



VALLEY CITY

PUBLIC SCHOOLS

FRIDAY

Flyer

OCTOBER 30, 2026



INSPIRE



EMPOWER



ACHIEVE



701.845.0483



www.hiliners.org

NOVEMBER 2026 MENU

Jefferson & Washington Elementary Schools



Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Scrambled Eggs & Mini John Lunch Crispito or Ham & Cheese Sandwich or PB Sandwich & Yogurt Nachos	3 Breakfast Banana Bread & Yogurt Lunch Hot Dog or PB Sandwich & String Cheese Curly Fries Cookie	4 Breakfast French Toast Sticks & Sausage Patty Lunch Walking or Soft Shell Taco or PB Sandwich & Yogurt Refried Beans	5 Breakfast J: Cereal & Toast W: Bagel & Cream Cheese Lunch Italian Dippers or Turkey Ranch Wrap or PB Sand. & String Cheese	6 Breakfast Mini Donuts & Yogurt Lunch Grilled Cheese & Tomato Soup or PB Sandwich & Yogurt
9 Breakfast Pancakes & Sausage Links Lunch Hamburger or Cheeseburger or PB Sandwich & Yogurt Smile Fries Baked Beans	10 Breakfast W: Breakfast Tornado J: Cereal & Toast Lunch Hot Ham & Cheese or Meatball Sub or PB Sand & String Cheese Scalloped Potatoes	11 No School	12 Breakfast Breakfast Bar Lunch Cheesy Breadsticks or Turkey & Cheese Sandwich or PB Sand & String Cheese Green Beans	13 Breakfast Yogurt Parfaits with Choc Scooby Grahams Lunch J: Chicken Strips & Roll W: Country Fried Chix & Roll or PB Sandwich & Yogurt Mashed Potatoes Corn
16 Breakfast Waffle Sticks w/ Peaches & Cream Dip Lunch Chicken Nuggets & Breadstick or PB Sandwich & Yogurt Green Beans	17 Breakfast Pancake Wrap on a Stick Lunch Super Nachos or PB Sandwich & String Cheese Refried Beans	18 Breakfast Cheese Omelet & Toast Lunch Pasta with Red Sauce or Chicken Alfredo or PB Sandwich & Yogurt Breadstick	19 Breakfast Uber Bar Lunch Pizza or PB Sandwich & String Cheese Corn	20 Breakfast CinniMinis & Cheese Stick Lunch Tater Tot Hotdish & Roll or Fish Sticks & Roll or PB Sandwich & Yogurt

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NOVEMBER 2026 MENU

Jefferson & Washington Elementary Schools



Monday	Tuesday	Wednesday	Thursday	Friday
23 Breakfast Pancake Puffs & Go-gurt Lunch Chicken Patty or PB Sandwich & Yogurt Hashbrown Patty	24 Breakfast WG Donut & Sunflower Seeds Lunch Pizza Crunchers or Chicken Quesadilla or PB Sandwich & String Cheese	25 Breakfast Breakfast Sandwich Lunch Chili, Chips & Cheese Cinnamon Roll or PB Sandwich & Yogurt	26 No School	27 No School
30 Breakfast French Toast Sticks & Sausage Patty Lunch Walking or Soft Shell Taco or PB Sandwich & Yogurt Refried Beans				

Available Daily
 All Breakfasts served with fruit, juice & milk
 At Lunch: Fresh Fruit & Vegetable Bar
 1%, 2% and Chocolate Milk Choice

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NOVEMBER 2026 MENU

Junior Senior High School



Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Dutch Waffle with Fruit & Whip Cream Lunch Crispos or Sub Sandwich Nachos Black Beans	3 Breakfast Breakfast Tornadoes Lunch Country Fried Chicken & Roll or Chef Salad Mashed Potatoes & Country Gravy Corn	4 Breakfast French Toast Sticks & Sausage Patty Lunch Mac & Cheese or Hotdog Green Beans	5 Breakfast Scrambled Eggs & Mini John Lunch Chili with Chips & Cheese Cinnamon Roll Baked Potato	6 Breakfast Mini Donuts & Yogurt Lunch Pizza or Crispy Chicken Salad
9 Breakfast Pancakes & Sausage Links Lunch Pulled Pork Sandwich or Hot Ham & Cheese Scalloped Potatoes Coleslaw	10 Breakfast Breakfast Sandwich Lunch Super Nachos or Yogurt Parfait with Granola, Cereal & Seeds	11 No School	12 Breakfast Mini Pancake Wraps & Go-gurt Lunch Chicken Strips or Baked Chicken Thigh Baked Potato Breadstick Cookie	13 Breakfast Fresh Baked Jumbo Muffin & Yogurt Lunch Cheesy Breadsticks or California Burger Baked Beans
16 Breakfast French Toast Sticks & Sausage Patty Lunch Walking or Soft Shell Taco or Crispy Chicken Ranch Wrap Refried Beans	17 Breakfast Breakfast Tornadoes Lunch Sloppy Joe or Chicken Patty on a Bun Potato Wedges Coleslaw	18 Breakfast Cinnamon Roll & Sunflower Seeds Lunch Pizza or Crispy Chicken Salad Corn	19 Breakfast Loaded Scrambled Eggs & Toast Lunch Pasta with Red Sauce or Chicken Alfredo or Chef Salad Breadstick	20 Breakfast Long John & Yogurt Lunch Popcorn Chicken or Orange Chicken or Ham & Cheese Sub Seasoned Rice

