



DEC '23/JAN '24

# MINGUS MATTERS

PAGE 1

Every Student Celebrated | Every Student Prepared

## Dear Marauder Families,

As educators, we tend to see the yearly calendar quite differently from other professions. As we are rapidly approaching the holiday season, we are quick to point out that the school year has almost reached the halfway point. Our first semester ends on December 21st, so now is the time for students to make a big push to improve their grades. Families can support this by communicating with teachers about grades and progress in class. Final exams take place on December 20th and 21st. If your student is going to miss a final, please coordinate a make-up plan with the classroom teacher. As a reminder, each passing grade in the semester equals half of a high school credit. Credits are required to graduate high school and receiving even one F can disrupt a student's graduation trajectory. If you have questions about credits or your student's progress, please reach out to your student's Advisory teacher or counselor. We are always happy to help!

Mingus Student Leaders (Student Council, Club Leaders, and Sports Captains) have joined forces for a Toys for Tots Christmas Toy Drive! The contest runs until December 8th. Students should turn in unwrapped toys (valued over \$10) to their Advisory classrooms. All toys collected at MUHS will be sorted and delivered to Verde Valley children in need this Christmas. Our student leaders have set a school goal of six hundred presents collected! There are prizes available for the top Advisory class and raffles for student prizes. We are proud of our student leaders for their commitment to such a special holiday service project and all their "heart" work. Let's go, Marauders!

The Student Council hosted a blood drive on November 21st. Thank you to student leaders and Mrs. Lyons for providing this valuable service to our community.

The winter sports season is under way! If you are looking for a fun way to spend a crisp winter evening, please consider joining us at a Mingus soccer game, basketball game, or wrestling event. Keep an eye on our school event calendars for winter band and choir concerts. We are looking forward to the upcoming theater production of Rock of Ages. There is no better way to support our community than supporting the efforts of a young person.

As we close one year and open another, I would like to take this opportunity to thank you for allowing us the privilege of educating your Marauder. We value every one of our families and cannot express gratitude enough for your ongoing support. We hope you have a beautiful holiday season and a Happy New Year! Go Marauders!



*Genie Gee*  
Principal and  
Treasure Hunter  
Mingus Union High School

### Dec & Jan Dates to Remember

**December 8**  
**Beginning Band Concert**  
6:30pm - MUHS Auditorium  
\*More Info on PG 10

**December 9th**  
**Manzanita Outreach Food Share**  
11am - 12:30pm (West Lot)  
\*More info on PG 15

**December 12th / January 9th**  
**Site Council Meeting**  
5:15pm / MUHS Library  
\*More info on page 2

**December 14 / January 11**  
**Governing Board Meeting**  
6 - 8pm - MUHS Library  
Regular Session  
\*More info on page 2

**December 20 & 21**  
**Semester Exams**  
2 Day Exam Schedule applies  
\*More Info on PG 6

**December 22 - January 5**  
**WINTER BREAK**  
No School

**January 11**  
**Balfour on campus taking orders**  
11:30am - 12:30pm  
\*More Info on PG 6

**January 15**  
**Martin Luther King Day**  
No School

**January 25**  
**Last day to purchase Senior Ad for Yearbook**  
\*More Info on PG 4



*Wishing you all  
Joyful Holiday*





## 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**

### DEC14 & JAN11 @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, Dec. 12 & Jan. 9  
5:15 pm ~ MUHS Library

For more information visit:  
[https://www.mingusunion.com/Site\\_Council](https://www.mingusunion.com/Site_Council)





# JOIN OUR TEAM

Mingus Union High School District actively seeks highly qualified, dedicated employees to work in our district. We offer competitive salaries and benefits as well as a collaborative and supportive working environment.

