



MAR'24

MINGUS MATTERS

PAGE 1

Every Student Celebrated | Every Student Prepared

Dear Marauder Families,

Thank you to everyone who joined us for parent teacher conferences last month. We loved seeing you on campus. We appreciate your partnership and value your role in your student's education.

Our Marauders have chosen their classes for next year and our future Marauders have been on campus taking tours and getting ready for their transition to high school. We had a great turnout for Future Freshman Night. So many families joined us for this fun night of all things freshmen! If you have questions about course selection or scheduling for next year, please contact our counseling office. You can find our course catalog and next year's school calendar on our Mingus website at www.mingusunion.com.

Advisory classes are working on testing strategies as we continue preparation for the upcoming state testing season. Our students will take the ACT, ASPIRE, and the Arizona science test the first week of April. Information about schedules will be released just after spring break.

Spring break is March 11th-15th. I hope you all enjoy your break and have a fun time making memories. Once spring break is over, we return to the busiest time of year!

Prom is April 6th at the Clarkdale Clubhouse. The Student Council has done an excellent job with planning and prepping for this special event! Baseball, softball, track and field, and tennis events are scheduled and ready to go. We invite you to join us for our school events and see our amazing Marauders in action!

Preparation for graduation for the Class of 2024 is underway. We are so excited to celebrate our seniors and host our largest, most honored event of the year. Mark your calendars for May 24th at 7:00pm to show your support for the Class of 2024!

As always, thank you for all you do to support your student's learning. Thank you for making Mingus a part of your family's story. Please reach out with any questions you may have or for any information you may need; we value your voice and want to hear from you. Go Marauders!

March Dates to Remember

February 23 - March 2
Project Prom Closet
*More Info on PG 4

March 1 & 2
PATCHWORK Performance
6pm - MUHS Cafeteria
*More information on page 7

March 7
ASVAB Testing for Juniors
10:30 - MUHS Library
*More Info on PG 3

March 7
Jazz & Pops Concert
6:30-7:30pm
Free Concert in Auditorium
*More Info on PG 10

March 7
Governing Board Meeting
6 - 8pm - MUHS Library
*More Info on PG 2

March 11 - 15
SPRING BREAK ~ No School

March 19
Senior Cap & Gown Delivery
5:15pm - MUHS Library
*More Info on PG 3

March 19
School Site Council Meeting
5:15pm - MUHS Library
*More Info on PG 2

March 29
SPRING HOLIDAY ~ No School



Genie Gee
Principal and
Treasure Hunter
Mingus Union High School



CAMPUS EVENTS & RESOURCES

MUHS COMMUNITY CALENDAR

Today's families are busy, and there's always something happening. Sync your family schedule with ours to avoid missing important testing dates and events when planning vacations and doctor appointments.

CLICK

MARCH 7TH @ 6PM

MUHS GOVERNING BOARD



Our governing board is comprised of five locally elected citizens. These individuals ensure the proper allocation of district funds and resources to best serve the needs and interests of our students.

Meetings are open to the community and are held at 6pm in the MUHS Library on the Second Thursday of every month.



SCHOOL SITE COUNCIL MEETING

Tuesday, March 19th
5:15 pm ~ MUHS Library

For more information visit:
https://www.mingusunion.com/Site_Council



M a r a u D e r

Seniors

Cap and gown delivery – Tuesday, March 19th during lunch in the small gym. Seniors if you are not able to pick up your graduation order on Tuesday, the bookstore will have your orders available for pick up on Wednesday, March 20th. Orders will only be given to the person they are for. Friends cannot pick up your order for you.

Juniors

ASVAB Testing - Thursday, March 7th, 7:55am – 12pm

The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success in the military. Mingus Union will be offering the ASVAB CEP (Career Exploration Program). This exam allows students to explore multiple paths including college, certificates, apprenticeships, licensure programs or the Military.

Schools have the ability to choose a release option for students ASVAB scores. Mingus Union has chosen NOT to release the scores to the military. If you would like to have your student's scores release to the military please complete the ASVAB CEP Opt In Letter. You should have received this in the mail as well.

Once completed return to the Counseling Office.

For additional information about the ASVAB check out the Parent portion of the ASVAB website here: <https://www.asvabprogram.com/parents>
Please contact me if you have any questions or need any additional information.

