



FROM THE K-6 PRINCIPAL

In last week's Update Alicia Savage wrote masterfully about all aspects of SSCPS's mission, the "academics," the "service" and the "life." (Please go back and read it if you missed it.) This week I am only attempting to write about the "life" part of our mission. As we are coming into calendar spring tomorrow it is reassuring to note that no matter the temperature on the thermometer the sun is inexorably higher in the sky. I have become tired of waiting for spring to come to me so I have been going out into the world looking to see what I could see that would reassure me that spring really was coming.

After school on Tuesday on my way home to Hull I did not go the fast way. I went the back way because I was looking for skunk cabbage. I was not sure if I would find any as it has been a long and cold winter but I usually see skunk cabbage at about this time of year and I always think of it as an important sign of spring. As I drove down Charles Street in Hingham between the George Washington Forest and Wompatuck State Park I was becoming worried because I saw a great deal of ice, and though skunk cabbage is a remarkable plant, I was not sure I would see it that day. I parked my car on South Pleasant Street and went to go look in the spot in the woods where every spring I see skunk cabbage. As I got closer and scanned the ground I thought I would not find any. I saw some grass and dried leaves but no skunk cabbage. I stopped to look at some deer scat and then I saw one plant just coming up out of the ground. Then there was another and then another until I realized there were dozens of skunk cabbage coming up. I was happy I had gone looking for spring and I had found it.

March is a tricky time of the year here in New England and our weather is often like the saying, "In like a lion and out like a lamb." This year we have had more "lion" than "lamb" but there are days when the sun is out and you can feel its strength. It is very important for our children to play outside with friends and when we can we are taking the children outside to play. I hope you too are doing that at home.

As part of our Strategic Plan we have a goal of a revitalized outdoor play space and this has gotten me to do some thinking and reading about outdoor space. We hope to begin some aspects of our plans for an improved outdoor environment this summer. One article I read linked the decline in the amount of time American children and adolescents spent in outdoor free play with their increasing mental health stress over the last fifty years. The article was written by a Boston College Professor Emeritus, Peter Gray. In the article Professor Gray admits he is speculating a bit about the causal connection of play and health, but his speculation sounds correct to me. He writes that for children, free play gives them the means to feel in control of having just the right amount of risk and just the right amount of freedom. He writes that children become "interior" or self-sustaining through what they learn in free play. I thought he made an interesting point and I talked with my wife Katy about the connection of play to health and this got us talking about, "What is play for grownups?" Grownups too need the right kind of play. We too need to have just the right mix of freedom and thrill. To me my garden is the center of my play and I am happy to report that our long winter has not won and I will be harvesting turnips in March. When I pick them I will have harvested at least some food from my garden for each of the last twenty-four months.

One of the joys of having and working with children is that they can teach us things that we once knew but forgot. May we all learn from children just how important it is to play – and speaking of play many thanks to Denise Demaggio and her crew for the wonderful auction last Friday night. Denise, you and your volunteers gave a lot of us a great evening and I want you to know that for at least some of us it was play.

Thanks Ted Hirsch thirsch@sscps.org

Wednesday	03/19	MCAS Grade 10 and Level III	
Thursday	03/20	11 th Grade Parent Coffee	8:30am
Thursday	03/20	Development Committee Finance and Personnel Committees Board of Trustees	5:30pm 6:30pm 7:30pm
Friday	03/21	MCAS Grade 10	
Tuesday	03/25	MCAS Level II and Level IV	
Wednesday	03/26	MCAS Level III	
Thursday	03/27	MCAS Level II and Level IV	

ANNUAL SSCPS PARENT SATISFACTION SURVEY – EXTENSION

Below please find the link to our Annual Parent Survey. Data gleaned from this survey will be used in our Annual Report and on our Application for Renewal of a Public School Charter. Please fill out this survey at your convenience. All survey responses are due by Monday, March 31, 2014.

<https://www.surveymonkey.com/s/FY14ParentSurvey>

For a copy of this survey in another language, please send your request to asavage@sscps.org.

Para obtener una copia de esta encuesta en otro idioma,, por favor envíe su solicitud a asavage@sscps.org

Para obter uma cópia desta pesquisa em outro idioma,, por favor envie o seu pedido para asavage@sscps.org

Pour obtenir une copie de cette enquête dans une autre langue, s'il vous plaît envoyez votre demande à asavage@sscps.org

Pou yon kopi sondaj sa a nan yon lòt lang, tanpri voye demann ou an asavage@sscps.org

PICK UP AND DISMISSAL ANNOUNCEMENT

We have received a series of complaints from our neighbors at 104 Longwater Drive regarding the number of unaccompanied students, as well as other children, walking through the gym area parking lot during dismissal in the afternoon and in the morning. Due to the compromises in safety this practice presents, the gym parking lot will be closed to pick up and drop off traffic. The spaces in the morning are now reserved for the BOKS Fitness program. In the afternoon, we are asking all families to pick up students by using the regular dismissal line at all times.

