



Thursday	02/28	Education Committee	3:45pm
Thursday	02/28	Finance Committee	5:15pm
Thursday	02/28	Development Committee	5:30pm
Thursday	02/28	Facilities	6:15pm
Thursday	02/28	Board of Trustees	7:30pm
Friday	03/01	Auction Committee	8:30am
Saturday	03/02	Ski Club departs at 6:30am	
Saturday	03/02	High School Drama Festival Duxbury	
Tuesday	03/05	Auction Committee	6:00pm
Tuesday	03/05	Parents Association	7:00pm
Wednesday	03/06	Junior Parent Night	6:00pm
Wednesday	03/06	SEPAC	6:30pm

PRINCIPAL'S REPORT

The arrival of March marks the beginning of the spring MCAS testing season with the Long Composition and Reading Comprehension exams. Please find the March English Language Arts testing schedule for each tested grade below. The ELA exam, administered to students in grades 3-8 and 10, measures student progress toward mastering the skills outlined in the state ELA Frameworks. While students will be reviewing material that directly prepares them for the exam, most of the skills students will demonstrate on the ELA MCAS are honed everyday across the curriculum. Over the past several years our teachers have participated in professional development aimed at improving writing in all subject areas. As a result, our students have improved their writing skills while learning content. The bonus was a significant improvement in MCAS scores without the drilling often associated with test preparation.

As a school we spend a significant amount of time analyzing MCAS data and discussing strategies for improving the performance of our students on the test. We devote time and energy to this work not just to achieve on the MCAS exam and meet accountability standards, but because we think of the test as a measurement of student progress towards acquiring the skills needed for continued academic success and achievement in college and beyond. We have found the MCAS data to be incredibly helpful as we work to tailor teaching to student needs and strive to improve our practice. There is some anxiety associated with standardized testing for many students, particularly at the high school level where graduation is contingent on passing these exams. As a school we work to alleviate that anxiety by stressing to students that they are prepared and that the exam is just one measure of their achievement. Please do not hesitate to let us know if your child is demonstrating a high level of anxiety around these tests at home.

Last year the Department of Elementary and Secondary Education began requiring that students in grades 6-12 who are taking an MCAS test read and sign a statement regarding their responsibilities during testing. We will be asking students to read and sign the statement on the day of the exam as we did last year. This practice mimics what will be expected of students when they take the SATs in their Junior and Senior years. A copy of the statement students will be asked to read and sign is attached to this Update.

Thank you for all of the support that you provide for the school and for students all year, but especially as we administer the MCAS. We appreciate your efforts to avoid absences, tardiness, and early dismissals that conflict with the testing dates. Please feel free to contact me with any questions or concerns.

Subject	Grades	Dates
ELA Long Composition	4, 7, 10	March 19
ELA Reading Comprehension	10	March 21-22
ELA Reading Comprehension	7-8	March 26, 28
ELA Reading Comprehension	5-6	March 20, 27
ELA Reading Comprehension	3-4	March 26, 28

Angie Pepin 781-982-4202 x102 apepin@sscps.org



FEBRUARY 2013 COLLEGE ACCEPTANCES

Ken Begin
Ben Franklin Institute

Barbara Lehrer
Lasell College
Mt Ida College

Liam MacCormmack
Johnson & Wales University

Adam Thermitus
Mass College of Pharmacy & Health

Ka'Liahia Williams
St. John's University

ANNOUNCEMENTS

Yearbook Photos! The yearbook staff is looking for any interesting photos from students, parents and faculty. Anyone interested in submitting photos of school events, sports, etc. can download them to: replayit.com. It is easy to sign-up and register all images will be monitored and reviewed. Thank you from the 2013 yearbook staff.

HEALTH OFFICE

Level II will be once again participate in the Pennies for Patients fund raising campaign. This is the campaign that supports the Leukemia and Lymphoma society which helps people who are affected by these diseases. The money raised will assist people in need with medical bills, transportation issues, and also support medical research. The Campaign will start on March 4th and will run for three weeks ending on the 22nd of March. The pod that raises the most money will win a Domino's pizza party. SSCPS has raised over \$ 4,000 for this great program over the past seven years . Please continue to support Pennies for Patients!