Gretchen Wesbrock

Director of Student Support Services
928-634-7531 x1318





HIGH STAKES ~CASINO~

MINGUS UNION

HIGH SCHOOL

JUNIOR & SENIOR

PROM 2024

CLARK MEMORIAL

CLUBHOUSE

19 N. 9TH ST

CLARKDALE, AZ

Saturday, April 6th
7-11 pm

**Tickets will be on sale in the
Bookstore**

FEB 26TH - MAR 8TH

\$60/ EACH

MAR 18TH-MAR 29TH

\$75/ EACH

**Please see Mrs. Lyons in room 113 for Guest
Passes or any Prom related questions!**

projectprom
Cost

FREE formal
wear for ALL
high school students.

- Friday, February 23rd
 - 2:30 - 6pm
- Saturday, February 24th
 - 10a - 1pm
- Friday, March 1st
 - 2:30 - 6pm
- Saturday, March 2nd
 - 10a - 1pm

Dresses in a
variety of sizes
and colors

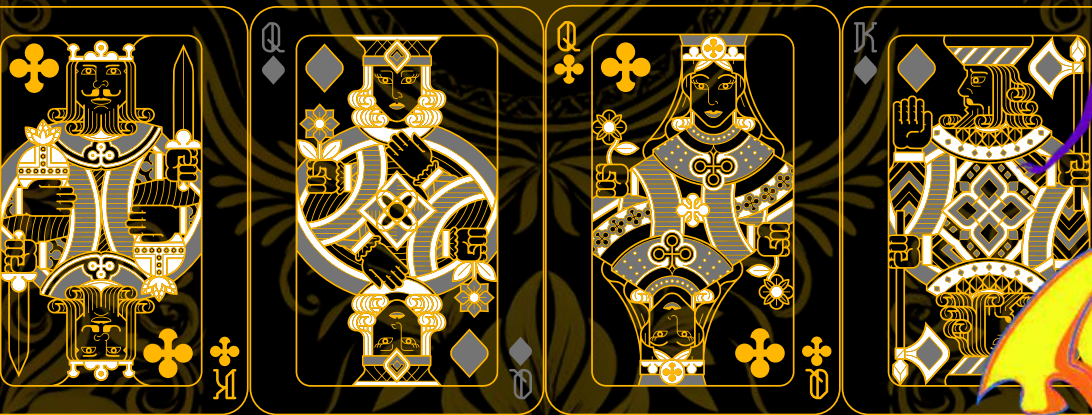
Menswear: Suits
and Jackets,
Slacks, Vests,
Cummerbunds,
Bow Ties &
Neckties

Jewelry &
Accessories

Dress Shoes



**Mingus Union
High School**
Enter West Parking
Lot on Camino Real
Small Gym
(300 BLDG)





ACT Testing Schedules & Information

Tue & Wed April 2nd & 3rd:
All freshman will take the ACT Aspire

Wednesday April 3rd:
All juniors will take the AzSci

Tuesday April 9th:
All juniors will take the ACT

ACT

ACT IS THE STATEWIDE
HIGH SCHOOL
ACHIEVEMENT TEST,
WHICH WILL BE
ADMINISTERED TO
STUDENTS IN
GRADE 11/COHORT 2025.

ACT ASPIRE

ACT ASPIRE IS
THE STATEWIDE
HIGH SCHOOL
ACHIEVEMENT TEST,
WHICH WILL BE
ADMINISTERED TO
STUDENTS IN GRADE
9/COHORT 2027.

TESTING TIPS!!!

- Get a good night's sleep before test day
- Turn off cell phones and leave out of sight until testing is complete
- Be on time
- Wear comfortable clothing and eat a healthy breakfast
- As you get started, take a few deep breaths to calm yourself and keep a positive attitude.
- Listen carefully to instructions and ask questions if you hear something you don't understand.
- Focus your attention entirely on your work.
- Pace yourself and occasionally check the time.
- If you finish before time is up, reread the questions and check your answers.





SENIOR SPOTLIGHT

Isaac Sena



Isaac wants to continue his education and go to college after he graduates high school this year. He is an athlete and a student artist. Isaac played football since his freshman year and it has been one of his best memories is attending the football camp in California. His teachers describe him as a respectful, thoughtful, and creative student who is a deep thinker, an artist and athlete of the highest caliber, and a jack of all trades.