for a list of  
ALL available  
positions, go to:  
<https://bit.ly/MUHSEmploy>



## Stagecraft Teacher

Position Type:  
High School Teaching/Drama

Date Posted:  
9/27/2023

Location:  
Mingus Union High School District

## Career and Technology Teacher - Welding Program

Position Type:  
High School Teaching/Industrial-Technology Education

Date Posted:  
9/5/2023

Location:  
Mingus Union High School

## Science Teacher

Position Type:  
High School Teaching/Science - Physical Science

Date Posted:  
8/19/2021

Location:  
Mingus Union High School

## EXECUTIVE SEARCH SERVICES

### NOTICE OF VACANCY OPPORTUNITY



Mingus Union High School District #4 is hiring  
a new superintendent for next school year.  
Click the link below to learn more about the position.  
If you are interested in the position, please  
complete the application before January 16, 2024

**LEARN  
MORE**

**APPLY  
NOW**

## MINGUS UNION HIGH SCHOOL BUS DRIVERS NEEDED



TRAINING AND SIGN-ON BONUS AVAILABLE  
FLASHY COMPANY CAR  
FLEXIBLE HOURS



If you think you would be a good fit in our educational environment and meet the requirements for a posted position, we welcome your application.

Visit: [https://www.mingusunion.com/Human\\_Resources](https://www.mingusunion.com/Human_Resources)





# MARAUDERS YEARBOOK

**LAST DAY TO PURCHASE SENIOR AD  
~ JANUARY 25, 2024 ~**

SENIOR ADS ARE SPACES IN THE YEARBOOK WHICH ARE PURCHASED BY FAMILY TO CELEBRATE THEIR SENIORS! ADS CAN BE PURCHASED IN THE FOLLOWING FORMATS: QUARTER PAGE FOR \$75.00, HALF PAGE FOR \$150.00 OR FULL PAGE FOR \$300.00.

FAMILIES ARE RESPONSIBLE FOR BOTH PURCHASING AND DESIGNING THOSE ADS ONLINE AT

**[HTTP://WWW.YEARBOOKFOREVER.COM](http://www.yearbookforever.com)**

## YEARBOOK SNAP

**You take great photos every day. Send us your best photos for consideration in the Mingus Union yearbook!**

**2 WAYS TO SUBMIT  
YOUR PHOTOS TO THE  
YEARBOOK STAFF:**

Download the Yearbook Snap mobile app from the App Store or Google Play, and enter our access code: **MUHS2024**

**OR**

Go to [yearbookforever.com](http://yearbookforever.com), enter our school name, click on Yearbook Snap and enter our access code: **MUHS2024**

**It's your life. Share your photos of it!**

**Walsworth** yearbooks







# Winter Break

December 22 - January 5

## No School

Martin Luther King Jr. Day

January 15

No School

Only in darkness  
can you see  
the stars







## Balfour on Campus

**WHEN: Thursday, January 11th, 2024**

**12pm – 12:35pm**

Ring orders  
require six weeks  
to process



1-800-225-3687

# MINGUS



[balfour.com](http://balfour.com)

All seniors  
will need a  
cap, gown,  
and tassel  
for graduation.



\*Current price for the cap, gown and tassel package is \$40, the price may increase in January, so order soon!

## SEMESTER EXAMS

**Wednesday, Dec 20**  
**Exam Schedule**

**DAY 1**  
Periods 1 3 5

School Released @ 12:00 p.m.



**Thursday, Dec 21**  
**Exam Schedule**

**DAY 2**  
Periods 2 4 6

School Released @ 12:00 p.m.



**DAY 1 & 2 CLASS TIMES**

7:55am – 9:10am

9:10am – 9:20am (BREAK)

9:20am – 10:35am

10:35am – 10:45am (BREAK)

