



FROM THE EXECUTIVE DIRECTOR

The nation will have its eye on Massachusetts in the upcoming weeks as lawmakers consider legislation that would eliminate enrollment caps on charter schools. The South Shore Charter Public School and other charter schools throughout Massachusetts have been invited to a State House Day on April 11, 2013. This day will be dedicated to hearing the voices of charter school families and understanding the impact charter schools have had on education.

Although the upcoming legislation would have the greatest impact on school districts that are underperforming, the outcome of this bill has implications for all charter schools. Across the Commonwealth there are too many students for too few openings. In February our school experienced a snapshot of the dilemma when our enrollment lottery resulted in a waitlist that grew to six hundred and sixty-six students. Clearly we are not alone. In Massachusetts there are an estimated 45,000 students on charter school waitlists. The fate of this bill, filed in the Massachusetts State Legislature, is directly linked to questions of educational opportunity that are being raised nationwide.

Please consider joining us on April 11. Your voice is essential. By enrolling your children with us, you have made a clear and deliberate choice. This is your day to express the reasons for your choice to legislators. The Parents Association has been working hard to help organize our participation and we will be taking reservations until next Wednesday, April 3. Please do not hesitate to let us know if you would like to attend.

Once again thank you for all you do.

Alicia Savage - asavage@sscps.org

To get involved in supporting the bill to lift the cap on charter schools: <u>http://www.masscharterschools.org/actions</u>

Further information for charter school parents: <u>http://www.masscharterschools.org/charter-school-parents</u>

Thursday	03/28	MCAS Level II and Level IV	
Thursday	03/28	Athletic Department Winter Sports Award Ceremony	3:30pm
Friday	03/28	Auction Committee Meeting at Panera Bread Hanover	8:30am
Friday	03/29	Early Release Day	12:00pm
Tuesday	04/02	SSCEF Meeting	8:00am
Tuesday	04/02	Parents Association	7:00pm
Thursday	04/04	Professional Development Early Release	12:00pm
		2012-2013 Revised School Calendar is attached	

ANNOUNCEMENTS

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!

You can also order online at : <u>www.jostensyearbooks.com</u>

DEVELOPMENT OFFICE



Just 5 days left for 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 or donate by visiting <u>www.sscps.org</u>

FROM THE ATHLETIC DIRECTOR

Winter season Award Ceremony set for Thursday

On Thursday, March 28th, the SSCPS Athletic Department will be hosting an award ceremony for all basketball players and their families. The ceremony will begin at 3:30 in the Gym. The first half hour will offer snacks and drinks, while student athletes, their families, and coaches converse. Then at 4:00 each coach will present certificates to their players and any other awards they would like. This will be a time used to reflect on the great winter season all the teams have had and for each coach to share some stories with the other teams while presenting. It is very important that we take time to acknowledge our great student athletes and give closure to the winter season as an athletic department. It would be helpful if parents could volunteer to bring in some healthy snacks. If you are interested please let the coach know of your child's team. Thanks for all the support and time you have put in this season! Any questions or concerns please contact your child's coach or Athletic Director Joe Kay.

SSCPS Basketball Players recognized for outstanding seasons

The Massachusetts Charter School Athletic Association has recognized senior Patrick Sullivan and freshman Christine Nwafor with all league honors. Patrick put up solid numbers this year, averaging 13 points, 9 rebounds, and 2 blocks per game, which led to his selection as a all league player and a top ten player in the league. The MCSAO selects one MVP for the league and ten players as all league performance. Christine Nwafor was selected as an honorable mention for her outstanding season this year. She was the lady Jags leading rebounding and was also selected as a soccer honorable mention in the Fall.

The Middle School team will be represented by Dylan Iorio at the MCSBL annual All-Star Game held in Lynn, April 6th, at Kipp Academy. Dylan had a great year, as he was the top rebounder on the team and some games the floor. He was the Middle School's most consistent player all season.

Congratulations to the Jaguar players for being recognized!

Track Season is Coming!

On Wednesday, April 10th, there will be a meeting for all students in grades 6-12 interested in Track. The meeting will be in Joe Kay's room (202) afterschool. Practices will begin the week after April break.

PHYSICAL EDUCATION UPDATE

SAVE THE DATE!

SSCPS is proud to partner with the American Heart Association to help kids with special hearts! Mark your calendars NOW for our upcoming **Jump Rope For Heart** and **Hoops For Heart** event taking place in PE classes the week of:





Levels I-II Visit www.heart.org/jump, Levels III Visit www.heart.org/hoops and

click on 'Students Sign Up' to get started today.

The American Heart Association's Mission: To build healthier lives, free of cardiovascular diseases and stroke.

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?

