



Mingus Union
High School District #4

FEB '25

MINGUS MATTERS

PAGE 1

Every Student Celebrated | Every Student Prepared

Hello Mingus Families,

A few things to keep in mind as we enter February. First, we are rolling out a new FLEX program during advisory classes on Thursdays to allow teachers and students to connect to get academic help, make-up work, and strategic use of academic time targeted to specific student needs. This is an essential time of year for students as the semester progresses and patterns of attendance, turning in work, and understanding material are often set for the remainder of the Spring semester. Please help in supporting your student and their progress!

Operation Graduation is a yearly event sponsored by the Mingus Connection Foundation, the Cottonwood Rec Center, parents, community volunteers, and local businesses. Operation Graduation is a FREE safe, adult-chaperoned event for MUHS 2025 graduates that takes place after the graduation ceremony. Mingus Connection Foundation is looking for volunteers, as well as donations from local businesses to make this event possible. Join us and be part of this wonderful tradition! For more information, please follow us on Facebook or Instagram, attend one of our upcoming meetings (date, time and location can be found on the MUHS community calendar) or send us an email to muhsopgrad@gmail.com.

This month, OpGrad is meeting in the cafeteria at 5:30pm on February 20th. This is a great event to help with BEFORE your student is a senior.

Also, mark your calendars for February 12th which is our second Sonic School Spirit night this year. Between 5 and 8 pm, 10% of sales at Sonic Drive-In will go to MUHS.

February 13th and 14th are half days of school for parent teacher conferences. Your child's advisory teacher should reach out to you to schedule if they are failing any classes.

Remember there is no school on the 17th in observance of Presidents' Day.

This month is huge for athletics as Winter sports are making state playoff pushes and coming to a close; Spring sport tryouts are also in February with most sports starting the week of 2/10/25.

Also, Mingus's award-winning theatre program is holding their annual Patchwork - Dinner Theatre Show on Friday February 7th and Saturday February 8th at 6pm.

Project Prom Closet, which serves students in finding free formal attire for their Prom, opens the final weekend of the month. More about this on page 3!

Please note there is a Governing Board meeting on Thursday 2/13/25 at 6pm in the MUHS library, and a work session on 2/27 at 5pm. There is also a SITE Council meeting on 2/18 at 5pm in the library. Please join me and our SITE Council in helping guide our school.

Thank you for your partnership in your child's education!

February Dates to Remember

February 7 & 8
"PATCHWORK- Dinner Theatre Show"
a Fundraiser for Mingus A.T.O.R.T.
*More Information on PG 3

February 12
Sonic Spirit Night
5 - 8pm
*More Info on PG 2

February 13 & 14
Parent Teacher Conferences
Early Release Schedule applies
12:00 Release

February 13
Governing Board Meeting
6 - 8pm - MUHS Library
Regular Session
*More info on page 2

February 17
Presidents' Day
No School

February 18
School SITE Council Meeting
5pm - MUHS Library
*More Info on PG 2

February 20
Operation Graduation Meeting
5:30pm - MUHS Cafeteria
*More Info on PG 2

February 26
United States Air Force Band of the Golden West
FREE CONCERT
7pm - MUHS Auditorium
*More Info on PG 3

February 28 - March 8
Project Prom Closet
*More Info on PG 3



PRESIDENT'S DAY



cutie

be mine

luv u

David D. Beery
Principal
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

FEBRUARY 13TH @ 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.

MINGUS UNION HIGH SCHOOL

SITE COUNCIL

We value your opinion and welcome you to attend and participate in site council meetings

**TUESDAY, FEBRUARY 18
5:00 PM ~ MUHS LIBRARY**



Wednesday
Feb. 12
5 - 8 p.m.

SONIC

JOIN US AT
SPIRIT NIGHT!

Dear Students, Parents and Teachers!

Join us for
MINGUS UNION HIGH SCHOOL
Spirit Night @ Sonic Drive-In!

All you have to do is eat at the Sonic Drive-In located at 1050 E SR -89A, Cottonwood.

