



Update
October 5, 2011
Vol. 10, Issue 1

FROM THE EXECUTIVE DIRECTOR

October brings with it shortened days, chillier mornings, football during recess, and pumpkins everywhere you look. October also brings our school community numerous occasions to celebrate teaching and learning at the South Shore Charter Public School.

The first celebration of teaching and learning will be our annual celebration of early childhood literacy on Thursday evening, October 6th, from 6:00 to 7:00. Literacy Night is for students and families in Levels I and II to come and enjoy children's literature read by our volunteer readers. Please join us to celebrate reading and the wonderful world it opens for children.

South Shore Charter Public School is pleased to participate in an early literacy campaign on the day of October 6th. This year we are celebrating Literacy Night in conjunction with Jumpstart's *Read for the Record*. *Read for the Record* is a national effort in partnership with the Pearson Foundation that calls attention to the importance of early childhood literacy. This literacy campaign calls specific attention to the achievement gap frequently evident when children enter kindergarten from different income levels. This early education achievement gap is real, it persists, and it needs to end.

Our very own National Honor Society has joined this campaign. Members of our National Honor Society will be travelling to three Bright Horizon daycare centers to read to students and be part of the effort to end the early education achievement gap. Our students will be visiting centers in Pembroke, Braintree and Norwell reading *Llama Llama Red Pajama* to preschool children. By doing so, our students will be calling attention to the crisis created by this achievement gap and to the ongoing importance of early childhood education.

I would like to thank everyone who helped to organize this event; K-6 Principal Ted Hirsch, National Honor Society Advisor Laura Berger, early childhood educator Bethany Whitemyer, the students of our National Honor Society, and our faculty and staff who will be reading on Thursday evening.

The second celebration of teaching and learning is our Annual Harvest Run on October 15th. Thank you to all who have registered to run, walk or sponsor a runner. Last year was absolutely fantastic and this year, judging from the number of people we have registered so far, promises to be even more amazing. If you have not yet registered to run, please do so as soon as you are able. This promises to be a terrific event.

Our Annual Fund drive will begin on October 17th; this is another opportunity to celebrate teaching and learning. We need volunteers to help us with the launch and the ongoing efforts to keep this fund thriving. The Development Committee has made this fund a priority this year, so please remember the date, October 17th and look for more information to be forthcoming.

Thank you,
Alicia Savage
Asavage@sscps.org

Thursday	10/06	Level I and Level II Family Literacy Night	6-7pm
Friday	10/07	SEPAC – Panera Bread Hanover	8:30am
Monday	10/10	Columbus Day – No School	
Wednesday	10/12	Executive Committee	8:00am
Wednesday	10/12	PSAT Testing – Grades 10 and 11	
Wednesday	10/12	Professional Development Early Release	12:00pm
Thursday	10/13	School Council	3:45pm
Thursday	10/13	Parent/Teacher Conferences Grades 9-12 Goal Setting Meeting Grade 7-8	6-8pm 7-8pm
Friday	10/14	School Picture Retake Day	
Saturday	10/15	Harvest Road Race – Wompatuck – Hingham See attached flyer for more information	

ANNOUNCEMENTS

SCHOOL PICTURES WILL BE SENT HOME TODAY. Check your child’s backpack. Picture retake day is Friday, October 14th. If you would like to have a retake for your child please use the enclosed reorder form. Print, complete, and attached the form to the original package and have your child bring it to school on the 14th. Any questions? contact Dee Delaney at 781-982-4202 ext. 159”

GRADES 9-12 PARENT/TEACHER CONFERENCES AND GRADES 7-8 GOAL SETTING MEETINGS

Due to the commitments of work and family, not all of our parents are able to come into the building and volunteer. One important way that parents can help their children succeed in school and participate in our community is by staying informed of their progress. On Thursday, October 13th from 6-8pm the High School teachers will be available to meet with parents and guardians. High School parents should contact Dee Delaney at x159 to schedule meetings with the teachers they would like to see. Level IV parents have already signed up for goal setting meetings between 7 and 8 that night.

ART NEWS

Workshop News - Welcome to Fall! The high school **Art Workshop students** are kicking off Fall with a display at **Starbucks in Hingham, Rt. 3A**, across from Crow Point Pizza. Please take a moment to stop in and see some current pieces from the workshop’s photography class run by **Heidi Harting** of Harting Studios. Also on display will be acrylic paintings and coffee bean bag apparel.