Thank you to the Jordan / Cuddy family for donating an adult wheelchair to the health office.

ATHLETICS

Basketball season is coming to a close and the basketball players here at SSCPS have displayed determination, hard work, perseverance, respect, and exemplary teamwork throughout the season. Two games remain in the season. On Friday, March 1st the girls and high school boys' basketball teams will play Prospect Hill in Somerville and on Sunday, March 3rd, the Jaguars will play their final game of the season which happens to be a home game! We hope that many of you will be able to attend and cheer on the Jaguars as they close this season.

Highlights for the girls' team include dominant defensive efforts from Becca Otis and Christine Nwafor. Becca has repeatedly been named player of the game and has really taken a leadership position as one of

the tri-captains. Christine started as an inexperienced player and has become a player that the whole team relies on to be strong and aggressive on defense as well as offense. Imani Turner has improved greatly and is a force to be reckoned with on defense. Ashley Guerrin and Melissa Theodore have shown that their speed is a pivotal piece of our defensive front. Nicole Newcomb (tri-captain) has continued to lead the team with her knowledge and passion for the sport. Nicole has also been named Player of the Game this season. Kelsey Shipp and Jessie Lutts are powerhouses when it comes to offense and have enabled us constantly to move the ball up the court and into the basket. Lauren Walsh, Samantha Paul, Holly Somerville, Catie Bowman, and Jessica Newcomb continue to build off their skills and have made some key plays throughout this season.

Although numerous games have been a low-scoring game, this team is a completely different team to what it was when I began coaching three years ago with a mostly inexperienced team. I am proud of what these players have done to enhance their game and there is no lack of effort from these phenomenal young women.
Jenn Johnson – Girls' Basketball Coach

Upcoming Dates

3/1 HS Basketball @ Prospect Hill, Girls 6:30 Boys 8:00, Arthur
D.Healy School, Somerville
3/3 HS Basketball vs. Phoenix Academy, Girls 5:30 Boys 6:45, Hingham
Middle School
TBA @ APR

GO JAGUARS! Stay tuned for a season recap of the High School Boys next week!

PARENTS ASSOCIATION

The new PA Bylaws document has been finalized! No more changes will be made to this document.

The final document may be viewed at:

<http://www.jaguarstyle.com/sscps.org/Governance/Parents%20Association/2013%20Bylaws%20-%20Final%20Document.pdf>

All that remains is for the PA to take a straight up-or-down vote on adopting the document. This vote will take place at the next PA meeting on Tuesday March 5 7-9pm in the school Great Room (social time from 6:30pm). There will also be a vote to approve a Grant Review Task Force budget to disburse PA money to worthy school projects. Please join us!

If you have questions about the Bylaws please contact PA Bylaws Chairperson, Gema Gray, at gemagr@verizon.net.

COMMUNITY SERVICE UPDATE

2013 Walk for Hospice Sophia and Alexia Korosidis will be walking again this year in the Annual Walk for Hospice, in memory of their great-grandfather. **The 2013 Walk for Hospice will take place on Saturday, March 23 at the South Shore Plaza.** Sophia and Alexia have re-registered **Team SSCPS Cares**, and would like to encourage anyone and everyone interested in participating to either click on the link below to join the team, or look for the posters and sponsor forms that will be posted at school in the next couple of weeks. This is a great opportunity for SSCPS families to come together and show how much SSCPS truly cares. (If you are unable to join us for the walk, you can always make a donation on line for the team as whole.) Please feel free to contact Sophia's and Alexia's mom, Anatoli, with any questions #781-308-3421. Thank you!

<http://www.kintera.org/faf/search/searchTeamPart.asp?ievent=1042834&lis=1&kntae1042834=2809798074B3448CAB9AD030CAABCF70&team=5365575>

Please remember to let us know what your students are doing for their Community Service Projects so we can help to support them. Email Beth Toma at JToma@85103@aol.com.

