

# Update March 13, 2013

Vol. 3, Issue 2

| Thursday | 03/14 | Junior Class to visit University of Connecticut |              |
|----------|-------|---|--------------|
| Thursday | 03/14 | School Council                                  | 3:45pm       |
| Thursday | 03/14 | <b>Auction Committee</b>                        | 6:00pm       |
| Thursday | 03/14 | Annual Fund Phone-a-thon                        | 5:00-8:00pm  |
| Friday   | 03/15 | <b>Auction Committee</b>                        | 8:30am       |
| Friday   | 03/15 | SSCPS Gymnasium Celebration                     | 1:00-3:00pm  |
| Friday   | 03/15 | High School Dance – Gym Space                   | 7:00-10:00pm |
| Tuesday  | 03/19 | SSCEF Meeting                                   | 8:00am       |

## PRINCIPAL'S REPORT

This Friday at 1:00pm we will have a celebration of our new gym space. It is hard for me to believe but a mere two years ago we had a winter of heavy snow and as a precaution we evacuated our building. We went to the nearby Cole School and had families pick up our students there. For children who were not able to be quickly picked up we played in the Cole School gym. I wrote in a draft of an Update the in February of 2011 that, "I also have a new life's purpose and that is to make sure that we get a gym. I saw first hand just how important a gym was later in the day on Thursday when most of the children were picked up and the rest of us played in the gym of the Cole school and it was good." Well I had nothing to do with us now having a gym space. That work was done by Alicia Savage, Mark Flanagan, and Kristine Shipps. The new space was a huge improvement but some of us were not satisfied with a concrete floor. Those folks worked with Joanna McCarthy and she organized the "Foot the Floor" drive. The community raised all of the money for the beautiful new floor. Recognition also needs to go to Mark Flanagan, who supervised the project and brought it to completion at only two-thirds of the original estimate. Now we do not only have a gym space but a gym with a nice floor. Thanks to all who worked on getting us a gym, getting us a gym with a nice floor and for raising over \$19,000 to pay for that floor. I know the kids love it. Thanks.

On Friday March  $8^{th}$  the second, third, and fourth graders were to go to the Boston Symphony Orchestra but school was cancelled due to snow. Thankfully the concert was cancelled too and has been rescheduled for April  $9^{th}$ . We will be able to attend on that date.

To support Wardie Mannix, in her music curriculum centered on the concert, one of our parents, Laura Rivera from Zildjian, arranged for a guest percussionist to visit our students. On Monday Keith Aleo came to play for all of the students in grades 1-6. Keith is a percussionist and teacher who has played in orchestras all over the world and whose students now play all over the world. You will not be surprised to learn that Keith was impressed with our students and with all that Wardie had taught them about the symphony. The feeling was mutual and the students were amazed by everything that Keith did. They were amazed at how Keith turned an ordinary student desk into what sounded like a whole drum kit. They were amazed by how quiet a cymbal could be and by how loud it could be. They were thrilled by a tambourine solo. Keith brought in a car full of instruments but the main thing Keith showed us all is that he could make music out of anything because he was a trained percussionist who did not "hit" objects he "struck" them!

I know that when the students do go to the BSO on April 9<sup>th</sup> they will have a special eye and ear out for the percussion section. Many thanks to Laura, to Keith and to Zildjian for making Keith's visit possible. The joy Keith brought to the children was there for us all to see.

Some of you have asked me if I was able to harvest food from my Hull garden every month this year as I did last year. I am thrilled to report that due to the climatic zone changing properties of a cold frame, my family ate beautiful turnips and turnip greens in February and arugula in March. Spring is coming. If you too want to cheat winter I'd love to teach you how to build a cold frame.

*Ted Hirsch – thirsch@sscps.org* 

# MARCH MCAS SCHEDULE

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

## ANNOUNCEMENTS

**CORRECTION: Before School Program for Grades 1 and 2 Only** Flyers will be distributed on Friday, March 15, 2013

Level I and II Before School Fitness Program SSCPS parents, Janet Daley and Jessica Lussier, will be running a free before school fitness program called BOKS. BOKS is a fitness program supported by the Reebok Foundation and Jessica and Janet are excited to bring it to our school. Here is a brief description of what Janet and Jessica will be doing with the children:

The children will be dropped off at 7:30am by families at the gym space. The program consists of an active warm-up activity, running, relay races and many other fun team oriented games. The goal of BOKS is to keep the children moving and having fun. All classes end with a cool down and a quick nutrition talk about making smart choices and then Janet and Jessica will walk the children to 100 Longwater.