ANNOUNCEMENTS

Congratulations to our Debate Team! This past Saturday, three of our competing teams successfully went through four grueling rounds of Public Forum Debate at Needham High School. This was their last competition for the year, and they walked away with 5 wins, in a pool of 155 debaters. Katie Aucella and Ila White won one of their rounds. Lauren Walsh and Max Goldenberg won two of their rounds, and Van Harting and Jeremy Atkins won two of their rounds. Lauren Walsh wins an MVP for the SSCPS team for being ranked 77 out of all of the debaters in speaker points, which is a huge accomplishment! The National Speech and Debate Association has awarded several of our debaters with new degree levels based on their accumulated points throughout their debating career. Our top standing debaters are Katie Aucella and Neil Feeney at the Excellence level, and Lauren Walsh and Jeremy Atkins at the Honor level, respectively. Congratulations to everyone for another great season!

ATTENTION LEVEL III FAMILIES

ELA MCAS Session 2 is on Wednesday, 3/26. It would be greatly appreciated if families could please donate any snacks or water for the students.

2014 Yearbook

The 2014 yearbook is now in progress and all the memories of the 2013-2014 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 student will want to look back, too. Buy them a little time - buy them a yearbook! To order online go to www.coffeepond.com, to login use school password: bluejaguar.

Attention All Seniors: Senior portraits and senior pages are due April 1st. Make sure all are high resolution, jpg format. Any questions please contact cbodnar@sscps.org. Parents may submit a personalized page that will appear in the back of the book for their senior at these rates:
Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50.

PARENTS ASSOCIATION

It is that time of year....

The SSCPS Parents Association will hold elections for the 2014-2015 school year with new officials taking office in June. If you are interested in shaping the future of your child's school, getting involved in projects and events throughout the school, helping to engage other parents... PLEASE run for a position! We need **YOU** in order to run an effective, fun, informative and engaged organization!

GET INVOLVED!

All positions are open for nominations! Deadline for candidate statements Friday April 4

Here is the link for the nomination form (job descriptions are first, followed by a few questions on the second page)... [SSCPSPA nomination form](#)

Contact Lisa molimu@gmail.com or any PA official if you have any questions.

COMMUNITY SERVICE OPPORTUNITIES

Gently Used and New Children's Book Collection

Shannon Daly (Donovan's room Level III) is collecting "slightly used" books for children, ages 2 to 14, whose parents are students at the Adult Learning Center in Brockton. Each year, all of the adult learners and their children are invited to come and choose books that they can take home so they can create an at home library. The Learning Center relies on donations from community members to make this give-away possible. A lot of the time this is the only way they receive books. The collection box is located outside of Donovan's Room in Level III, and any donations would be greatly appreciated! For larger donations please contact Barbara at barbara6910@msn.com

Crayon Collection for Wish Upon A Crayon - Will and Tommy Guthro are collecting broken and used crayons for the charity Wish Upon a Crayon. Wish Upon a Crayon melts old crayons into new shapes and delivers them along with coloring books (you can donate those too!) to children in area shelters. Please consider cleaning out your art supplies and donating any old crayon bits. They can be left in the donation box in the Level I great room. Thank You!

Upcoming Events

Name of Organization	Dates	Info
South Shore Hospital Walk for Hospice at South Shore Plaza	March 22, 2014	781 624-8600
Hanson Children's Museum at Hanover Mall teens or families needed	continuous volunteers needed as part of the play crew	www.Hansonchildrensmuseum.org
Birthday Wishes - Hanover host a goody bag stuffing party to provide a party to homeless children	ongoing	www.birthdaywishes.org
Easton Children's Museum volunteer	Continuous	www.childrensmuseumineaston.org
Quincy Animal Shelter volunteer dog walker	ongoing	www.quincyanimalshelter.org
Fidelis Hospice - Braintree knit lap blankets for hospice patients	ongoing	Fidelis Hospice 781 848-3678

If you would like to share a community service event that is happening on the South Shore please email Sarah Collins, Community Service Chairperson, at sazzifrazz78@yahoo.com.