Art News - Level IV students are currently working on collage self portraits and computer graphic. Work from these classes will be juried for inclusion into **The Boston Globe Scholastic Art Awards**, one of the major regional shows that our middle and high school students have an opportunity to enter.

Level III students are working with symmetry and creating a books that will contain information on Elements and Principles of Design.

Coming soon, **Original Works**students 2D creations can be made into gifts for families.....stay tuned, more to follow.

ATHLETICS

The Middle School Soccer Team won their first game of the season last Friday against KIPP Academy by a score of 4 to 3. Jerome Sullivan and Harrison Carter each had a goal for the Jaguars, while Paul Sullivan netted two goals in the win. Van Harting had an outstanding game in net, while Marco Herrera, Dylan Sheppard, Arianna Hartz and Noime Trocher all had stand out games. The team’s next game is October 10 @ 5pm at the Abington High School Field. Come support your Middle School Team!

ON THE LEVELS

SAYING OF THE WEEK:

Level 1: "Hit the nail on the head."

Level 2: "When in Rome do as the Romans do."

JOIN SSCPS FOR LITERACY NIGHT Thursday, October 6th from 6-7pm

To all families of Level I and Level II students, please join us for our annual Literacy Night!

Pajamas and slippers are appropriate dress. If you would like to volunteer as a reader, please contact Ted Hirsch at 781-982-4202, ext. 108

WHY BUY NEW WHEN YOU CAN REUSE? COSTUME SWAP, OCTOBER 13TH, SARAH'S POD

Attention all parents and students: The Waste Watchers Project is having a costume swap. Please bring in your lightly used costumes to either donate or swap with your fellow students. Please drop them off in Sarah's Pod on Level II by October 12th.

LEVEL IV BAND To all level IV students and parents: My name is Geoff Roman and I am the new music teacher here at SSCPS. Some of the level IV students have expressed the desire to do an afterschool band (classic rock, modern rock, jazz, blues, etc.) The rehearsals will be Tuesdays and Wednesdays afterschool from 3:30 to 5:00pm. Students should have their own instrument and have some previous knowledge and practice on their instrument. If you would like to attend, please send me an email with the student's name so I can take accurate attendance. I am available to answer any questions regarding the ensemble. Our first practice will be Tuesday, October 11, 2011. Geoff Roman groman@sscps.org (781)982-4202 x318

LEVEL IV CONSERVATION PROJECT

The Conservation Project has begun a study of invasive species. We started by learning about what invasive species are, some examples and why they are harmful. We've also begun a study on observational drawing. Students were given sketch books and will receive a guided lesson on drawing techniques from our in-house artist Jody Regan today. With their new drawing skills students will do an observational study of an invasive plant species on the school campus.

COMMUNITY SERVICE

Community Service is a requirement in the education of the students at the SSCPS. By volunteering students continue their education outside of the school environment learning how to be caring, kind, individuals which also contribute toward building character. It also is helpful in setting themselves apart from most of their peers. In order to engaged students in volunteering try to direct them toward subjects and projects that they have an interest in.

The Community Service Committee will be researching and posting current and ongoing opportunities that are available for students/families. If you know of an event that is coming up in the near future please **email Beth Toma** at JToma85103@aol.com so this information can be share with the school community.

Trail work Days with Friends of Blue Hills Get Out, Get Dirty

For directions and details trailwork@FriendsOfTheBlueHills.org Join Friends of the Blue Hills on trail work in the Blue Hills Reservation. Pre-registration is not required. Trail work from 9am- 1pm.

Saturday, October 15; Saturday, November 12; Saturday, December 10

Ongoing Community Service Opportunities

Rockland Memorial Library

Rockland Memorial Library has community service opportunity for 11-18 years. **For 11-14 year olds** have opportunities to help at children's events that happen perhaps once or twice a month. They could use two or three students right now. **For 15-18 year olds** have opportunities to volunteer at children's events or shelve books. For shelving books, they need to detail-oriented. They could use one or two students to shelve right now. Prospective volunteers need to talk to **Geralyn Schultz**, Youth Services Librarian, Rockland Memorial Library, 781-878-1236 ext 12 or email gschultz@ocln.org They will need to pick up a form to fill out. All students under 18 need to have their form signed by a legal **guardian**.

Tufts Library Weymouth

The Tufts library, 46 Broad Street, has volunteer opportunities for students in Children Services. There is not an age requirement but it would be helpful if students have an understanding of the Dewey Decimal System. If you are interested contact **Amy Perriello, librarian in Children Services** at aperriel@ocln.org or 781-337-1402.

