



Altoona High School

711 7th Street W, Altoona, WI 54720 • OCTOBER 2017 • www.altoona.k12.wi.us




Dig Pink!



Photo Credit: Chris Colbert



Volleyball honors two staff at DIG PINK night

Altoona volleyball hosted Dig Pink Night on October 3 with proceeds from this event slated to go to the Joann Walker and Anita Schubring families. Both Joann and Anita were diagnosed with breast cancer this summer.

Various donated baskets were raffled off and the volleyball team is also selling raffle tickets. Raffle tickets are \$25 and the winner will receive 2 tickets to the December 23 GREEN BAY PACKERS/Vikings game (Sec. 103-Row 57). (Only 100 tickets will be sold.) Raffle ticket proceeds will also go to support Joann and Anita. If you're interested in purchasing a square contact Coach Upward at 715-839-6031 ext. 402 or eupward@altoona.k12.wi.us.

The Dig Pink Night was topped off by the annual Dig Pink Boys Volleyball game that occurred after the volleyball team finished their game.

Thank you to everyone that made this event a success!

October is National High School Activities Month

INDIANAPOLIS, Ind. —

The National Federation of State High School Associations (NFHS) and its 51 state high school associations begin the annual celebration of National High School Activities Month next week with a focus on sportsmanship and a salute to the more than 500 million fans of high school sports.

The NFHS has designated the month of October as National High School Activities Month to help schools throughout the nation promote the values inherent in high school athletic and performing arts activities.

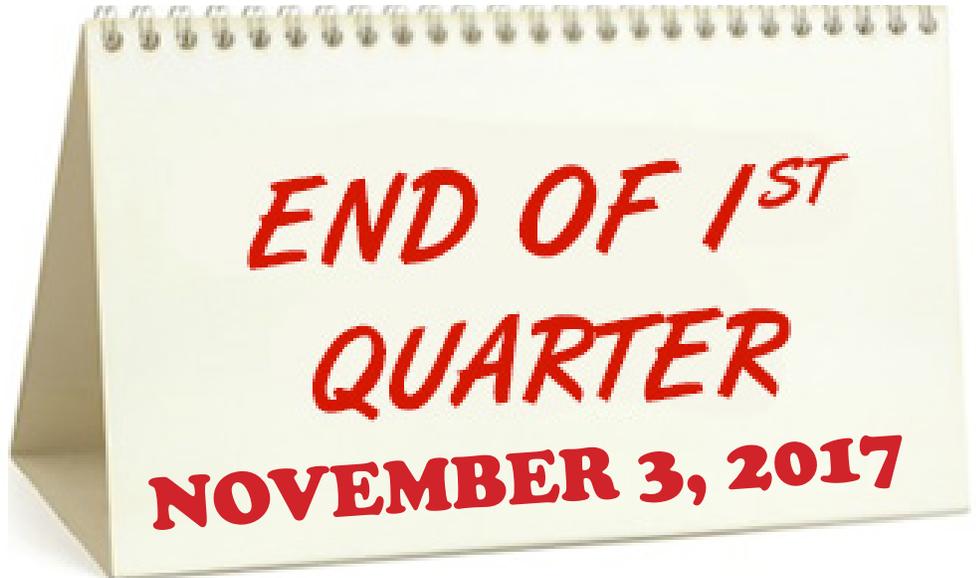
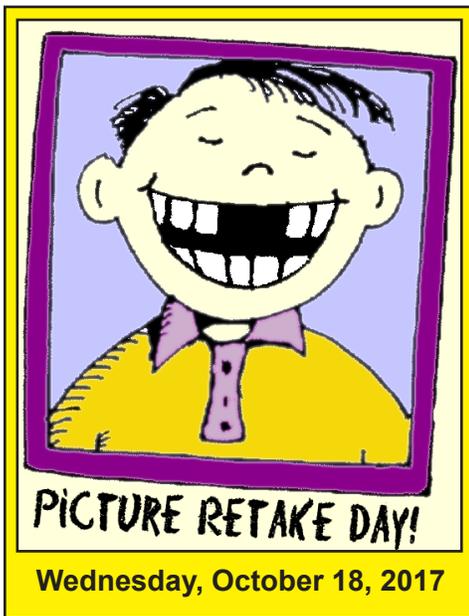
Started in 1980 as National High School Activities Week, the NFHS expanded the celebration to a month several years ago to provide additional time for the 19,000-plus high schools to hold special activities at the local level.