10:45am – 12:00pm

*DO YOUR BEST!*



**Mingus Swim finished the 2023 season with huge success at the Division III State Championship November 3rd & 4th.**

**We had 10 swimmers qualify for state this year!**

**They did an incredible job representing the team and our school!**

**Every single swim was a personal best which is an amazing accomplishment!**

**Here is a look at the final results:**

200 Medley Relay - 14 <sup>th</sup> Place - Season Best	Logan Newell, Grayson Edwards, Ryan Ritter, Witten Armstrong
Kenzie Fangman	100 Fly - Season Best - top 24 200 IM - Season Best - top 24
Emily Martin	100 Back - Season Best - top 32
Matthew Reynolds	50 Free - Season Best - top 24
Grayson Edwards	100 Breast - Season Best - 17 <sup>th</sup> Place
Witten Armstrong	50 Free - Season Best - 9 <sup>th</sup> Place 100 Back - Season Best - 13 <sup>th</sup> Place
Logan Newell	200 IM - Season Best - top 24 100 Back - Season Best - 11 <sup>th</sup> Place
200 Free Relay - 7 <sup>th</sup> Place - Season Best	Witten Armstrong, Nicholas Knowles, Logan Newell, Mitchell Gordon
400 Free Relay - 15 <sup>th</sup> Place - Season Best	Matthew Reynolds, Camden Stockbridge, Mitchell Gordon, Nicholas Knowles
Mingus Boys	17 <sup>th</sup> Place Overall - Division III







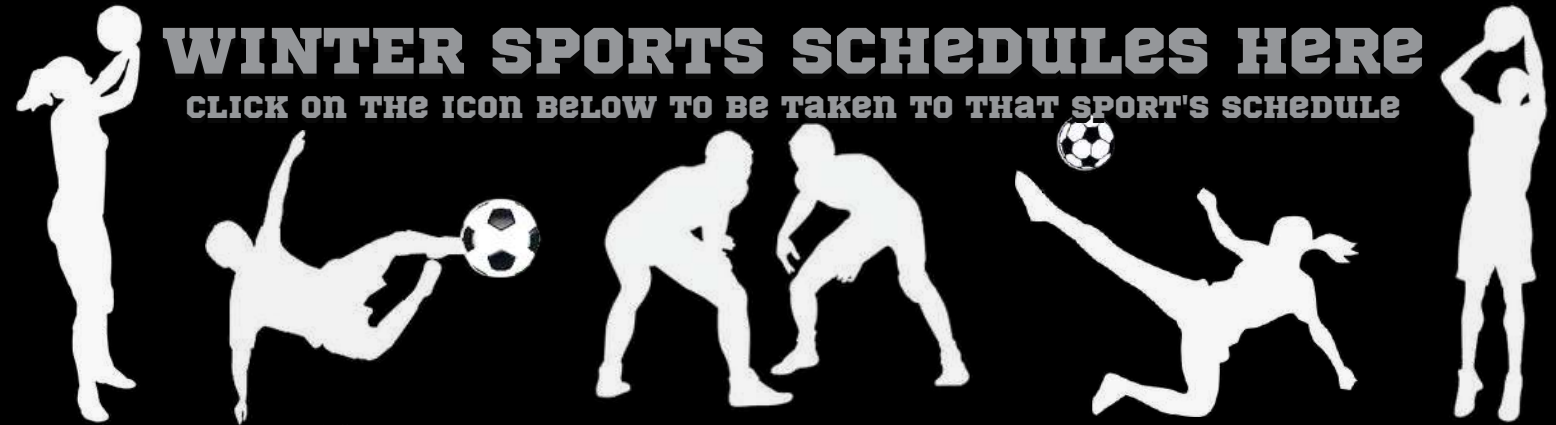
All current athletic events, team schedules and coaching information are posted to the [athletics page](#) for quick viewing. You can also subscribe to the [calendar](#) and receive daily emails by clicking the link below, then subscribe in the top right corner.

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



## WINTER SPORTS SCHEDULES HERE

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



## MARAUDER ATHLETES OF THE MONTH ~ NOVEMBER

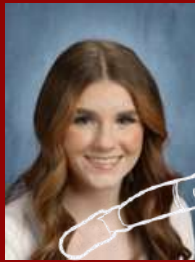
To choose Athlete of the Month, Marauders are nominated by their sport's coach and all nominees are then voted on by all MUHS Coaches to receive this award.