Duxbury Library

Duxbury Library has volunteer opportunities for students 6-12 grade. They are looking for two students who can volunteer for one hour on a weekly basis for two months at a time. Since training is involved it is necessary that students be able commit themselves to this time period. Contact **Marty O'Meara** at momeara@ocln.org

Norwell Library

The Norwell Library has volunteer opportunities for students. This particular group of volunteer students is called the Youth Library Council for students in grades 4 through 8. Any student within this grade range may join this group. They meet monthly, but the meetings are not required. The group helps out at our special events such as the upcoming Library Card Sign-Up Day. The next Youth Library Council meeting is Monday, Oct. 24th, at 4:30 pm. "Joining" the group is simply a matter of supplying an email; periodic announcements of meetings and volunteer opportunities will be sent out. If interested **email Nancy Perry** at nperry@ocln.org.

Getting Involved through Community Service

The South Shore YMCA partners with a variety of organizations to facilitate community service activities. If you are a student wishing to serve through your school program, there are many diverse opportunities to get involved at the South Shore YMCA. There are many ways that you can give back to your community at the YMCA. For details about our various community service opportunities please contact one of our volunteer coordinators:

Hanover Branch

Colleen Belcher
(781) 829-8585, x232

Quincy Branch

Courtney Cahill
(617) 479-8500, x160

Germantown Neighborhood Center (Quincy)

Kathy Quigley (Neighborhood Center
Director)
(617) 376-1384

LEVEL III STUDENT, CONNOR PROUDE is collecting cell phones for a non-profit agency called "A Matter of Trust." This is how they will use the Money collected from cell phone returns:

Help fund out Green jobs and Clean Wave of the Future program by recycling cell phones. At Matter of Trust we know thousands of tons of recycled hair clippings from salons and groomers can combat oil slicks, protect local fishing industry and clean up our shores. This highly affective program needs training and funding.

The money raised will go towards:

- *Providing lesson plans for teachers and students doing community service, environmental and science projects such as: recycling, oil spill clean up, eco-packaging design and green emergency kits.*
- *Reducing landfill by re-using manmade materials*
- *Promoting studies for skilled, hands on careers*

Visit <http://www.matteroftrust.org/programs/manmade.html> to see some of the other opportunities and projects in the works & completed.

Last year Connor worked with them to collect hair from salons. We boxed it up and sent it down to them. They in-turn placed the hair in nylon sock and were able to continue in the on going clean up from the oil spills across the southern coast of America. Connor has placed the box at the front desk for cell phone collection. Once the box is full we will be sending it to them to help fund future projects.

COMMUNITY INTEREST

Come to the South Shore Celebration! sustainable lifestyle fair at the Marshfield Fairgrounds on Oct 8th for some live music, a farmers market, workshops, demonstrations and a variety of vendors promoting

sustainable living ideas! Get off the grid (or at least, reduce your dependency on it) and celebrate the color green! www.SouthShoreCelebration.com for more details.

Out of the Darkness

The Out of the Darkness Community Walks are 3-5 mile walks taking place in over 200 communities across the country this year, with the proceeds benefitting the American Foundation for Suicide Prevention (AFSP). By walking in the Out of the Darkness Community Walks, you will be walking with thousands of other walkers nationwide to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide and provide support for survivors of suicide loss. In deciding to walk you are taking us a step closer to making suicide prevention a national priority. For more information, visit www.afsp.org A letter from Christine Bowker-Wickersham

Dear Friend,

On March 21, 2009, my son died of suicide. Robs was a 2008 graduate of SSCPS. Our entire family walks in memory of Rob, in hopes to help others like him.



Some Stunning Statistics about Suicide, Depression and Bipolar Disorder:

