



FROM THE BOARD OF TRUSTEES

The SSCPS Board of Trustees will soon be voting on three candidates who are going to be proposed for membership to the Board of Trustees. The Board of Trustees is seeking comment from the community regarding these three candidates prior to their vote. Community input will be collected in this electronic format (as opposed to the paper ballot format used in prior years). Thank you for taking the time to respond.

Below is the link for the survey:

<http://www.surveymonkey.com/s/3W2WVRZ>

Wednesday	05/08	New High School Student / Parent Meeting	6:00pm
Thursday	05/09	MCAS Science grade 5 and grade 8	
Thursday	05/09	School Council	3:45pm
Friday	05/10	Kindergarten Screenings	9-11am
Friday	05/10	Golf Tournament Meeting	8:30am
Friday	05/10	SEPAC – Panera Bread Hanover	8:30am
Friday	05/10	AP Language and Composition	8:00am
Monday	05/13	MCAS Math Grade 10 and Level III	
Monday	05/13	AP Biology and AP Physics	
Tuesday	05/14	MCAS Math Grade 10 and Level II and Level IV	
Wednesday	05/15	Level IV Parent Coffee	8:30am
Wednesday	05/15	MCAS Math Level III	

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 : www.jostensyearbooks.com

Attention Proud Parents: You can sponsor a page for your senior in this year's book. We will also include advertisements from local businesses. Pricing for pages and ads are as follows:

1/8 of a page \$ 25, 1/4 page \$50, 1/2 page \$85, Full page \$150. Contact: cbodnar@sscps.org

Box Tops for Education Update

Thank you very much to all of the families who have been collecting Box Tops for Education this school year. Last year our school earned over \$800 by collecting Box Tops and this year our goal is \$1000. We have already collected over \$600 for our school this year. I hope we can make it to \$1000! Please help by keeping an eye out for Box Tops on dozens of products including Cheerios and other General Mills cereals, Yoplait yogurt, Avery office products, Hefty and Ziploc bags, and Betty Crocker baking mixes. You can find a complete list of products, as well as coupons, recipes, and other ways to earn Box Tops at www.boxtops4education.com. Please send your Box Tops to school and have your student put them in the

envelope by the front desk. When preparing your Box Tops for submission please take a few minutes to cut along the dotted lines and only send the actual Box Top. Also, please note that Box Tops have expiration dates. Do not send in any expired Box Tops! Get your family, friends, and coworkers involved and have them save their Box Tops for you too! If you have any questions please contact Bethany Whitemyer at bwhitemyer@rcn.com. Thank you.

FROM THE PRINCIPALS

Today our Advanced Placement (AP) Calculus students completed their exam with AP Language and Composition to follow on Friday and AP Biology and AP Physics on Monday. An additional student who completed her AP coursework online through the Virtual High School Collaborative finished her AP Psychology exam on Monday. These exams are the culmination of a year of very hard work on the part of students and teachers. Advanced Placement courses follow a specific curriculum outlined by The College Board, the company that publishes the SAT. Scores on the exams that come at the end of each course provide opportunities to earn college credits or advanced class placement at most colleges. These incentives vary by college and by course. Even if a student does not earn credit from the school where they ultimately matriculate, the AP experience provides students with an opportunity to experience what college work is like, while still receiving the support of a high school setting.

In order to teach a course that is officially designated as AP on a high school transcript, teachers must receive specific training in the curriculum and submit their course syllabus for approval through The College Board. All of our AP teachers have attended week long preparation programs and are part of professional communities of teachers teaching the same curriculum. This rigorous progress ensures some standardization that colleges rely on during the admissions process. Courses designated as AP on a student's transcript tell college admissions officers that a student has already been immersed in college level work. Despite the pressure that can be put on teachers needing to meet Advanced Placement requirements to prepare students for the exam and have the course approved, our faculty has made these courses exciting and shaped them to meet the needs of our students and our school. Their efforts have paid off in students who are prepared, motivated, and far ahead of where they were in the fall.