### Male Athlete of the Month Grayson Edwards

Grayson is a Senior. He qualified for state in the 100 breast and did a personal best during Day One of state. Grayson is a calm yet powerful force on the team. He is kind hearted and gentle in his interactions with others. He has incredible personal strength and character. He is often overlooked because he is not the loudest in the room but he is well deserving of this honor based on his accomplishments in swim and his focus as a student.

*~Coach Wesbrock*



### Female Athlete of the Month Payton Budd

Payton is a Junior. She is our libero (defensive specialist). Payton position is not always flashy but it is essential for the success of our team. She is excellent at communicating with her teammates. Statistically Payton ended the season with 439 receptions and 300 digs. These statistics put her 2nd in the 4A conference league as a libero. I am beyond proud of how well Payton played and helped her team during the playoffs. She gave 100% effort, did not let the ball drop, and as a coach I could not have asked for more out of her. She left her heart on the court in every set

*~Coach Martinez*



### Pursuing Victory with Honors Ethan Montiel

Ethan is a Junior. Ethan has been to all of the practices, games, and willing to do what is needed for the team. Ethan's hard work and dedication in the classroom and on the field does not go unnoticed by the coaches. Ethan brings a great attitude and energy to our practices which helps the team be more competitive during that time. Ethan is and will be a valuable asset to the Football program due to his hard work and dedication.

*~Coach Mancibaez*





## SENIOR SPOTLIGHT

### Hadassah Simon



Hadassah Simon plans to become an aesthetician cosmetologist when she graduates from Mingus this year. Her goal is to travel around the world, save money and settle down to build a family in the future. She likes to write in her journal, create art and spend time with her friends making memories.

Hadassah enjoys art and has been enrolled in art classes since her freshman year, the experiences had in those classes are irreplaceable. During her sophomore year she was in band class and participated in three performances where she sang, and while it was scary, she to put herself out there. Band class holds some of the best memories of her high school journey because of the friendships she made along the way.

When asked what she would tell herself as a freshman if she could go back in time, she said that she would tell herself not worry about what people think of her because by the time you become a senior, you will be living your own life and nothing anyone thinks will matter, and that the important thing is to focus on yourself and what you want your life to look like. She knows now that high school goes by so fast and before you know it, you're an adult and the place full of your friends won't always be there.

## STAFF SPOTLIGHT

### Christopher Lomeli Cafeteria Manager



Although Chris has been the cafeteria manager for a short time, he has made a big impact by making changes our students enjoy and always greeting students with a smile.

Chris is not new to Mingus; he is a proud Alumni who graduated in 2008 and has spent most of his life in Cottonwood. Cooking has always been a passion for Chris, both at home and professionally. Food service is nothing new to Chris, he has been working in the food industry for 17 years. His favorite part of working in the MUHS kitchen is providing an essential service to the community.

For fun, Chris used to play bass in a pop-punk band that traveled around the US. Now, he enjoys spending time with his family, playing videogames, building PCs for video gaming, collecting vinyl records and the game Dungeons & Dragons.

When asked what he would say to a student who needs motivation, he said to get ahead of the hurdles they face in life as quickly as possible, and that fear of failure is often the worst part.





November 1st & 2nd are the days to celebrate Día de los Muertos. This is a day to celebrate loved ones that have passed away. HHSS invited everyone to decorate sugar skulls & put them on an altar where students also placed pictures of family members that passed on.

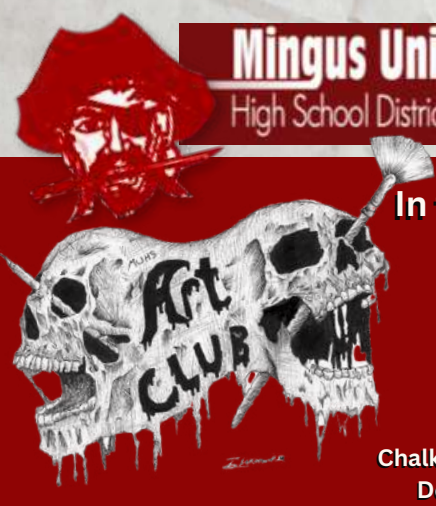


**The Hispanic Honor and Service Society** embodies the ideals of Character, Culture, Leadership, Scholarship, and Service. Membership is open to all MUHS students who have at least three credits and a cumulative G.P.A. of at least 3.0. Teacher recommendation required.