Upcoming Events

Name of Organization	Dates	Web site
2013 Walk for Hospice	Saturday, March 23 rd – South Shore Plaza	www.2013 walk for hospice
Marathon Strides against Multiple Sclerosis	April 20 th – Hopkinton to Boston	MS.org
Arthritis Walk	May 5 th – Natick and Plymouth	Arthritis.org
Walk for Hunger	Sunday, May 5-Boston Common	Projectbread.org
Avon Walk for Breast Cancer	May 18-19 th - Boston	Avonwalk.org
Brain Tumor Ride Brain Tumor Society	May 18 th - Waltham	Braintumor.org
Bike Rides for Multiple Sclerosis	June 29 th - Boston May 4 th - Martha's Vineyard	Nationalmssociety.org

Please check the web sites for further information on these upcoming events.

COMMUNITY INTEREST

Come to Holly Hill Farm on Saturday, March 2 from 10 am – noon for “**Sweet Dreams and Dream Catchers.**” Create individual Native American Dream catchers using materials from the farm, while learning the story behind Native American craft and culture. This program is for all ages. Cost: \$5 for *Friends of Holly Hill Farm* members; \$7 for non-members. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. Space is limited so please pre-register by calling 781-383-6565. For direction and more information, visit www.hollyhillfarm.org.

The *Friends of Holly Hill Farm* is showing the documentary “**Mother Nature’s Child**” on Monday March 4th at 7 pm at the Cohasset Public Library, 35 Ripley Road. This film explores nature’s powerful role in children’s health and development through the experience of toddlers, children in middle childhood and adolescents. The film marks a moment in time when a living generation can still recall childhoods of free play outdoors; this will not be true for most children growing up today. The effects of “[nature deficit disorder](#)” are now being noted across the country in epidemics of child obesity, attention disorders and depression. Come see the movie and learn about exciting summer farming and nature camp programs at Holly Hill Farm. Admission is free but donations to support the *Friends of Holly Hill Farm*, the non-profit education center at Holly Hill Farm will be gladly accepted. For more information about Holly Hill Farm, visit www.hollyhillfarm.org. More information about “**Mother Nature’s Child**” can be found at <http://www.mothernaturesmovie.com/>.

Come to Holly Hill Farm on Saturday March 9 for a magical night time walk, “**Starry, Starry Night at Holly Hill Farm.**” Dress warmly and bring the whole family for a lovely walk to see the night sky, hear the winter sounds and embrace the warm chill in the air. Meet at the main barn at 7 pm and stay for hot chocolate after the walk. Cost: \$3 for *Friends of Holly Hill Farm* members (\$9 max per family); \$5 for non-members (\$15 max per family). Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. For more information, visit www.hollyhillfarm.org or call 781-383-6565.

**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**

SAMPLE OF MCAS STUDENT STATEMENT GRADES 6-12



SOUTH SHORE CHARTER PUBLIC SCHOOL

Inspiring every student to excel in academics, service, and life.

By signing below, I promise that

- I did not see the student test booklet before taking the test;
- **All** the work in my answer booklet will be my own; I will not copy anyone else's work; I will not let anyone answer questions for me;
- I will not use any materials, such as a cell phone or other electronic device, that I am not allowed to have during testing; and
- I will not discuss or share information with anyone about the questions until MCAS testing ends at my school.

If I have any questions about these statements, I will talk with my teacher or principal.

I make the promises above and know that there may be consequences for breaking my promises or the test administration rules.

I have read these statements and understand them.

Student's Printed Name _____

Student's Signature _____

Date _____

Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2013



BEST BITES

Egg dog

For a healthy meal in a bun, try this clever spin on scrambled eggs. Sauté diced vegetables (red pepper, onions, and potatoes, for example) until tender. Whisk eggs with fat-free milk, and add to the vegetables. Stir quickly until the eggs are set. Place in a whole-wheat hot dog bun, and drizzle on tomato salsa.

Act out the weather

What's the weather outside? Let your child show you, instead of telling you, with this active idea. Have her look outside and then "become" the weather. She might whirl around fast like the wind, stomp her feet and pound her arms for thunder, or dance with her arms outstretched on a sunny day.