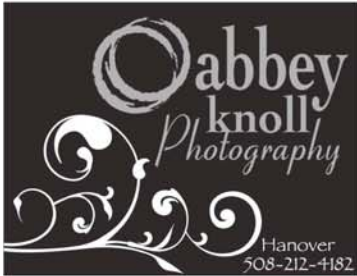
- An estimated 26% of Americans ages 18 and older — one in four adults — suffer from a diagnosable mental disorder in a given year
- 60% of individuals diagnosed with bipolar disorder have a co-occurring Substance Abuse Disorder
- data suggest that 40% of individuals with an alcohol use disorder and 60% of individuals with a drug use disorder have a co-occurring mood disorder
- 64% of jail inmates suffer from a mental illness
- as many as two thirds of males and three quarters of females in the juvenile criminal justice system meet criteria for one or more psychiatric disorders
- Bipolar disorder is the sixth leading cause of disability in the world
- 2.6%, 5.7 million people are diagnosed with bipolar disorder
- According to several studies, a significant proportion of the approximately 3.4 million children and adolescents with depression in the United States may actually be experiencing the early onset of adolescent bipolar disorder
- 30% of depressed teens will develop substance abuse problems
- The divorce rate of bipolar sufferers is as high as 90%
- The number of ambulance visits with mental disorders as primary diagnosis for 2006: 55.7 million
- Estimated 10-15% of people with bipolar diagnoses die of suicide
- a person dies of suicide every 16 minutes in the US, an attempt is made every minute
- 1 in 6 people are directly affected by suicide
- Suicide is the 3rd leading cause of death for 15-24 year olds
- Although more females make attempts, males die of suicide 4 to 1.
- More people die of suicide, 33,300 than of homicide, 18,573
- 83% of gun-related deaths in homes are the result of a suicide
- Less than 33% of teens with depression will get help

I hope you will consider supporting our participation in this event. Any contribution will help the work of AFSP, and all donations are 100% tax deductible.

Donating online is safe and easy! To make an online donation please click the "Support This Participant" button on this page. And again, thank you for any donation you can afford, and thank you if you have already donated.

Support Hana and our family for our walk on October 15th

**WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE AT WWW.SSCPS.ORG
EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103
OR EMAIL PALGERA@SSCPS.ORG**



Picture Retake Form

Name _____

Level & Pod _____

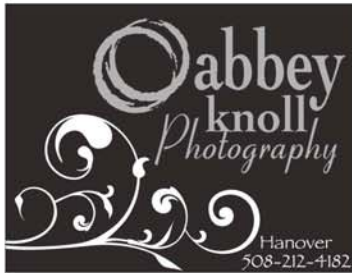
Email _____

Phone _____

Please attach this form to your photo envelope and have your student bring it on Picture Retake Day, October 14, 2011.

Order Additional Prints

To order additional prints, please complete this form and return it with payment to the envelope at the front desk before October 14th.



Name _____

Level & Pod _____

Email _____

Phone _____

Cost for prints:
(Circle your choice)

8x10.....	\$11	Quantity	___
5x7.....	\$9	Quantity	___
4x5.....	\$7	Quantity	___
8 wallets.....	\$10	Quantity	___
	Tax, add .065%		
	Total		_____



Harvest Run

5K ROAD RACE—FITNESS WALK

Saturday, October 15

Community Service Opportunities:

SUPPORT THE HARVEST RUN WITH SPONSORS!

SSCPS students can get:

- 1. community service and**
- 2. impact their physical Education program
just by getting sponsors for the race!**

Ask family, friends, neighbors or places you frequent to sponsor. All money raised will be DIRECTLY benefiting each and every child!

Volunteers Needed

**Friday October 14th 1:30pm - 7:00pm
Marathon Sports, Route 53
Norwell**

**Saturday October 15th 8:00am - 3:00pm
Wompatuck**

Dear SSCPS Family:

Hope you had a wonderful summer. As the start of the school year begins, we are putting together the annual Harvest Run Road Race. We have added many new and exciting changes to the race this year, as well as keeping some of the wonderful traditions that keep this race one of the best 5Ks around.

The Harvest Run Road Race will again be a 5K distance (3.1 miles). It will be held on Saturday, October 15, 2011, at Wompatuck State Park in Hingham. We are strongly encouraging **BOTH** runners and walkers to sign up for this race. It is not only a great way to spend time outside in a beautiful setting, but it is also a great opportunity to spend time with your family and to meet or interact with the SSCPS community.

One of the changes this year we are most excited about is we are adding a sponsorship aspect to the race this year. In addition to the race entry fee, you will have the ability to obtain “outside” sponsors to donate money to SSCPS. **ALL** funds raised will be used to enhance the physical education facilities at SSCPS. Physical activity is extremely important to a child’s development; and this race, along with the sponsorship aspect, will allow your child to benefit from the physical activity of the race itself, as well as enhancing the physical education he/she receives at SSCPS on an ongoing basis. All sponsorship dollars received will be **DIRECTLY** benefitting each and every child.

It is important to note that you **DO NOT** need to participate in the race itself in order to obtain sponsors. Each child is encouraged to obtain sponsors, even if they are not running/walking.