In his free time Isaac enjoys skating and riding his dirt bike. When asked what advise he would give freshmen students, he said 'just don't give up.' Isaac is a wonderful example of Marauder spirit, and we are excited to see what he does once he graduates.

STAFF SPOTLIGHT

Kelcy Lyons Geometry Teacher & Leadership Teacher



Kelcy Lyons is a Geometry and Honors Geometry teacher, the Student Council Advisor and the Leadership Teacher, a member of the Guiding coalition and the Advisory Lead Committee, the Secretary of the Yavapai County Junior Rodeo Association, and the President of LISA, a nonprofit organization that helps students in need.

Her peers describe her as a leader and someone who cares and is involved in our community, putting in countless hours of community service.

The students' individual success is what keeps Ms. Lyons motivated. She loves encouraging students and helping advise them on how to overcome obstacles in academics, athletics, relationships, etc. Her goal each day is to ensure that every student that enters her classroom feels seen and valued as a human. She enjoys helping plan and facilitate community service events such as blood drives and service projects, as well as memorable events for MUHS students, such as pep assemblies, spirit weeks and Prom.

Kelcy is a MUHS graduate. She has been an educator for 12 years and at Mingus for the past 6 years. Last year, Ms. Lyons was featured in the Annual Educator Tribute Magazine for Schools in the Yavapai County for her perseverance and Marauder Pride.

In her free time, she likes riding and roping in the rodeo with her husband and their three kids, as well as hunting outdoors.





MARAUDER of the MONTH

TEACHERS & COACHES ARE ASKED TO NOMINATE STUDENTS IN THE ART, C.T.E. AND ATHLETICS DEPARTMENTS. THESE STUDENTS ARE THEN VOTED ON AMONGST THOSE TEACHERS & COACHES TO CHOOSE FINALISTS TO RECOGNIZE EACH MONTH. THESE STUDENTS ARE HIGHLIGHTED IN OUR NEWSLETTER, ON SOCIAL MEDIA AND INVITED TO RECEIVE RECOGNITION IN FRONT OF OUR COMMUNITY AT THE FOLLOWING MONTH'S BOARD MEETING.

WE ARE SO PROUD OF OUR MARAUDERS!



Karma Sutter

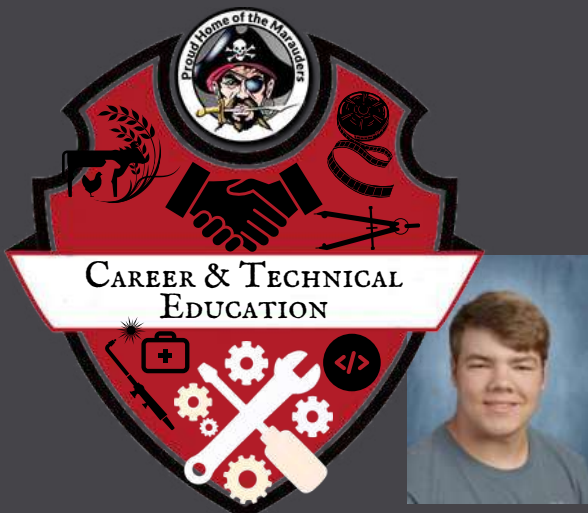
Karma is an amazing human being and an accomplished artist! She has wisdom beyond her years which is evident in the work she does. Karma's artistic journey started early in life when she began sewing and designing fashion accessories at the age of 6. In Middle School, she entered a county art contest in her home state of Oklahoma and won, in a professional category!

Karma is dedicated to her craft and says that, "Art is in her soul and has helped her to persevere thru adversity." She enjoys many art mediums, including pottery and basket weaving which keep her connected to her Cherokee Heritage.

Karma is a senior and will be attending NAU in the Fall, to study Art Education. Her goals are to teach Art at a University level, and open a Laundromat with artistic flare!

Check out her Cardboard Artwork "Strawberries" in the MUHS Library.

~ Ms. Detweiler



Stephen Young

Stephen is president of SkillsUSA Mingus chapter of Automotive Technologies and vice-president of Auto Club. He has developed from a somewhat reserved student to a leader this school year, overcoming and breaking through some difficult personal social barriers. His willingness to help and guide other students in the Skills and Leadership programs is noticeable and evidenced by their improvement, which also crosses over to his other classes and his peers. He maintains a positive outlook in all situations with a "get it done" team spirit. His uplifting smile and enthusiasm is infectious whether planning, carrying out tasks, or working shoulder-to-shoulder with, making successful completion even more rewarding and satisfying.

