



Alden-Conger Public School

215 N. Broadway

P. O. Box 99

Alden, MN 56009

www.alden-conger.org

April 2019



Important Dates:

April 2019

- 3-6 Supermileage to Shell Ecomarathon Americas
- 8 School Board Meeting—7 pm
- 23-27 Robotics World Championships in Detroit, MI
- 24 Gr. 11 ACT Test— 8:00 a.m. Sharp

May 2019

- 4 Prom
- 9 Grades 1-3 Track & Field Day
- 10 Grades 4-5 Track & Field Day
- 13 School Board Meeting - 7pm
- 16 Band/Choir Farewell Concert
- 24 Softball-O-Rama - 1-3pm
- 27 Memorial Day-NO SCHOOL
- 31 Last Day of School K-11-Dismissal @ Noon

Alden-Conger Public School

April 2019

Knights Golf Classic June 22, 2019

The Alden-Conger Coaches Association is hosting the 6th annual Knights Golf Classic golf tournament on June 22, 2019 at the Oak View Golf Club in Freeborn, MN. Proceeds go to the Alden-Conger Athletic Department. If you want to sponsor a team or register your team to play, contact Sam Hintz at (507) 874-3240 or shintz@ac242.us or any of the Alden-Conger coaches.

Come enjoy a day of golf and fun and also support all Alden-Conger Athletics!!!



Spring is here!!

Please remember that during the spring sports season events are delayed and postponed due to weather and field conditions. The schools activities web site will be kept current with all changes and/or rescheduled events.

A link to the schools activities web site can be found on the school web site www.alden-conger.org. Go to either the middle school or high school page, and click on "Athletics". The athletics calendar link is below the large picture.



LeVerne Carlson Fitness Center To Be Closed April 24th

The entire fitness center will be closed from 8:00 am-12:30 pm on Wednesday, April 24 while the school administers the ACT test. Due to the requirements of this test, and the number of students taking it, this is the only space that works. To ensure that the students are free from distraction, no one will be allowed in fitness center at this time.



Little Knights Preschool

We are now accepting applications for the 2019-2020 school year. The applications can be found on the school website, under the preschool page. If you need an application printed, please contact the school or Nicole Weigel. Thank you.

April 10	STEM Class-Pond Life 6-7 pm
April 15	ECFE Class-Carpentry 6-7 pm
April 25 & 26	Show & Tell
April 27	NO PM Preschool

Post Prom

Thank you to all who have donated and served at the ball games this year. Your time and service are very appreciated! We are now preparing for a safe and exciting night for the students. Please encourage all students to sign up and enjoy the night with their friends. Students do not have to attend prom to enjoy the night at post prom. We will make arrangements to transport the students to the event.

This year, the students will be going to Sparetime Entertainment in Owatonna. The night will be filled with 18 lanes of bowling, a 3 floor laser tag, a variety of arcade games, food, and the ever popular bingo. We are looking forward to seeing all the kids enjoy a fun filled night.



Family Lunch Accounts.....

As the end of this school year nears, we would like to remind parents to PLEASE check their lunch account balances and take care of payments needed and to pay all monies due BEFORE the students leave for the year. All money that you place on your student accounts are carried over to the new school year.

We have been sending out lunch balance notices on a bi-weekly basis and that has helped to keep families aware of the balances on their accounts. If you have any questions regarding balances on your child's lunch account or the status please do not hesitate to contact the main office and ask for Cindy Mathiason. She will try and answer any questions you may have.



**Please help
Alden-Conger
Robotics Team 2957
get to the
World
Championship!**



Alden-Conger's FIRST Robotics Team recently received runner-up at the Regional Competition in Cedar Falls, Iowa, winning a trip to the WORLD'S Championship in Detroit, Michigan. We need funds for our entry fee, travel, lodging, and additional parts for the robot. Please help us represent Freeborn County in this amazing event as we compete against robots from all over the world.

.....
I would like to help Alden-Conger Team 2957 get to the World Championship in Detroit with the following donation:

___ Silver (\$100) ___ Gold (\$500) ___ Titanium (\$1000) ___ (Other)

Other(Describe): _____

Name: _____ Company: _____

Address: _____ City: _____ State: ___ Zip code: _____

Phone #(____) _____ E-mail: _____

Please make checks payable to Alden-Conger Robotics and please be sure to send us your company's logo via email so we can include it on any promotional merchandise we create. You can also make donations on-line via our school's website. For your convenience we have attached the tax exempt form for a donation to a public school.