This is how it works: Come and eat with us on Wednesday February 12 between the hours of 5-8 p.m. We keep a running total of how much money is spent during those hours and 10% is given directly to your school! The more that is spent, the more your school earns, so bring your family and friends.

What a fun, easy way to earn money for your school!

See you there!

OPERATION GRADUATION 2025

Seeking volunteers & donations from local businesses
INFORMATIONAL & PLANNING MEETING
FEBRUARY 20TH @ 5:30PM | MUHS CAFETERIA

mingusopgrad@gmail.com



MARRAUDERS

MUHS Band is proud to announce The United States Air Force Band of the Golden West will be performing a free concert! Save the date and enjoy this world-class music and support our talented students.

Wednesday, February 26th

Mingus Union High School - Performing Arts Auditorium | 7:00 PM



project prom Closet

FREE formal wear for ALL high school students!

Mingus Union High School
Enter West Parking Lot on Corvallis Road

Fri, February 28
2:30p-5:30p

Sat, March 1
10a-1p

Mon, March 3
2:30p-5:30p

Fri, March 7
2:30p-5:30p

Sat, March 8
10a-1p

Dresses in a variety of sizes and colors

Men's wear: Suits and Jackets, Shirts, Vests, Cumberbunds, Bow Ties & Neckties

Jewelry & Accessories
Dress Shoes

MINGUS A.T.O.R.T. PROUDLY PRESENTS The 26th Annual patchwork

a dinner and variety show

Friday, February 7th
Saturday, February 8th

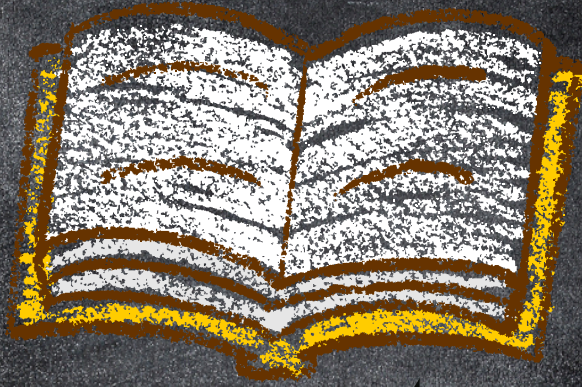
6pm in the MUHS Cafeteria
\$12 for Adults / \$10 for Students & Children.
Tickets at the door - This cost includes dinner.

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.