~ Mr. Mount & Mr. Kuntz



MARAUDER of the MONTH



Trenton Hardy

Trenton debuted as a wrestler this season. He is athletically gifted and possesses impressive speed and power. He is a young man who finds himself at home on the mat and no matter the type of match at hand, he is always prepared for battle. I was elated by his superb display of wrestling by pinning both of his opponents. Such athleticism and sportsmanship are rare in our competitive world. With champion-like qualities of courage, fortitude, determination, tenacity, and perseverance, Trenton proved that if you dedicate yourself and work hard, you will succeed.

~ Coach Chagolla



Savannah Tobias

Savannah's exceptional performance in triple doubles per game sets her apart from her peers, showcasing her remarkable skills and commitment to excellence. Leading the 4A division in this category is an outstanding accomplishment that deserves recognition. Savannah also ranks second in the region for scoring, averaging an impressive 16.6 points per game. Her offensive capabilities contribute significantly to her team's success and highlight her ability to make a substantial impact on the game. Her leadership, skill, and dedication to the sport make her a standout athlete, and her contributions to her team's success should be acknowledged and celebrated.

~ Coach Hoke



Racer Uhler

Racer returned from a four-month rehabilitation after an injury and put forth a spectacular performance by winning both matches. To be a great wrestler you must have the desire to be the best, and a desire to dominate on the mat. You must have a burning passion, a commitment and dedication to excel through sacrifices that must be made. This describes Racer, who pinned both of his opponents in the first period. Most athletes are not willing to sacrifice their social life for something more rewarding. Racer chooses to challenge himself and be the best that he can be.

~Coach Chagolla



All current athletic events, team schedules and coaching information are posted to the [athletics page](#) for quick viewing. You can also subscribe to the [calendar](#) and receive daily emails by clicking the link below, then subscribe in the top right corner.

**Schedules are subject to change, so check often or call the athletic department for more info!*



SPRING SPORTS SCHEDULES HERE

CLICK ON THE ICON BELOW TO BE TAKEN TO THAT SPORT'S SCHEDULE



CONGRATULATIONS TO OUR COLLEGE-BOUND MARAUDERS!!!



MUHS Performing Arts Department:

Mingus Performing Arts Presents...

Jazz Pops

Free Concert

Featuring the Jazz Band, Concert Choir, and Performance Choir

Thursday, March 7th 2024

6:30 PM

MUHS Auditorium • 1801 E Fir St. •
Cottonwood

James Ball - Director of Choirs

Joshua Stallworth - Director of Bands

Made with PosterMyWall.com



MINGUS A.T.O.R.T. PROUDLY PRESENTS

the 25th Annual
patchwork
a dinner and variety show

Patchwork is a yearly ATORT fundraiser that supports our amazing theatre program and allows us to entertain patrons in a fun and fulfilling way! Students in ATORT decorate the tables, serve the food, and put on the show.

Friday March 1st & Saturday March 2nd
6pm in the **MUHS Cafeteria**
\$12 for Adults
\$10 for Students & Children.
Tickets at the door
***This cost includes dinner**

MUHS Club Happenings:

yatcy



Yavapai Anti-Tobacco Coalition of Youth

YATCY is excited to announce that it will be expanding into even more public health topics next school year, in addition to tobacco related issues. Topics will include mental health, bullying prevention, healthy relationships, youth homelessness, and nutrition & healthy lifestyle.

February 10th YATCY and the Prescott version of YATCY, (YC2) conducted a Tobacco Corrective Statement audit. Tobacco corrective statements are teal and black signs that state facts about tobacco and tobacco products that Big Tobacco lied about for years, of which tobacco retailers who partner with Altria, Philip Morris USA Inc. (PM USA) and R.J. Reynolds Tobacco Company (RJRT) must have up in their stores effective July 1, 2023. Our YATCY and YC2 youth went to many of those local retailers here in Cottonwood, to see if the retailers had their corrective statement signage or not. All the businesses we audited did have theirs up but if they don't there is a tip line that citizens can text/call to report noncompliance to.

Afterwards we picked up cigarette butts at Garrison Park and in front of Cottonwood Public Library. 🍷



Scan the QR code to sign up & join YATCY!





