide to Prevention*, go to:

bit.ly/DrugFreeResource



October 18th-22nd



Feeling lost? Like you don't know where to begin helping your high schooler plan for after graduation? EducationQuest has many great resources to help you get the ball rolling!!

www.educationquest.org

Find all of these resources and more at my website: bit.ly/NPSCounseling

Niobrara October Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 <i>No PreK</i> <i>Varsity FB vs. Bloomfield @ Verdigre 3:30 pm</i>	2 <i>Car Wash/Bake Sale Jr/Sr Class Bus Barn 10:00-3:00 pm</i>
3	4 <i>JV FB @ Randolph 6:00 pm</i> <i>JV VB Double Tri @ Summerland 5:00 pm</i>	5 <i>ASVAB Career Workshop Sophomores</i> <i>JV/V VB @ Winside 6:00 pm</i>	6 <i>Red Cross Blood Drive 8-2pm</i>	7 <i>Varsity VB Tri vs. North Central in Springview 5/615/730 pm</i>	8 <i>Picture Retake Day</i> <i>Varsity FB vs. Boyd Co. @ Spencer 2:00 pm</i> <i>XC NVC @ Atkinson 4:00 pm</i> <i>Dismiss PK-12 Noon</i>	9 <i>JV VB Tourney @ Verdigre 9:00 am</i>
Fire Prevention Week						
10	11 <i>VB Knox Co. @ Bloomfield 430/530/630/730</i> <i>NO SCHOOL Students & Staff</i>	12 <i>VB Knox Co. @ Bloomfield 530/630/730 pm</i>	13 <i>JH VB/FB vs. Wausa @ Verdigre 1:30/3:00 pm</i>	14 <i>XC Districts @ Ainsworth 4:00 pm</i> <i>JV/V VB vs. EPPJ @ Verdigre 4/515/630 pm</i>	15 <i>End of 1st Quarter</i>	16 <i>VB Eagle Classic @ LHNE 9:00 am</i>
17	18 <i>NVC VB 6:15 pm</i>	19 <i>Career Day WSC Sophomores</i> <i>NVC Semi-Finals VB @ Summerland 6:15 pm</i>	20 <i>Flu/Covid Shots</i> <i>WSC Rep 3:00 pm Jrs/Srs</i>	21 <i>FB Playoffs 1st Round</i> <i>World Classrooms Meeting 7:00 pm</i>	22 <i>XC State @ Kearney</i> <i>NVC VB Consolation & Finals @ Niobrara</i>	23
National School Bus Safety Week						
24	25 <i>No School Students</i> <i>Teacher Workday</i> <i>VB Sub-Districts</i>	26 <i>No School Students</i> <i>Teacher Workday</i> <i>VB Sub-Districts</i>	27 <i>Miles of Smiles</i> <i>Mitchell Scrubs Camp</i>	28 <i>PreK Fall Family Night 5:30-6:30 pm</i>	29 <i>FB Playoffs 2nd Round</i>	30 <i>VB District Finals</i>
Red Ribbon Week						

October

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 B-Breakfast Pizza L-Chicken & Rice Casserole	2
3 B-Bagel Bar L-Popcorn Chicken	4 B-Biscuits & Gravy L-Cheesy Ham & Potatoes	5 B-Cereal & Muffin L-Breaded Beef Sticks	6 B-Cinnamon Rolls L-Tater Tot Casserole	7 B-Breakfast Pizza L-MYO Sandwich/Sack Lunch	8	9
10 No School	11 B-Biscuits & Gravy L-McRib Sandwich	12 B-Cereal & Yogurt L-Corn Dog	13 B-Longjohn/Donut L-Chicken Quesadilla	14 B-Breakfast Pizza L-Chicken Noodle Casserole	15	16
17 B-Sausage/Pancake on a Stick L-Meatloaf	18 B-Biscuits & Gravy L-Italian Dunkers	19 B-Cereal & Muffin L-Chicken Fajita	20 B-Cinnamon Rolls L-Walking Taco	21 B-Breakfast Pizza L-Taverns	22	23
24 No School	25 No School	26 B-Cereal & Yogurt L-Pizza	27 B-Longjohn/Donut L-Beef Stroganoff	28 B-Breakfast Pizza L-Cheeseburger	29	30
31						