



## **FROM THE PRINCIPALS**

This week I will be highlighting three things. The first two are celebrations: the Back to School Picnic, and a staff lunch yesterday afternoon during Professional Development to celebrate Dee Delaney's purchase of a home. Dee is the Assistant to the Principals. The third topic is the public release of the school's excellent accountability status. I believe that the celebrations and the accountability status are linked.

On Saturday somewhere between 150 and 200 folks came to the Back to School Picnic to celebrate the return to school. As a Principal existing in the day-to-day realities of school I sometimes forget to acknowledge just how much our parent community does for, and shows affection towards, our school, and for how much they do for the community that revolves around the school. Saturday was a day of celebration and welcome. Families, kids and teachers came together to have fun and to eat with one another and very significantly to get to know new members of our school community. On Saturday I saw many familiar faces but I also saw many of our new families. Our new families are so important to us because any community, but especially a school community, needs new folks to join in to remain vibrant. Saturday's picnic was a great celebration of the school community and I want to thank everyone who came and everyone who did all of the work to make the event fun. The Back to School Picnic was a reminder of just how important we are to each other.

Yesterday afternoon we took a break from our Professional Development to celebrate Dee Delaney's purchase of a new home. About seventy of us cheered Dee on and ate lunch with her and let her know how much affection we have for her. It was a big surprise to Dee and the room was a beautiful and festive showplace complete with a huge image of a house with a cat in the window. Dee does so many things that make this a good school and it was wonderful to see how all of us are excited for her and her new home. Dee efficiently supports Angie and me in our work as Principals; she makes sure we have an effective core of substitute teachers and she does so many things for the whole faculty. It was nice to be able to give something back to her. I sat in that room and I saw the whole staff eating and being together in such a celebratory and happy mood and I thought this is a reason we are such an effective school. Dee and all of the support staff's work is a significant reason that this is a good school. Their efforts make it easier for teachers and administrators to focus on teaching and student learning. I believe their work is part of the reason so many folks want to send their kids here. The cohesiveness of the teaching community is part of the reason we are a good school and the quality of the teaching is why families sacrifice to send their children here. The two celebrations of our joint work, the picnic on Saturday and the lunch yesterday are part of the reason we are a quality school.

More evidence of the quality of our school can be seen in the official release of the school accountability figures that came out last Friday. The official press release from the state's Department of Elementary and Secondary Education, which focused on the major problems and achievements within the state, mentioned the achievement of our tenth grade students. Within the vast reams of data from the over 1500 schools, the state mentioned only a few schools. It is nice when one's accomplishments are noticed. (<http://www.doe.mass.edu/news/news.aspx?id=7703>)

Also released were the accountability data for each school and district. The state now takes a very detailed look at student performance. They take fourteen measures of a school's performance for each of the last four years and weighs them with most recent results mattering the most, then compresses that information into a single number on a 1-100 scale.

They call this the PPI or Progress and Performance Index, and any school scoring over 75 is considered a Level 1 school. Only 31% of the schools in the state are rated as Level 1 schools. They classify those schools as "Meeting

gap-narrowing goals.” We are pleased to be such a school. For the official report please go to this site: <http://profiles.doe.mass.edu/accountability/report/school.aspx?orgcode=04880550&fycode=2013>

MCAS scores went home this week, and while as the state report demonstrates our students as a whole did well, we are concerned with every individual’s performance. If you have any questions please come to Angie or me and we would be glad to talk about your child.

Ted Hirsch – thirsch@sscps.org

<b>Thursday</b>	<b>09/26</b>	<b>1<sup>st</sup> Quarter Warnings mailed</b>	
<b>Friday</b>	<b>09/27</b>	<b>High School Dance at gym</b>	<b>7:00-10:00pm</b>
<b>Monday</b>	<b>09/30</b>	<b>SSCPS Chorus</b>	<b>3:10-4:15pm</b>
<b>Tuesday</b>	<b>10/01</b>	<b>Parents Association Meeting</b>	<b>7:00pm</b>

## **ATHLETIC DEPARTMENT UPDATE**

### **VOLLEYBALL**

Volleyball is a new sport to SSCPS this season. The team is comprised of 18 girls ranging from Level IV through the high school. Although a few of our athletes have played volleyball before, most girls are new to the sport as it is new to SSCPS. Some other charter schools in our conference have had volleyball for as many as three years. One would think this would put us at a disadvantage since we are facing seasoned volleyball players. But the determination and effort that has been seen from the SSCPS volleyball team is that of legends. We have had three games so far with all matches ending in extremely close scores.

In volleyball, the matches are compromised of the best of five sets. Each set is played to 25 points with the fifth set (if necessary) played to 15. The winning team must win by 2 points. Even though our first game was a loss, our final set was 23-25! The dedication and athleticism protruding from the players makes the games exciting to watch. We hope to see you at a home game this season! A schedule of games is posted outside Jenn’s room as well as the bulletin board outside the computer lab. Home games are played at the Hanover YMCA. Please congratulate team captains **Melanie Sullivan** and **Katherine Griffiths!** Without their leadership and positive attitudes, we would not be doing as well as we currently are. Katherine Griffiths was also named “Player of the Game” during our match against APR last week!

