Menus listed below are for April 15 – April 21. Menus are subject to change without notice.

**Vermillion Elementary &** Middle School - Breakfast

Available everyday: Breakfast entrée or choice of cereals with toast. Fruit or Fruit Juice, Milk choices **Wednesday** – Home-style Sausage Gravy over a Fresh Baked Biscuit, Pineapple, Juice Choices, Milk Choices **Thursday** – Breakfast Pizza, Sliced Peaches, Juice Choices, Milk Choices Friday - Fresh Baked Cinnamon Roll, Applesauce, Juice Choices,

Milk Choices Monday – Breakfast Pizza, Pineapple, Juice Choices, Milk Choices

**Tuesday** – Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit, Applesauce, Juice Choices,

Milk Choices

**Vermillion Elementary** Schools - Lunch Wednesday - A. Taco Burger, B. Pizza, Peas Thursday - A. Spaghetti with Meat Sauce, B. Baked Crispy Chicken Sandwich, Green Beans, Gelatin Dessert

**Friday –** A. Turkey & Gravy (over Mashed Potatoes), Whole Grain Roll, B. Baked Chicken Nuggets, Whole Grain Roll, Mashed Potatoes & Gravy **Monday –** A. Orange Chicken, Whole Grain Rice, B. Cheeseburger, Green Beans

**Tuesday –** A. Super Nachos, B. Baked Breaded Fish Sandwich, Refried Beans, Cinnamon Breadstick

FOR THE 14th ANNUAL

ST. AGNES SCHOOL CLASSIC

Social hour at 6:00 pm in the

St. Agnes Auditorium.

Dinner by RED, auction, and

music by The Clutch to follow.

\$45 in advance • \$50 at the door

WE WILL HONOR JIM CODY AS THE

2015 FRIEND OF ST. AGNES

Vermillion High & Middle <u>school – Lunch</u>

**Wednesday –** A. Taco Burger, B. Pizza, C. Ham & Cheese Sandwich, Peas **Thursday** – A. Spaghetti with Meat Sauce, B. Baked Crispy or Spicy Chicken Sandwich, C. Chef Salad, Breadsticks, Green Beans, Gelatin Dessert Friday - A. Turkey & Gravy (over Mashed Potatoes), Whole Grain Roll, B. Baked Chicken Nuggets, Whole Grain Roll, C. Sub Sandwich, Mashed Potatoes & Gravy Monday - A. Orange

Chicken, Whole Grain Rice, B. Cheeseburger, C. Sub Sandwich, Green Beans Tuesday - A. Super Nachos, B. Baked Breaded Fish Sandwich, C. Oriental Salad. Breadsticks, Refried Beans, Cinnamon Breadstick

Elk Point Breakfast and <u>Lunch</u> Wednesday - Bkfs.

**SCHOOL MENUS** Pancakes & Fruit – Lunch: Hamburger or Chipotle Chicken Wrap, French Fries, Cauliflower, Fruit Thursday - Bkfs. Biscuits & Gravy & Fruit – Lunch: Breaded Chicken Sandwich or Tater Tot Casserole, Tater Tots, Carrots Friday - Bkfs. Bagel with Cream Cheese & Fruit -Lunch: Mr. Rib or Meatball Subs, French Fries, Melon, Carrots

Monday – Bkfs. Eggs & Toast & Fruit – Lunch: Chili Dogs or Taco Pizza, Potato Wedges, Baked Apples, Veggies Tuesday - Bkfs. Breakfast

Pizza & Fruit – Lunch: Chicken Strips or Meatloaf, Steak Fries, Carrots, Mixed Fruit

<u>Irene-Wakonda School –</u> **Breakfast** 

Available every day: Breakfast entrée or Choice of cereals w/toast, Fruit, Milk Choices Wednesday – Breakfast

Pizza, Fruit, Milk Choices **SURPLUS PROPERTY** 

The University of South Dakota will sell miscellaneous surplus items including chairs, tables, desks, bicycles, park benches, & HVAC equipment.

> **Friday, May 1st, 2015** 9:00 a.m. - 3:00 p.m.

at the Quonset building located north of the Dakota Dome on Hwy 50, next to the Vucurevich Day Care Center Any questions call: 605-677-5669

**Thursday –** Sausage Pancake Stick, Fruit, Milk Choices

Friday – N/A Monday – Cinnamon Tastry, Fruit, Milk Choices **Tuesday –** Waffles, Fruit, Milk Choices <u>Irene-Wakonda</u> Elementary School –

**Lunch** 

**Wednesday –** A. Nachos Grande, B. Meatballs with Gravy, Rice, Green Beans Thursday - A. Cheesy Chicken Casserole, B. Cheeseburger, Carrots Friday – N/A

**Monday –** AA. Grilled Cheese Sandwich, B. Chicken Patty Sandwich, Tomato Soup

Tuesday - A. Goulash with Bread, B. Mini Corn Dogs,

<u>Irene-Wakonda High &</u> Middle School - Lunch Wednesday – A. Nachos Grande, Rice, B. Meatballs with Gravy, Rice, C. Italian Sub, Green Beans Thursday - A. Cheesy Chicken Casserole, B. Cheeseburger, C. Roast Beef & Swiss Sub, Carrots Friday – N/A **Monday –** A. Grilled Cheese Sandwich, B. Chicken Patty Sandwich, C. Ham & Cheese Sub, Tomato Soup **Tuesday –** A. Goulash with Bread, B. Mini Corn Dogs,