COMMUNITY INTEREST

Bridge Repair: NEW DATE! Saturday, March 29, 2014 from 10-12. Help the Farm with a vital volunteer effort to help restore a bridge on an active trail. We will head out with supplies and materials to fix a bridge on the trails at Holly Hill Farm. This volunteer project is helpful to maintain the paths and walking trails, especially in Spring as the snows melt and the brooks run. One needs to be handy with lifting some heavy boards, carefully hand sawing and hammering some nails. This event is free and is appropriate for anyone over 12. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. For directions and more information, visit www.hollyhillfarm.org or call [781-383-6565](tel: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**

2014 YEARBOOK

Inspired by You

It's That Time...

Dear Parent:

The 2014 yearbook is now in progress and all the memories of the 2013-2014 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.

2014 Hardcover Yearbook - 25.00

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

HOLLY HILL FARMS ANNOUNCEMENT:

Frank H. White Scholarship's *Consider This!*



CONSIDER THIS! FHW SCHOLARSHIP CONTEST

WATER, WATER EVERYWHERE!

We wish to explore the daily use, abuse and conservation of water in our community. Our contest asks you to consider our valuable resource of clean water, from where it comes, how it's treated and where it goes.

Who: Students grades K – 12 with grade level assignments, listed below

What: Submit an essay, an illustration or a video

When: **Deadline is Tuesday, March 25th at 5:00 pm**

Prizes: Will be awarded in the form of CA\$H!

Where: Send/bring to the *Friends of Holly Hill Farm*, 236 Jerusalem Rd., Cohasset, MA 02025, 781-383-6565

Contact: Jon Belber at jbelberhollyhill@hotmail.com

Grades K-5:

Where does your water come from? Illustrate and/or write about how you use water, how you conserve it and where it goes after it leaves your house.

Grades 6-8:

How do you use water in your home and yard? How does your local farmer use and conserve water for growing crops and caring for animals?

Grades 9-12:

Examine the role of water in your home and community. Investigate your local watershed and the effects of:

- Water runoff into storm drains and local bodies of water
- Wastewater
- Runoff from lawns into the aquifer

Did you know that 780 MILLION PEOPLE lack access to clean water? That's more than 2 ½ times the US population!



We serve creative cuisine. And worthy causes.

Present this certificate to your server and your cause will receive
15% of your total purchase* every Tuesday during March 2014
Valid for Dine in or Take out

Name of Organization:

South Shore Charter Public School

Valid:
March 4, 11, 18, & 25 2014

*Excludes Alcohol, Tax and Gratuity



111 Pond Street Main • Norwell • 781-616-6160



MASSACHUSETTS FREE AND REDUCED PRICE SCHOOL MEALS HOUSEHOLD APPLICATION

SCHOOL YEAR 2013 - 2014

If you have received a NOTICE OF DIRECT CERTIFICATION from the school district for free meals, **do not** complete this application. But **do** let the school know if any children in the household are not listed on the **Notice of Direct Certification** letter you received.

Part 1. all household members List all household members including children seeking school meals, siblings and both parents of children living in home. Also, include other relatives and friends living in home if you live as a single economic unit. (See instructions- Q.13)

NAME OF ALL HOUSEHOLD MEMBERS (First, Middle Initial, Last)	NAME OF SCHOOL CHILD ATTENDS	CHECK IF A FOSTER CHILD (LEGAL RESPONSIBILITY OF WELFARE AGENCY OR COURT) * IF ALL CHILDREN LISTED BELOW ARE FOSTER CHILDREN, SKIP TO PART 5.	CHECK IF NO INCOME
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>

PART 2. BENEFITS- MA SNAP or MA TAFdc

If **any** member of your household receives MA SNAP or MA TAFDC benefits, provide the Agency Identification Number* located on the Department of Transitional Assistance (DTA) benefit letter. Skip to part 5 and sign this form if you have provided an Agency Id Number.

AGENCY ID: _____ * Do not provide EBT card number.

Part 3. Homeless, Migrant, Runaway

If any child you are applying for is homeless, a runaway, or migrant, check the appropriate box and call [your school, homeless liaison, migrant coordinator at phone #]

Homeless Runaway migrant

Part 4. Total Household Gross income (before deductions). List all income on the same line as the person who receives it. Check the box for how often it is received. Record each income only once. Do not include money received from MA SNAP or MA TAFDC.

