



## **FROM THE 7-12 PRINCIPAL**

Our Seniors have less than four weeks left in the classroom before they take their last round of high school finals and go out on Senior Project. Despite the current frigid weather and endless snow, it is really just a blink of an eye before they are sweating in their caps and gowns under the tent on a (hopefully) sunny June day. It always seems like a sprint from the end of March to the end of the school year.

Before they can say goodbye to SSCPS, our graduating Seniors are faced with deciding on the next step in their education. For students who applied regular decision, acceptance letters and emails are trickling in. The mood is one of anxious excitement. For most, the end of the anticipation and stress associated with the college application season cannot come soon enough. Unfortunately for many, the next phase of the process, deciding where to send that deposit check, can be the biggest challenge. Often these acceptances come in before financial aid packages are mailed, leaving families in an uncomfortable situation. While there is excitement and possibility, there is also the reality of not yet knowing if they can make it work.

Once families finally receive their financial aid packages they must decipher what they mean, an often daunting task, and determine the most prudent choice. Discussions around financing a college education can be difficult ones for parents to have with their children. For many parents this is the first time that they've had honest conversations with their children about the family's finances. These are not discussions that every family is comfortable having. It can be incredibly challenging for parents to help their children understand the true value of the astronomical figures that appear on tuition bills. Our system of higher education puts a great deal on young people who are only 17 or 18 years old. Students must decide if they are willing to take on tens of thousands of dollars in debt before they have a true understanding of what it takes to pay that money back.

As parents, we want to encourage our children to go to the school of their dreams and not have financial realities get in the way, but the trends in college costs are daunting. The graduating class of 2013 left college with over \$35,000 in college-related debt, up from \$9,000 just 20 years ago. Wages have certainly not risen at the rate that this figure has. The cost of tuition across the country, at both public and private colleges, has more than doubled during this same time period. Because of the knowledge of the system and effort required to navigate the complicated financial aid system, the rise in costs has disproportionately hit low income families and those students who are first generation to college. As a school we are working hard to counter this aspect of the problem by connecting families with resources both when they are applying for aid and when the financial packages come in. Mary Carter, Director of Guidance, in working with students to help them understand the different types of aid offered by schools, and help them determine the bottom line figure. MEFA, the Massachusetts Educational Financing Authority, has many resources on their website. They also offer free seminars across the state titled "After the Acceptance Letter" that address payment options, award letters, the billing process, and working with financial aid offices. A list of seminar dates and the presentation slides are available at [http://www.mefa.org/collegebound/attend\\_seminar.aspx](http://www.mefa.org/collegebound/attend_seminar.aspx)

As a school, getting students to college is important and is central to our work. It is important, but is not the only measure of success. We require students to gain acceptance to a college and support this process, but know that there are many factors that contribute to the decision students make when they finally decide where they are headed after high school. The choice is a very personal one.

Students and their parents have a lot to celebrate when a graduating Senior moves on to a college where they can thrive as they continue to prepare for life and work. It is important that students and their parents realize that there are many different places where students can flourish, and that the college experience is largely what one makes of it. It is vital that families weigh all of the options, including the debt burden that students will face after graduation.

In the years that I have worked as 7-12 principal I have seen college admissions become increasingly competitive and complicated, particularly around the financial aspect. I worry that the competitive nature of modern college admissions forces families to focus on the college acceptance so blindly that they forget what they really should be celebrating: the joys, achievements, and learning experiences students find along the way. I hope that our Seniors and their parents take advantage of the final weeks of their K-12 education to celebrate.

Angie Pepin [apepin@sscps.org](mailto:apepin@sscps.org) 781-982-4202 x102

Thursday	03/27	MCAS ELA Level II and Level IV	
Friday	03/28	High School Museum of Science	
Monday	03/31	Annual Satisfaction Survey Due	
Tuesday	04/01	Grade 3 PARCC Testing	
Tuesday	04/01	Parents Association Meeting	7:00pm
Wednesday	04/02	Grade 3 PARCC Testing	
Thursday	04/03	Professional Development Early Release	12:00pm
<b>Save the Date: Sunday</b>	<b>04/06</b>	<b>Pathways Project (Outdoor Space Improvement) Meeting at the Hanover YMCA</b>	<b>6:00pm</b>

## 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](mailto:asavage@sscps.org).*

*Para obtener una copia de esta encuesta en otro idioma,, por favor envíe su solicitud a [asavage@sscps.org](mailto:asavage@sscps.org)*

*Para obter uma cópia desta pesquisa em outro idioma,, por favor envie o seu pedido para [asavage@sscps.org](mailto: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](mailto:asavage@sscps.org)*

*Pou yon kopi sondaj sa a nan yon lòt lang, tanpri voye demann ou an [asavage@sscps.org](mailto:asavage@sscps.org)*

## ANNOUNCEMENTS

**SAVE THE DATE!**

**April 14-18**

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](http://www.heart.org/jump), Levels III Visit [www.heart.org/hoops](http://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.*

### 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](http://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](mailto: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.

## 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.

## 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](mailto:molimu@gmail.com) or any PA official if you have any questions.