On November 16, many HHSS members had a great time giving back to their community by volunteering at Manzanita Outreach.







In this year's Walkin on Main Art Club Student's annual Chalk Mural, done in front of Red Rooster we had a mighty group of club participants along with Ms. Detwiler who is the club coordinator.

Chalk was provided by the Cottonwood City Department of Parks and Recreation.



## MUHS Performing Arts: Band & Drumline







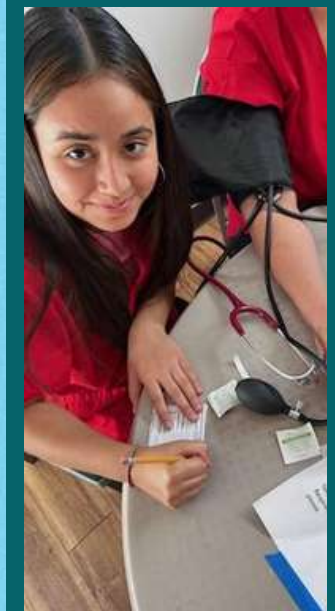
VALLEY  
ACADEMY FOR  
CAREER AND  
TECHNOLOGY  
EDUCATION



## **VACTE - The Valley Academy of Career & Technology Education would like to highlight our CERTIFIED NURSING ASSISTANT & PHLEBOTOMY PROGRAMS**

The VACTE Nursing Services program consists of both Certified Nursing Assistant and Phlebotomy.

CNA and Phlebotomy are each one semester long, where students receive certifications in CPR, OSHA, and a Certificate of completion after completing 120 hours that include Didactic, Skills Lab and Real-world experience in the form of Clinicals at the Haven in Camp Verde, Cottonwood, and/or Sedona. The students will have the opportunity to take the CNA Certification test from the Arizona Board of Nursing. The CNA class is dual enrolled with Yavapai College and may earn up to 6 college credits. These credits are one of the prerequisites for the Yavapai College Nursing program. The CNA class is held next to Verde Valley Medical Center and Phlebotomy is held on the Yavapai College campus. The students may earn up to 8 college credits from Yavapai College at the completion of the Phlebotomy class. The Phlebotomy class consists of Yavapai College Courses that include Fundamentals of Allied Health, Phlebotomy, and Psychology 101. Requirements for the program are that students need be at least 16 years of age, a junior or senior in high school and complete the ACCUPLACER through Yavapai College. Throughout the VACTE Nursing Services program, students will have the opportunity to participate in HOSA – Health Occupations Students of America. Where students can participate in Leadership conferences, Officer Camp as well as competitions at Regional, State, and National levels. Students are involved in local community service projects, such as Manzanita Outreach where they assist with the local food bank and school resource supply program. The CNA students also volunteer at Be the Match - Bone Marrow Donation Registry and Donate Life AZ - State Organ Donation registry.



### **WHY SHOULD YOU CHOOSE CNA & PHLEBOTOMY?**

- Earn high school and Yavapai College credits concurrently
- Receive Yavapai College Nursing Assistant Certificate
- Earn Arizona Certified Nursing Assistant License
- Class held in Cottonwood
- Available to High School Juniors and Seniors
- One semester each Class - Monday through Thursday
- Some Friday and Saturday practicums
- Be job ready immediately upon program completion





## STUDENT LEADERS PRESENT: CHRISTMAS TOY DRIVE CONTEST

NOV 27th - DEC 8th

Bring unwrapped toys to your  
advisory class before December 8th

Prizes given to winning Advisory!

600

P  
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School Goal

TOYS FOR TOTS



Presents must be unwrapped!