VALLEY
ACADEMY FOR
CAREER AND
TECHNOLOGY
EDUCATION



VACTE - The Valley Academy of Career & Technology Education would like to highlight our EDUCATIONAL PROFESSIONS PROGRAM

Educational Professions is a course offered through VACTE and Yavapai College that allows students to be dual-enrolled and earn 12 college credits in a school year. The courses are foundational offerings that explore the career of education. Students receive instruction in a classroom setting with a curriculum that is designed to engage and provide hands-on real-life experiences in the world of teaching. Guest speakers, field trip experiences, and practicum experiences in local schools are an integral part of the course.

Students explore classroom settings in the Verde Valley grades K-8 and get to choose a classroom environment where the teacher exhibits best practices. They work in their classroom 2-3 days a week building relationships with students and teachers. In any industry having a role model and an opportunity to grow a skill set is critical in preparing for success. This program does exactly that by providing opportunities to explore and experience teaching in classrooms.

VACTE students learn lesson planning, curriculum, teaching strategies, social/emotional programs, positive classroom behavior management skills, positive culture, and much more. Students are empowered to take risks and to become public speakers. Experts in the educational field are invited to teach the students about the different aspects of education, such as special needs, Title I, STEM Curriculum and many other important topics in education to keep the students learning the cutting-edge strategies that make a difference in the classroom.

The students have volunteered for Toys for Tots and Adopt a Senior programs. The students also created a Parent's Night Out event where parents in our community dropped off their children to have a date night while the students conducted fun educational activities.

Students are taken to Verde Valley schools and shown a diverse selection of classrooms to determine the placements for the student practicums. Students are placed with effective mentoring teachers to help foster the student to learn effective classroom environments and learning strategies.

Join VACTE in creating future teachers in our community and enroll in the class now.



You can catch our Ed Professions students volunteering at many of the schools and in the community.



During Halloween you will catch the "Boo Crew", Mrs. Adams dressed up in her witch costume driving her students in their Halloween costumes in their decorated school bus headed to schools in the Verde Valley to read wonderful stories



VACTE's Ed Professional students are blessed with a teacher with 40 years of experience, Mrs. Genna Adams, who is working tirelessly helping create future educators. She motivates students to consider teaching in their future by showing such compassion and enthusiasm for teaching. She truly loves teaching, loves students, and naturally motivates her students to become our future teachers. Her students describe her as, "Impactful, thoughtful, engaging, fun, inclusive, amazing and outstanding" VACTE is proud to have Mrs. Adams teaching our students how to become future educators.



The Educational Professional students also participate in FCCLA with leadership conferences, camps, and competitions. 10 students qualified and attended the National Educator Rising competition and leadership conference in Orlando, FL last June. This program also has two top 10 in the nation placers.



COURSE OFFERINGS 2024-2025

Certified Nursing Assistant (CNA)

One Semester Program (Junior/Senior)
Morning and Afternoon Classes

(recommendation that Phlebotomy be taken in opposite semester)
Arizona Board of Nursing CNA Certification

Class held at Verde Valley Medical Center - Cottonwood

Phlebotomy

One Semester Program (Junior/Senior)
Morning and Afternoon Classes

(recommendation that Certified Nursing Assistant be taken in opposite semester)

Up to 8 Yavapai College Credits

Progress toward Yavapai College Phlebotomy Technician Certificate
Class held at Yavapai College - Clarkdale Campus

Construction

One- to Two-Year Program (Sophomore/Junior/Senior)
Morning and Afternoon Classes

Up to 22 Yavapai College Credits

OSHA 10, IVES Lifts, and NCCER Core and Level 1 Certifications

Yavapai College Basic Carpentry Certificate - Year One

Yavapai College Plumbing and/or Electrical Certificates - Year Two
Class held at VACTE Campus - Cottonwood

Law Enforcement

One- to Two-Year Program (Junior/Senior)
Morning Class

Up to 18 Yavapai College Credits

Progress toward APCO-Public Safety, Telecommunication
Dispatcher and

Arizona Department of Public Safety Security Guard
Certifications Class held at VACTE Campus - Cottonwood

Culinary Arts

One Year Program (Junior/Senior)

(open to sophomores at Sedona Jr./Sr. High with counselor approval)

Morning & Afternoon Classes

Up to 16 College Credits

ServSafe Certification

Yavapai College Culinary Arts Fundamentals Certificate - Year One
Class held at Yavapai College, Sedona Campus

Cosmetology(Hairstyling)

Two Year Program (Junior Only 2023-2024)

1000 Hours of Lecture and Client Services

Hairstyling Equipment Fee : \$850

(\$500 1st yr. & \$350 2nd yr.) Students keep kit.