## COMMUNITY SERVICE OPPORTUNITIES

Name of Organization	Dates	Info
Hanson Children's Museum at Hanover Mall teens or families needed	continuous volunteers needed as part of the play crew	<a href="http://www.Hansonchildrensmuseum.org">www.Hansonchildrensmuseum.org</a>
Birthday Wishes - Hanover host a goody bag stuffing party to provide a party to homeless children	ongoing	<a href="http://www.birthdaywishes.org">www.birthdaywishes.org</a>
Easton Children's Museum volunteer	Continuous	<a href="http://www.childrensmuseumineaston.org">www.childrensmuseumineaston.org</a>
Quincy Animal Shelter volunteer dog walker	ongoing	<a href="http://www.quincyanimalshelter.org">www.quincyanimalshelter.org</a>
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](mailto:sazzifrazz78@yahoo.com).

## COMMUNITY INTEREST



FOR IMMEDIATE RELEASE:

Contact Info:

*Friends of Holly Hill Farm*

Holly Hill Farm

236 Jerusalem Road , Cohasset, MA 02025

[www.hollyhillfarm.org](http://www.hollyhillfarm.org)

781-383-6565

FHHF contact: [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com)

**April 5 Healthy Home Lawns and Gardens** 10 am-12 pm Free

Get a jump start on creating a plan to have a more sustainable home garden and lawn. Holly Hill Farm, 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

**April 12 Growing Greens and Hardy Crops** 10 am -12 pm \$12 members/\$15 non-members

Come to learn about season extension and cool weather plants to gain a jump on your home garden. Holly Hill Farm, 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

**April 12 Natural Egg Dyeing** 10 am -12 pm \$12 members /\$15 non-members

Take in the colors of spring and let your creative instincts soar with natural dyes from the Farm. Holly Hill Farm, 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

**April 25 Open Sesame Movie** 10 am \$10 Patriot Cinemas at the Hingham Shipyard

*The Friends of Holly Hill Farm* is hosting the local screening of *Open Sesame: The Story of Seeds*. This feature documentary creates awareness, provokes conversation and empowers people to get out and plant seeds! We are excited to bring this film to the area, but we need your help! In order to secure the screening, we must have at least 41 people reserve tickets, online, in-advance. We encourage all to do so via this link [Open Sesame Movie Screening](#). Please help us to spread the word! Holly Hill Farm, 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565).

**April 26 Backyard Chickens** 10 am-12 pm \$12 members/\$15 non members

Our happy hens welcome you to the Farm! Learn healthy ways to care for our feathered friends and find out if keeping chickens is for you! Holly Hill Farm, 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

**April 26 Early Plant Sale** 10 am -4 pm

Date Change: The frosty weather has slowed the progress of our seedlings, so we've delayed the Early Plant Sale. Holly Hill Farm, 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE AT [WWW.SSCPS.ORG](http://WWW.SSCPS.ORG)  
EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103  
OR EMAIL [PALGERA@SSCPS.ORG](mailto:PALGERA@SSCPS.ORG)

20th Anniversary  
**YouthHealth**  
CONNECTION

An Alvin Hollis Speaker's Series Event

## “Mom, Dad, Why Do You Sleep With Your iPhone?”

A Conversation about Technology,  
Kids & the New Digital Wellness

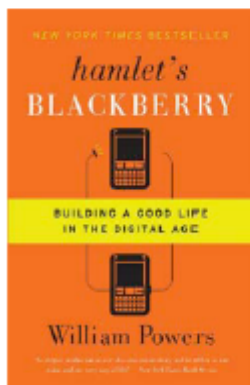


Tuesday, April 1, 2014, 7-8:30 p.m.

Inly School

46 Watch Hill Dr., Scituate

*Worried about your family's screen habits? Addicted yourself?  
What are you modeling for your children?*



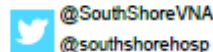
You're invited as William Powers, author of the national bestseller, *Hamlet's BlackBerry*, and leader of a new turn towards common sense and a healthy balance in our digital lives, will offer creative ideas for thriving in the digital age.

**Have you heard about digital wellness?  
Taken an Internet Sabbath?  
Talked to your kids about Screen etiquette**

**Join us for this interactive conversation.  
Check your Smartphone at the door — if you dare.  
RSVP to this FREE event  
at: [southshorehospital.org/classes-and-events](http://southshorehospital.org/classes-and-events)  
or email [Karin\\_farrell@sshosp.org](mailto:Karin_farrell@sshosp.org)**  
Copies of *Hamlet's BlackBerry* will be available for sale and signing.



Connect with us:



# 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



# 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"/>
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**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)
(Example) Jane Smith	\$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
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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](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](mailto: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* \_\_\_\_\_

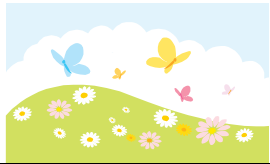

**Total Amount Enclosed** \$ \_\_\_\_\_

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
<b>March 31</b> 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 <b>V A</b>	23 <b>C A T</b>	24 <b>I O N</b>	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	<b>May 1</b> 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**

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

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

Complies with NSLP Regulations

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