

Ihanktonwan Times

March 2017 Publication

YST Wicozani Waste Recognizes Wear Red Day

Friday February 3rd marked the national 'Wear Red Day' campaign to show support and raise awareness about women's heart health issues. The American Heart Association states that, "Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may

be prevented with education and action." The YST Good Health and Wellness Grant invited a guest speaker from the IHS Nursing team to share information about heart health. The presentation was very informative. There were also door prizes given out to people who wore red that day.

Wagner High School Students Listed on 1st Semester Honor Roll

By Sidney Juffer

This year, 109 students were a part of the 2016-2017 school year's first semester honor roll. The senior class had 31 students listed on the honor roll, and those students making the Roll of Excellence included: Abby Beeson, Josh Cimpl, Jackie Greger, Madyson Hanson, Jensen Holzbauer, Chloe Noteboom, Kristan Soukup, Cole Soulek, and Katelin Woods. Next, those making the "A" Honor Roll included: Kelsey Barnett, Sydney Dvorak, Marquel Holiday, Sidney Juffer, Ashley Koupal, Tavia Podhradsky, Ben Soukup, Ruben Uribe, and Bridget Weisser. Finally, those making the senior class "B" Honor Roll included: Alexis Dion, Evelyn Fredrick, Alicia Gonzales, Lucas Goulette, Malory Johannsen, Sarah Koupal, Morgan Lensing, Dawson Petrik, Jacob Rueschenberg, Angelo Stricker, Bethany Sully, Sekayla Williamson, and Brycen Zephier.

This year's junior class had 20 kids listed on the honor roll. The Roll of Excellence included: Carolyn Blaha, Josi Bouza, Taylor Eitemiller, Abby Freier, Schylar Juffer, and Sierra Juffer. The "A" Honor Roll included: Angel Kindsvogel and Alease Johannsen. Finally, this year's juniors making the "B" Honor Roll included: Keegan Alderink, Destiny Belgarde, Jaslynn Bruguier, Colton Frei, Jace Johnson, Telsey Kaup, Breana Kotab, Janae Patterson, Tyler Wilson, Ashiah Zephier, Chantal Zephier, and Halley Zephier.

The sophomore class had 26 students listed on the honor roll this past semester. Those making the Roll of Excellence included: Maggie Barnett, Haley Drapeaux, Kirstyn Roth, Cameron Smejkal, and Faith Tyler. Sophomores making the "A" Honor Roll included: Tysin Arpan, Gabby Flute Player, Britney Krcil, Cassidy Liggett, Anna Ronspies, KaCee Zacharias, and Joi Zephier. Those making the "B" Honor Roll included: Emilio Cournoyer, Sam Cournoyer, Austin Giedd, Jasmine Gutierrez, Maske Horse Looking, Kelby Kafka, Katlyn Knoll, Dawson Lensing, Megan Merkwon, Madison Mora, Aneissa Olson, Joanna Soukup, Julien Weddell, and Keely Weddell.

The ninth grade class Roll of Excellence included: Chance Blaha, Emilea Cimpl, Maesa Dvorak, Rose Eitemiller, Callie Frei, Corbin Johnson, Kayli Kocer, KayLee Rolston, Lance Soukup, and Danielle Twiss. Those making the "A" Honor Roll included: Cohen Flying Hawk, Isabella LeBeaux, Devon Medricky, Payton Mora, Grant Namminga, Preston Nedved, Alexyonna Zephier, and Anastazia Zephier. Finally, for the freshman class, those making the "B" Honor Roll included: Anthony Bruguier, Nicole Cummings, Emily Kezena, Deisha Medicine Horn, Morgan Nedved, Monipha Poor Bear, Hollee Smejkal, Caitlyn Stimpson, and Steven Zephier.