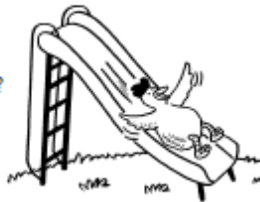
DID YOU KNOW?

One way to learn if your youngster is at a healthy weight is to determine his BMI (body mass index). At his next checkup, the doctor can tell you the number and explain how it fits in with your youngster's growth pattern. That's also a good time to discuss his eating and exercise habits.

Just for fun

Q: Why did the chicken cross the playground?

A: To get to the other slide!



South Shore Charter Public School
Susan Dupras, School Nurse

Healthier fast food

For many busy families, fast food can be a fact of life. If that's the case in your house, try to limit it to every now and then. And when you do get fast food, help your youngster make better choices with these ideas.

Give options

Suggest several healthier items, and ask your child to choose among them. For instance, you might suggest a plain hamburger, a grilled chicken sandwich, or a yogurt parfait. At a sub shop, you could offer the chicken breast, ham, or veggie sandwich. Then, ask if she wants water or milk (but don't mention soda).

Talk about toppings

Even the healthiest sandwich or salad can be derailed by high-fat or high-sodium toppings. Encourage your child to ask for "light" (reduced-calorie) cheese and to skip mayonnaise and "special sauces." On the other hand, let her add all the fresh vegetables she wants.

Feeling good about sports

Participating in sports can build your child up... or drag him down. Make athletics a positive experience for your youngster with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage him to set goals—but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he's been working on.
- Avoid comments about your youngster's size or body. Concentrate on the friends he is making, the places he is playing, and the effort he is putting forth ("I love how you tried to get the rebound").



Make it whole

Most fast food and sandwich shops offer healthier bread these days, so use the opportunity to get in a serving of whole grains. Order your child's sandwich on whole-wheat or whole-grain bread or rolls.

Add healthy sides

Skip the fries, and go for the carrot sticks and apple slices instead. If you're bringing the food home, you could microwave frozen green beans or peas and cut up a cantaloupe or a pineapple to serve on the side. That will add important nutrients to any fast-food meal.



Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of new national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these three suggestions.

1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items (“The pork burrito sounds really good!”). If you’re excited about the choices, he’s likely to share your excitement.



2. Discuss what he eats at school. What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also mention what he doesn’t like and make recommendations for new foods to serve.

3. Join your youngster in the cafeteria. Buy a school lunch, too, and be enthusiastic about what you’re eating. *Note:* If you can’t take time off work, perhaps a grandparent or other relative could stop by for lunch with your child sometime. ●



PARENT TO PARENT Rewards for eating vegetables?

Some of my friends give their children stickers or promise them dessert if they eat their vegetables. I didn’t know whether this was a good idea, so I asked my neighbor Kathy, who is a dietitian.

Kathy said rewards would get my kids to eat vegetables in the short term, but probably not in the long term.

“The goal is to get them to like the vegetables, not just to eat them now,” she told me. Also, she said, if you give them cookies as a reward, you’re teaching them to value sweets over vegetables.

Her advice? Serve vegetables matter-of-factly as part of each meal. Set an expectation that the kids taste them, but if they don’t, try not to make a big deal about it. And most of all, she said, don’t give up. I was shocked when she told me it can take 14, 16, or even 20 tries before a child begins liking a new food! ●



ACTIVITY CORNER Exercise = fun

When children are young, exercise isn’t exercise—it’s just plain fun! Try these ideas for putting more physical activity into your youngster’s day.

Superman

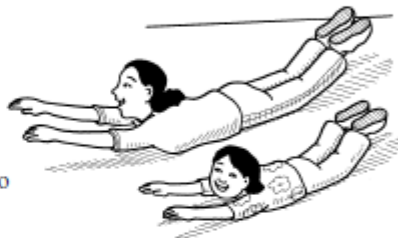
Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your arms and legs off the ground at the same time, and hold for five seconds. Put your arms and legs back down. “Fly” 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she catch as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ●



IN THE KITCHEN It’s a wrap

Start with a whole-grain tortilla, add healthy ingredients, and roll it all up into a handheld meal or snack. Here are recipes for wraps that are sure to be a hit with your family.