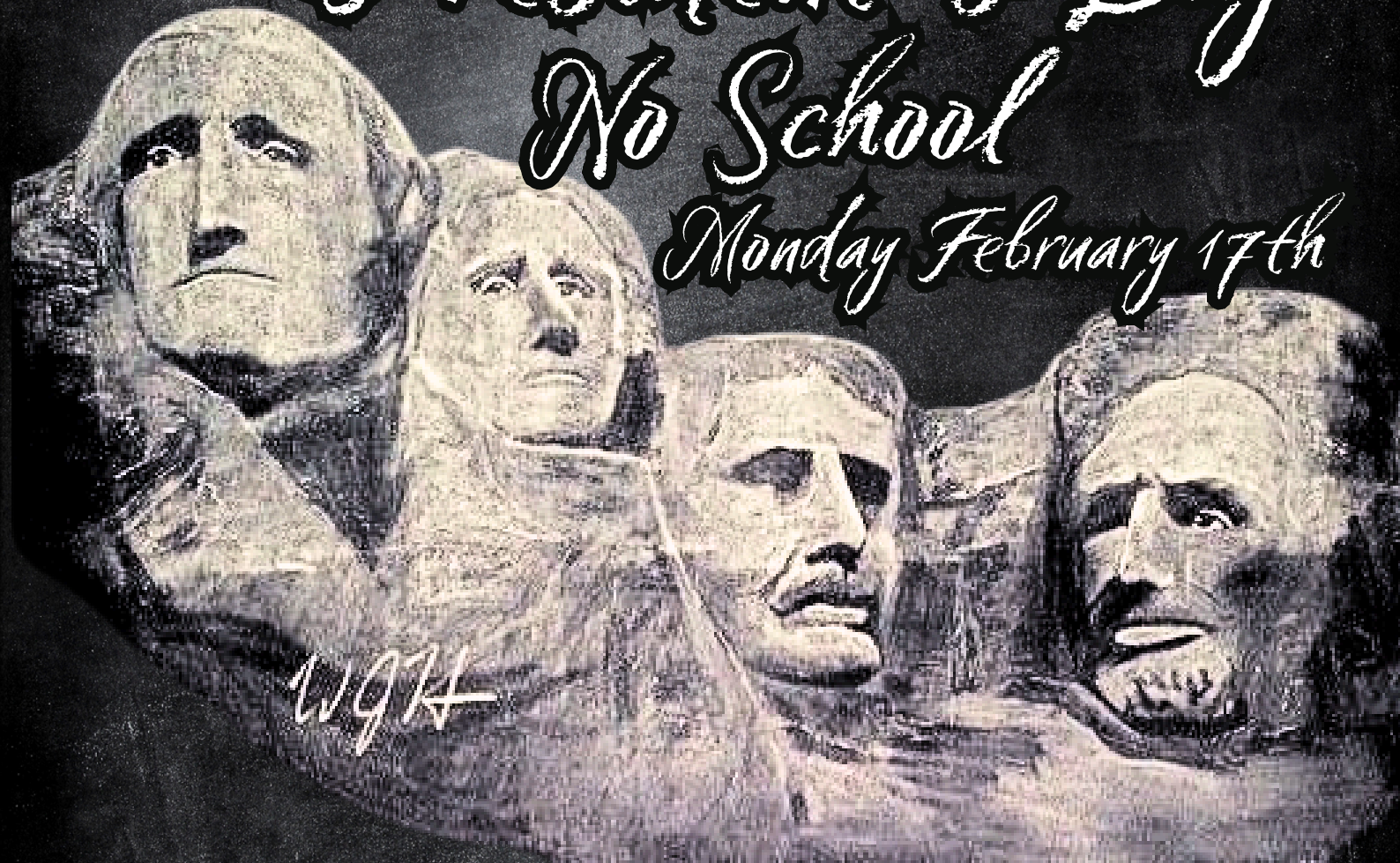
February 13 & 14
Parent Teacher Conferences

Early Release Schedule applies ~ 12:00 Release



President's Day
No School

Monday February 17th



SENIOR SPOTLIGHT

Daizy Mejia



Daizy is the current Student Body President at Mingus and has plans to attend the University of Arizona in the fall of 2025 with hopes to be able to travel around the world at some point. During her time at Mingus, she has also participated in Cheer and Volleyball, and is currently active in the Latino Student Union, Interact Club, National Honors Society, Softball, Link Crew, as well as one of the boys basketball managers. She says that being a part of all these clubs and sports has given her the opportunity to meet and become friends with so many people that she might not have. Being in these sports and clubs also helped her get excited about the school year because she always has something exciting to look forward to. She says her best high school experience so far has been the opportunity to go to State with Student Council her freshman, junior and senior years. She really enjoys being in the student council because of all the events they attend as well as the events they put on. Daizy has spearheaded several campus and community events in the past four years including pep assemblies, Prom Committee Chair 2024, 12 community blood drives, along with a very successful Toys for Tots Toy Drive in December 2023. For fun, Daizy likes to go shopping and hang out with family, friends and her boyfriend. Daizy says if she could go back and talk to her freshman self, she would tell herself not to stress out about the little things and that time flies very quickly so be sure to enjoy every single moment.