I am incredibly proud of the students who are taking their AP exams during these two weeks. They have had to make difficult choices, work long hours, and push themselves beyond their comfort zones in order to meet the high bar their teachers have set for them. These students and their teachers should celebrate their significant accomplishments.

Next school year we will be expanding out Advanced Placement program with the addition of AP Statistics and AP Literature and Composition. We will continue to revisit our AP course offerings based on the needs and interest of our high school students. More information about Advanced Placement is available from The College Board at: <https://apstudent.collegeboard.org/home>. Please do not hesitate to contact me with any questions or feedback about the program.

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

ATHLETICS

Jaguars Hit the Track Season Running

On May 2nd, at Madison Park High School in Boston, the SSCPS High School Track team had their first meet. Both the boys and girls had impressive season debuts. The Girls finished in third place, only one point shy of second. Some top performances from the lady Jags were freshman Melissa Theodore (3rd in the 100, 5th in the 200), eighth grader Abby Dalton (3rd in the 1600), freshman Christine Nwafor (4th in the 400), freshman Lauren Walsh (5th in the 800), and the 4 x100 relay team, which consists of Dalton, Theodore, Nwafor, and eighth grader Jessie Lutts, took second place. The girls had a strong opening meet, as did the boys with a second place finish. Top performers from the boys meet: junior Chad Bruce (4th in the 100, 6th in the 200), freshman Paul Sullivan (3rd in the 1600, 3rd in the 800), sophomore Ian Wright (4th in the 1600, 2nd in the 400), and Kaisaac Griffin (2nd in the 800). The teams look to improve this week as their second meet is on May 9th at Madison Park High School. The Middle School Track team will be making their debut on Friday, May 10th at Madison Park. On the website, under athletics, you can find all the results for SSCPS runners and the teams they competed against.

FROM THE HEALTH OFFICE

Aquatic Condition Program at South Shore Hospital Is there a teen in your home or life that is looking for a way to improve their overall health? South Shore Hospital's Aquatic Conditioning program for teens is held on Saturday mornings from 11 AM –Noon. This program is designed for teens who are between the ages of 13-16 years old. This program is held at South Shore Hospital, 55 Fogg Road; in the Outpatient Rehabilitation Department's 92 degree therapeutic pool. The cost of this five week program is \$35. To learn more and to register please call: 781-624-4367. between the ages of 13-16 years old.

Community Service Through Fitness

The following middle school students walked 20 miles on May 5th for the annual WALK FOR HUNGER. The strong determined girls were dropped off at the T at 7am and traveled into the starting point at the Boston Common. The walk finished on The Common after 20 miles. Great job Kelsey Shipp, Elissa Evans, Isabella Notarangelo, Faith Toma, Abby Cerilli and Jess Newcomb.

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?

Field of Flags The Level IV S³ Project is planning to create a Field of Flags in front of the school to honor those who have served or are currently serving in the Armed Forces. The flags will be on display from Memorial Day to Flag Day. The flags cost \$5 per flag and the proceeds will benefit the Home Base Program (www.homebaseprogram.org). The program is dedicated to improving the lives for veterans who deployed in support of the conflicts in Iraq and Afghanistan and live with deployment or combat-related stress and/or traumatic brain injury. The flags can be ordered with the order form attached to this update or before school on May 1 to May 24 in the lobby.

PARENTS ASSOCIATION

Greetings everyone! It is amazing that we are almost at the end of another school year! And so, it is time to vote for new PA Officials... We have had a great year and are already planning for the next one!

You can help us by doing a couple of things...

1. Vote for new PA officials by following the link below or filling out a paper ballot at the front desk or in the update; (please vote by May 17th)
[PA Election Ballot](#)
2. Keep your ideas and suggestions flowing... (send them to me molimu@gmail.com)
3. Attend the next PA meeting (Tuesday May 7th at 7pm)
4. Give to the **Annual Fund**, especially if you haven't yet...