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NOVEMBER 2026 MENU

Junior Senior High School



Monday	Tuesday	Wednesday	Thursday	Friday
23 Breakfast Yogurt Parfait w/ Granola and Choc Scooby Grahams Lunch Hamburger/Cheeseburger or Hot & Spicy Chicken Patty Hashbrown Patty	24 Breakfast W6 Mini Donuts & Yogurt Lunch Corn Dog or French Dip Sandwich or Chef Salad Baked Beans	25 Breakfast Pancakes & Sausage Links Lunch Pizza Crunchers or Burrito with Cheese Sauce Cottage Cheese Corn	26 No School	27
30 Breakfast Dutch Waffle with Fruit & Whip Cream Lunch Crispos or Sub Sandwich Nachos Black Beans				
	<div> <p>Available Daily</p> <p>Breakfast: Hot & Cold Entree Choices All Breakfasts served with fruit, juice & milk</p> <p>At Lunch: Fresh Fruit & Vegetable Bar PB&J Uncrustable Entree choice</p> <p>A la Carte items: For sale at Breakfast & Lunch (must have \$\$ in your account to purchase)</p> </div>			

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JEFFERSON 2ND GRADE PRESENTS

VETERANS DAY MUSIC PROGRAM

★★ THURS, NOV. 5TH ★★

2PM AND 7PM | JEFFERSON GYM

PLEASE JOIN US AS WE CELEBRATE OUR NATIONS VETERANS

DIRECTED BY MRS. SARAH LARSEN

TEAMWORK
DISCIPLINE
FRIENDSHIP
CONFIDENCE
LIFELONG SKILLS

SWIM
BELONG
ACHIEVE



2026-2027 SWIM SEASON



**PRACTICE BEGINS
NOVEMBER 2, 2026**

4:00 – 5:00 PM

📍 Gaukler Family Wellness Center



FREE TRIAL
FOR NEW SWIMMERS
NOVEMBER 2 – 4, 2026

Looking for a fun and competitive team environment?
Come see what the Sharks are all about!



QUESTIONS?

Feel free to reach out!

vcsharks@gmail.com

**JOIN
THE SHARKS!**



MUST PREREGISTER

<https://forms.gle/CRWwd82j3HaYkrAR8>

MORE
THAN A TEAM.
A COMMUNITY.

STRONGER
SWIMMERS
BRIGHTER
TOMORROWS





Roller Skating



EVERY SUNDAY
1:00 - 3:00 PM



AT THE REC CENTER
140 4th St SW



NOVEMBER 1ST, 2026
TO MARCH 28TH, 2027



COST IS \$4.00 PER KID

*One adult skates free
with the paid kid.*



Watch our Facebook page Kiwanis Valley City
or What's Happening in Valley City
if there are any cancellations due to weather.



*Skate your heart out
and let the good times roll!*



Not Feeling Well Today?

Your symptoms can help you figure out where to get same-day medical care.

Primary Care Visit

Virtual Video Visit

E-Visit



Get care for symptoms such as:

- ☐ Cold or flu
- ☐ Sore throat
- ☐ Eye redness
- ☐ Earache
- ☐ Rash
- ☐ Insect bite or sting
- ☐ Painful urination
- ☐ Frequent urination

Urgent Care or Walk-in Care

24/7 Video Visit On Demand



Get care for the same symptoms as above and:

- ☐ Minor burns or cuts
- ☐ Minor sprains or strains
- ☐ Minor fractures (In-person only)

Call 9-1-1

Go to the Emergency Room



Get care for severe symptoms such as:

- ☐ Trouble breathing
- ☐ Chest pain
- ☐ Severe pain or serious injury
- ☐ Severe stomach pain
- ☐ Sudden numbness or weakness
- ☐ Fainting
- ☐ New confusion
- ☐ Suicidal thoughts

Not sure what to do?



1-800-714-4646

Speak with a nurse from our Nurse Care Line.



EssentiaMyChart.org

See your online care options.



EssentiaHealth.org/GetCare

Learn more about same-day care.



Essentia Health