STAFF SPOTLIGHT

Jim Erick Custodial Supervisor





If you need something done at Mingus, Jim Erick is the guy you go to! Jim has been part of the Mingus family for nearly 14 years. He is always helpful and does everything with a smile and a kind word. He works tirelessly to maintain our campus and helps in the cafeteria every day. Mr. Erick likes being around people and is always moving to stay motivated. Prior to working at Mingus, Jim spent 39 years working for two large diagnostic companies where he managed and helped to build a 30-acre animal facility. His advice to students is to not be afraid to work hard and that failing is okay, since we learn from our mistakes. Jim was born and raised in California and graduated from high school before joining the work force. At home, he likes to relax and spend time with his wife, who is his high school sweetheart.




MARAUDER of the MONTH

TEACHERS AND COACHES ARE ASKED TO NOMINATE STUDENTS IN ALL ACADEMICS 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 AND INVITED TO RECEIVE RECOGNITION IN FRONT OF OUR COMMUNITY AT THE FOLLOWING MONTH'S BOARD MEETING.

Leo Varela



ENGLISH & LITERATURE



Jovan Sutter



SOCIAL STUDIES





Arista Epperson




FOREIGN LANGUAGE



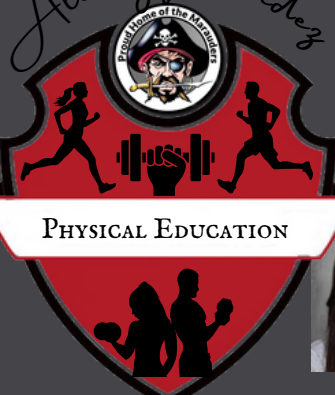

Lizzy Meek




SCIENCE



Ali Hernandez



PHYSICAL EDUCATION



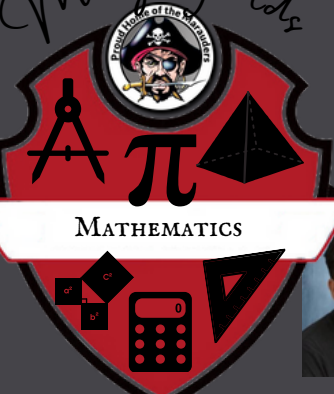

Fiona Gumma-Wagner




PERFORMING & VISUAL ARTS





Mukye Fields




MATHEMATICS



Trenton Castro



CAREER & TECHNICAL EDUCATION



Julian Chavez Smart



ADVANCEMENT VIA INDIVIDUAL DETERMINATION



Ricky Villalobos



MALE ATHLETE



Savannah Tobias Zagarey



FEMALE ATHLETE



Jane Durhalac



PURSUING VICTORY WITH HONORS



Athletics Program - Mingus Union High School District

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!

[CLICK](#)

BRAG BOARD



MINGUS volleyball

All Region 2nd Team
Kyah Pinion Thompson - Hitter/Middle Blocker

Honorable Mentions

Lana Booth
Savannah Tobias
Sabrina Zunitch



MINGUS flag football

All Region 1st Team
Kambra Hahn - Defensive Rusher
Adia Grant - Defensive Back
Ali Hernandez - Wide Receiver

All Region 2nd Team
Bailey Peck - Running Back
Maddy Lusebrink - Receiver
Brylee Meier - Linebacker
Kenzie Brock - Defensive Back

Honorable Mention
Aaliyah Lopez - Quarterback
Carys Morgan - Wide Receiver



MINGUS football

All Region 2nd team
Jose Felix - Defensive Back
Rimington Stokes - Linebacker
Reighns Stokes - Running Back
Ethan Montiel - Offensive Lineman
Shane Chupp - Offensive Utility/Flex Player
Koby De La Haye - Receivers/Tight Ends

Honorable Mentions

Braxton Longfellow
Carson Miller
Noah Seda
Xavier Thompson
Demario Tinsley
Jodan Watson

Shout Out

In January, sophomore Marauder, Thinura Ginige was in Chicago, accepting his award as a 2024 NASKA world champion, in front of over 800 of his peers. NASKA (North American Sport Karate Association) is the premier global organization for sport karate competitions, attracting the best martial artists from around the world.