Thanks for everything! Lisa, for the SSCPS PA

COMMUNITY SERVICE UPDATE

This past Sunday Jim and I accompanied six 8th grade students from Level IV into Boston so they could participate in the Walk for Hunger. These students (Faith Toma, Jessica Newcomb, Abby Cerilli, Kelsey Shipp, Elissa Evans, Isabella Notarangelo) spent time planning and preparing for this walk and they walked the entire 20 miles as a team. This just shows what wonderful students we have at SSCPS and what this school does for our students showing them how important it is to work together. Beth Toma

Name of Organization	Dates	Website
Avon Walk for Breast Cancer	May 18-19 th Boston	Avonwalk.org
13 th Annual New England Cure Spinal Muscular Atrophy Rock & Roll	May 18 th – DCR Wompatuck State Park – Hingham – 10 am	Fsma.org
Brain Tumor Society Ride	May 18 th Waltham	Braintumor.org
Boston Takes Steps for Crohns & Colitis Disease	June 1, 2013 Boston Common , Boston	online.cdfa.org
PAN Challenge for Kids	June 9, 201 Wompatuck State Park	www.kids.pmc.org/hingham.aspx
Bike Rides for Multiple Sclerosis	June 29 th - Boston May 4 th - Martha's Vineyard	Nationalmssociety.org
PAN Challenge for Adults	August 3 & 4	http://www.pmc.org/ride/routes

COMMUNITY INTEREST

Holly Hill Farm is having the first farm to table dinner of 2013 on Saturday May 11 from 6-9 pm. This special event “**Spring Asparagus & More!**” will offer guests a chance to visit the field where asparagus grows, discover its unique growing habits, learn tips for growing asparagus at home, and then enjoy a delicious dinner that incorporates our local organic spring salad greens, leeks, asparagus and more in various mouthwatering recipes. Visiting chef Robin King from Restaurant Oro in Scituate will create a menu that includes locally sourced fish and meat and wines paired with each course. This fundraising dinner supports the *Friends of Holly Hill Farm*, the non-profit education center based at Holly Hill Farm, and will ensure the continuation of valuable educational programs at our historic family farm and in school gardens around the South Shore. Join us for this special event as we celebrate spring and welcome another season of local organic food and sustainable agriculture. Seating is limited so please purchase tickets either by visiting our website, www.hollyhillfarm.org or by contacting Jon Belber at jbelberhollyhill@hotmail.com or 781-383-6565. Cost is \$75 for members of the *Friends of Holly Hill Farm*, \$85 for non-members. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. For directions and more information, visit www.hollyhillfarm.org.

Keeping a Naturalist Sketchbook with Artist Lynn Rizzotto - *The Friends of Holly Hill Farm* is offering an inspirational one-time drawing experience on Sunday, May 12, from 10 to 11:30 a.m. for several ‘teams’ of one grandparent and one grandchild. Local artist, and lifelong keeper of a sketchbook, Lynn Rizzotto will guide a hands-on drawing and observational session at the Farm. This is a unique opportunity for each grandparent/grandchild team to learn new ways to study and record nature. Proven ideas for locations to sketch, recommended art materials, and resource materials will be discussed. Lynn, who is the director of the Children's Creativity Workshops, will share her own sketches, drawings and paintings that have been influenced by documenting nature in gardens, farms, forests and marketplaces, in New England and during her travels. Enrollment is limited to 10 teams. The fee for each grandparent/grandchild team to take part in this enriching experience is \$20 for Members of *Friends of Holly Hill Farm*; \$30 for Non-members. Grandchildren ages 6 to 10 years are welcome. All art materials are included. All fees will be donated to help support the *Friends of Holly Hill Farm*. Payment is due at time of pre-registration, and is required by April 30, 2013. Please call the *Friends* office at 781-383-6565, or email jbelberhollyhill@hotmail.com to register.

The much awaited **Holly Hill Farm Plant Sale** is coming up May 18, 19, 25, & 26 from 10 am - 4 pm each day. There will be organic plant starts for the home garden, with reliable favorites and some new varieties for your home vegetable gardens. Organic soil amendments from Vermont Compost will be available for purchase as well as organic fertilizers and pest controls. The farm stand will be open with produce and eggs for sale. Members of the *Friends of Holly Hill Farm* (the non-profit education center based at the farm) have a special opportunity to shop on Friday May 17 from 4 to 6 pm, ahead of the general public. Become a new member that afternoon and see what all the excitement is about! In addition to early admission to the famous plant sale, *Friends of Holly Hill Farm* members receive other benefits including discounts on all programs and workshops at the farm, free admission to the Members' Annual Spring & Fall Events, Spreading Roots (our quarterly newsletter), a copy of our Annual Report, and the knowledge that your membership supports an organization dedicated to using an organic farm to teach the value of sustainable agriculture, preservation of historic buildings, woodlands and open spaces.