Contact Information:

Mail: Alden-Conger High School
Attn: FIRST Robotics Team
215 N. Broadway Ave.
Alden, MN 56009

E-mail: dbosma@ac242.us

NIGHT OF KNIGHTS.....2019

The Night of Knights PTO fundraiser was very successful in raising money for the school! We'd like to thank everyone who purchased raffle tickets & attended the event. We had over 200 people who attended this year. We'd like to give a special thanks to Scott & Dave Hemmingsen for use of the transfer, Heath Reindal, and Alden Fire Department. A big thank you to Stone Werx Landscaping and Nutrien Ag Solutions of Mansfield for sponsoring the entertainment and Bob and Donna Nelson for donating the ground beef for the nacho bar!

Stay tuned for next years theme!!!

Menus for April 2019

ALDEN-CONGER PUBLIC SCHOOLS

This institution is an equal opportunity provider. Menus are subject to change.

PLEASE STAY ALERT!
THE FIRST OF APRIL IS APRIL FOOLS DAY! DON'T BE FOOLED!



PLEASE SEE THE OTHER PAGE FOR A LIST OF THE GREATEST APRIL FOOLS TRICKS OF ALL TIME!

YOU'RE GETTING WARM.

One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Monday, April 1

Breakfast
Cinnamon Toast Soft
Breakfast Bar Or Cereal
Choice & String Cheese, fruit,
Juice, Milk
Lunch
Hot Dog W/G Bun
Or
Turkey & Cheese Sub
Sandwich W/G Bun Steamed
Carrots, Garden Bar
Fruit Choices
Milk

Tuesday, April 2

Breakfast
French Toast W/Syrup Or
Cereal Choice & Yogurt, fruit,
Juice, Milk
Lunch
Spicy Chicken Patty Or
Regular Chicken Patty W/G
Bun, Smile Fries
Garden Bar
Fruit Choices
Milk

Wednesday, April 3

Breakfast
Bagel W/Toppings Or Cereal
Choice & String Cheese, fruit,
Juice, Milk
Lunch
Beef Taco Or Chicken Fajita
W/G Flour Tortilla &
Toppings
Refried Beans
Spanish Rice
Garden Bar
Fruit Choices
Milk

Thursday, April 4

Breakfast
Warm Cinnamon Rolls Or
Cereal Choice & Yogurt, fruit,
Juice, Milk
Lunch
Fiesta Pizza
Or
Deli Sub Sandwich W/G Bun
Green Beans
Garden Bar
Fruit Choices
Milk

Friday, April 5

Breakfast
Pancakes W/Syrup Or Cereal
Choice & String Cheese, fruit,
Juice, Milk
Lunch
Cheese Pizza Or Breaded Fish
Patty W/G Bun, Cheese
Broccoli, Garden Bar
Coleslaw
Fruit Choices,
Milk

Monday, April 8

Breakfast
Fiesta Omelet Or Cereal
Choice & Toast, fruit, juice,
Milk
Lunch
Meat ball Sub W/G Bun
Or
Sun Butter Sandwich (Meal
9-12), Green Beans, Garden
Bar
Fruit Choices
Milk

Tuesday, April 9

Breakfast
Pancake Or A Stick Or Cereal
Choice & Yogurt, fruit,
juice, Milk
Lunch
Cheese burger W/G Bun
Or
Italian Chicken Patty W/G
Bun, California Blend Veggies
Garden Bar
Fruit Choices
Milk

Wednesday, April 10

Breakfast
Breakfast Donut Or Cereal
Choice & String Cheese,
Fruit, juice, Milk
Lunch
General Tso's Mandarin
Orange Or Sweet & Sour
Chicken, Fortune Cookie
Brown Rice
Asian Veggies
Garden Bar, Fruit Choices
Milk

Thursday, April 11

Breakfast
Breakfast Fruel Or Cereal
Choice & Yogurt, fruit, juice,
Milk
Lunch
Sloppy Joe W/G Bun
Or
Rib Patty W/G Bun
Baked Beans
Garden Bar
Macaroni Salad
Fruit Choices
Milk

Friday, April 12

Breakfast
Waffles Or Cereal Choice &
Hard Boiled Egg, fruit, juice,
Milk
Lunch
Breaded Fish Sandwich W/G
Bun
Or
Hamburger Patty W/G Bun
Mashed Potatoes
Garden Bar
Fruit Choices
Milk

FRESH GARDEN BAR MAY INCLUDE THE FOLLOWING: TOMATOES, SALSA, CARROTS, CUCUMBERS, CELERY STICKS, BROCCOLI, CAULIFLOWER, RED & GREEN PEPPERS, RADISHES, DARK GREEN LETTUCE, SHREDDED LETTUCE, ONIONS, LOW FAT SOUR CREAM

1% MILK, SKIM MILK & FAT FREE CHOCOLATE MILK SERVED WITH BOTH BREAKFAST AND LUNCH.

