Menus listed below are for March 25 – March 31. Menus are subject to change without

Vermillion Elementary & Middle School - Breakfast Available everyday: Breakfast entrée or choice of cereals with toast. Fruit or Fruit Juice, Milk choices Wednesday – Yogurt with Graham Cracker, Fruit, Juice Choices, Milk Choices Thursday – Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit, Fruit, Juice Choices, Milk Choices **Friday** – Fresh Baked Cinnamon Roll, Fruit, Juice Choices, Milk Choices **Monday** – Ultimate Breakfast Round, Fruit, Juice Choices,

Milk Choices Tuesday – Home-style Sausage Gravy over a Fresh Baked Biscuit, Fruit, Juice Choices, Milk Choices **Vermillion Elementary** Schools - Lunch Wednesday – A. Pizza Hut Pizza (Jolley), Cheese Pizza (Austin), B. Teriyaki Chicken

Sandwich, Steamed Broccoli Thursday- A. Home-style BBQ Pork Sandwich, B. Hot Dog, BBQ Beans, Fresh Baked Chocolate Chip

Friday – A. Cajun Chicken Penne Pasta, B. Italian Dunkers with Marinara Sauce, Mixed Vegetables Monday - A. Pancakes and Sausage, B. Sloppy Joe, Tri-Tater Hash brown **Tuesday –** A. Golden Macaroni & Cheese, B.

Crispy Chicken Sandwich, Peas, Fresh Baked Carnival Vermillion High & Middle school – Lunch

Wednesday - A. Pizza Hut Pizza, B. Teriyaki Chicken Sandwich, C. Turkey & Cheese Sandwich, Steamed Broccoli **Thursday** – A. Home-style BBQ Pork Sandwich, B. Hot Dog, C. Taco Salad, Coleslaw

Fresh Baked Chocolate Chip Cookie Friday - A. Cajun Chicken

on the FVB, BBQ Beans,

SCHOOL MENUS Penne Pasta, B. Italian Dunkers with Marinara Sauce, C. Sub Sandwich,

Mixed Vegetables Monday – A. Pancakes and Sausage, B. Sloppy Joe, C. Sub Sandwich, Tri-Tater Hash brown

Tuesday – A. Golden Macaroni & Cheese, B. Crispy Chicken Sandwich, C. Oriental Salad, Breadsticks, Peas, Carnival Cookie Elk Point Breakfast and Lunch

Wednesday - Bkfs. Pancakes & Fruit – Lunch: Country Fried Steak or Beef Tips, Mashed Potatoes & Gravy, Corn, Fruit

Thursday - Bkfs. Biscuits & Gravy & Fruit – Lunch: Soft Taco or Chicken Enchilada, Potato Oles, Pineapple Friday - Bkfs. Muffin & Fruit - Lunch: Mac & Cheese or Porcupine Meatballs, Green

Beans, Brownies **Monday –** Bkfs. Eggs & Toast - Lunch: Asian Chicken Rice Bowl or Meat Nachos, Rice, Pineapple Cake

Tuesday – Bkfs. Breakfast Burrito - Lunch: Chicken & Noodles or Stuffed Baked Potato, Baked Beans, Grapes Irene-Wakonda School –

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

Wednesday - Cinnamon Roll, Fruit, Milk Choices Thursday - Pancakes, Fruit, Milk Choices

Friday – N/A Monday – Breakfast Pizza, Fruit, Milk Choices Tuesday - Sausage Pancake Stick, Fruit, Milk Choices Irene-Wakonda Elementary School – Lunch Wednesday - A. Italian

Corn Chips, Carrots Thursday – A. Macaroni & Cheese, B. Salisbury Steak, Bread, Green Beans Friday – N/A Monday – A. Italian Pasta

Meatball Sub, B. Hot Dog,

Bake with Breadstick, B. Cheeseburger, Green Beans Tuesday - A. Grilled Turkey & Swiss, B. Crispy Chicken Sandwich, Baked Beans Irene-Wakonda High & Middle School - Lunch Wednesday – A. Italian Meatball Sub, B. Hot Dog on a Bun, C. Italian Sub, Corn Chips, Carrots

Thursday - A. Macaroni & Cheese, Bread, B. Salisbury Steak, Bread, C. Roast Beef & Swiss Sub, Green Beans

Friday – N/A **Monday –** A. Italian Pasta Bake with Breadstick, B. Cheeseburger, C. Ham & Cheese Sub, Green Beans **Tuesday -** A. Grilled Turkey & Swiss, B. Crispy Chicken Sandwich, C. Cold Cut Sub, **Baked Beans**

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

Menus listed below are **March 25 – March 31.** Menus are subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise noted

Wednesday – Lasagna, Tossed Salad, Fruit Cocktail, French Bread **Thursday** – Turkey Ala King over biscuit, Apricots, Apples, Tomato Juice Friday - Ham & Potato Omelet, Green Beans, Cinnamon

Roll, Plums Monday - Chicken Breast, Baked Squash, Tossed Salad, Orange, Birthday Cupcakes-Tuesday – Liver & Onions, Baked Potato, Green Beans, Cranberry Salad



Dakota Hospital Foundation Grant awarded to Boy Scout Troop 66 Vermillion, SD - Dakota Hospital Foundation has awarded Boy Scout Troop 66 of Vermillion a \$500 grant. Troop 66 applied for funding from Dakota Hospital Foundation to assist in costs of replacing the trailer they had that was damaged by a fallen tree in the summer of 2014. "The Boy Scouts truly appreciate the support and generosity of the Dakota Hospital Foundation and the community during our time of need. Having a trailer for our program is vital in carrying out our mission to prepare these young boys with life skills, morals, and values. Due to your support our troop was able to replace our trailer, that was damaged beyond use, with a larger trailer that better suits our needs to accommodate our growing youth leadership program," said Roy Mortinsen, Troop 66 Scoutmaster. Dakota Hospital Foundation (DHF) held its first open grant period from Oct 1 – 31, 2014. Five grants were awarded for a total of \$10,000. The next open grant period for DHF will be April 1 – 30, 2015. Learn more at sanfordvermillion.org/foundation. **COURTESY PHOTO**

Orthopedic Institute Opening New Clinic at Dakota Dunes

Sioux Falls, SD – March 2, 2015 –Orthopedic Institute is pleased to announce the opening of a new Orthopedic Institute clinic at Dakota Dunes. The clinic is located at 317 Dakota Dunes Blvd, Suite G and will offer specialty orthopedic and general orthopedic services. It will open March 10, 2015.

"We are excited to offer specialized orthopedic services to the Siouxland region," said Eric S. Watson, M.D., current President of Orthopedic Institute and one of the three physicians who will be traveling to Dakota Dunes.

Three physicians with Orthopedic Institute will travel to Dakota Dunes to care for patients in the

fellowship trained in total joints and has a special interest in anterior (from the front) hip replacement surgery. Dr. Adler is boardcertified by the American Board of Orthopaedic Surgery and will see patients at Dakota Dunes every other Tuesday.

• Dr. David Jones, Jr. graduated from Mayo Medical School and specializes in hand, wrist, elbow and shoulder care. He will see patients at Dakota Dunes every other Monday.

• Dr. Eric Watson specializes in foot, ankle and knee problems. He

graduated from Creighton University School of Medicine and received his fellowship training in foot & ankle surgery from GIKK in Omaha. Dr. Watson will see patients at Dakota Dunes one Thursday a month.

To schedule an appointment with Dr. Adler, Jones or Watson, please call 1-888-331-5890.

If you would like more information, or to schedule a phone or in person interview with one of the OI doctors coming to Dakota Dunes, please contact Mary White.