The purpose of National High School Activities Month is to remind students, parents, coaches, officials and others in communities across the country about the values and benefits of interscholastic activity programs.

High school activities help address society's most current issues by:

- Finding and nurturing the best effort of each young participant
- Encouraging students to stay in school, perform better academically and become better citizens
- Demanding respect for fair play and appreciation for the equitable application of procedures, rules and regulations
- Providing healthy lifestyle instruction
- Challenging racism, sexism and classism through the active pursuit of teamwork and school spirit

"High school sports and activity programs provide one of the best bargains in our community and nation and will continue to do so as long as our nation supports them as an integral part of the education of our young people," said Bob Gardner, NFHS executive director. "Not only do these programs teach the more than 12 million young people who participate in them valuable life skills lessons, such as ethics, integrity and healthy lifestyles, they also provide the best entertainment value in our nation."



Rails Balloon Bouquets

Get balloon bouquets for any occasion: Birthday Congratulations, Thank You, Holidays, Good Luck, I Love You, or Just Because...
THE POSSIBILITIES ARE ENDLESS!!

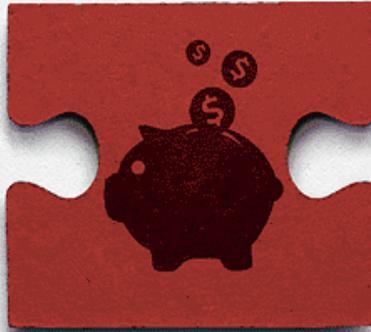
Delivery available to all Altoona schools and pick-ups are welcome.

Order Forms Now Available On Altoona Schools Website
 Questions??? E-mail: amussehl@altoona.k12.wi.us
 or call 839-6031 ext 454

Turn this coupon in with your order and receive \$1 off!!

FOLLOW US

College Financial Aid Night



Wednesday, October 18th • 6:00 PM • Room #4220

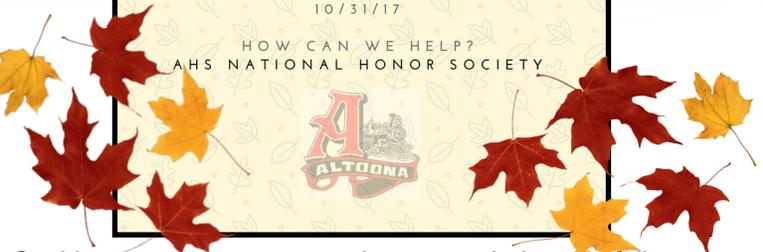
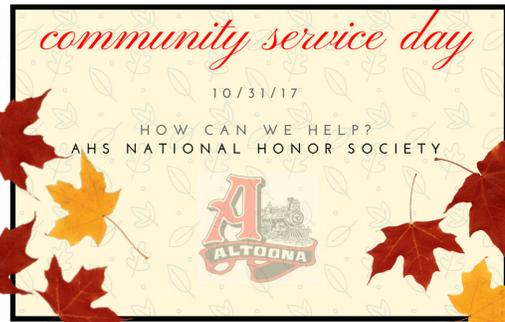
Changes to Work Permits

Change in Work Permit Law effective June 23, 2017

A new law effective on June 23, removes the requirement that 16- and 17-year old minors obtain a work permit prior to beginning work.

This means that the following information about obtaining a work permit, only pertains to minors younger than age 16:

To obtain a work permit, the minor or the minor and a parent must visit the permit officer, taking with them the minor's birth certificate or other proof of age, social security card, hiring statement from the employer explaining job duties and hours of work, written parental consent and a \$10.00 fee. Work permits are issued at the Altoona High School office, 711 7th St W, during regular office hours.



Could you or someone you know use help with fall yard work? National Honor Society students are looking for Altoona residents that could use assistance. Students will be out in the community during the day on Tuesday, October 31 (November 1, backup date) to lend a hand. If you or someone you know could use assistance, please contact Erin Lynnes at 715-839-6031 x423 or e-mail elynnes@altoona.k12.wi.us by Monday, October 23 to get signed up.