January 2017

15 Miles a Week Challenge Winners

Week 1: John Archambeau and Tara St. Pierre

Week 2: Tara St. Pierre and Eliza Weddell

Week 3: Tara St. Pierre and Julie Weddell

Week 4: John Archambeau and Tara St. Pierre

****Weekly drawing winners receive a t-shirt and a \$10 Subway gift card. Congratulations to our winners and thank you for participating!****

In Memoriam

YST would like to honor the YST Community and family members who have passed. You may submit your family member's name directly to Ethel Cournoyer at the Infant & Toddlers office located at the Tribal Offices in Wagner, or by e-mail to BdwagYST@yahoo.com, if you would like a family member recognized.



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Ivy Hopkins Competes at State

Ivy Hopkins was one of the four Wagner Bon Homme girls that competed at the State Gymnastics this year on Individual day Saturday, February 11 in Aberdeen,SD. This year was Ivy's first year joining gymnastics being in 7th grade. She quickly stepped up her game to join varsity because the Wagner team needed her. Ivy competed on the floor and scored a 7.35. Both Marisa, myself, and the rest of the family would like to give a big thank you to the Yankton Sioux Tribe B&CC for donations along with Kathy Winkler-Tax Department, Lori Hare, and Steve Peters. Ivy will be attending gymnastics camp in the summer. We are all so very proud of her accomplishments, hard work, and dedication.

By Justin Cournoyer

Photo was taken by Barb Pechous



15 Miles a Week Challenge

Wicozani Was'te Good Health and Wellness Grant will be sponsoring a 15 Miles a Week Challenge for the month of March 2017 for Yankton Sioux Tribal Members. Get your miles in and send us a picture of the treadmill display, phone app screen shot, pedometer, or other tracking device to verify your miles. Send the pictures in to Ethel Cournoyer or Richard Sully. You can contact us at YST Headquarters with any questions. We will keep a record of the miles and enter all participants who finish 15 miles in a week for a drawing.

****If using a pedometer: 2,300 steps will equal one mile. Smart phone Apps will track the distance in miles.****

Week 1: Sunday February 26th to Saturday March 4th – Verification of miles due Monday March 6th by 12:00 Noon.

Week 2: Sunday March 5th to Saturday March 11th: Verification of miles due Monday March 13th by 12:00 Noon.

Week 3: Sunday March 12th to Saturday March 18th: Verification of miles due Monday March 20th by 12:00 Noon.

Week 4: Sunday March 19th to Saturday March 25th: Verification of miles due Monday March 27th by 12:00 Noon.

Week 5: Sunday March 26th to Saturday April 1st: Verification of miles due Monday April 3rd by 12:00 Noon.

Drawings will be held at 1:00 pm on the date they are due. There will be two weekly winners.

Wagner IHS Department Phone Numbers

We are HAPPY to announce that Wagner IHS phones are upgraded and each Department has its own direct phone line.

- 384-3621 - WAGNER IHS
- 384-4814 - PATIENT REGISTRATION
- 384-4820 - CLINIC
- 384-4845 - DENTAL
- 384-4868 - PHARMACY
- 384-4843 - OPTOMETRY
- 384-4835 - OFFICE OF ENVIRONMENTAL HEALTH
- 384-4870 - MEDICAL RECORDS
- 384-4856 - CHR
- 384-4871 - HEALTHY HEART
- 384-4801 - MAINTENANCE
- 384-4807 - LABORATORY
- 384-4815 - RADIOLOGY

King and Queen of Lake Andes Health Care Center

Lake Andes Health Care Center celebrated Valentine's Day. Gertrude Jandreau was selected as the queen and Joel Cooke Sr. was selected as king. Valentines were passed out and participants were given the opportunity to dance.



Ihanktonwan Treaty Training

The Ihanktonwan Treaty Committee and Tribal Historic Preservation Office would like to thank the Business and Claims Committee for supporting the Treating Training held February 7th & 8th. The training was held at the Fort Randall Casino. The speaker was Wm Pat Kincaid

who is an inherent rights consultant. The goal of the training was to create a roadmap for Ihanktonwan's future in preserving reserved treaty rights and defining safeguards, such as codification of these rights in a safe manner.