C. Cold Cut Sub, Peas

## **DAKOTA SENIOR MEALS**

**Served at The Main Street Center &** Town Square, "Meals on Wheels" Please call before 9:00am to schedule or cancel a meal at 624-7868. **Menus listed below** are April 15 - April 21. Menus are

subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise

noted

**Wednesday** – Biscuits & Gravy, Hash brown Wedge, Stewed Tomatoes, Fruit

**Thursday** – Swiss Steak, Parslied Potatoes, Broccoli, Patio Salad, Crunchy Cranberry Salad Friday - Chicken Fried Steak, Baked Squash, Tossed Salad, Orange Monday - Baked Chicken, Mashed Po-

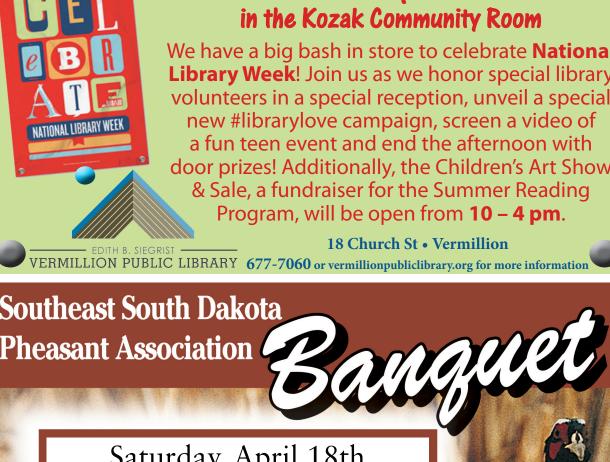
Peaches Tuesday - Chicken N Rice, Mixed Veggies, Fruit

tatoes & Gravy, Beets,

**CELEBRATE NATIONAL LIBRARY WEEK** Saturday, April 18th

2-3 pm

We have a big bash in store to celebrate **National Library Week!** Join us as we honor special library volunteers in a special reception, unveil a special new #librarylove campaign, screen a video of a fun teen event and end the afternoon with door prizes! Additionally, the Children's Art Show & Sale, a fundraiser for the Summer Reading Program, will be open from 10 – 4 pm.



Some Advice For New Parents

A COLUMN BY FIRST LADY LINDA DAUGAARD

Much has changed for Dennis and me in the last five years. Moving from Dell Rapids to Pierre to serve as governor and first lady has been quite the adventure. But there are other titles we've recently acquired that we value even more: grandpa and grandma.

Becoming a grandma has reminded me how much new parents have to decide in nine short months. What color to paint baby's bedroom, which stroller to buy, whether to know the gender ahead of time – the list of questions can be endless for first-time parents.

Though it can all be overwhelming, the decisions that really matter are those that affect a baby's health. When Dennis was first elected, he was shocked to learn how many infants were not reaching their first birthday, and that South Dakota's infant mortality rate was higher than the rates in surrounding states of North Dakota, Minnesota, Iowa, Montana and

This unsettling truth led him to ask me to lead a task force on infant mortality in South Dakota. I worked with a group of doctors, nurses, tribal health care workers, midwives, social workers and Department of Health officials to understand the causes of the problem. In our research, we found that deciding against early elective deliveries (EEDs), abstaining from tobacco, learning safe sleep practices and receiving prenatal care are critical to an infant's wellbeing.

Inducing early for non-medical reasons can be dangerous. There are no known health benefits for EEDs, and there are significant health risks for baby - low birthweight, respiratory syndrome, pneumonia and even death. I'm very pleased that 20 of South Dakota's birthing hospitals have signed pledges to work with us to reduce EEDs.

The infant mortality rate for infants of mothers who smoke is almost twice as high as it is for infants born of non-smokers. Last year, about 15 percent of pregnant women smoked. Though that is an improvement from 2011 when the task force began its work, South Dakota still has one of the highest

rates of mothers smoking during pregnancy.

Along with abstaining from tobacco products, it's critically important for expectant mothers to seek the care they need during the first trimester. In South Dakota, 72 percent of women received prenatal care in the first trimester last year. I've heard stories from women who have been told to wait until they are 12 weeks along to schedule prenatal care visits. That's not good advice. Those who seek that care early on are

less likely to lose their child within the first year. Also before baby is born, expectant parents should learn about safe sleep practices. Infants need to sleep on a firm surface covered by a fitted sheet. Pillows, blankets, toys and crib bumpers should not be in the crib. Babies need to be placed on their back and it's best for them to sleep in light clothing. Family members and other caregivers also need to

know about these important practices. The good news is that the infant mortality rate is declining in South Dakota. According to the Department of Health, the number of infant deaths per 1,000 live births is down from 2013's rate of 6.5 to 5.9 in 2014. Last year's rate is also below 2011's 20-year low of 6.3. It's important we keep working to increase prenatal care, promote safe sleep practices, and decrease tobacco use and EEDs to make sure that decline

I know from experience there's no way to fully prepare yourself for parenthood. Don't sweat the small stuff. No parent is perfect. Know that by concerning yourself primarily with your baby's health and safety, you'll be just what your little one needs.



If you don't get the word out about your business, no one else will!!!