There will be two 4 week sessions. Each session will meet on Tuesday and Thursday mornings starting next week and will be held from 7:30 - 8:00 in the new gym space. Session 1: March 19, 21, 26, 28 Session 2: April 2, 4, 9, and 11.

The program open to First and Second Graders and is limited to 20 students per session. A flyer and application will go home with your child on Thursday, March 14 and is due back on Monday March 18. If it is oversubscribed on the 18<sup>th</sup> student names will be drawn randomly.

**2013 Yearbook** The 2013 yearbook is now in progress and all the memories of the 2012-2013 school year will be published forever in print. A yearbook is a trip back to those fun times in school when friends were forever and life was an exciting promise. It captures that feeling and brings those times back again and again. Someday your kids will want to look back, too. Buy them a little time — buy them a yearbook! Just download the attached form and bring to the school or mail it in, it's that simple!

# **DEVELOPMENT OFFICE**

## Announcing the South Shore Charter Public School Annual Fund Challenge!



There is no better time than now to consider a gift to SSCPS! For a second year, an anonymous donor has challenged the SSCPS community to match their gift of \$5,000. All new and increased gifts to the Annual Fund received between February 1st and March 31st will qualify. With your help, we can maintain and enhance current programs and reach our goal of 100% participation. All gifts benefit SSCPS. Monetary donations are tax deductible. Mail your donation today to:

**SSCEF** 

P.O. Box 512 Accord, MA 02018

# **HEALTH OFFICE**

Level II will be once again participating 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!

# PARENTS ASSOCIATION

# PA Volunteer Committee's "Please Remember" list:

- 1. To print your first & last name when logging in as a volunteer.
- 2. It is important for the school and for you to log out when you are done for two reasons;
  - a. You and the school only receive 1 hour of volunteer time if you do not log out.
  - b. The school needs to know who is in the building at all times and they need you to return your badge.
- 3. Email Priscilla Kelly <u>priscilla.kelly@verizon.net</u> your volunteer hours you put in at home or record those hours on the Sign In sheets when you are volunteering next.

# SEPAC (SPECIAL EDUCATION PARENT ADVISORY COUNCIL)

What Is SEPAC? SEPAC stands for Special Education Parent Advisory Council.

The SSCPS SEPAC is a parent committee established to assist parents and families of children with learning differences and special needs.

Find out more at: <a href="https://sites.google.com/site/sscpssepac/home">https://sites.google.com/site/sscpssepac/home</a>

# **NEW! Special Education Parent Support Group**

Completely confidential! Come for support, to give support, or just to listen.

2nd and 4th Mondays at 8:30am at a member's home near

the school: http://goo.gl/maps/3EXDr

Call or email Adrienne McDougall for more information

adrienne.mcdougall@yahoo.com 508-818-8945nb

## COMMUNITY SERVICE UPDATE

With spring upon us check out the upcoming community service events on the South Shore, Boston, Plymouth, Natick, Waltham, Martha's Vineyard. Whether you like to walk or bike there is something for everyone which gives you the opportunity to be outside enjoying the warm weather and at the same time doing something to help others.