High School Electronics Workshop Summary - written by Jeremy Atkins

This year in the Electronics Workshop, we have been following an individual/small group model. Students may, alone or with a small group, choose their own electronics-related project to work on for a period of time. The project must further their learning in STEM (Science, Technology, Engineering, Mathematics) areas.

Various projects that students are working on include: building a model tank, with a possibly 3D-printed chassis; designing a realistic house in Google Sketchup (a 3D modeling program); learning Scratch (a graphical programming language) to interface with Makey Makey (a novel circuitry design product); disassembling a printer to see how it functions; and learning how to use an Arduino (an open-source platform for easier programmable interface chip [PIC] coding).

COMMUNITY SERVICE UPDATE

As we are approaching the month of April our students should have completed some of their community service requirements. If they are looking for ways to fulfill this requirements take a look at the list below. There are many events that make helping others and at the same time enjoying being outside in the fresh air and getting exercise at the same time. If you know of other events that are not listed below please Email Beth Toma at JToma85103@aol.com.

Name of Organization	Dates	Website
Calles Miracle Run	Sunday, April 7th	Callesmiraclerun.com
Marathon Strides against Multiple	April 20 th	MS.org
Sclerosis	Hopkinton to Boston	
Arthritis Walk	May 5 th	Arthritis.org
	Natick and Plymouth	
Walk for Hunger	Sunday	Projectbread.org
	May 5-Boston Common	
Avon Walk for Breast Cancer	May 18-19 th	Avonwalk.org
	Boston	
Brain Tumor Ride	May 18 th	Braintumor.org
Brain Tumor Society	Waltham	
Boston Takes Steps for	June 1, 2013	online.ccfa.org
Crohns & Colitis Disease	Boston Common, Boston	
PAN Challenge for Kids	June 9, 2013	www.kids.pmc.org/hingham.aspx
	Hingham Wompatuck State Park	
Bike Rides for Multiple Sclerosis	June 29 th - Boston	Nationalmssociety.org
	May 4 th - Martha's Vineyard	
PAN Challenge for Adults	August 3 & 4	http://www.pmc.org/ride/routes

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

<u>PAN Mass Challenge For Kids</u> If you do not want to ride volunteers are needed at this event. Kick off volunteer meeting March 28th 7:30 pm to 9:00 pm at Hingham Library (ages 12-99). Great opportunity for community service.

<u>Walk for Hunger Pre-Walk Events</u> Walk for Hunger has the following events to help or this walk : 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 <u>walk@projectbread.org</u>

<u>Blanket & Towel Drive for "The Service Dog Project"</u> Madison McGuiness and Amelia Dalton are running a Blanket & Towel Drive for "The Service Dog Project". It is a farm in Ipswich, MA where they train Great Danes to be Service Dogs <u>http://www.servicedogproject.org/</u> We visited the farm a few weeks ago and it is a wonderful organization that could use our help. There is a box in the school lobby to collect blankets, towels and sheets you no longer need. You can check out the farm at the following website: <u>http://explore.org/#!/live-cams/player/great-dane-service-puppies-indoor-puppy-room</u>.

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 PALGERA@SSCPS.ORG

Spring must almost be here because it time to get ready for...

The 11th Annual BIG HAIRCUT is on June 3, 2013



To benefit Locks for Love <u>http://www.locksoflove.org</u> which is an organization that makes wigs for children, who lose hair due to disease. Minimum hair needed for BIG HAIR CUT - 12 inches.

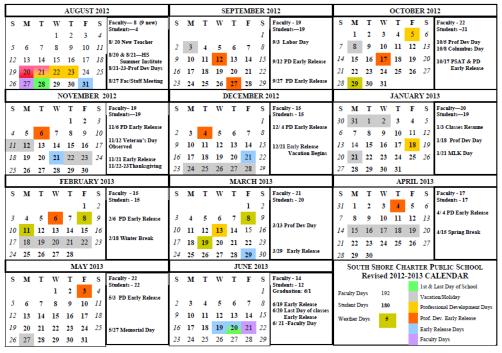
All are welcome!

All you need for the event: is a pair of scissors, a permission slip if under 18, and a Cutter (someone you want to give the honor of cutting your hair during the event). Participants receive credit for half their Community Service requirements.

Volunteers of all sorts wanted: hairdressers, setup and tear down, artists, hairbraiders, promoters, musicians. Cancer survivors who would like to speak... you name it!

Be there for the big countdown, a SSCPS tradition, and a great time!

Questions ? see Claudia: ext 334, Rm 10 in the high school, <u>cdarrow@sscps.org</u>



SSCPS 2012-2013 CALENDAR-Revised

Revision Approved 3/21/2013

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

Please join us at 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

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!