Wagner High School Students Awarded Academic Letters

By Theresa Koupal

High School Principal Neil Goter awarded academic letters to high school students who had earned them for the first semester of the 2016-2017 school year.

Seniors who earned academic letters were: Abigail Beeson, Joshua Cimpl, Sydney Dvorak, Jackie Greger, Madyson Hanson, Jensen Holzbauer, Sidney Juffer, Sarah Koupal, Chloe Noteboom, Tavia Podhradsky, Benjamin Soukup, Kristan Soukup, Cole Soulek.

Junior letter winners were: Carolyn Blaha, Josi Bouza, Taylor Eitemiller, Abigail Freier, Alease Johannsen, Schylar Juffer, Sierra Juffer, Angel Kindsvogel, Janae Patterson, Chantal Zephier, Halley Zephier.

Sophomores who earned academic letters were: Tysin Arpan, Margaret Barnett, Haley Drapeaux, Kelby Kafka, Britney Krcil, Megan Merkwán, Madison Mora, Anna Ronspies, Kirstyn Roth, Cameron Smejkal, Faith Tyler, KaCee Zacharias, Joi Zephier.

To be eligible for an academic letter, a student must maintain a minimum grade point average of 3.25 for two consecutive semesters.



Pictured above are the WHS students who were awarded academic letters on January 13. Back row, from left: Cameron Smejkal, Josh Cimpl, Ben Soukup, Cole Soulek, Kelby Kafka. Third row: Anna Ronspies, KaCee Zacharias, Megan Merkwán, Kirstyn Roth, Britney Krcil, Haley Drapeaux, Faith Tyler, Madison Mora. Second row: Chantal Zephier, Halley Zephier, Angel Kindsvogel, Taylor Eitemiller, Sierra Juffer, Schylar Juffer, Abby Freier, Josi Bouza, Alease Johannsen, Janae Patterson. Front row: Sarah Koupal, Tavia Podhradsky, Jensen Holzbauer, Kristan Soukup, Sydney Dvorak, Jackie Greger, Abby Beeson, Chloe Noteboom, Mady Hanson. Not pictured: Tysin Arpan, Margaret Barnett, Carolyn Blaha, Sidney Juffer, Joi Zephier. (Photo by Curtis Jensen)

Wagner High School Celebrates Parent Nights



Pictured, above, are the senior girls' basketball players and cheerleaders with their parents. Back row, from left: Jim Beeson, Kristi Beeson, Tami Hanson, Aaron Hanson. Third row: Abby Beeson, Mady Hanson. Second row: Jody Zephier, Morissia Holiday, Heather Sully, Marjo Soukup, Roger Soukup. Front row: Marquel Holiday, Bethany Sully, Kristan Soukup. (Photo by Denelle Dvorak)



Pictured above are members of the Wagner/Bon Homme gymnastics team and their parents on Parents' Night on January 30. Back row, from left: Tammy Smejkal, Tara Smejkal, Aaron Podzimek, Jim Merkwán, Dan Dion, Lynn Soukup, Stephanie Duffek (assistant coach), Mike Duffek. Fourth row: Brooke Bechtold, Maicee Lamphear, Shai Smejkal, Jenni Podzimek, Jenni Merkwán, Sarah Dion, Kim Soukup, Emily Duffek, Jenna Dufek. Third row: Kaityln Willis, Analy Garcia, Faith Podzimek, McKeely Merkwán, Alexis Dion, Joanna Soukup, Gale Raymond. Second row: Coach Cherie Petry, Tawi Starr, Ivy Hopkins, Sarah Goeden, James Bechen, Amanda Bechen, Mahto Raymond, Chelsey Hysek (volunteer coach). Front row: Justin Cournoyer, Ibanez Hopkins, Marissa Rosie, Sawyer Goeden, Alaina Bechen, Jensen Holzbauer. (Photo by Denelle Dvorak)