1. NAME (LIST ONLY HOUSEHOLD MEMBERS WITH INCOME)	2. Gross income and how often it was received															
	Earnings from work before deductions.	Weekly	Every 2 Weeks	Twice Monthly	Monthly	Welfare, child support, alimony	Weekly	Every 2 Weeks	Twice Monthly	Monthly	Pensions, retirement, Social Security, SSI, VA benefits	Weekly	Every 2 Weeks	Twice Monthly	Monthly	All other income (you must indicate how much and how often)
<i>(Example) Jane Smith</i>	\$200	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$150	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$0
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
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Part 5. Signature and last four digits of Social Security Number (Adult must sign)

A parent or caretaker adult must sign the application (see Use of Information Statement on the back of this page). I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will get Federal funds based on the information that I give. I understand that school officials may verify (check) the information. I understand that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted. An adult household member must sign the application. If Part 4 is completed, the adult signing the form also must list the last 4 digits of his or her Social Security Number or mark the "Check here if you do not have a Social Security Number" box. See Use of Information Statement on the back of this page.

Sign here: _____ Print Name: _____ Date: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone Number: _____ Cell Phone Number: _____

Last four digits of Social Security Number *** - * * - ____ _ Check here if you do not have a Social Security Number

Part 6. Children's ethnic and racial identities (optional)

Choose one ethnicity:	Choose one or more (regardless of ethnicity):		
<input type="checkbox"/> Hispanic/Latino	<input type="checkbox"/> Asian	<input type="checkbox"/> American Indian or Alaska Native	<input type="checkbox"/> Black or African American
<input type="checkbox"/> Not Hispanic/Latino	<input type="checkbox"/> White	<input type="checkbox"/> Native Hawaiian or other Pacific Islander	

Do NOT fill out this part. This is for school use only.

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice A Month x 24, Monthly x 12

Total Income: _____ Per: Week, Every 2 Weeks, Twice A Month, Month, Year Household size: _____
 Dual Eligibility: Foster child(ren) – Free _____ Non-foster child(ren) – Free _____ Reduced _____ Denied _____

Categorical Eligibility: _____ Date Withdrawn: _____ Eligibility: Free _____ Reduced _____ Denied _____ Reason: _____

Determining Official's Signature: _____ Date: _____

Confirming Official's Signature: _____ Date: _____

Verifying Official's Signature: _____ Date: _____

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

FEDERAL ELIGIBILITY INCOME CHART School Year 2013-2014

Household size	Yearly	Monthly	Weekly
1	\$21,257	\$1,772	\$409
2	\$28,694	\$2,392	\$552
3	\$36,131	\$3,011	\$695
4	\$43,568	\$3,631	\$838
5	\$51,005	\$4,251	\$981
6	\$58,442	\$4,871	\$1,124
7	\$65,879	\$5,490	\$1,267
8	\$73,316	\$6,110	\$1,410
Each additional person:	+7,437	+620	+144

Use of Information Statement: This explains how we will use the information you give us.

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity employer.

Breakfast Order Form

Breakfast for the Month of April, 2014

Due to the office by 3:00 pm, ***Tuesday**, April 1, 2014

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/7 – 4/11 Monday Tuesday Wednesday Thursday Friday

Week of 4/14 – 4/18 Monday Tuesday Wednesday Thursday Friday

Week of 4/21 – 4/25 Monday Tuesday Wednesday Thursday Friday

Week of 4/28 – 5/2 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$1.65

Less credit due

Total Amount Enclosed

_____ \$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form

Lunch for the Month of April, 2014

Due to the office by 3:00 pm, ***Tuesday**, April 1, 2014

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/7 – 4/11 Monday Tuesday Wednesday Thursday Friday

Week of 4/14 – 4/18 Monday Tuesday Wednesday Thursday Friday

Week of 4/21 – 4/25 Monday Tuesday Wednesday Thursday Friday

Week of 4/28 – 5/2 Monday Tuesday Wednesday Thursday Friday

Number of Lunches ordered _____ X \$3.25

Less credit due

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.