Morning & Afternoon Class

Arizona Board of Cosmetology & Barber Certification
Class held at VACTE Cosmetology Center - Cottonwood

Fire Service

One Year Program (Seniors Only)

Afternoon Class

Up to 18 Yavapai College Credits

Hazardous Materials Certification, Wildland Certification and
Fire Fighter 1 and 2 Certification

Class held at Verde Valley Fire Training Center - Cottonwood

Teacher Training

One- to Two-Year Program (Junior/Senior)
Morning Class

Up to 18 Yavapai College Credits

Level 1 State Fingerprint, First Aid/CPR/AED, and

Para-Professional Certifications

Progress toward AAS in Elementary Education Degree and

Bachelor of Arts Degree in Elementary and Secondary Education

Class held at VACTE Campus - Cottonwood



The Valley Academy for Career and Technology Education seeks to have a diverse student body. The school does not discriminate in admissions, employment, or in any of its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, religion or religious creed, disability or handicap, gender, gender identity and/or expression, or sexual orientation.





STUDENT EXCHANGE PROGRAM

Aikumush, 16 from Kyrgyzstan, speaks 4 languages (including Spanish). She has 3 younger siblings and would be great with a family that has young kids. Aikumush is the eldest daughter and helps at home w gardening and livestock. Her teacher states she is respectful, and "She's My Hope who can change lives". Her hobbies include swimming and volunteering.

Svitlana comes from Ukraine, 15, speaks 5 languages and is an A student. She loves baking, Art, violin, voice, and architecture. Her teacher describes her as open to others, patient and her brightest student. Svitlana has a younger sister and has lived in another country for the last year please give her an opportunity to leave a difficult time/situation and live in the US for the school year.

For more information contact
Marcia Goebel
Marciagoebel@yahoo.com
(928)301-9868

Baseball. Barbeques. Birthday celebrations.

You've got so much to offer! Wouldn't you love to share your little corner of America with a PAX high school exchange student from the prestigious Future Leaders Exchange (FLEX) Program? Established by Congress in 1992 under the FREEDOM Support Act following the collapse of the Soviet Union, the program provides merit-based scholarships for students from post-Soviet countries. Through person-to-person exchange, FLEX students learn about American society and values, acquire leadership skills, develop their sense of civic responsibility, and help educate Americans about their own countries and cultures. Invite an international student into your home—and watch how you all grow! These scholarship students are sponsored by the State Dept. The students will receive a stipend for living expenses and full medical insurance. They can live with a single parent family. If the family has children, they are able to share a room with a closely aged sibling. The students arrive in August only if they have a family. This is a great way to bring cultural diversity into your world and create global citizenship. Please consider stepping out of your comfort zone and Making a Difference in the World.





Community Events & Resources

There's no doubt that our Verde Valley community knows how to come together to support those who live here! This page will list some of those amazing Community Resources and let you know some of the events and happenings they have planned this month.

Click on the photos to be taken to the link for the event.

Inspiring
CHANGE

Providing
HOPE

Old Town Mission
116 E. Pinal Street
Cottonwood
928-634-7869

Mission Thrift Store
810 W Mingus Ave
Cottonwood
928-634-1644

Sharing God's LOVE

FOOD PANTRY
Wednesday: 9 am - 2 pm & 4 pm - 6 pm
Thursday: 9 am - 2 pm

COMMUNITY MEALS
Monday, Tuesday & Friday: 11:30 am-12:30 pm
Monday: 5 pm - 6 pm
Wednesday: 4 pm - 6 pm (**Served to-go only**)

RESOURCE CENTER
* Available for those without residence:
Showers, breakfast, clothes, hygiene & resources
Monday, Tuesday & Friday 9 am - 11 am

THE KIDS SHOP
Monday - Thursday 9 am - 2 pm
Monday 5 pm - 6 pm
or call for an appointment 928-634-7869

HAIR SALON
Monday 4 pm to 5:30 pm
Tuesday: 9 am - 12:30 pm pm

VISION
1st Tuesday/month
10 am - 11 am

LEGAL
Call: 928-634-7869

MISSION THRIFT STORE
Clothing vouchers can be used Tuesday - Friday 9am to 4pm
Tuesday - Saturday: 9 am to 5 pm
810 W. Mingus Ave. in Cottonwood

The Mission is a SNAP Community Partner.