Pictured, above, are the senior boys' basketball players and their parents. Back row, from left: Paul Kucera, Ward Zephier, Jody Zephier. Middle row: Lori Kucera, Jodi Zephier, Lee Ann Shields. Front row: Nathan Kucera, Zyan Zephier, Lucas Goulette, Brycen Zephier. (Photo by Denelle Dvorak)

NATIONAL

SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

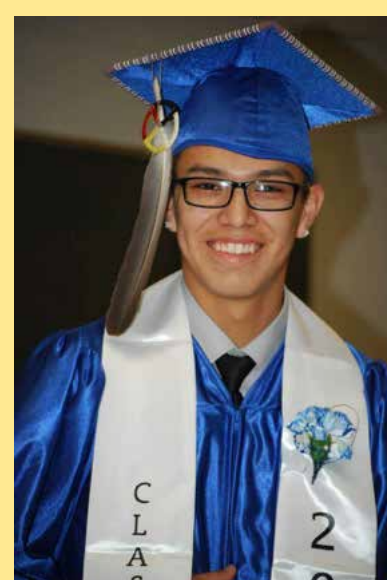




Happy Birthday
to Chelaine
Knudsen on
March 2nd!!!
From: Mom,
Braxton,
Cristian, Laiyla



Happy Birthday to
Ivy Hopkins!!
Love Ibanez, Izabella, Marisa,
Grama Teresa, & Dad!!!



Happy 21st Birthday to
Leon "Red" Jumping Elk
Love mama, sisters, brother,
nephews and niece

A Sister Just Like You

I just want to let you know
You mean the world to me
Only a heart as dear as yours
Would give so unselfishly

The many things you've done
All the times that you were there
Help me know deep down inside
How much you really care

Even though I might not say
I appreciate all you do
Richly blessed is how I feel
Having a sister just like you

-Author Unknown

For my sister Christy
From: Micki



March 26th
Happy Birthday Papa
Johnny!
From: Your
Family



Happy 21st Birthday
to Micah James Wade
on March 15th!
Love, Mom



Happy Birthday
to our Ina
/ Unci on
March 24th!
With Love,
Your Family



March 23rd
Happy Birthday
Juice!!

With Love,
Your Family



Happy Birthday to
Anpa O. Wicahpi Win!
March 3rd
With Love, Your Family



Happy Birthday
Dad!
March
17th
Love, King



Happy Birthday to
John Archambeau on
March 8th! From: Ceci

Birthday Wishes

Due to the lack of space, please submit one
picture with your Birthday wish.

How Faith Spotted Eagle became the first Native American to win an electoral vote for president

By: Matt Pearce
Reprinted from the Los Angeles Times

As Faith Spotted Eagle, 68, drove to the Yankton Sioux Reservation's offices Tuesday morning, she remembered when she was a young girl, maybe 8 years old, fishing with her father along the Missouri River in South Dakota.

The pair were sitting with heavy cane poles on the banks where the tribal community of White Swan had been before the U.S. government built the Fort Randall Dam as part of the Flood Control Act of 1944, flooding White Swan and scattering its residents.

"My dad looked at me, and he said, 'You know, my girl ... someday you're going to have to do something about all of this,'" Spotted Eagle said, recalling a far-off look in his eyes. "I remember sitting on that bank on that summer day and thinking, 'What am I going to do? I'm only 8 years old. And he'll said, 'You'll see.'"

Her father's prediction came true. Spotted Eagle would later go on to become a prominent activist opposing the construction of the Keystone XL and

Continued on page 7



In Loving Memory

Gramma Sophie Song Hawk - Archambeau .
Tatanka Witko Tiospaye (Mad Bull Family) .

Gramma Sophie was the longest living member of the Tatanka Witko Tiospaye.

1920 - 2016 ...she was 95 Winters.