**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**

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** <http://www.locksoflove.org> which is an organization that makes wigs for children, who lose hair due to disease. Minimum hair needed for BIG HAIRCUT - 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, hair-braiders, 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,
cdarrow@sscps.org



TOUCH A TRUCK



Sunday, May 19, 2013
10:00am – 1:00pm
Abington Town Hall and Library
500 Gliniewicz Way Abington, MA

We are in need of vehicles, food, activities and volunteers. Please contact Iris Mahegan, Janet Daley or Denise Demaggio if you are interested or want to help with organizing this fun family event.

valsdotir@gmail.com
jemsdaley@comcast.net
ddemaggio@sscps.org

Annual Fund participation for SSCPS families currently stands at 52%. Let's raise the rate! Participation at all levels is welcome and appreciated. **The class with the highest Annual Fund participation rate by June 1st will receive a SPRINKLER AND POPSICLE PARTY, courtesy of The Development Office!**

Mail your donation today to:

SSCEF
PO Box 512
Accord, MA 02018

Or donate today by visiting www.sscps.org





FIELD OF FLAGS ORDER FORM – 2013

NAME _____ EMAIL _____

NUMBER OF FLAGS ORDERED (12" x 18" Flag) _____

AMOUNT PAID (\$5 per flag) _____ PAYMENT METHOD cash ____ check ____

You may dedicate your flag to an individual, group, or to all that have served:

DEDICATED TO: _____

CURRENTLY SERVING: yes no BRANCH OF SERVICE _____

All donations will be given to the Home Base Program. The Home Base Program is a partnership between the Red Sox Foundation and Massachusetts General Hospital. The program is dedicated to improving the lives of veterans who deployed in support of the conflicts in Iraq and Afghanistan and live with deployment- or combat-related stress and/or traumatic brain injury. Additional information can be found at www.homebaseprogram.org

These flags will be on display from May 24th until June 17th in front of SSCPS sign on Longwater Circle.

Sponsored by the S³ Project – Level IV



SOUTH SHORE CHARTER EDUCATIONAL FOUNDATION FIFTH ANNUAL GOLF TOURNAMENT

Golfers, please plan to join us for a wonderful day of golf at this exquisite private course with picturesque views of the fountain pond and rolling hills, surrounded by the beautiful conservation lands of Kingston, Massachusetts. Indian Pond is listed in Golf Digest, as ranking, "Best in State." Don't miss this opportunity to golf at one of Massachusetts' best courses while supporting SSCEF. *Admission is \$150.00 per person and \$550.00 per foursome. Order your tickets by May 17, 2013 to be entered in the early bird raffle.*

For all you non-golfers and golfers alike, we are having the Chip For Children- 50/50 Chip contest. You do not need to be present to participate. This year all proceeds from the Chip for Children contest will be donated to *The Matthew Freitas Support Fund.*

**Friday, June 7, 2013
9:00am Shotgun Start
Indian Pond Country Club
Kingston, Massachusetts**

We are still accepting donations, ad space and sponsorships.

All proceeds go towards enhancing the SSCPS educational experience for every student.