Yearbook It!

It's the biggest story of the year.

And you're in it.

Buy your yearbook @
jostensyearbooks.com



Altoona Choir Department presents



"A Cauldron of Choral Music"

FALL CONCERT
October 30, 2017
7:00 PM
HS Auditorium

4

Volleyball Team awarded the 2017 AVCA Team Academic Award

Cool news! Our volleyball Team was awarded the 2017 AVCA Team Academic Award. The award honors collegiate and high school volleyball teams that displayed excellence in the classroom during the 2016-17 school year by maintaining at least a 3.30 cumulative team grade-point average. The team plaque will be displayed in the trophy case and magazine, where the School's name is published, is in my office.

Great job girls, great job staff! Go Rails!



Get the "Activity Scheduler" App at your App Store. This mobile calendar allows you instant access to your school's Calendar, Schedules & Rosters!

CHECK OUT PICTURES FROM

HOMECOMING 2017

on page 12



Thank you, partners of excellence - CCFBank "Delivering Excellence" & a big check toward our Athletic Complex Redevelopment Project!
http://www.altoona.k12.wi.us/district/ath_complex.cfm



Interested in helping strengthening Altoona Athletics? Consider joining the Altoona Athletic Boosters.

**3rd Wednesday
6 PM - AHS**



**Freshmen
Morgan Decker (above)**

"Morgan is a pleasure to have in class. She is respectful, engaged and is always helping other students out. She is an outstanding person, student and athlete and is a great addition to any group!"

**Sophomore
Ray Langlais (above)**

"Ray is respectful, always on time, on task, and a good worker. He has a positive personality and works well in any group. He is very diligent and always turns in quality work."



**Junior
Wayne Smith (above)**

"Wayne is always willing to put himself out there. He starts classroom discussions and has insightful things to say. He is always willing to help someone in class but is not afraid to ask for help when he needs it."



**Senior
Kaitlin Nettell (left)**

"Kaitlin is a hard worker who puts a lot of effort into all of her work. Although she has done well on our first two tests, she has done revisions on both to make sure she understands all of the concepts. Kaitlin is also a kind person and works well with all of her classmates."



Governor Scott Walker (center) visited the School District of Altoona on September 6, 2017.

The governor toured the district's Fab Lab, watched as students demonstrated what could be done in the lab, and then ended his visit with a Question & Answer session where students could ask questions. Nine AHS students were selected to be part of the group and ask questions.

Place your order with a band or choir student, and have fresh Florida produce delivered in December right when you're craving it most! Music students will have various items available, including oranges, apples, grapefruit, pears, tangelos, tangerines, and sweet potatoes. For more information, please call (715) 839-6031 ext. 451, or email Mr. Justin Ranek at jranek@altoona.k12.wi.us.

NAVEL ORANGES



- Medium to large size
- Yellow to orange color; sometimes with green tinge
- Seedless, easy to peel
- Great eating orange

Large Box (40-80 pieces) \$ 34⁰⁰
 Small Box (20-40 pieces) \$ 26⁰⁰
 10# Box (10-20 pieces) \$ 20⁰⁰

RED APPLES



- Medium to large size
- Deep red color
- Crunchy
- Sweet and juicy

Large Box (64-100 pieces) \$ 42⁰⁰
 Small Box (32-50 pieces) \$ 32⁰⁰

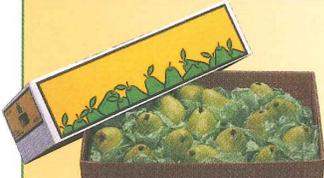
JUICE ORANGES



- Medium size
- Deep yellow to orange color; sometimes with green tinge
- Usually seedless
- Thin skin
- Excellent for fresh squeezed orange juice

Large Box (64-80 pieces) \$ 34⁰⁰
 Small Box (32-40 pieces) \$ 26⁰⁰

D' ANJOU PEARS



- Medium to large size
- Green or red color
- Abundant juice
- Sweet flavor when ripe