Thinura battled his way through tough competition, traveling to 10 different states and twice to Canada. Achieving a world title is an extraordinary accomplishment—especially for someone from a small-town in Arizona like ours. This is a rare and remarkable milestone for our community!



Our VACTE CNA and Phlebotomy students competed at HOSA regionals. VACTE is for all high school age students in the Verde Valley and HOSA is the student organization for our future medical professionals. These students competed with students from all over Northern Arizona from as far as Lake Havasu and Kingman to Prescott and Chino Valley. The students were asked to prepare presentations for various events such as Mental Health Promotion and Community Awareness. All of our VACTE students placed in the top 3 for all of the events they competed in, which qualifies them to go and compete in March at our HOSA State Leadership Conference. If they qualify there, they will be eligible to go and compete at the National Level in Nashville, Tennessee.

- Gabriela Castrita took Gold in Mental Health Promotion with their Instagram campaign @mentalhealthmatterscna.
- Ashley Gonzalez and Lexi Bourque, took Gold in Community Awareness with their project about Vaping in High Schools.
- Gabriela Guerrero Jimenez took Gold in Prepared Speaking with a speech about the National HOSA theme "Powered by People"
- Elora Bakhaus took Gold in Health Career Photography, in which she portrayed three different Health Professions through pictures.
- Krystal Diaz-Lopez and MaryJane Gilkey both took Silver in Health Career Display, in which they presented a poster about EKG Technicians.
- Liliana Escamilla Cruz and Nariyah Thompson took Bronze in Mental Health Promotion with their Instagram campaign @cna_mentalhealthawareness.

Congratulations to all that competed and all of the winners! Good luck at State!



MUHS Clubs:

STUCCO @ State



Mingus Union High School just wrapped up 3 days in Tucson with 12 Student Council delegates at this year's AASC (Arizona Association of Student Councils) State Convention! We visited Reid Park Zoo, heard from several amazing keynote speakers, attended leadership workshops, reflected on how to become better leaders at the candlelight ceremony, and made meaningful connections and friendships with councils and advisors!

We also received multiple recognitions for our councils' contributions to our school and community in the past year including;

- SILVER Award for Community Service
- GOLD Award for Charitable Contributions

And our most exciting award....

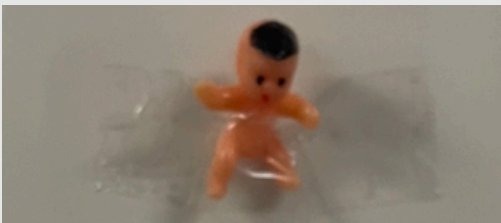
- OUTSTANDING Council of Distinction!

Latino Student Unión

RECAP OF JANUARY!

Find the baby!

During the first week of January, LSU held a contest for MUHS students and staff to see who could collect the most babies in honor of the Three Kings Day! The winner was senior Clayton Ajaski with 52 babies! ¡Felicidades!



Join us!

- **Hispanic Honor Society** Invitations to apply for induction into the MUHS Hispanic Honor Society will be sent out late January! Applications due February 11th!
- **Roses for sale** at lunch for Valentine's Day delivery!
- **Friendship bracelets** for sale in classrooms! \$1 each
- **Meetings on Thursdays** (No meeting Feb 13 due to PT Conferences)





VALLEY
ACADEMY FOR
CAREER AND
TECHNOLOGY
EDUCATION



Who is VACTE?

The Valley Academy for Career and Technology Education (VACTE) was established in 2001 by approval of the citizens of the Verde Valley and Sedona areas. VACTE is one of fourteen Career and Technical Education Districts (CTEDs) in Arizona.

Our school district members are Camp Verde – Ed Mezulis, Clarkdale/Jerome – Kathleen Fleenor, Cottonwood/Oak Creek – Jill Myers, Mingus Union – Dave Leckington, and Sedona Red/Rock – Jeff Wassell.