Along with the numerous physical education benefits your child will receive, there are two more incentives for obtaining sponsorship. The first is community service. Your child will receive community service for obtaining sponsors. The second is there will be three pizza parties awarded for the highest sponsorships and greatest number of Harvest Run participants (runners/walkers).

- One pizza party will be awarded to the class from Levels I and II with the highest sponsorship
- One pizza party will be awarded to the class from Levels III and IV with the highest sponsorship
- One pizza party will be awarded to the high school advisory with the highest sponsorship

Thank you so much for taking the time to read through this letter. We appreciate your help in making this the best Harvest Run yet!

Sincerely,

Denise Demaggio and Annette Golden
Harvest Run Event Coordinators

STEPS FOR THE RUNNER/WALKER WITH SPONSORSHIP	STEPS FOR SPONSORSHIP ONLY
1. Register for the Harvest Run – registration form attached.	1. Email, call or mail friends and family for sponsorship. Use the attached Harvest Run Sponsor Mailer.
2. Email, call or mail friends and family for sponsorship. Use the attached Harvest Run Sponsor Mailer.	2. Track your sponsors on the attached Harvest Run Sponsor Sheet. Bring the completed sheet with donations to school on Monday, October 17 th . Envelopes will be in each Pod/Advisors room.
3. Track your sponsors on the attached Harvest Run Sponsor Sheet. Bring the completed sheet with donations to school on Monday, October 17 th . Envelopes will be in each Pod/Advisors room.	



Harvest Run

5K ROAD RACE—FITNESS WALK

When you support the South Shore Charter Public School, you support:

- An innovative K - 12 charter school that has been nationally recognized as *America's Greenest School*
- Project-based learning initiatives resulting in awards and grants for excellence in math, science, and technology
- A college preparatory curriculum and outstanding faculty, resulting in 42% of seniors qualifying for the John and Abigail Adams Scholarship and 100% of all graduating seniors being accepted into a college or university

We are a public school, tuition-free, and we educate students from over 27 districts on the South Shore. We believe in children, we believe in excellence, we believe in the future. Run to support the South Shore Charter Public School or sponsor a runner today!

From: _____ Advisor/pod teacher: _____

Dear _____,

Please sponsor me in the South Shore Charter Public School's 3rd Annual Harvest Run Road Race/Fitness Walk. All funds raised will be used to enhance the physical education facilities at the South Shore Charter Public School. Our goal this year is \$20,000.00. With your help, I know we will be successful.

Thank you in advance for your support!

Student Signature

**Please staple your check here and return it to the school, or fill in your credit card information below; or if you prefer, you may make a donation online at www.sscps.org. Thank you for your pledge.*

Your donation is tax deductible.

Sponsor reply form: Yes, I will sponsor you for:

\$100

\$80

\$60

\$40

\$20

Other _____

Credit card number: _____

Expiration date: _____

Card type: _____

Your donation is tax deductible. Please make your check payable to: SSCEF (South Shore Charter Educational Foundation)

Your gift may also be eligible for a MATCHING GIFT. Please check with your employer's Human Resources Office for a matching gift program.

Sponsor Signature

Date

Please check here if you would not like to receive future mailings from the school or foundation.

Office use: Entry date _____ Amount: _____ Check # _____



Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 15, 2011

**Wompatuck State Park
Hingham, Ma**

SSCPS FAMILY REGISTRATION

Family Name: _____
 Address: _____
 City: _____
 State: _____
 Zip Code: _____ E-Mail _____
 Phone Number: _____

Individual Names	Runner/Walker	Gender M/F Age Group (-10) (11-14) (15-19) (20-29) (30-39) (40-49) (50-59) (60+)	Shirt Size *2 Shirts included, \$5.00 each additional *Guaranteed to those who register by September 25th.*
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

Pre-Race Number and T-Shirt Pick-Up:

Marathon Sports Norwell, MA
 Friday, October 14, 2011
 2:00pm — 6:00pm

Race Schedule:

9:00 - 10:45: Registration and t-shirt pick-up
11:00: The Harvest Run begins!
 * Refreshments provided by b.good after the race*

SSCPS Family Registration
\$35.00 / family

SSCPS Student Registration
\$10.00 / individual student

Cash or Check payable to SSCEF

All funds raised will be used to enhance the physical education facilities at the South Shore Charter Public School.