Small Box (30-50 pieces) \$ 34⁰⁰

Special Combination Packs

NAVEL / GRAPEFRUIT MIX



- 16-20 Navel Oranges
- 10-11 Red Grapefruit

Price: \$ 30⁰⁰

TANGELOS



- Medium to large size
- Deep yellow to red orange color
- Excellent taste
- Few seeds
- Thin skin, peels easily

Large Box (64-100 pieces) \$ 34⁰⁰
 Small Box (32-50 pieces) \$ 26⁰⁰

CITRUS VARIETY PACK



- 8 Tangerines/Tangelos
- 8 Navel Oranges
- 8 Red Grapefruit

Price: \$ 32⁰⁰

RED GRAPEFRUIT



- Medium to large size
- Pink to red blush on the peel, pink to red color inside
- Delicious flavor with lots of juice
- Few seeds
- Smooth skin, easy to peel or section with a knife

Large Box (27-40 pieces) \$ 34⁰⁰
 Small Box (15-20 pieces) \$ 26⁰⁰
 10# Box (8-12 pieces) \$ 20⁰⁰

FRESH FRUIT SAMPLER



- 6 Apples
- 4 Pears
- 4 Red Grapefruit
- 6 Navel Oranges
- 6 Tangerines/Tangelos

Price: \$ 34⁰⁰

TANGERINES



- Small to medium size
- Deep orange color
- Honey sweet flavor
- Few seeds
- Easy to peel

Small Box (50-60 pieces) \$ 30⁰⁰

APPLES & PEARS



- 14 Apples
- 14 Pears

Price: \$ 34⁰⁰

SWEET POTATOES



- Medium size
- Dark orange colored flesh
- Loaded with many healthy benefits

10# Box (16-20 pieces) \$ 23⁰⁰

A from the choir department

Another year of choral music is off to a great start. The students have been working hard to prepare music for our fall concert, which will be on October 30th at 7:00 PM in the Auditorium.

Locomotion is underway for the year. The students have been learning music for this year's show and are eagerly awaiting our choreographer's visit in October. We would like to invite you all to the Locopalooza show choir invite on Saturday, January 27, 2018 for an all-day event to witness show choirs from Minnesota and Wisconsin compete for the Grand Champion trophy.

All parents of Altoona music students are invited to attend to learn more about the workings of the Altoona Music department by attending the Altoona Music Boosters meetings. For more information you can contact Mr. Ranek for further details.

ATTENTION: PERSONAL FINANCE PARENTS

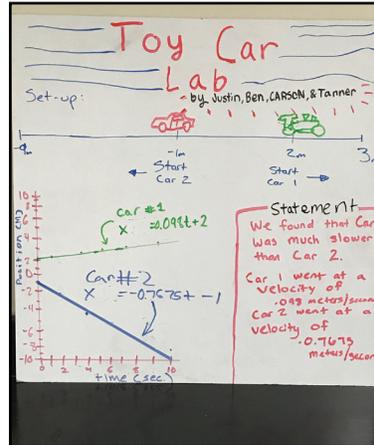
All first semester Personal Finance students will be required to attend the Real Life Academy on November 11.

The Real Life Academy is a hands-on, financial literacy event. Approximately 500 students participate in a curriculum on personal finance and then take what they've learned and attend the Real Life Academy. The students choose their future profession and are given a checkbook with one month's salary. Then it's off to pay their monthly bills—mortgage or rent, utilities, groceries, and everything else. There are over 30 booths that the students must visit, which are sponsored by the Chamber members.

If you want to see a video or read more about the event, the Chamber of Commerce has a website at http://www.eauclairchamber.org/programs_and_services/real_life_academy.aspx

Thank you!

Thank you to those who attended Parent/Teacher Conferences. We look forward to seeing you again second semester. If you have any questions about your student's academic status, feel free to contact their teachers and/or counselor by phone or email.



Students in Ms. Harp's science classes conducted experiments with toy cars to study velocity and then charted their work.



BE HERE GET THERE



Every day in school matters.

A high attendance rate is crucial for students to be successful in school. Students and parents must both understand that low attendance rates can have a negative impact on grades and overall learning, as well as future work ethics.