For more information contact Denise Demaggio 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



**Top Ten Takeaways
Calming Your Child's Anxieties
Dr. Donna Pincus – April 4, 2013
www.childanxiety.net**

- 1) A fear is a natural emotion that occurs in kids and adults everyday. A phobia is an exaggerated fear; an anxiety is a future oriented fear. Issues arise when fear, phobias, and anxieties begins to interfere with everyday life. Facing and talking about fears vs. avoiding them decreases the chance of a natural fear turning into a phobia or anxiety.
- 2) There are three parts to fear. What I think; What I feel; What I do. Helping kids breakdown and verbalize these distinct thoughts and attach evidence to what makes them believe the thought is true will help them better understand and face their fears. Avoiding the fear makes it worse as does "there's nothing to worry about." Distractions are good for medical situations (shots, dentist, etc.) but otherwise are considered an avoidance.
- 3) Our body has a natural, physical way of coping with fear. Sensations like dizziness, difficulty breathing, and heart racing warn the brain. Helping kids understand how this feels, how not to overreact to those physical feelings, and showing how quickly our bodies can return to "normal" gives kids a sense that they can gain control over their reactions.
- 4) Generalized Anxiety Disorder (GAD) is characterized by excessive worrying about a variety of events, including those in the past, present, and future. Children with this disorder worry excessively about a number of issues, including past conversations or actions, upcoming events, school, family health, their own health, competence in sports or academics, and world events for several months. There may be restlessness or feeling keyed up, being easily fatigued, difficulty concentrating, irritability, muscle tension, and sleep disturbance.
- 5) Excessively reassuring your kids that everything will be ok can backfire when you are trying to help them through a natural fear. Reassure them it's natural and ok to be afraid about x and that you'll help them understand and get through that feeling so they can move on and be successful. Overprotection of our kids – not letting them do things that are age appropriate

(riding a bike, play in yard, swimming, walking to a friends house, driving) – can also lead to phobias and anxieties in kids.

- 6) Fears, phobias, and anxieties can be successfully treated with cognitive behavioral therapy (CBT) – changing behaviors to alter mindset; medications should not be the first line of treatment. In schools, girls are often labeled anxious while boys are labeled oppositional.
- 7) Create a “bravery ladder” at home (a form of CBT) to help your kids confront a fear: 10 steps that you and your child identify together that will gradually achieve the behavior or outcome you both want to see. For example, for fear of sleeping in the dark – begin by sleeping with a light on and gradually reduce the light each night over 10-20 days. Through habituation and confronting the fear, your child will be successful in time. Praise your child’s progress. Can be used at any level of fear: elevators, b-day parties, animals.
- 8) Self-talk is another form of CBT where children are taught ways to identify and change dysfunctional thought patterns that perpetuate fear. Children learn to identify “automatic anxious thoughts” that trigger physical feelings of panic, and learn to change these thoughts so that they are more realistic.
- 9) Specific anxieties or fears (fear of flying, fear of dogs, fear of spiders) are not inherited, but can develop from watching people (parents, siblings, or other adults and kids) react to certain situations, It’s important to think through how you react to the spider, the mouse, the news in front of your kids. If you model facing and talking through fears, your children will too.
- 10) Panic Disorder is when children and adolescents begin to avoid the environments in which they have experienced uncomfortable nervousness in the past. In very severe cases, the panic becomes so widespread that they avoid situations, or remain home for long periods of time as with school avoidance routines. If a child or adolescent’s life becomes very restricted, avoiding many normal daily activities, it may be time to seek professional help for your child. Children can be taught specialized techniques for reducing their fear of their physical anxious feelings and to utilize their skills to enter situations that they had formerly feared or avoided.

Breakfast Order Form
Breakfast for the Month of May, 2013
Due to the office by 3:00 pm, *Tuesday, May 14, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
5/20 – 5/24

Week of Monday Tuesday Wednesday Thursday Friday
5/27 – 5/31

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 May, 2013
Due to the office by 3:00 pm, *Tuesday, May 14, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
5/20 – 5/24

Week of Monday Tuesday Wednesday Thursday Friday
5/27 – 5/31

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
MAY, 2013
Catered by Essence of Thyme

