



**School Nutrition**

Jnelle Keysor spoke on Nutrition Awareness at the Treynor Optimist Club on August 10. School nutrition is set by Federal Government regulation. Iowa has a few additional regulations.

This year there will be some additional new standards for school lunch programs. There are also new regulations for school breakfast. The figure at right shows the portions to be served, with an emphasis on vegetables and grains. K-5 is allowed to have 600 calories for lunch, Middle school 700, and High School 750-850 calories. For breakfast programs, elementary is allowed 350-500, Middle school 400-550, and High School 550-850 calories. The allowable sodium content has also been lowered.



Vegetables are broken into subgroups. She will serve 1/2 cup green peas one day, broccoli another, also mixed beans and baby carrots. The kids want corn, but they cannot have corn and mashed potatoes the same week.

For grains, the school will serve whole grain bread. Whole wheat must be the first ingredient.

**Calendar**

- Aug 14 - Can kennel sorting
- Aug 28 - Can kennel sorting
- Oct 19 - Optimist in Action day

**Birthdays**

- Aug 11 - Chad Gutttau (recognized)
- Aug 23 - Judy Gutttau

**Anniversaries**

- Jul 25 - Chuck & Kathy Nielsen (recognized)

The salad bar has become popular. The school will have a salad bar for the Elementary school three days a week and for Middle and High School four days a week.

The favorite meal for Elementary school is chicken nuggets. For High School it is stir fry. Participation in the lunch program is about 90%. However, there were 4000 fewer meals served, even with more students in school last year, because of the reduced portion sizes and the restrictions on types of food served. Breakfast is served to about 120 Elementary students and 20 High School each day. Treynor has nine staff who work in the lunch program.

**Meeting Minutes**

Ken Graham opened the meeting on August 10. Gary Funkhouser provided jokes and Dennis White gave the opening prayer. Chad Gutttau contributed to the Youth Fund for his birthday. Richard Vorthmann bragged about his two new granddaughters born this week. Gary and Mick Gutttau said that their mother turned 98.

The first Treynor football game will be August 30 against Underwood. Help will be needed for tickets.

Ken Graham gave out quarterly awards to four club members. The award consisted of an Optimist hat and a pen. Recipients are:

- Richard Vorthmann – collecting money and bringing donuts each week
- Dale Willenborg – coordinating flags and weekly newsletter
- Gary Funkhouser – can kennel
- Gary Gutttau - bookkeeping

Chad Gutttau won the 50/50 drawing. Arlyn Norris won the attendance drawing, but did not collect because he has been in Africa. There were 14 members and 1 guest in attendance.

- Aug 9 – Tim & Janet Greiner
- Aug 13 – Jerry & Barb Hempel
- Aug 25 – Gary & Julia Funkhouser

**Programs**

- Aug 17 – Jeff Jorgensen – Union Pacific

**Prayers**

- August 17 – Dee Gutttau

**Punography**

Why were the Indians here first? They had reservations.  
 Class trip to the Coca-Cola factory. I hope there's no pop quiz.  
 Energizer Bunny arrested. Charged with battery.  
 I didn't like my beard at first. Then it grew on me.  
 How do you make holy water? Boil it.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.  
 When you get a bladder infection, urine trouble.  
 What does a clock do when it's hungry? It goes back four seconds.  
 I wondered why the baseball was getting bigger.  
 Then it hit me!  
 Broken pencils are pointless.