Staying home from school may cause a student to fall behind in class and miss important lessons or tests. It is important for parents to know when it is appropriate to take a child out of school and ***if a student needs to attend an appointment during school hours, a note from that office needs to be turned into the Attendance Office upon returning to school.***

Students and parents are reminded that they have a maximum of 10 school days that can be missed during the school year for personal illness, family activities and vacations. Any days beyond that can result in truancy citations.

THE RED ZONE

HOME OF THE RAILROADERS

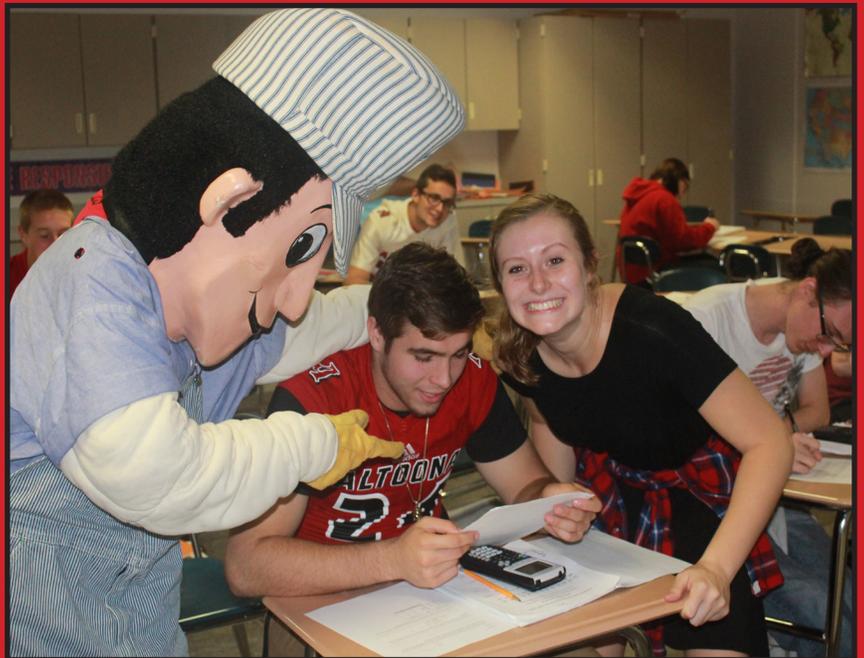
The school store is open!
Open DAILY, but closed during lunch
hours (11:15 - 1:17) during school days.
Questions? Contact Mr. Fruit
kfruit@altoona.k12.wi.us

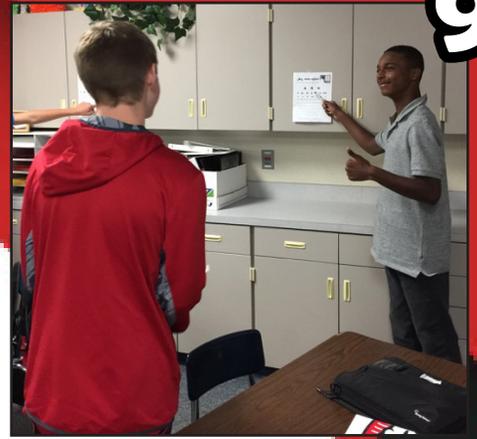
Any Famous Last Words?

By Nancy Pahl Gilseman



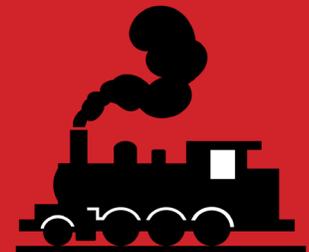
Performances: Nov. 16, 17, & 18





¡Hablemos Español!

Spanish I students have been practicing their speaking en la clase de español! Students are shown here practicing the Spanish alphabet with eye charts. They have also been working on greetings and expressions, numbers and time. Ask your children for help if you need to brush up on your español!



He's is back! ~ During Homecoming Week 2017 the Altoona Railroader mascot SPIKE paid visits to multiple classrooms across the school district to spread school pride and show that he's "Proud to be a Railroader!"