Always remember...loved by many. Reflecting on a life well lived. Dakota Ihanktunwan Winuhcana.



Congratulations Lainey!

Lainey Honomichl was named the MVP and Free Throw Champion at the 2017 Dakota Plains Invitational Tournament held at Marty Indian School in February. Lainey was also named All-Tourney and Free Throw champ at the Dakota Oyate Challenge 2017. We are so proud of you!
Love, Mom



Lonnie named "Mr. Hustle"
Congratulations Lonnie Hare! At the Dakota Oyate Challenge, Lonnie was named Mr. Hustle; he scored the most points for the tournament and tied for the most 3's!!

Continued from page 6

How Faith Spotted Eagle became the first Native American to win an electoral vote for president

Dakota Access oil pipelines through tribal areas, and her activism has given her an unexpected and exalted place in U.S. history.

On Monday, Spotted Eagle appears to have become the first Native American to win an Electoral College vote for president, according to two presidential historians consulted by the Los Angeles Times, Vanderbilt University professor Thomas A. Schwartz and author Mark Weston. (They were uncertain whether any of America’s major presidential candidates have ever had significant Native American ancestry, and the answer seems to be no.)

Spotted Eagle won a single vote in the electoral college, which came as a shock to her: She wasn’t running for president. She was taking her daughter to the airport Monday when she got the news in a message from a reporter.

“I thought it was fake news,” Spotted Eagle said, alluding to the hoaxes and conspiracy theories that dominated social media during the presidential campaign. “I told my daughter, ‘Is this real?’ She said, ‘I think it is.’”

The man who cast the vote also didn’t see it coming. Democratic Washington state elector Robert Satiacum, 56, decided to vote for Spotted Eagle mere moments before he cast his ballot.

Satiacum, a Native American radio host who belongs to the Puyallup Tribe in Washington, is a die-hard Bernie Sanders supporter and Dakota Access pipeline protester who has been frustrating Hillary Clinton supporters for weeks with vows not to vote for Clinton in the electoral college, at one point calling her a “criminal.”

Satiacum’s opposition to Clinton was not unusual within the Democratic Party this year. But as one of Washington’s 12 electors, who each represent the equivalent of more than half a million votes, Satiacum’s opinions mattered a great deal — especially in a state where all 12 of those electoral votes were legally supposed to go to Clinton.

“This starship we refer to as Earth is on fire, and we are in need of first responders, and not more politicians,” Satiacum said Tuesday, adding that he was disillusioned after the Democratic National Convention in Philadelphia over the summer.

“It became apparent that this is a huge distraction, this election,” Satiacum said of his experience at the convention, which was heavily protested by fellow Sanders supporters. “It doesn’t matter who ascends to the throne. It’s the Olympics — a football game. It’s a distraction for the elite.... How did we get Bozo the Clown and Mickey Mouse to choose from for president?”

At Monday’s electoral college meeting in Olympia, Satiacum prepared to carry out his protest vote, which could bring a \$1,000 fine under Washington law. “I had that pen, my quill in hand; I was ready to make a ‘B’ for Bernard Sanders,” Satiacum said. He also thought about voting “water” for president, in tribute to the Dakota Access pipeline protesters near the Standing Rock Reservation in North Dakota.

But as a fellow Native American elector, Dan Carpita of the Lemhi-Shoshone Tribes, began playing a ceremonial song on a flute, Satiacum “said a quick prayer to water” — and then remembered Spotted Eagle, whom he had hosted on his radio show several times over the last decade, and whom he had finally met in person at the recent Dakota Access protests.

“My pen started writing F instead of B — well, what’s this — A, I, T, H, and I finished it out, ‘Spotted Eagle,’” Satiacum said. He then cast his vice presidential vote for Native American environmentalist Winona LaDuke. (LaDuke is not the first Native American to receive an electoral college vote for that office: Herbert Hoover’s vice president, Charles Curtis, was part Native American.)