South Shore Charter School

APRIL, 2014

Catered by Essence of Thyme

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
March 31 3.6 oz. WW Blueberry Muffin Orange Juice Milk	1 2 oz. Frosted Flakes Apple Juice Milk	2 WG Cinnamon Roll Orange Juice Milk	3 WW Croissant w/Jelly Orange Juice Milk	4 Toasty O's WW Apple Cinnamon Waffles Orange Juice Milk
7 3.6 oz. WW Chocolate Muffin Orange Juice Milk	8 3.6 oz. WW Apple Muffin Orange Juice Milk	9 3.6 oz. WW Blueberry Muffin Orange Juice Milk	10 3.6 oz. WW Banana Muffin Orange Juice Milk	11 Plain Bagel w/Jelly Orange Juice Milk
14 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	15 WW Croissant w/Jelly Orange Juice Milk	16 3.6 oz. WW Chocolate Muffin Orange Juice Milk	17 3.6 oz. WW Apple Muffin Orange Juice Milk	18 WG Cinnamon Bun Orange Juice Milk
21 	22 <p style="text-align: center; font-size: 2em; color: #00A09A;">V A C A T I O N</p>	23 <p style="text-align: center; font-size: 2em; color: #00A09A;">V A C A T I O N</p>	24 <p style="text-align: center; font-size: 2em; color: #00A09A;">V A C A T I O N</p>	25 
28 2 oz. Frosted Flakes Apple Juice Milk	29 3.6 oz. WW Apple Muffin Orange Juice Milk	30 3.6 oz. WW Blueberry Muffin Orange Juice Milk	May 1 Plain Bagel w/Jelly Orange Juice Milk	2 Corn Flakes WW Blueberry Waffle Grahams Orange Juice 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!**

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)"





South Shore Charter School K-8

APRIL, 2014

Catered by Essence of Thyme

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
March 31	Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Pineapple Chunks Milk	1 American Chop Suey Green Beans Whole Wheat Roll Orange Juice Milk	2 Chicken Alfredo w/Ziti Broccoli Applesauce Milk	3 Chicken Caesar Salad WW Wrap Baby Carrots Pears Milk	4 Cheese Pizza Italian Beans Peaches Milk
7	Meatballs on WW Sub Green Beans Banana Milk	8 Macaroni & Cheese Broccoli Pears Milk	9 Chicken Tenders Potato Puffs Pineapple Chunks Whole Wheat Roll Milk	10 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Milk	11 Buffalo Chicken WW Wrap Chickpea Salad Grapes Milk
14	Beef Hot Dog on WW Roll w/Ketchup Baked Beans Apple Milk	15 Sweet & Sour Chicken Brown Rice Carrots Orange Milk	16 Cheese Pizza Corn Pears Milk	17 Chicken Parmesan w/Ziti Broccoli Peaches Milk	18 NO LUNCH Early Release
21		22 <div style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">V A</div>	23 <div style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">C A T</div>	24 <div style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">I O N</div>	25 
28	Hamburger on WW Bun w/Ketchup Baked Beans Apple Milk	29 Ziti w/Meatballs Broccoli Whole Wheat Roll Orange Juice Milk	30 Chicken WW Quesadilla Green Beans Banana Milk	May 1 Pancakes Sausage Patty Sweet Potato Baked Apple Slices Milk	2 NO LUNCH Early Release

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

Complies with NSLP Regulations

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South Shore Charter School 9-12
APRIL, 2014
Catered by Essence of Thyme

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
March 31 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Pineapple Chunks Milk	1 American Chop Suey Green Beans Pineapple Chunks Whole Wheat Roll Orange Juice Milk	2 Chicken Alfredo w/Ziti Broccoli Applesauce Whole Wheat Roll Milk	3 Chicken Caesar Salad WW Wrap Baby Carrots Pears Milk	4 Cheese Pizza Italian Beans Peaches Milk
7 Meatballs on WW Sub Green Beans and Baby Carrots Banana Peaches Milk	8 Macaroni & Cheese Broccoli Pears Whole Wheat Roll Milk	9 Chicken Tenders Potato Puffs w/Ketchup Pineapple Chunks Whole Wheat Roll Milk	10 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	11 Buffalo Chicken WW Wrap Chickpea Salad Grapes Apple Juice Milk
14 Beef Hot Dog on WW Roll w/Ketchup Baked Beans Fruit Cocktail Apple Milk	15 Sweet & Sour Chicken Brown Rice Carrots Orange Apple Juice Milk	16 Cheese Pizza Corn Potato Wedges Pears Milk	17 Chicken Parmesan w/Ziti Broccoli Peaches Whole Wheat Roll Milk	18 NO LUNCH Early Release
21 	22 V A	23 C A T	24 I O N	25 
28 Hamburger on WW Bun w/Ketchup Baked Beans Apple Apple Juice Milk	29 Ziti & Meatballs Broccoli Whole Wheat Roll Peaches Orange Juice Milk	30 Chicken WW Quesadillas Spanish Rice Green Beans Pears Banana Milk	May 1 Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	2 NO LUNCH Early Release

* 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!**

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. *The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)