ARMED SERVICES VOCATIONAL APTITUDE BATTERY (ASVAB) TEST

The ASVAB test will be administered at Altoona High School on Thursday, December 7th at 8:30 a.m. The ASVAB test will be optional for any junior or senior. Students considering any branch of the US military will be required to take the ASVAB test prior to enlistment. The ASVAB test is a comprehensive career exploration and planning program that includes a multiple aptitude test battery, and interest inventory, and various career planning tools designed to help students explore the world of work. Results of the aptitude test and the interest inventory enable students to evaluate their skills, estimate performance in academic and vocational endeavors, and identify and prioritize possible career choices. Students are encouraged to consider their own work-related values and other important personal preferences as they explore the world of work and learn career exploration skills that will benefit them throughout their work lives. If you would like your child to take the ASVAB test please contact Mr. Mielke, high school counselor, at 838-4378 prior to December 4th.

THE ASVAB TEST IS REQUIRED FOR ENLISTMENT TO ANY BRANCH OF THE US MILITARY

The eight ASVAB Test areas are:

General Science	Mathematics Knowledge	Word Knowledge	Auto and Shop Information
Electronics Information	Arithmetic Reasoning	Paragraph Comprehension	Mechanical Comprehension

CAMPUS TOURS

Tours and visits to post-secondary schools can be set up through each University's website. Most universities have "Junior Preview" days specifically for juniors and their parents. Please see Mr. Mielke if you need assistance.

COLLEGE REPRESENTATIVES

Many representatives from various colleges and universities will come to Altoona High School to meet with students during the school day. This is an easy and convenient way for students to learn about various post-secondary options. The dates and times of scheduled college representatives are posted on the bulletin board located outside the counseling office where interested students may sign up.

COLLEGE ENTRANCE EXAMS

All Juniors are required, by the State of Wisconsin, to take the ACT at Altoona High School on Tuesday, February 27th. There is no fee or registration required to taking the ACT on February 27th. Colleges and Universities require that students take a college entrance exam as part of the admission process. Most schools in our area prefer that students take the ACT (American College Test). College entrance exams should be taken in the JUNIOR YEAR. We have included a list of exam dates and registration deadlines for the ACT. We recommend that juniors wait until March 1st to take the ACT for the first time. NOTE: Colleges and universities will consider a student's best test score.

ACT TEST DATE	REGISTRATION DEADLINE	TEST FEES:
December 9, 2017	November 3, 2017	\$46.00 ACT no writing
February 10, 2018	January 12, 2018	\$62.50 ACT plus writing
April 14, 2018	March 9, 2018	
June 9, 2018	May 4, 2018	

Altoona High School Code 500-035

JUNIOR CONFERENCES

During the months of February and March Mr. Mielke, School Counselor, will meet with juniors and their parents individually. The meetings are designed to review each student's educational progress and develop post-high school plans. Financial aid and scholarship information will also be covered. Each meeting will last approximately 45 minutes with additional meetings scheduled if necessary. More information concerning Junior Conferences will be mailed home at a later date.

CAREER CRUISING

Students in grades 9-12 have been introduced to a new career software program, "Career Cruising", which has replaced "Career Locker". Students will use Career Cruising to learn about themselves and develop their Academic and Career Plan (ACP). Career Cruising offers the following assessments: Interest Inventory, Ability Profiler, Skills Inventory, and Learning Styles Inventory.

In addition, the content of Career Cruising is rich with information on careers, education, employment trends and more. Each student has a personal Career Cruising account with an e-portfolio. The e-portfolio holds assessment results, favorite information on schools and careers, and the student's Academic and Career Plan.

Altoona High School Lunch Menu

October 2017

MONDAY 16

LTO Beef Bulgogi Quesadilla (Marinated Beef with Korean Spices in two tortillas)