Rainbow. Chop vegetables of various colors (tomatoes, carrots, yellow squash, green pepper). Spread a thin layer of hummus on a tortilla, and add the vegetables in rows by color.

Greek. Cover a tortilla with tzaziki (yogurt-cucumber dip) or Greek yogurt. Top with cooked beef or lamb, chopped cucumbers, chopped onions, shredded lettuce, and feta cheese.

PB&B. Spread reduced-fat peanut butter on a tortilla. Layer on sliced bananas and granola, and drizzle honey on top.

Chicken. Spread a tortilla with a thin layer of pesto. Add cooked chicken, sun-dried tomatoes (not packed in oil), and spinach leaves.

Tip: Leftover meat and vegetables are perfect for wraps. Be creative with last night’s dinner! ●



OUR PURPOSE
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
 Resources for Educators,
 a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 540-636-4280 • rfeustomer@wolterskluwer.com
 www.rfeonline.com
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
 ISSN 1935-4630

Benefit Fund Raiser For the
McKee-Stevens Family



Featuring the band

Full Circle

March 2, 2013

7:00PM

30 Central St. Abington, MA

Raffles

50/50

Finger Sandwiches, Appetizers & Desserts

Red Sox Tickets Auction!

Cash Bar

Tickets on sale for \$20 at Cotes Liquors

347 Market St. Rockland, MA

Or email teammegan302@gmail.com

or call Sue 774-360-4367

Megan McKee was recently diagnosed with aggressive Stage IIIA breast cancer. She's started a treatment regimen of several months of chemo at MGH's Cancer Center on Dec. 13, 2012. Her treatment will also include radiation and a probable double mastectomy to fight the cancer, which has spread to her lymph nodes. As a freelancer for the Boston Globe, she has no paid sick time or disability insurance. Even with health insurance through her husband, Keith, who teaches physics at East Bridgewater High School, her medical costs will be high.



Breakfast Order Form
Breakfast for the Month of March, 2013
*Due to the office by 3:00 pm, *Tuesday, March 5, 2013*

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 3/11 – 3/15 Monday Tuesday Wednesday Thursday Friday

Week of 3/18 – 3/22 Monday Tuesday Wednesday Thursday Friday

Week of 3/25 – 3/29 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$1.50

Less credit due

Total Amount Enclosed

Cash or Checks may be made out to SSCPS.

\$ _____

Lunch Order Form
Lunch for the Month of March, 2013
Due to the office by 3:00 pm, *Tuesday, March 5, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 3/11 – 3/15 Monday Tuesday Wednesday Thursday Friday

Week of 3/18 – 3/22 Monday Tuesday Wednesday Thursday Friday

Week of 3/25 – 3/29 Monday Tuesday Wednesday Thursday Friday

Number of Lunches ordered _____ X \$3.00

Less credit due

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.



South Shore Charter School
Catered by Essence of Thyme
March, 2013

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				1 On February's menu
4 Raisin Bran WW Apple Cinnamon Waffle Grahams Orange Juice Milk	5 Corn Flakes WW Graham Crackers Orange Juice Milk	6 3.6 WW Apple Muffin Orange Juice Milk	7 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk	8 Rice Krispies WW Graham Crackers Orange Juice Milk
11 Toasty O's WW Apple Cinnamon Waffle Grahams Orange Juice Milk	12 3.6 WW Apple Muffin Orange Juice Milk	13 NO SCHOOL	14 WG Cinnamon Roll WW Apple Cinnamon Waffle Grahams Orange Juice Milk	15 Yogurt WW Lemon Dinosaur Grahams Orange Juice Milk
18 Corn Flakes WW Graham Crackers Orange Juice Milk	19 Yogurt WW Lemon Dinosaur Grahams Orange Juice	20 3.6 oz. WW Banana Muffin Orange Juice Milk	21 WG Cinnamon Roll WW Apple Cinnamon Waffle Grahams Orange Juice Milk	22 3.6 WW Blueberry Muffin Orange Juice Milk
25 Raisin Bran WW Apple Cinnamon Waffle Grahams Orange Juice Milk	26 Corn Flakes WW Graham Crackers Orange Juice Milk	27 3.6 oz. WW Apple Muffin Orange Juice Milk	28 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk	29 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk

* All Meals include choice of 1% or Skim Milk.

Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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



South Shore Charter School - Grades K-8
Catered by Essence of Thyme
March, 2013

LUNCH		Monday	Tuesday	Wednesday	Thursday	Friday			
						1			
4	Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Whole Wheat Roll Milk	5	Meatballs on WW Sub Sweet Potato Banana Milk	6	Chicken & Ziti Alfredo Broccoli Applesauce Milk	7	Chicken Caesar Salad WW Wrap Cucumber Pears Milk	8	Cheese Pizza w/Veggies Italian Beans Apple Milk
11	Jamaican Beef Patty Southwestern Beans Tangerine Green Beans Milk	12	Macaroni & Cheese Broccoli Peaches Milk	13	NO SCHOOL	14	Ziti w/Meatballs Corn Grapes Milk	15	Hamburger on WW Bun Sweet Potato Fries w/Ketchup Baked Apple Slices Milk
18	Mexican Chicken Wrap Potato Puffs w/Ketchup Tangerines Milk	19	BBQ Chicken on Bun Sweet Potato Fries w/Ketchup Tangerine Milk	20	Beef & Bean Burrito Cauliflower Banana Orange Juice Milk	21	Chicken Quesadilla Carrots Banana Milk	22	American Chop Suey Broccoli Apple Honey Wheat Dinner Roll Milk
25	Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	26	Chicken Parmesan w/Ziti Broccoli Banana Milk	27	Buffalo Chicken on WW Wrap Chickpea Salad Peaches Milk	28	Chicken Stir Fry Brown Rice Chinese Style Vegetables Grapes Milk	29	Early Release GOOD FRIDAY

*All Meals include 8 ounce Milk - Choice of 1% or Skim

ALL MENUS ARE SUBJECT TO CHANGE

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



South Shore Charter School - Grades 9-12
Catered by Essence of Thyme
March, 2013

LUNCH		Monday	Tuesday	Wednesday	Thursday	Friday			
						1			
4	Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Honey Wheat Dinner Roll Milk	5	Meatballs on WW Sub Sweet Potato Banana Apple Juice Milk	6	Chicken & Ziti Alfredo Broccoli Honey Wheat Dinner Roll Applesauce Milk	7	Chicken Caesar Salad WW Wrap Cucumber Pears Orange Juice Milk	8	Cheese Pizza Italian Beans Fruit Cocktail Apple Milk
11	Jamaican Beef Patty Southwestern Beans Green Beans Tangerine Apple Juice and Milk	12	Macaroni & Cheese Broccoli Peaches Whole Wheat Roll Milk	13	NO SCHOOL	14	Ziti w/Meatballs Corn Grapes Milk	15	Hamburger on WW Bun Sweet Potato Fries w/Ketchup Baked Apple Slices Apple Juice Milk
18	Mexican Chicken WW Wrap Potato Puffs w/Ketchup Tangerines Raisins Milk	19	BBQ Chicken on WW Bun Potato Puffs w/Ketchup Tangerine Peaches Milk	20	Beef & Bean Burrito Cauliflower Banana Raisins Milk	21	Chicken WW Quesadilla Spanish Rice Squash Banana Apple Juice and Milk	22	American Chop Suey Green Beans Apple Raisins Milk
25	Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	26	Chicken Parmesan w/Ziti Broccoli Banana Orange Juice Milk	27	Buffalo Chicken on WW Wrap Chickpea Salad Peaches Orange Juice Milk	28	Chicken Stir Fry Brown Rice Chinese Style Vegetables Grapes Milk	29	Early Release GOOD FRIDAY

*All Meals include 8 ounce Milk - Choice of 1% or Skim

ALL MENUS ARE SUBJECT TO CHANGE

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