Career and Technical Education Districts (CTEDs) are specialized school districts designed to deliver career and technical education (CTE) to high school students in cooperation with their member districts by providing a pathway for students to earn industry certification and college credit, as well as experience career-based learning, hands-on instruction, and leadership development through such organizations as FBLA, FCCLA, FFA, HOSA, and SkillsUSA. VACTE supports the CTE programs, CTE instructors, and more than 1,500 CTE students at the three local high schools. These programs include agriculture, automotive, business, coding, culinary arts, digital photography, drafting, film and TV, graphic design, sports medicine, stagecraft, and welding.

VACTE has additionally established 8 CTE programs offered at locations throughout the Verde Valley which provide career training to students from the three high schools, area charter schools, and home schools. These programs include: certified nursing assistant, construction, cosmetology, culinary arts, fire science, law enforcement, phlebotomy, and teacher training.

A strong partnership with Yavapai College has been developed in providing dual or concurrent enrollment courses, whereby, high school students are able to earn both high school and college credits for the courses in which they are enrolled. VACTE pays for the college tuition, textbooks, and uniforms for many of these programs. VACTE courses also support several industry recognized licenses and certifications which the students may earn upon exit from the programs such as Arizona Board of Nursing Certified Nursing Assistant Licensure, Arizona Board of Barbering/Cosmetology Licensure, and Arizona Firefighter I and II certification.

Mission

Provide an engaging learning environment resulting in the development of hireable and productive individuals in a competitive workforce. Students are offered quality instruction and technical skill foundations through on-the-job training in specific areas of career development. Our instructors share their extensive real-world knowledge for students to experience and achieve workplace success. Our development activities are use-inspired and include workplace soft skills, team building and industry standard skills.

We expect our students to be leaders in supporting the ideas behind this vision and mission.

Vision Statement

Skills for Today, Careers for a Lifetime

We envision a future where our students attain the skills to build professional careers that will last a lifetime.

Our focus is on creating an educational experience that supports everyone's desire to learn.

We seek to produce a skilled workforce, one student at a time.

MEET OUR STAFF

Bob Weir Superintendent

Mr. Weir was a Computer Science & Math Teacher for 17 years at Camp Verde High School. He then became the principal of Camp Verde High School for 7 years. He coached wrestling for 24 years and had 6 team state championships. In 2016 Bob was hired as the Superintendent of VACTE. When Bob took over as Superintendent there were only two Career & Technology Education programs that VACTE offered. Under his leadership and passion for CTE, VACTE now has 8 programs that provide students with the ability to go into the work force. Mr. Weir has been awarded Arizona CTE Administrator of the Year and in the top 5 National CTE Administrator of the Year. He is proud that our VACTE programs build professional careers for our students that can last their lifetime.



Bob Weir

Shawna Patton

Business Manager/Board Secretary

Mrs. Patton has been with VACTE for 13 years and is currently our Business Manager and Governing Board secretary. Prior to coming to VACTE she worked for Cottonwood Oak Creek School District. She is a graduate of Mingus Union High School. Mrs. Patton has been an integral part of VACTE and has many hats she wears to ensure our district is successful.

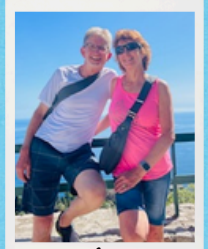


Patton

Laura Carbonado

Attendance Secretary

Mrs. Carbonado joined the VACTE team this year as our Registrar and Attendance Secretary. Laura has a teaching degree in Secondary Mathematics and Earth Science. She has worked for many years in Real Estate and Finance. She now joins VACTE to help with attendance, registration, grant writing, and much more.



Carbonado

Valentina Meraz

Cosmetology Instructor

Ms. Meraz discovered her passion for cosmetology at the age of 15 when she began doing nails and hair for her family and friends. At 19, she pursued her dream by attending cosmetology school. By the age of 25, she achieved a significant milestone by purchasing her own hair salon, which she continues to successfully operate today. Her love for mentoring teenagers inspired her to transition into teaching, and she is now in her second year as a cosmetology instructor with VACTE.