**Upcoming Events** 

| Name of Organization              | Dates  | Web site                 |
|-----------------------------------|--|--------------------------|
| 2013 Walk for Hospice             | Saturday, March 23 <sup>rd</sup> – South     | www.2013walk for hospice |
| _                                 | Shore Plaza                                  | _                        |
| Marathon Strides against          | April 20 <sup>th</sup> – Hopkinton to Boston | MS.org                   |
| Multiple Sclerosis                |  |                          |
| Arthritis Walk                    | May 5 <sup>th</sup> – Natick and Plymouth    | Arthritis.org            |
| XX 11 C 1                         | G 1 M 5 D 4 G                                | D ' (1 1                 |
| Walk for hunger                   | Sunday, May 5-Boston Common                  | Projectbread.org         |
| Avon Walk for Breast Cancer       | May 18-19 <sup>th</sup> - Boston             | Avonwalk.org             |
| Brain Tumor Ride                  | May 18 <sup>th</sup> - Waltham               | Braintumor.org           |
| Brain Tumor Society               |  |                          |
| Boston Takes Steps for Crohns &   | June 1, 2013-Boston Common,                  | http://online.ccfa.org   |
| Colitis Disease                   | Boston                                       |                          |
| Bike Rides for Multiple Sclerosis | June 29 <sup>th</sup> - Boston               | Nationalmssociety.org    |
| _                                 | May 4 <sup>th</sup> - Martha's Vineyard      |                          |

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

### **Walk for Hunger Pre-Walk Events**

Walk for Hunger has the following events to help prepare for this walk: March 16 Sign Painting Events, March 21 Kick Off Breakfast, March 21 Team Building Workshop, April 21 Snack Bag Packing Event (must be 14 yrs old to participate in this event). Check Project Bread web site at <a href="walk@projectbread.org">walk@projectbread.org</a> for further information about these events.

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

# Announcing SSCEF 18th Annual Auction Featuring "Taste of the South Shore"

We welcome the entire community\* to the SSCEF 18th Annual Auction, enjoy a fabulous food experience at "A Taste of the South Shore". Sample delectable culinary treats from Tosca of Hingham, Bella's of Rockland, Mr. Dooley's of Cohasset, and Margaritas of Weymouth, along with tastings from additional professional chefs and SSCPS parents. All proceeds from the event support the educational experience of all students at South Shore Charter Public School. \*Must be 21 or over to attend.

Friday, April 5, 2013 6 - 10 pm The Elms American Elm Avenue Hanover, Massachusetts

Tickets: \$25.00 in advance; \$30.00 at the door

We are accepting donations, ad space and sponsorship opportunities. Contact Denise Demaggio for more information at ddemaggio@sscps.org

# 2013 YEARBOOK Inspired by You

# It's That Time...

### Dear Parent:

The 2013 yearbook is now in progress and all the memories of the 2012-2013 school year will be published forever in print. A yearbook is a trip back to those fun times in school when friends were forever and life was an exciting promise. It captures that feeling and brings those times back again and again. Someday your kids will want to look back, too. Buy them a little time — buy them a yearbook!

So please fill out the order form below, calculate and attach your payment, and bring or mail to the main office today!

| Student name   |
|--|
| Home Phone ( in case there are any questions on order )  |
| Homeroom Grade   |
| Order Options: Check the box next to the option of your choice and mail payment with                           |
| completed form to the address listed below. Books will be distributed in June.                                 |
| 2013 Hardcover Yearbook - 25.00  |
| 2013 Softcover Yearbook - 20.00 ( limited quantity )   |
|  |
| Total Amount Enclosed ( cash or check):  |
| Please make checks payable to: South Shore Charter Public School   |
| Send completed form and payment to: SSCPS 2013 Yearbook South Shore Charter Public School 100 Longwater Circle |

Norwell, MA. 02061

# SPIRIT WEAR ORDER FORM

# Show your Jaguar spirit by purchasing Spirit Wear

All proceeds raised from the SSCPS Spirit Wear will support SSCPS Athletics



Student Name:





All apparel is gray with blue logo, with exception of back pack (blue w/white logo)