Satiacum lovingly called Spotted Eagle his “grandma” and hailed her as a person “who can carry her own, who can do that, who has spirit, traditions, who has values, is centered.” His voice grew louder as he continued: “That’s a leader. That’s what they look like. They show up and show out. They have vision and foresight, and they have these qualities

you need to move ahead and progress, to live, to survive!”

After the news broke Monday, Spotted Eagle said she was “in shock for a couple of hours.” Some journalists didn’t believe it either at first. KOMO-TV in Seattle tweeted Spotted Eagle’s name in quotation marks, as if it thought the name was fake. “Apologies to Faith Spotted Eagle,” the station tweeted later. “Bad error on our part.” Matthew Yglesias, co-founder of Vox, drew scorn when he tweeted, “As Federalist 37 argues, once you’ve already lost the election you may as well vote for someone with a funny/memorable name.”

Spotted Eagle shrugged off the journalists’ treatment. “I mentioned it to my son, and he said, ‘Well, you probably are imaginary in their world,’” she said, laughing.

Spotted Eagle was pro-Sanders and ambivalent about Clinton, though she said as a “survivor,” she liked Clinton’s initiative on addressing sexual abuse in the military. She also said it was a “frightful time” with Trump’s victory. “The people coming in are pro-oil, so I think for the next four years we’re going to be in a battle, and I think all of America is going to be in a battle.”

Yet this is nothing new to her, she said — nothing new at all. “The battle that we’re fighting is 500 years old. It’s about dispossession, it’s about occupying our land by a foreign country, or foreign individuals,” Spotted Eagle said. “The resistance has always been in my blood and my spirit since I was born.”



TRANSIT

\$1.00 Per Rider

PICK-UP TIMES

Wambdi Route

Mato Route

Tacha Route

STOP POINTS

1 2 3 4 5 6 7 8 9

MARTY

COLLEGE		07:50 AM	10:23 AM	12:22 PM	02:40 PM	05:27 PM	04:30 PM	06:49 PM	09:13 PM
EAST HOUSING	05:45 AM	07:54 AM	10:27 AM	12:26 PM	02:44 PM	05:31 PM	04:34 PM	06:52 PM	09:17 PM
WEST HOUSING	05:49 AM	07:58 AM	10:31 AM	12:30 PM	02:48 PM	05:35 PM	04:38 PM	06:56 PM	09:21 PM

RAVINIA

POST OFFICE		08:12 AM		03:02 PM	05:49 PM		07:09 PM	
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WAGNER

GRAY EAGLE	06:03 AM	08:26 AM	10:46 AM	12:45 PM	03:15 PM	06:04 PM	04:52 PM	07:22 PM	09:35 PM
SOUTH HOUSING	06:08 AM	08:31 AM	10:50 AM	12:50 PM	03:19 PM	06:08 PM	04:56 PM	07:26 PM	09:39 PM
TRIBAL HALL		08:35 AM	10:54 AM	12:54 PM	03:22 PM		05:00 PM		
TAX CREDIT	06:15 AM	08:42 AM	11:01 AM	01:01 PM	03:28 PM	06:15 PM	05:09 PM	07:32 PM	09:45 PM
NORTH HOUSING	06:26 AM	08:53 AM	11:12 AM	01:12 PM	03:38 PM	06:25 PM	05:19 PM	07:42 PM	09:55 PM
CITY PARK	06:36 AM	09:04 AM	11:23 AM	01:22 PM	03:48 PM	06:35 PM	05:29 PM	07:52 PM	10:05 PM
GUS STOP	06:40 AM	09:08 AM	11:27 AM	01:26 PM	03:52 PM	06:39 PM	05:33 PM	07:56 PM	10:09 PM

FORT RANDALL CASINO

CASINO	06:50 AM	09:21 AM	11:40 AM	01:40 PM	04:05 PM	06:54 PM	05:47 PM	08:09 PM	10:22 PM
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LAKE ANDES