Meraz



Conway

Sabrina Conway

Certified Nursing Assistant Instructor

Mrs. Sabrina Conway comes to us with a great amount of experience in the care of patients. She was a CNA for 8 years at the Haven. She received her Nursing Degree in 2018 and continued to work for the Haven. She has been our VACTE CNA teacher for 3 years and brings a wealth of knowledge of our Health Care System.

Jeremy Doerksen, Eric Ostler, and Sal Unale

Fire Science Instructors

Mr. Ostler has been a Fire Fighter for 15 years. He graduated from Camp Verde High School and continues to raise his family here. He is a paramedic and fire fighter for Copper Canyon Fire District and helps instruct our VACTE Fire Science Students.

Mr. Doerksen has been a Fire Fighter for 22 years at Camp Verde Fire Department & Cottonwood Fire Department.

Mr. Doerksen is a graduate of Mingus Union High School and continues to raise his family in this community.

Mr. Unale has been a Fire Fighter for over 17 years. Currently Mr. Unale is working at Copper Canyon Fire & Medical District. He started off his career at the Doney Park fire, then went to work as a Detention officer, he spent 5 years with Ponderosa Fire, worked at Palominas Fire and finally was hired at the Copper Canyon Fire Department. He is married with 2 little boys.



Doerksen



Ostler



Unale

Jennifer Choate

Law Enforcement Instructor

Ms. Choate retired from the Salt Lake City Police Department after serving her community for 20 years. She has been awarded Yavapai County teacher of the year and over the last four years has had several students' place on a regional and national level through their SkillsUSA student club. As a certified ASP Defensive Tactics Instructor, the students in the Law Enforcement Program will be certified with basic defense tactic skills upon completion of their first year and may be certified with advanced skills if they choose to take the program a second year. We enjoy a strong partnership with Cottonwood Police Department & Dispatch, which provides opportunities for our senior students to participate in their 911 Internship and ride-a-long programs.



Choate

Daria Weir Counselor

Mrs. Daria Weir started in Education as a Special Education Teacher. After she received her Masters in Counseling, she worked as a school counselor at Mingus Union High School and Camp Verde Unified School District for more than 23 years. She was a Dean of Students at Camp Verde Elementary for 3 years and then retired. Now Mrs. Weir works for VACTE part time preparing them for future education or careers.



Weir

Travis Black

Construction Instructor

Mr. Black became a carpenter when he in his early 20's. After spending a few years as a carpenter, he decided to start his own Construction Company, Pitch Black Construction. He remodeled and built homes for 20 years and continues to remodel homes today. He joined VACTE and started a brand-new Construction Program in 2018. Travis has been awarded Yavapai County Teacher of the Year, twice Skills USA Advisor of the Year, VFW Teacher of the Year, and Arizona and National Skills USA Model's of Excellence - top chapter honors. He has led his program to the top 8 in the nation for 7 years.

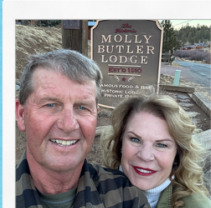


Black

Genna Adams

Teacher Training Instructor

VACTE has been 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. Mrs. Adams was Yavapai County Teacher of the Year in 2024.



Adams



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.

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

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.




LISA
Low Income Student Aid

Supporting Student Success
Through Community Compassion

Some ways LISA can assist your student:

- Medical bills, prescriptions, therapy, etc
- Clothing, shoes, coats
- Hair cuts & personal hygiene items
- Outstanding cafeteria balances
- Book purchases & class tuition
- Admission to school events
- Graduation Expenses
- School supplies & special needs devices
- Childcare costs & pre-school tuition
- Fees for extracurricular activities
- College deposits & testing fees
- Birthdays & Holidays



Qualifying students include those who attend Oak Creek School, Dr. Daniel Bright School, Cottonwood Community School, as well as their graduates currently attending Mingus Union High School or Verde Tech High School. We also assist students attending West Sedona School, Red Rock Jr. High and Sr. High School.