# RETURN ORDER FORM TO THE FRONT DESK: ATTN: DEVELOPMENT OFFICE ORDERS MUST BE RECEIVED NO LATER THAN

# Friday, April 5, 2013

| PRODUCT                   | SIZE              | Qty | PRICE               | TOTAL |
|---------------------------|-------------------|-----|---------------------|-------|
|                           | CircleOne         |     |                     |       |
| Kids T-Shirts             | XS-S-M-L-XL       |     | \$10.00             |       |
| Kids Hoodies              | XS-S-M-L-XL       |     | \$20.00             |       |
| Kids Long Sleeve          | XS-S-M-L-XL       |     | \$12.00             |       |
| Adult T-Shirts            | XS-S-M-L-XL-2XL-  |     | \$10.00             |       |
| *2XL,3XL add additional   | 3XL               |     | *2XL,3XL add        |       |
| \$2.00                    |                   |     | additional \$2.00   |       |
| *4XL, 5XL, add additional |                   |     | *4XL, 5XL, add      |       |
| \$3.00                    |                   |     | additional \$3.00   |       |
| Adult Hoodies             | XS-S-M-L-XL-2XL-  |     | \$25.00             |       |
| *2XL,3XL add additional   | 3XL               |     | *2XL,3XL add        |       |
| \$5.00                    |                   |     | additional \$5.00   |       |
| Adult Long Sleeve         | XS-S-M-L-XL-2XL-  |     | \$15.00             |       |
| *2XL,3XL add additional   | 3XL               |     | *2XL,3XL add        |       |
| \$2.00                    |                   |     | additional \$2.00   |       |
| Kids Sweatpants           | XS-S-M-L-XL (Girl |     | \$20.00             |       |
|                           | or Boy)           |     |                     |       |
| Adult Sweatpants          | S-M-L-XL -2XL     |     | \$20.00             |       |
|                           |                   |     | *2XL add additional |       |
|                           |                   |     | \$3.00              |       |
| Back Sacks                |                   |     | \$10.00             |       |
|                           | Total QTY=        |     | Total=              |       |

CASH OR CHECKS ONLY: Make checks payable to SSCEF Money is due at time of order is placed.

|               | <br> | <br> |
|---------------|------|------|
|               |      |      |
| Contact Name: |      |      |
|               |      |      |
| Phone Number: |      |      |
|               |      |      |

# NAME OUR STREET SIGN!

How would you like to see your name or child's name on our new street sign at SSCPS?



Purchase a \$5.00 raffle ticket for a chance to win your name on the sign for a year!

After one year you will be given the sign to keep!

Drawing will be held at the 18th Annual SSCPS Auction on April 5th, 2013!

Detach above and return this portion with payment to:

SSCPS - 100 Longwater Circle - Norwell, MA 02061 - Attn: Denise Demaggio

NAME OUR STREET SIGN! South Shore Charter Public School

| Name: | <br>\$5.00 per |  | ticket |
|-------|----------------|--|--------|
|       | 3.0            |  |        |

Child and/or Family name as it will appear on the sign:

Drawing will be held at the 18th Annual SSCPS Auction on April 5, 2013.

# Flag Football Tournament

RAFFLES

A fundraiser for the

# **Matthew Freitas Benefit Fund**

# Open to children:

Pre-K through Grade 12 - AND -

### Adults Want to Play too, right? Please Sign-up for the

Parents/Coaches Games!! To be played at the end of the day

Questions? Volunteer? Donate? Call David Donahue at 617-455-1255 Or Fmail Us

# Sunday, April 28, 2013

8:00 a.m.

Weymouth High School Football Field, 1 Wildcat Way

Registration Fee: \$25 (Includes T-shirt) Mouthguard Required (Will be available for purchase) and you will be placed on a team -or-

Register individually

DI

CONCESSIONE

**Preferably Organize** a Group of 5 or Team of 10\*

\*in Same Division and email us the team members

and coach if you have one flagfootballtournament@yahoo.com

REGISTRATION DEADLINE: MARCH 31, 2013

DIV 1-9th thru 12th grade | DIV 2-7th & 8th grade | DIV 3-5th & 6th grade | DIV 4-3th grade | DIV 5-1th & 2nd grade | DIV 6-Pre-K & K Organized by Matt's 2012 Flag Football Team, the Division 3 Vikings























Cut here

# Registration and Consent Form

Please Print Clearly and Register Each Player Separately. This form is required to participate.

| Player First Name                    | Last Name                      |
|--------------------------------------|--------------------------------|
| Parent(s) Name:                      |                                |
| Phone Number: Cell                   |                                |
| Address:                             |                                |
| E-Mail:                              |                                |
| Grade:OR- PARENT/COACHES             | GAME: check here Date of Birth |
| Health Conditions:                   |                                |
| T-Shirt Size: -Circle One- Youth S M | L Adult S M L XL 2XL           |

I want and/or my son/daughter has my permission to participate in the Flag Football Tournament Fundraiser to benefit the Matthew Freitas Benefit Fund. I assume full responsibility in case of accident or injury. I hereby grant consent to any/all health care providers designated by Fundraiser Staff, to provide me or my child any necessary emergency medical care as a result of any illness/injury.