**Did you know?**

## KEEPING TEENS SAFE ON SOCIAL MEDIA: WHAT PARENTS SHOULD KNOW TO PROTECT THEIR KIDS

**A multipronged approach to social media management, including time limits, parental monitoring and supervision, and ongoing discussions about social media can help parents protect teens' brain development.**

Social media can help teenagers with healthy development but it can also create risks. Psychological research shows it is critically important to focus on how teens use social media and the type of content they see.

As a parent or caregiver, you are the expert on your child. You know what experiences will fit with their strengths and areas of vulnerability. These recommendations are based on research and will help you and your teens be smart users of social media, avoiding the harms, and gaining maximum benefits.



### What can you do?

#### **1. Recognize developing brains may be especially vulnerable to specific social media features.**

Limit social media use on platforms that include counts of likes or encourage excessive use. Use screen time settings available on most devices or on platforms to help teens set limits and learn self-control. Prohibit screen time that interferes with at least 8 hours of sleep a night to ensure healthy brain development among teens.

#### **2. Monitor and discuss your child's social media use.**

Talk to your teen weekly about how social media platforms work so they feel safe telling you about their experiences without judgment. Ask them what they saw on social media, how they understand what was posted, and pose hypothetical questions to them to learn how they would respond to various situations they might encounter online.

#### **3. Model healthy social media use.**

Discuss how and why you use social media with your children. Set limits for social media use for yourselves and encourage your children to follow your example. Take social media holidays as a family and discuss the challenges and temptations you all experience when away from social media for a long time.

#### **4. Watch for problematic social media use.**

Keep an eye out for signs your child may be using social media in unhealthy ways. Your child's social media use might be causing problems if it interferes with their daily routines and commitments, such as school, work, friendships, and extracurricular activities or it prevents them from getting at least 8 hours of quality sleep each night.

#### **5. Teach social media literacy.**

Think of it as a series of discussions that will evolve as your child grows and technology evolves. By keeping the lines of communication open, you can help your child develop a healthy and positive relationship with social media.



**The information on this page is provided from an article by the**



**AMERICAN PSYCHOLOGICAL ASSOCIATION**

**To view the full article, go to:**

**<https://www.apa.org/topics/social-media-internet/social-media-parent-tips>**







## 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

**THE GIFT OF WARMTH EVENT**  
Old Town Mission  
116 E Pinal St. in Cottonwood

**3 DAY EVENT**  
FRIDAY, MONDAY & TUESDAY  
DECEMBER 1ST, 4TH & 5TH  
FROM 9AM-11AM

**FREE** Winter Coats & Jackets

During this **FREE** event, we give away coats, hats, gloves, socks, scarves, and kids clothing.

This event is held in January, and again in October. Jacket vouchers are given away throughout the year, as well.

**265** attended this event. They were able to choose winter coats & other items.

**108** jacket vouchers were given away in 2021.



**Christmas Dinner**

**Old Town Mission**  
116 E Pinal St in Cottonwood  
Monday, December 18th  
4pm to 6pm

**Dinner is served**  
**Dine-in or Carry-out**







## Community Events & Resources



**Manzanita  
Outreach**

**CLICK**



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

"Every time I drive through Manzanita's food sharing, I'm met with smiles and warmth. Their team is a gift to our community." -D.S.

[Learn More](#)



**CHECK OUT  
THE NEW  
MOHELP.ORG!**

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

[MOHELP.ORG](https://mohelp.org)



**MOHELP**  
Bringing Communities  
Together



**December 9th:**

**MO @ MUHS Food Share**

**11am - 12:30pm**

**(West Lot)**

**Manzanita Outreach hosts a FREE food share event every 2nd Saturday of the month in the west parking lot closest to the tennis courts.**

**This is a drive-thru event - just enter the parking lot and follow the directions - open your trunk and an incredible food box will be delivered right to your vehicle.**