Diner Station Mini Corn Dogs
Tator Tots

Pizza Cheese Pepperoni Taco

Grab and Go Turkey BLT Salad
Crispy Chicken Wrap

Side Choices Rice
Black Beans
Fresh Fruit & Vegetable Bar

THURSDAY 19

Classic Cafe General Tso's Chicken
Steamed Rice

Diner Station Mini Corn Dogs
Tator Tots

Pizza Cheese Pepperoni Buffalo Chicken

Grab and Go Crispy Chicken Salad
Turkey & Cheese Sub

Side Choices Asian Vegetables
Fruit & Vegetable Bar

TUESDAY 17

Classic Cafe Roast Pork & Gravy, Mashed Potatoes, Cinnamon Sweet Apples

Diner Station Chicken Tenders
Curly Fries

Pizza Cheese Pepperoni Chicken Alfredo

Grab and Go Hummus & Vegetable Bowl
Ham & Cheese Wrap

Side Choices Corn Bread
Roasted Squash
Fresh Fruit & Vegetable Bar

FRIDAY 20

Creation Station Pasta Bar
Garlic Breadsticks

Diner Station Bacon Cheeseburger
Potato Wedges

Pizza Cheese Pepperoni Sausage & Mushroom

Grab and Go Quinoa Harvest Salad
BLT Wrap

Side Choices Steamed Broccoli
Fresh Fruit & Vegetable Bar
Chocolate Chip Cookie

WEDNESDAY 18

Creation Station Bread Bowl Bar- homemade chili, chicken pot pie and top with cheese, onions

Diner Station Chicken Patty on a Bun
Potato Wedges

Pizza Cheese Pepperoni Mushroom & Pepperoni

Grab and Go Harvest Chicken Salad
Deli Sub Sandwich

Side Choices Potato Wedges
Fresh Fruit & Vegetable Bar

EXTRA INFO



Milk choice of 1% White or Chocolate Skim is included with lunch.
For questions or comments, contact Bernie Allen, Food Service Director at: ballen@altoona.k12.wi.us or call 715-839-6056

Menus are subject to change without notice. USDA is an equal opportunity provider.



www.taher.com

Altoona High School Lunch Menu

October 2017

MONDAY 23

Classic Cafe New Orleans Fish Hoagie with Toppings and Cajun Kettle Chips

Diner Station Cheeseburger w/Pickles

Pizza Cheese Pepperoni Taco

Grab and Go 7 Layer Salad
Turkey & Cheese Sub

Side Choices Seasoned Potato Wedges
Fruit & Vegetable Bar

THURSDAY 26

Classic Cafe Italian Turkey Panini

Diner Station Mini Corn Dogs

Pizza Cheese Pepperoni Buffalo Chicken

Grab and Go Garden Vegetable Salad
Chicken Caesar Wrap

Side Choices Curly Fries
Green Beans

TUESDAY 24

Classic Cafe Italian Pasta Bake
Garlic Toast

Diner Station Chicken Tenders w/Roll
Curly Fries

Pizza Cheese Pepperoni Chicken Alfredo

Grab and Go Chicken Caesar Salad
Turkey BLT Wrap

Side Choices Roasted Squash
Fruit & Vegetable Bar

FRIDAY 27

Creation Station Taco Nacho Bar

Diner Station Spicy Chicken Patty
Tator Tots

Pizza Cheese Pepperoni Sausage & Mushroom

Grab and Go Hummus & Vegetable Bowl
Combo Sub Sandwich

Side Choices Black Bean & Corn Salad
Fruit & Vegetable Bar
Brownie

WEDNESDAY 25

Creation Station Mac & Cheese Bar
Choose from a Variety of toppings....

Diner Station Sloppy Joe on a Bun
Tator Tots

Pizza Cheese Pepperoni Mushroom & Pepperoni

Grab and Go Chef Salad
Crispy Chicken Wrap

Side Choices Roasted Broccoli
Fruit & Vegetable Bar

EXTRA INFO



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Altoona High School Lunch Menu

October 2017

MONDAY 30

Classic Cafe Chicken Bowl
Warm Biscuits

Diner Station Cheeseburger w/Pickles
Baked Fries

Pizza Cheese Pepperoni Taco

Grab and Go Turkey BLT Salad
Ham & Cheese Wrap

Side Choices Steamed Broccoli
Fruit & Vegetable Bar

THURSDAY

Classic Cafe

Diner Station

Pizza

Grab and Go

Creation Station

TUESDAY 31

Classic Cafe Homemade Lasagna
Cheesy Breadstick

Diner Station Mini Corn Dogs
Tator Tots

Pizza Cheese Pepperoni Chicken Alfredo

Grab and Go 7 Layer Salad
Crispy Chicken Wrap

Side Choices Green Beans
Fruit & Vegetable Bar
Ice Cream Cup

FRIDAY

Classic Cafe

Diner Station

Pizza

Grab and Go

Creation Station

WEDNESDAY 01

Creation Station Sub Bar- Fresh Made Sub
Bun with choice of meat and toppings, kettle chips