DON'T FORGET SECOND CHANCE BREAKFAST AVAILABLE UNTIL 10 A.M. FOR GRADES 9-12.

APPLICATIONS FOR EDUCATIONAL BENEFITS ARE AVAILABLE IN THE BUSINESS OFFICE.

What's on YOUR plate?



Q: What's the GOOFIEST thing about a GOOBER?



A: "Goobler" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

Learn more at [www.CHOOSEMYPLATE.gov](http://kidshealth.org/kid/stay_healthy/food/peanut.html) or http://kidshealth.org/kid/stay_healthy/food/peanut.html

Friday, April 19
NO SCHOOL

Thursday, April 18
Breakfast
Breakfast Breads Or Cereal Choice & Yogurt, Fruit, Juice, Milk
Lunch
Assorted Pizza Day
Steamed Corn
Garden Bar
Fruit Choices
Milk

Wednesday, April 17
Breakfast
Bagel W/Toppings Or Cereal Choice & String Cheese, Fruit, Juice, Milk
Lunch
Carnita Pork W/G Bun OR
Deli Sub Sandwich W/G Bun
Sweet Potato fries
Garden Bar
Fruit Choices
Milk

Tuesday, April 16
Breakfast
French Toast W/Syrup Or Cereal Choice & Yogurt, Fruit, Juice, Milk
Lunch
Taco Burger W/G Bun OR
Beef Bean & Cheese Burrito W/Queso Sauce
Southwest Beans
Garden Bar
Fruit Choices
Milk

Monday, April 15
Breakfast
Cocoa Puffs Soft Breakfast Bar Or Cereal Choice & String Cheese, Fruit, Juice, Milk
Lunch
Chicken Caesar Wrap W/ Chips OR
Corn Dog
Green Beans
Garden Bar
Fruit Choices
Milk

Friday, April 26
Breakfast
Bagel W/Toppings Or Cereal Choice & Yogurt, Fruit, Juice, Milk
Lunch
Chicken Alfredo W/ Noodles
Garlic Toast
OR
Sun butter Sandwich (Meal 9-12) Steamed Broccoli, Garden Bar, Fruit Choices
Milk

Thursday, April 25
Breakfast
Cinnamon Roll Or Cereal Choice & Hard Boiled Eggs, Fruit, Juice, Milk
Lunch
Cheese Burger W/G Bun OR
Breaded Chicken Patty W/G Bun
Baked Beans
Garden Bar
Fruit Choices
Milk

Wednesday, April 24
Breakfast
Fiesta Omelet Or Cereal Choice & Biscuit, Fruit, Juice, Milk
Lunch
Hot Ham & Cheese W/G Bun OR
Pepperoni Pizza Wedge, Garden Bar, Marinated Veggie Salad, Steamed Carrots
Fruit Choices, Milk

Tuesday, April 23
Breakfast
Pancake On A Stick W/Syrup Or Cereal Choice & String Cheese, Fruit, Juice, Milk
Lunch
Chicken Nuggets (W/G Dinner Roll 9-12)
Mashed Potatoes
Gravy
Garden Bar
Fruit Choices
Milk

Monday, April 22
Breakfast
Breakfast Fruitel Or Cereal Choice & Yogurt, Fruit, Juice, Milk
Lunch
Turkey & Cheese Sub Sandwich W/G Bun OR
Ham burger Patty W/G Bun, Green Beans
Garden Bar, Fruit Choices, Milk

NUTRITION 7060
Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

Tuesday, April 30
Breakfast
Waffles Or Cereal Choice & Yogurt, Fruit, Juice, Milk
Lunch
Beef Taco W/G Flour Tortilla & Toppings Or Chicken Chili Crispito (s) Spanish Rice
Refried Beans
Garden Bar
Fruit Choices
Milk

Monday, April 29
Breakfast
Breakfast Muffin Or Cereal Choice & String Cheese, Fruit Juice, Milk
Lunch
Hot Dog W/G Bun OR
Deli Sub Sandwich W/G Bun
Ranch Fries
Garden Bar
Fruit Choices
Milk

Illusion
This image might look like a spiral, but it's not -- it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward -- you'll just go around in a circle.