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



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

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=	
C	ASH OR CHECKS ON	LY: Make	checks payable to SSCE	F
-			of order is placed.	

Friday, April 5, 2013

Student Name:_____

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:

\$5.00 per raffle ticket

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.



Player First Name	Last Name
Parent(s) Name:	
Phone Number: Cell	Home
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. Please visit our website at ssymca.org to learn more about additional SOUTH SHORE YMCA educational programs including:

- - Early Learning Center- Hanover
 - Learning Center– Quincy
 Nature Center Preschool– Norwell
 - SACC—Ouincy

Jamie Farrell School Age Child Care Director 781–829–8585 X 262 Fax 781-829-8831

jfarrell@ssymca.org

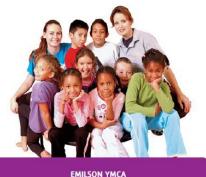


EMILSON YMCA 75 Mill Street, Hanover, MA 02339 781-829-8585 ssymca.org



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

SOUTH SHORE YMCA SCHOOL-AGE **CHILD CARE**



ssymca.org

School Age Child Care- Scituate & Norwell

The South Shore YMCA offers a quality School Age Child Care Program (SACC) that takes place in a safe, supportive environment that fosters the physical, cognitive, social, and emotional growth of each child. We strive to support the family unit and provide developmentally appropriate enrichment programs that encourage not just learning, but also the love of learning.

- Open Monday through Friday—Before School & After School options
- Grades K-6
- . Early Release from school dismissal until 6pm
- 2 day minimum
- Explore materials and equipment
- Engage in daily physical activities Enhance social skills through positive interactions with peers and YMCA staff .
- . Healthy daily snacks

We believe in positive methods of child guidance/ We believe in positive methods or child guidance/ discipline. Our staff establishes age-appropriate, reasonable yet consistent limits to help children function in their world. We strive to strengthen each child's own cultural identity while reinforcing respect and celebrating differences through play and positive interactions,



Site Locations:

Cushing Elementary 1 Aberdeen Drive Scituate, MA 02066

Hatherly Elementary 72 Ann Vinal Road Scituate, MA 02066

Jenkins Elementary 54 Vinal Avenue Scituate, MA 02066

Wampatuck Elementary 266 Tilden Road Scituate, MA 02066

Cole Elementary 81 High Street Norwell, MA 02061

South Shore Charter Public School 100 Longwater Circle Norwell, MA 02061

Vinal Elementary 102 Old Oaken Bucket Road Norwell, MA 02061

General Information

Family Events:

- Family Night .
- Board Game Night Pajamas & Movie Night
- 'A Healthier You' Family



School Vacation Programs/Holidays EMILSON YMCA Hanover

Registration packets are available approximately one month prior to vacation starting and can be found at your child's program site or on our website www.ssymca.org under the Youth Development tab.

- Program requires a separate registration packet and fee Vacation week program operates Monday Friday from 8:00am-6:00pm at the Emilson Branch •
- Activities include arts & crafts projects and recreational games •
- Theme based activities and events ٠
- . Daily swim

Financial Assistance is available and applications are available on site and on line at: ssymca.org

Financial assistance is available thanks to the charitable donations made possible through the South Shore YMCA's Annual Support Campaign. Monies secured enable that all are welcome to participate. Applications are available at the Emilson Branch and online at ssymca.org. Consider donating your time, talent and treasure !

To contact Jamie Farrell, you may email at: jfarrell@ssymca.org Phone: 781-829-8585 X 262

Breakfast Order Form Breakfast for the Month of April, 2013

Due to the office by 3:00 pm, *Tuesday, April 2, 2013

Student Name	9	

Pod Teacher/Advisor _____ Grade _____

Please <u>CHECK</u> off the day breakfast will be ordered.

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 Breakfasts ordered	 Х	\$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 April, 2013

Due to the office by 3:00 pm, *Tuesday, April 2, 2013

Student Name			

Pod Teacher/Advisor _____ Grade _____

\$_____

Please <u>CHECK</u> off the day lunch will be ordered.

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	[X] Friday

Number of Lunches ordered	Х	\$3.00
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Less credit due **Total Amount Enclosed**

Cash or Checks may be made out to SSCPS.



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
* A11 M. 1. 1. 1. 0	Choice of 1% Skim or Lactaid	•	•	

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

* 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!



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	Early Release
Corn	Sausage Pattie	Broccoli	Chickpea Salad	
Grapes	Sweet Potato	Banana	Peaches	NO LUNCH
Milk	Baked Sliced Apples	Orange Juice	Raisins	
	Milk	Milk	Milk	

* All Meals include 8 ounce Milk. Choice of 1%, Skim or Lactaid

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