NEW HOUSING	07:06 AM	09:38 AM	12:14 PM	01:58 PM	04:23 PM	07:09 PM	06:03 PM	08:27 PM	10:56 PM
TERO OFFICE	07:10 AM	09:42 AM	12:17 PM	02:01 PM	04:27 PM	07:13 PM	06:07 PM	08:31 PM	11:00 PM
BALL FIELD	07:14 AM	09:46 AM	12:21 PM	02:05 PM	04:31 PM	07:17 PM	06:11 PM	08:35 PM	11:04 PM
MAINTENANCE	07:18 AM	09:50 AM	12:23 PM	02:09 PM	04:35 PM	07:21 PM	06:15 PM	08:39 PM	11:08 PM
GUS STOP	07:21 AM	09:53 AM	12:26 PM	02:12 PM	04:39 PM	07:25 PM	06:19 PM	08:42 PM	11:12 PM

FORT RANDALL CASINO

CASINO	07:35 AM	10:07 AM	12:42 PM	02:25 PM	04:54 PM	07:40 PM	06:33 PM	08:57 PM	11:25 PM
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Morning Route

Noon Route

Evening Route

* All times are approximate

* There is a two minute wait period at each stop

* All Casino stops are four minute wait periods

Revised as of October 29, 2014



Every Wednesday Night!
Win Cash Prizes or a Blackout worth \$500



YST TRIBAL HALL

Doors open at 5:30 p.m. | Regular Session at 6 p.m.


\$10 pay \$20 - \$15 pays \$30

Must Be 18 Years & Older | Games Subject to Change | 15 or less players pays out 1/2 price

Located 800 S. Main Ave. SW, Wagner, SD or call 605-384-3641

The Yankton Sioux Law Enforcement Services has changed locations! We are now located in Lake Andes housing. Our new phone number is (605) 487-7500. Our fax number is (605) 487-7400. The old number (605) 384-5691 is still operational.

MARCH 2017
YST ELDERLY MEALS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lasagna Tossed salad w/ dressing Mixed Veggies Apricots	2 Oven Fried Chicken Mashed Potatoes/Gravy Peas Mandarin Oranges	3 Pot Roast New Potatoes & Carrots Carrots Fruit Cocktail	4
5	6 Meatloaf Mashed Potatoes/Gravy Carrots Chocolate Cake	7 Herbed Pork Chop Company Potatoes Seasoned Green Beans Orange	8 Roast Turkey Mashed Potatoes/Gravy California Blend Veggies Angel Food with topping	9 Salisbury Steak w/mushroom sauce Oven brown potatoes Cooked Cabbage Chocolate pudding	10 Sub Sandwich Cucumbers and onions Brownie Orange juice	11
12	13 Beef tips in gravy Mashed Potatoes Broccoli Jell-O	14 Chicken Fried Steak Mashed Potatoes/Milk Gravy Peas Peaches	15 Taco salad Mexicali corn Seasonal Fruit	16 Beef and Cabbage Soup Turkey Sandwich Cake apple	17 Chicken Breast Rice Pilaf Oriental Veggies Pears	18
19	20 Tator Tot Casserole Tossed salad Pineapple Tidbits	21 Salisbury Steak Mashed Potatoes Green beans Watermelon	22 Pork Cutlet New potatoes Veggie Blend Fruit Salad	23 Cream of potato Soup Egg Salad Sandwich Banana	24 Brat on a Bun Potato Salad Corn on the Cob Pie	25
26	27 BBQ Ribs Baked Potato Carrots Tropical Fruit	28 Porcupine Meatballs Oven browned potatoes Mixed Veggies Raisin Nut Cup	29 Smothered Chicken Corn bread stuffing Cauliflower/broccoli Waldorf salad	30 Baked Ham Sweet Potatoes Green Bean Casserole Fruit Cocktail	31 Chicken and dumpling soup Ham Sandwich Cranberry Juice Cookie	