Diner Station Chicken Patty on a Bun
Baked Fries

Pizza Cheese Pepperoni Mushroom & Pepperoni

Grab and Go Cravin' Chicken Salad
Buffalo Chicken Wrap

Side Choices Quinoa Salad
Fruit & Vegetable Bar

EXTRA INFO



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www.taher.com

Altoona School District Breakfast Menu

October 2017

MONDAY

2 Mini Pancakes
OR
PB & J Uncrustable

Vegetable Juice
Canned Fruit
Milk

9 Pillsbury Cinn-Minnis
OR
PB & J Uncrustable

Vegetable Juice
Canned Fruit
Milk

16 Mini Pancakes
OR
PB & J Uncrustable

Vegetable Selection
Canned Fruit
Milk

23 Pillsbury Cinn-Minnis
OR
Muffin w/String Cheese

Vegetable Juice
Canned Fruit
Milk

30 Mini Pancakes
OR
PB & J Uncrustable

Vegetable Selection
Canned Fruit
Milk

TUESDAY

3 WG Donut Holes w/Cheese
OR
Banana Chocolate Chip Bread w/Cheese

Vegetable Selection
Fruit Juice
Milk

10 WG Donut Holes w/Cheese
OR
Blueberry Breakfast Bread w/String Cheese

Vegetable Selection
Fruit Juice
Milk

17 WG Donut Holes w/Cheese
OR
Banana Chocolate Chip Bread w/Cheese

Vegetable Selection
Fruit Juice
Milk

24 WG Donut Holes w/Cheese
OR
Blueberry Breakfast Bread w/String Cheese

Vegetable Selection
Fruit Juice
Milk

31 WG Donut Holes w/Cheese
OR
Banana Chocolate Chip Bread w/Cheese

Vegetable Selection
Fruit Juice
Milk

WEDNESDAY

4 Breakfast Flatbread
OR
WG Long John

Potato Triangle
Fresh Fruit
Milk

11 Egg & Cheese Biscuit Sandwich
OR
PB & J Uncrustable

Potato Triangle
Fresh Fruit
Milk

18 Breakfast Flatbread
OR
WG Long John

Potato Triangle
Fresh Fruit
Milk

25 Egg & Cheese Biscuit Sandwich
OR
PB & J Uncrustable

Potato Triangle
Fresh Fruit
Milk

1 Breakfast Flatbread
OR
WG Long John

Potato Triangle
Fresh Fruit
Milk

THURSDAY

5 Warm Cinnamon Roll
OR
Yogurt w/Granola

Vegetable Selection
Fruit Juice
Milk

12 Warm Cinnamon Roll
OR
Yogurt w/Granola

Vegetable Selection
Fruit Juice
Milk

19 Warm Cinnamon Roll
OR
Yogurt w/Granola

Vegetable Selection
Fruit Juice
Milk

26 Warm Cinnamon Roll
OR
Yogurt w/Granola

Vegetable Selection
Fruit Juice
Milk

1 Choose MyPlate.gov

FRIDAY

6 Pancake on a Stick
OR
PB & J Uncrustable

Vegetable Juice
Fresh Fruit
Milk

13 Eggo Mini Waffles
OR
Muffin w/String Cheese

Vegetable Juice
Fresh Fruit
Milk

20 Pancake on a Stick
OR
PB & J Uncrustable

Vegetable Juice
Fresh Fruit
Milk

27 Eggo Mini Waffles
OR
Muffin w/String Cheese

Vegetable Juice
Fresh Fruit
Milk

2 FOOD Thought

PRICES

K-5 Paid \$1.00
6-12 Paid \$1.20
Adult \$1.60
Milk \$0.50

HARVEST OF THE MONTH



EXTRA INFO

Variety of Cereal w/Graham Crackers are offered each day.
High School- Additional Hot Options available each Day!



www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.

12

HOMECOMING

in

Paradise