**Everyone is welcome!**





DECEMBER 2023

Mingus Union High School

LUNCH



**Meal Prices:**  
Breakfast  
Lunch

**Students**  
\$1.50  
\$3.00

**Adults**  
\$3.00  
\$5.00



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



Chicken & Mashed Potato Bowl w/ Dinner Roll  
Individual Cheese Pizza  
Individual Pepperoni Pizza  
Tossed Salad  
Carrot & Celery Sticks  
Chicken Tenders w/ Dinner Roll  
Individual Cheese Pizza  
Individual Pepperoni Pizza  
Carrot & Celery Sticks  
Oven Baked Fries  
Popcorn Chicken w/ Roll  
Individual Cheese Pizza  
Individual Pepperoni Pizza  
Carrot & Celery Sticks  
Sweet Potato Fries

4

11

18

25

TUESDAY

**Offered Daily:**  
Assorted Fresh & Canned Fruits  
100% Juice  
1% White Milk  
Fat Free Chocolate Milk

Bean & Cheese Burrito  
Chicken Tinga w/ Tortillas  
Hamburger or Cheeseburger  
Refried Beans  
Lettuce & Tomato

5

12

19

26

WEDNESDAY



Breaded Spicy Chicken Sandwich  
Big Daddy Cheese Pizza  
Big Daddy Pepperoni Pizza  
Tossed Salad  
Oven Baked Fries  
Breakfast for Lunch

6

13

20

27

(Cheese Omelet, Sausage, Cinnamon Roll or Waffle)  
Big Daddy Cheese Pizza  
Big Daddy Pepperoni Pizza  
Tossed Salad  
Hashbrown Triangles

**Manager's Choice**  
Assorted Entrees  
Assorted Vegetables  
Assorted Fruits

THURSDAY

**Additional Entrees**  
**Offered Daily:**  
Chef Salad  
Deli Sandwich  
PB & J Un crustable

Teriyaki Chicken Rice Bowl w/ Egg Roll  
Grilled Chicken Sandwich  
Lettuce & Tomato  
Broccoli & Cauliflower Medley

7

14

21

28

Orange Chicken Bowl  
Honey BBQ Pork Rib Sandwich

Lettuce & Tomato  
Broccoli & Cauliflower Medley

**Manager's Choice**  
Assorted Entrees  
Assorted Vegetables  
Assorted Fruits

FRIDAY

Mini Corn Dogs  
Macaroni & Cheese w/ Pretzel Rod  
Breaded Chicken on Biscuit  
Tossed Salad  
Green Beans

1

Hamburger  
Cheeseburger  
Breaded Chicken Sandwich  
Tossed Salad  
Oven Baked Fries

8

Corn Dog  
Bosco Cheese Pizza Sticks  
Bosco Pepperoni Pizza Sticks

15

Tossed Salad  
Green Beans

**No School**  
**Winter Break**

22

29

**No School – Winter Break**

*Holiday Lunch*

DECEMBER 2023

Mingus Union High School

BREAKFAST



**Meal Prices:**  
Breakfast  
Lunch

**Students**  
\$1.50  
\$3.00

**Adults**  
\$3.00  
\$5.00



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

MONDAY



Homemade Breakfast Sandwich  
Cinnamon Pancakes

4

11

18

25

TUESDAY

**Offered Daily:**  
Assorted Fresh & Canned Fruits  
100% Juice  
1% White Milk  
Fat Free Chocolate Milk

Homemade Breakfast Burrito  
Apple Frudel

5

12

19

26

WEDNESDAY



Banana Bread  
Assorted Muffins

6

13

20

27

Banana Bread  
Assorted Muffins

**Assorted Entrees**

THURSDAY

**Additional Entrees**  
**Offered Daily:**  
Yogurt  
Mini Yogurt Parfait  
Cereal  
String Cheese

Biscuits & Gravy  
Super Donut

7

14

21

28

Biscuits & Gravy  
Super Donut

**Assorted Entrees**

FRIDAY

Fresh Baked Cinnamon Roll  
Banana Chocolate  
Chunk Breakfast Bar

1

Fresh Baked Cinnamon Roll  
Banana Chocolate  
Chunk Breakfast Bar

8

Fresh Baked Cinnamon Roll  
Banana Chocolate  
Chunk Breakfast Bar

15

**No School**  
**Winter Break**

22

29

**No School – Winter Break**