I hereby for myself, my heirs, executers and administrators, waive and release any and all rights and claims for damages I may have against the Matthew Freitas Benefit Fund Staff, and any and all associated with this event including but not limited to the Town of Weymouth, Weymouth Public Schools, sponsors, coordinating groups, individuals and volunteers, and will hold them harmless for any and all injuries both physical and financial suffered in connection with this event. I attest and certify that I am and/or my child is physically fit to participate in this event. Further, I hereby grant full permission to any and all of the foregoing to use my and/or my child's likeness in all media including photographs, or any other record of this event for any legitimate purpose.

# Breakfast Order Form Breakfast for the Month of March, 2013 <u>Due to the office by 3:00 pm, \*Tuesday, March 19, 2013</u>

| Student Name  |                       |                                    |                         |
|---|-----------------------|------------------------------------|-------------------------|
| Pod Teacher/Advisor   |                       |                                    | Grade                   |
| Please  | e <u>CHECK</u> off to | he day breakfast wi                | ill be ordered.         |
| Week of [ ] Monday 3/25 – 3/29                                    | [ ] Tuesday           | [ ] Wednesday                      | [ ] Thursday [ ] Friday |
| Number of Breakfasts ordered                                      |                       |                                    | X \$1.50                |
| Less credit due  Total Amount Enclo Cash or Checks may be made ou |                       |                                    | \$                      |
| Plea  |                       | h Order Form<br>the day lunch will | be ordered.             |
| Week of [X] Monday 3/25 – 3/29                                    | [ ] Tuesday           | [ ] Wednesday                      | [ ] Thursday [X] Friday |
| Number of Lunches ordered   |                       |                                    | X \$3.00                |
| Less credit due  Total Amount Enclo Cash or Checks may be made ou |                       |                                    | \$                      |

# Breakfast Order Form Breakfast for the Month of April, 2013

Due to the office by 3:00 pm, \*Tuesday, March 26, 2013

| Student Name   |                   |             |                       |              |            |
|--|-------------------|-------------|-----------------------|--------------|------------|
| Pod Teacher/Advisor  |                   |             | Gra                   | ide          |            |
|  |                   |             | he day breakfast will | be ordered.  |            |
| Week of 4/1 – 4/5  | [ ] Monday        | [ ] Tuesday | [ ] Wednesday         | [ ] Thursday | [ ] Friday |
| Week of 4/8 – 4/12   | [ ] Monday        | [ ] Tuesday | [ ] Wednesday         | [ ] Thursday | [ ] Friday |
| Week of 4/15 – 4/19  | [X] Monday        | [X] Tuesday | [X] Wednesday         | [X] Thursday | [X] Friday |
| Week of 4/22 – 4/26  | [ ] Monday        | [ ] Tuesday | [ ] Wednesday         | [ ] Thursday | [ ] Friday |
| Week of 4/29 – 5/3   | [ ] Monday        | [ ] Tuesday | [ ] Wednesday         | [ ] Thursday | [ ] Friday |
|  |                   |             |                       |              |            |
| Number of B  | reakfasts ordered |             |                       | X \$1.50     |            |
| Less credit di   |                   |             |                       |              |            |
| Total Amount Enclosed Cash or Checks may be made out to SSCPS. |                   |             |                       | \$           |            |

# Lunch Order Form Lunch for the Month of April, 2013

Due to the office by 3:00 pm, \*Tuesday, March 26, 2013

| Student Name   |            |  |               |              |            |
|--|------------|--|---------------|--------------|------------|
| Pod Teacher/Advisor  |            |  | (             | Grade        |            |
|  | Pi         | Please <b>CHECK</b> off the day lunch will be ordered. |               |              |            |
| Week of 4/1 – 4/5  | [ ] Monday | [ ] Tuesday  | [ ] Wednesday | [X] Thursday | [ ] Friday |
| Week of 4/8 – 4/12   | [ ] Monday | [ ] Tuesday  | [ ] Wednesday | [ ] Thursday | [] Friday  |
| Week of 4/15 – 4/19  | [X] Monday | [X] Tuesday  | [X] Wednesday | [X] Thursday | [X] Friday |
| Week of 4/22 – 4/26  | [ ] Monday | [ ] Tuesday  | [ ] Wednesday | [ ] Thursday | [ ] Friday |
| Week of 4/29 – 5/3   | [ ] 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. |            |  |               | \$           | _<br>_     |