LISA is a 501C(3) charitable organization that provides aid to public school students in the Verde Valley.
Request aid at azlisa.org

CHECK OUT THE NEW MOHELP.ORG!

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



MOHELP.ORG


MOHELP
Bringing Communities Together



BREAKFAST

FEBRUARY 2025
Mingus Union High School

Monday, Tuesday, Thursday, Friday
7:30 AM – 7:55 AM
Wednesday
8:30 AM – 8:55 AM

Monday	Tuesday	Wednesday	Thursday	Friday
Chorizo and Egg Breakfast Burrito ³	Breakfast Corndog or Tornado ⁴	French Toast Sticks w/ Sausage Patties ⁵	Country Style Biscuits and Gravy ⁶	Fresh Baked Frosted Cinnamon Roll ⁷
Egg, Potato, and Sausage Breakfast Burrito ¹⁰	Maple Chicken Waffle Sandwich ¹¹	French Toast Sticks w/ Sausage Patties ¹²	HALF DAY ¹³	HALF DAY ¹⁴
 ¹⁷	Breakfast Corndog or Tornado ¹⁸	French Toast Sticks w/ Sausage Patties ¹⁹	Country Style Biscuits and Gravy ²⁰	Fresh Baked Frosted Cinnamon Roll ²¹
Egg, Potato, and Sausage Breakfast Burrito ²⁴	Maple Chicken Waffle Sandwich ²⁵	French Toast Sticks w/ Sausage Patties ²⁶	Country Style Biscuits and Gravy ²⁷	Fresh Baked Frosted Cinnamon Roll ²⁸

Students: \$1.50 / Adults: \$3.00 / Alternative and Vegetarian Options Available / All Breakfast Meals Served with Fresh Fruit and Milk
Alternative Meals: Yogurt + Granola, Whole Grain Cereal, Uncrustable PB&J

LUNCH

FEBRUARY 2025
Mingus Union High School

Monday, Friday: 11:50 AM – 12:25 PM
Tuesday, Thursday: 11:50 AM – 12:35 PM
Wednesday: 11:50 AM – 12:45 PM

Monday	Tuesday	Wednesday	Thursday	Friday
Boneless Chicken Wings Whole Grain Roll Celery and Carrots ³	Beefy Nachos Refried Beans Lettuce and Tomato ⁴	Mac and Cheese Soft Pretzel Steamed Peas ⁵	Chicken Eggrolls Veg Fried Rice Broccoli and Cauliflower ⁶	Cheese Stuffed Breadsticks Marinara Dipping Sauce ⁷
Chicken and Waffles Mixed Veggies ¹⁰	Enchiladas Casserole Refried Beans Lettuce and Tomato ¹¹	All Beef Hotdog Tater Tots Steamed Carrots ¹²	HALF DAY ¹³	HALF DAY ¹⁴
 ¹⁷	Doritos Walking Taco Refried Beans Lettuce and Tomato ¹⁸	Homestyle Chili Cornbread Steamed Peas ¹⁹	Orange Chicken Veg Fried Rice Broccoli and Cauliflower ²⁰	French Bread Pizza Marinara Dipping Sauce Celery and Carrots ²¹
Regular or Spicy Chicken Tenders Whole Grain Roll French Fries ²⁴	Chicken Tinga Tortilla Chips Refried Beans Lettuce and Tomato ²⁵	Corndog Waffle Fries Steamed Carrots ²⁶	Teriyaki Chicken Veg Fried Rice Broccoli and Cauliflower ²⁷	Pepperoni or Cheese Pizza Celery and Carrots ²⁸

Students: \$3.00 / Adults: \$5.00 / Alternative and Vegetarian Options Available / All Lunch Meals Served with Fresh Fruit and Milk
Alternative Meals: Grilled Cheese, Uncrustable PB&J, Hamburger or Cheeseburger, Spicy or Crispy Chicken Sandwich, Bean and Cheese Burrito
Salad Bar is free and open to all students during Lunch Period