This project has been funded at least in part with Federal funds from the USDA.
This institution is an equal opportunity employer and provider.

Supplemental Nutrition Assistance Program



Manzanita Outreach

For a Calendar of all this month's Food Share Events

CLICK

CHECK OUT THE NEW MOHELP.ORG!

Now featuring comprehensive services. Find out what you are eligible for!

MOHELP.ORG



MARCH 2024

Mingus Union High School

BREAKFAST

Meal Prices:
Breakfast Lunch
Students
\$1.50 \$3.00
Adults
\$3.00 \$5.00

National School Breakfast Week is March 7 – 11. Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Offered Daily: Assorted Fruit 100% Juice 1% White Milk Fat Free Chocolate Milk Fat Free Strawberry Milk Pancake on a Stick Cinnamon Pancakes	 Homemade Breakfast Burrito Fresh Baked Cinnamon Roll	Additional Entrees Offered Daily: Yogurt Cereal String Cheese Banana Bread Assorted Muffins	Biscuits & Gravy Super Donut	Fresh Baked Cinnamon Roll Banana Chocolate Chunk Breakfast Bar
11	12	13	14	15
Pancake on a Stick Cinnamon Pancakes	Homemade Breakfast Burrito Fresh Baked Cinnamon Roll	Banana Bread Assorted Muffins	Biscuits & Gravy Super Donut	Fresh Baked Cinnamon Roll Banana Chocolate Chunk Breakfast Bar
18	19	20	21	22
Pancake on a Stick Cinnamon Pancakes	Homemade Breakfast Burrito Fresh Baked Cinnamon Roll	Banana Bread Assorted Muffins	Biscuits & Gravy Super Donut	Fresh Baked Cinnamon Roll Banana Chocolate Chunk Breakfast Bar
25	26	27	28	29
Pancake on a Stick Cinnamon Pancakes	Homemade Breakfast Burrito Fresh Baked Cinnamon Roll	Banana Bread Assorted Muffins	Biscuits & Gravy Super Donut	Spring Holiday

MARCH 2024

Mingus Union High School

LUNCH

Meal Prices:
Breakfast Lunch
Students
\$1.50 \$3.00
Adults
\$3.00 \$5.00

March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Offered Daily: Assorted Fruit 1% White Milk Fat Free Chocolate Milk Fat Free Strawberry Milk	 Chicken Tinga w/ Tortillas Refried Beans Lettuce & Tomato	Daily Entrée Choices: Hamburger or Cheeseburger Spicy or Regular Chicken Sandwich Chef Salad Deli Sandwich PB & J Uncrustable Grilled Cheese Grilled Chicken Sandwich Tossed Salad Carrot & Celery Sticks	Lunch comes with 1 entrée from either the Daily Entrées or Daily Specials Teriyaki Chicken Rice Bowl w/ Egg Roll Lettuce & Tomato Broccoli & Cauliflower Medley	Mini Corndogs Macaroni & Cheese w/ Dinner Roll Tossed Salad Green Beans French Bread Cheese Pizza Tossed Salad Oven Baked Fries
4	5	6	7	8
11	12	13	14	15
Chicken Tenders w/ Dinner Roll Carrot & Celery Sticks Oven Baked Fries	Beefy Nachos Refried Beans Lettuce & Tomato	Fiesta Beef or Buffalo Chicken Pocket Sandwich Tossed Salad Hashbrown Triangles	Honey BBQ Pork Rib Sandwich Lettuce & Tomato Broccoli & Cauliflower Medley	Bosco Cheese Pizza Sticks Tossed Salad Green Beans
18	19	20	21	22
Popcorn Chicken & Mashed Potato Bowl w/ Dinner Roll Carrot & Celery Sticks Sweet Potato Fries	Green Chili Cheese Enchiladas Refried Beans Lettuce & Tomato	Chicken & Waffles Tossed Salad Oven Baked Tater Tots	Orange Chicken Bowl Lettuce & Tomato Broccoli & Cauliflower Medley	Spring Holiday
25	26	27	28	29