# SOUTH SHORE CHARTER SCHOOL

April, 2013

Catered by Essence of Thyme

# **BREAKFAST**

| Monday                  | Tuesday                | Wednesday                | Thursday                | Friday                      |
|-------------------------|------------------------|--------------------------|-------------------------|-----------------------------|
| 1                       | 2                      | 3                        | 4                       | 5                           |
| 3.6 oz. WW Apple Muffin | Raisin Bran            | Corn Flakes              | 3.6 oz. WW Apple Muffin | Honey Wheat Bagel           |
| Orange Juice            | Apple Cinnamon Waffles | Graham Crackers          | Orange Juice            | w/Jelly                     |
| Milk                    | Orange Juice           | Orange Juice             | Milk                    | Fruit Cocktail              |
|                         | Milk                   | Milk                     |                         | Milk                        |
| 8                       | 9                      | 10                       | 11                      | 12                          |
| Rice Krispies           | Toasty O's             | 3.6 oz. WW Apple Muffin  | Honey Wheat Bagel       | WG Cinnamon Roll            |
| Graham Crackers         | Apple Cinnamon Waffles | Orange Juice             | w/Jelly                 | Apple cinnamon Waffles      |
| Orange Juice            | Orange Juice           | Milk                     | Fruit Cocktail          | Orange Juice                |
| Milk                    | Milk                   |                          | Milk                    | Milk                        |
| 15                      | 16                     | 17                       | 18                      | 19                          |
|                         | V A C                  | A T I                    | O N                     |                             |
| 22                      | 23                     | 24                       | 25                      | 26                          |
| Corn Flakes             | Yogurt                 | 3.6 oz. WW Banana Muffin | WG Cinnamon Roll        | 3.6 oz. WW Blueberry Muffin |
| Graham Crackers         | Lemon Dinosaur Grahams | Orange Juice             | Apple cinnamon Waffles  | Orange Juice                |
| Orange Juice            | Orange Juice           | Milk                     | Orange Juice            | Milk                        |
| Milk                    | Milk                   |                          | Milk                    |                             |
| 29                      | 30                     | May 1                    | 2                       | 3                           |
| Raisin Bran             | Corn Flakes            | 3.6 oz. WW Apple Muffin  | 3.6 oz. WW Chocolate    | Toasty O's                  |
| Apple Cinnamon Waffles  | Graham Crackers        | Orange Juice             | Chip Muffin             | Apple Cinnamon Waffles      |
| Orange Juice            | Orange Juice           | Milk                     | Orange Juice            | Orange Juice                |
| Milk                    | Milk                   |                          | Milk                    | Milk                        |

<sup>\*</sup> All Meals include 8 ounce Milk. Choice of 1%, Skim or Lactaid

# ALL MENUS ARE SUBJECT TO CHANGE

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



# **SOUTH SHORE CHARTER SCHOOL K-8**

April, 2013

Catered by Essence of Thyme

# Lunch

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk | 2 Meatballs on a WW Sub Sweet Potato Banana Milk                  | Chicken Alfredo w/Ziti Broccoli Applesauce Milk                   | 4 Early Release NO LUNCH   | 5<br>Low-Fat Cheese Pizza w/Veggies<br>Italian Magic Beans<br>Apple<br>Milk |
| 8 Ziti & Meatballs Corn Grapes Milk                               | 9<br>Macaroni & Cheese<br>Broccoli<br>Peaches<br>Milk             | Jamaican Beef Patty Southwestern Beans Green Beans Tangerine Milk | 11 Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Sliced Apples Milk | Chicken WW Quesadilla Green Beans Banana Milk                               |
| 15  | V A C   | A T I   | O N  | 19  |
| Mexican Chicken WW Wrap Potato Puffs w/Ketchup Apple Milk         | BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Tangerine Milk | 24 Buffalo Chicken WW Wrap Chickpea Salad Peaches Milk            | American Chop Suey Broccoli Orange Honey Wheat Dinner Roll Milk                | Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Grapes Milk        |
| 29<br>Cheesy Chicken Broccoli Bake<br>Corn<br>Grapes<br>Milk      | Pancakes Sausage Pattie Sweet Potato Baked Apple Slices Milk      | May 1<br>Chicken Parmesan w/Ziti<br>Green Beans<br>Banana<br>Milk | Buffalo Chicken on WW Wrap<br>Chickpea Salad<br>Peaches<br>Milk                | Chicken Stir Fry Brown Rice Chinese Style Vegetables Orange Milk            |