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
6 3.6 oz. WW Apple Muffin Orange Juice Milk	7 Raisin Bran Apple Cinnamon Waffles Orange Juice Milk	8 Corn Flakes Graham Crackers Orange Juice Milk	9 3.6 oz. WW Apple Muffin Orange Juice Milk	10 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk
13 Corn Flakes Graham Crackers Orange Juice Milk	14 Yogurt Lemon Dinosaur Grahams Orange Juice Milk	15 3.6 oz. WW Banana Muffin Orange Juice Milk	16 WG Cinnamon Roll Apple Cinnamon Waffles Orange Juice Milk	17 3.6 oz. WW Blueberry Muffin Orange Juice Milk
20 Raisin Bran Apple Cinnamon Waffles Orange Juice Milk	21 Corn Flakes Graham Crackers Orange Juice Milk	22 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk	23 Rice Krispies Graham Crackers Orange Juice Milk	24 Toasty O's Apple Cinnamon Waffles Orange Juice Milk
27 MEMORIAL DAY	28 WG Cinnamon Roll Apple Cinnamon Waffles Orange Juice Milk	29 3.6 oz. WW Apple Muffin Orange Juice Milk	30 3.6 oz. WW Blueberry Muffin Orange Juice Milk	31 3.6 oz. WW Chocolate Chip Muffin Orange Juice Milk

* 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
MAY, 2013
Catered by Essence of Thyme

Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
6	Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk	7	Meatballs on a WW Sub Sweet Potato Banana Milk	8	Chicken Alfredo w/Ziti Broccoli Applesauce Milk	9	Chicken Caesar Salad WW Wrap Cucumber Pears Milk	10	Low-Fat Cheese Pizza w/Veggies Italian Magic Beans Apple Milk
13	Ziti & Meatballs Corn Grapes Milk	14	Macaroni & Cheese Broccoli Peaches Milk	15	Jamaican Beef Patty Southwestern Beans Corn Tangerine Milk	16	Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Sliced Apples Milk	17	Chicken WW Quesadilla Green Beans Banana Milk
20	Mexican Chicken WW Wrap Potato Puffs w/Ketchup Apple Milk	21	BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Tangerine Milk	22	Buffalo Chicken on WW Wrap Chickpea Salad Peaches Milk	23	American Chop Suey Broccoli Orange Honey Wheat Dinner Roll Milk	24	Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Grapes Milk
27	MEMORIAL DAY	28	Cheesy Chicken Broccoli Bake Corn Apple Milk	29	Pancakes Sausage Pattie Sweet Potato Baked Apple Slices Milk	30	Turkey Ranch Wrap Cucumber Fruit Cocktail Milk	31	Beef Hot Dog on WW Roll Potato Puffs w/Ketchup Banana Milk

* 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 9-12
MAY, 2013
Catered by Essence of Thyme

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
6 Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Honey Wheat Dinner Roll Milk	7 Meatballs on a WW Sub Sweet Potato Banana Apple Juice Milk	8 Chicken Alfredo w/Ziti Broccoli Honey Wheat Dinner Roll Applesauce Milk	9 Chicken Caesar Salad WW Wrap Cucumber Pears Orange Juice Milk	10 Cheese Pizza w/Veggies Italian Beans Pineapple Apple and Milk
13 Ziti & Meatballs Corn Grapes Milk	14 Macaroni & Cheese Broccoli Peaches Honey Wheat Dinner Roll Milk	15 Jamaican Beef Patty Southwestern Beans Green Beans Orange Apple Juice and Milk	16 Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Sliced Apples Apple Juice and Milk	17 Chicken WW Quesadilla Spanish Rice Green Beans Banana Peaches and Milk
20 Mexican Chicken WW Wrap Potato Puffs w/Ketchup Apple Orange Juice and Milk	21 BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Orange and Pineapple Chunks Milk	22 Buffalo Chicken on WW Wrap Chickpea Salad Peaches Orange Juice Milk	23 American Chop Suey Broccoli Orange Honey Wheat Dinner Roll Apple Juice and Milk	24 Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Grapes Milk
27 MEMORIAL DAY	28 Cheesy Chicken Broccoli Bake Corn Orange Peaches Milk	29 Pancakes Sausage Pattie Sweet Potato Baked Apple Slices Milk	30 Turkey Ranch WW Wrap Cucumber Fruit Cocktail Banana Milk	31 Beef Hot Dog on WW Roll Potato Puffs w/Ketchup Raisins Orange Juice and Milk

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

ALL MENUS ARE SUBJECT TO CHANGE

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