Breakfast Order Form
Breakfast for the Month of October, 2011
Due to the office by 3:00 pm, *Tuesday, October 11, 2011

Student Name _____

Pod Teacher/Advisor _____ Grade _____

*Please **CHECK** off the day lunch will be ordered.*

Week of 10/17– 10/21 Monday Tuesday Wednesday Thursday Friday

Week of 10/24 – 10/28 Monday Tuesday Wednesday Thursday Friday

Week of 10/31 – 11/4 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$1.60
Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form
 Lunch for the Month of October, 2011
Due to the office by 3:00 pm, *Tuesday, October 11, 2011

Student Name _____

Pod Teacher/Advisor _____ Grade _____

Please **CHECK** off the day lunch will be ordered.

Week of 10/17– 10/21 Monday Tuesday Wednesday Thursday Friday

Week of 10/24 – 10/28 Monday Tuesday Wednesday Thursday Friday
 #_____

Week of 10/31 – 11/4 Monday Tuesday Wednesday Thursday Friday
 Hamburger or Veggie

Burger

(circle one)

Number of Meals ordered _____ X \$3.75

Number of Slices of Pizza ordered _____ X \$1.75

Number of Hamburgers/Veggie Burgers ordered _____ X \$3.75

Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.

Choice of 1% milk, chocolate milk, strawberry milk or orange juice is included with the purchase of a meal or can be purchased separately for 35 cents.

Please note: If your child has forgotten lunch, a lunch of yogurt, a fruit bar and Milk will be provided at the cost of \$2.00. For Level I and II a Lunchable will be provided at the cost of \$2.75. A note from the office will go home that afternoon for reimbursement.



South Shore Charter
October 2011
Catered by Essence of Thyme

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 Corn Flakes w/whole grain cinn. Crackers Juice Milk	4 Honey wheat bagel w/jelly Juice Milk	5 Frosted mini wheats Crackers Juice Milk	6 Whole wheat muffin Juice Milk	7 Cheerios w/ whole wheat cinn. Graham crackers Juice Milk
10 No School Columbus Day	11 Raisin Bran Crackers Juice Milk	12 Fruit Yogurt Parfait Milk	13 Whole Cinn. Roll Juice Milk	14 Bagel w/jelly Fruit Milk
17 Apple Jacks Crackers Juice Milk	18 French Toast Sticks Juice Milk	19 Cinn. Raisin bagel w/jelly Juice Milk	20 Cheerios w/ whole wheat cinn. Graham crackers Juice Milk	21 No School Professional Dev. Day
24 Frosted Mini Wheats Crackers Juice Milk	25 Bagel w/jelly Juice Milk	26 Golden Grahams Crackers Juice Milk	27 Fruit Yogurt Parfait Milk	28 Whole wheat blueberry muffin Juice Milk
31 Raisin Bran Crackers Juice Milk	11/1 Whole Wheat cinn. Bun Juice Milk	11/2 Corn Muffin Juice Milk	11/3 Cheerios w/ whole wheat cinn. Graham crackers Juice Milk	11/4 Yogurt w/ granola bar Juice Milk

* All Meals include 8 ounce Choice 1% or Lowfat Chocolate Milk

***Before placing your order, please inform the school if you have a food allergy!**



South Shore Charter
October 2011
Catered by Essence of Thyme

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Ziti and Meatballs Broccoli Applesauce Milk	4 Sweet and Sour Chicken Stir Fry Veggies Rice Fruit Milk	5 Chicken parm sub Tater tots Green Beans Milk	6 Jamaican Beef patty Mashed potato Carrots Milk	7 Pizza
10 No School Columbus Day	11 Chicken Nuggets Potato wedges Peas Roll Milk	12 No Lunch Early Release	13 Stuffed Shells Baked apple slices California Medley Milk	14 BGood
17 Chicken Patty on a Bun Tater Tots Green Beans Milk	18 French Toast sticks Hash Browns Baked sliced Apples Sausages Milk	19 BBQ Chicken Mashed potato Roll Peas Milk	20 Hot Dog on a Bun Baked Beans Potato Wedges Milk	21 No School Professional Dev. Day
24 Hamburger on Bun Corn French Fries Milk	25 Chicken Pot Pie Mixed veggies Fruit Milk	26 Meatball Sub Tater Tots Peas	27 No Lunch Early Release	28 Pizza
31 Chicken Tenders Scalloped Potato Green Beans Roll Milk	11/1 Beef and Bean Burrito Corn Fruit Milk	11/2 American Chop Suey Peas Apple Roll Milk	11/3 Chix Quesadilla Carrots Fruit Milk	11/4 BGood

* All Meals include 8 ounce Choice 1% or Lowfat Chocolate Milk

***Before placing your order, please inform the school if you have a food allergy!**