<sup>\*</sup> All Meals include 8 ounce Milk. Choice of 1%, Skim or Lactaid

# ALL MENUS ARE SUBJECT TO CHANGE

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



April, 2013
Catered by Essence of Thyme

# Lunch

| Monday                       | Tuesday                      | Wednesday               | Thursday                     | Friday                     |
|------------------------------|------------------------------|-------------------------|------------------------------|----------------------------|
| 1                            | 2                            | 3                       | 4                            | 5                          |
| Chicken Tenders              | Meatballs on a WW Sub        | Chicken Alfredo w/Ziti  | Early Release                | Low-Fat Cheese Pizza       |
| Potato Puffs w/Ketchup       | Sweet Potato                 | Broccoli                |                              | Italian Magic Beans        |
| Fruit Cocktail               | Banana                       | Honey Wheat Dinner Roll | NO LUNCH                     | Fruit Cocktail             |
| Honey Wheat Dinner Roll      | Apple Juice                  | Applesauce              |                              | Apple                      |
| Milk                         | Milk                         | Milk                    |                              | Milk                       |
| 8                            | 9                            | 10                      | 11                           | 12                         |
| Ziti & Meatballs             | Macaroni & Cheese            | Jamaican Beef Patty     | Hamburger on a WW Bun        | Chicken on a WW Quesadilla |
| Corn                         | Broccoli                     | Southwestern Beans      | Sweet Potato Fries w/Ketchup | Green Beans                |
| Grapes                       | Peaches                      | Green Beans             | Baked Sliced Apples          | Spanish Rice               |
| Milk                         | Whole Wheat Roll             | Tangerine               | Apple Juice                  | Banana and Apple           |
|                              | Milk                         | Apple Juice and Milk    | Milk                         | Milk                       |
| 15                           | 16                           | 17                      | 18                           | 19                         |
|                              | V A C                        | A T I                   | O N                          |                            |
| 22                           | 23                           | 24                      | 25                           | 26                         |
| Mexican Chicken WW Wrap      | BBQ Chicken on WW Bun        | Buffalo Chicken WW Wrap | American Chop Suey           | Sweet & Sour Chicken       |
| Potato Puffs w/Ketchup       | Sweet Potato Fries w/Ketchup | Chickpea Salad          | Green Beans                  | Brown Rice                 |
| Apple                        | Tangerine                    | Peaches                 | Orange                       | Chinese Style Vegetables   |
| Raisins                      | Pineapple Chunks             | Orange Juice            | Raisins                      | Grapes                     |
| Milk                         | Milk                         | Milk                    | Milk                         | Milk                       |
| 29                           | 30                           | May 1                   | 2                            | 3                          |
| Cheesy Chicken Broccoli Bake | Pancakes w/Syrup             | Chicken Parmesan w/Ziti | Buffalo Chicken on WW Wrap   | Chicken Stir Fry           |
| Corn                         | Sausage Pattie               | Broccoli                | Chickpea Salad               | Brown Rice                 |
| Grapes                       | Sweet Potato                 | Banana                  | Peaches                      | Chinese Style Vegetables   |
| Milk                         | Baked Sliced Apples          | Orange Juice            | Raisins                      | Orange                     |
|                              | Milk                         | Milk                    | Milk                         | Apple Juice<br>Milk        |

<sup>\*</sup> All Meals include 8 ounce Milk. Choice of 1%, Skim or Lactaid

# ALL MENUS ARE SUBJECT TO CHANGE

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