### **HIGH SCHOOL SOCCER**

The Boys soccer team continues to impress. The boys defeated Match Academy and Community Charter in the last week, bringing their record to 3-1. The boys defeated Match convincingly by a score of 5-0. The offense was led by Michel Joseph (2 goals), Elvis Tavares (1 goal), Darius Anderson (1 goal), Ian Wright (1 goal), Paul Sullivan (2 assists), and Matt Algera (one assist). The defense played a great match, led by Jerome Sullivan in goal and Kaisaac Griffin. The game against Community Charter was a close contest as the Jaguars won 2-1. The Jaguar attack was led by Jonathon Boyle (1 goal) and Chad Bruce (1 goal). The stars of the game were Ian Wright and Kaisaac Griffin who were stellar on the defensive end. To see more stats and standing visit the Maxpreps link found on the athletics page on the SSCPS website.

### **Girls Jaguars get their first win**

The high school girls soccer team came out of last week even, 1-1. In the win, SSCPS beat out MATCH with a 5-0 shutout Wednesday at home. Contributing to the score with goals, were 8th grader Catie Bowman (2), sophomore Christine Nwafor, and seniors Niamh Dalton and Maddie White. The girls also played last Saturday in Cambridge against an evenly matched CCSC team. The jaguars were up 1-0 at the half but couldn’t fight off a strong second half attack from CCSC and ended up falling 2-1. Arianna Hartz netted the Jaguars only goal of the game.

The girls will look to add another win to their record today at the Hanover YMCA at 4:45pm against Codman Academy.

## PARENTS ASSOCIATION

It is that time of year... the elves are hard at work on this year's SSCPS Directory of Families and Faculty/Staff !!!! Stay tuned for the delivery date...

In the meantime, and in order to subsidize the printing of the directory, we are selling ads in the directory for SSCPS-related folks...

Ads are as follows... \$25 business card size, \$50 half page, \$100 full page, \$150 inside back cover, \$200 back cover.

So if you are a lawyer, landscaper, photographer, housepainter, jewelry designer, whatever you do... or have friends or family with businesses... and want to advertise to the SSCPS community... send your information to me ([molimu@gmail.com](mailto:molimu@gmail.com)) or you may drop your information with payment (made out to SSCPS) at the front desk. We need your information in electronic form as a word, publisher, or .pdf document.

If you have any questions, please contact me by email or at [617-763-1533](tel:617-763-1533). (Just drop off a check and your business card or send Lisa a word, .pdf or MS publisher version of your business card).

This price is so low that your high school student who babysits or shovels snow or rakes leaves could attract some new customers with their own ad!

The deadline to submit your ads is Friday, October 4<sup>th</sup>

BUT WAIT... there's more... the Golf /Auction Committee and the Yearbook Committee will also be offering you the opportunity to advertise later in the school year!

## COMMUNITY SERVICE OPPORTUNITIES

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).

### Upcoming Events

Name of Organization	Dates	Info
Hull Community Television videographers, audio technicians, producers, musicians	ongoing	<a href="mailto:pseitz@town.hull.ma.us">pseitz@town.hull.ma.us</a>
My Brother's Keeper various volunteer opportunities year round	continuous	Stonehill College, Easton MA <a href="http://www.mybrotherskeeper.org">www.mybrotherskeeper.org</a>
New England Wildlife Center-hands on work caring for animals	continuous and/or special events	Weymouth, MA <a href="http://www.wildlife-education-center.com">www.wildlife-education-center.com</a>
Cardinal Cushing Centers	ongoing volunteer opportunities working with individuals with special needs	Hanover, MA <a href="http://www.cushingcenters.com/support/volunteer">www.cushingcenters.com/support/volunteer</a>
Marshfield Council on Aging	continuous; assist homebound seniors with food shopping	Donna Weinberg <a href="mailto:coadmoxie@comcast.net">coadmoxie@comcast.net</a>
Soles 4 Souls	host a shoe drive for disadvantaged communities	<a href="http://www.soles4souls.org">www.soles4souls.org</a>
Step Out Walk to Stop Diabetes	10/19/13	<a href="http://www.stepout.diabetes.org">www.stepout.diabetes.org</a>

Hanover Council on Aging	create a scrapbook of pictures from events held at the COA	Katie O'Brien 781 924-1913
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## COMMUNITY INTEREST

The 6<sup>th</sup> annual "**Discover the Woods**" 5k Trail race and 1 mile fun run / walk is on Sunday, October 6<sup>th</sup>, 2013 at Holly Hill Farm in Cohasset. The 5k race begins at 9 am and the 1 mile fun run will be at 10 am. The course is rolling hills through 130 acres of woods that surround the farm's 3 acres of organically grown vegetables, flowers, and herbs, past open meadows, grassy field edges, a brook, and a pond. Registration is \$25 for adults, \$15 for children ages 12 and under. Signup online at [www.hollyhillfarm.org](http://www.hollyhillfarm.org). The races benefit the Frank H. White Scholarship Fund that makes school field trips and summer camp experiences possible for those in need of financial assistance. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset.

**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)**



## Harvest Run

5K ROAD RACE - FITNESS WALK

**Saturday, October 19, 2013**

**Wompatuck State Park  
Hingham, Ma**

### Race Schedule:

**9:00 - 10:45:** Registration and t-shirt pick-up

**11:00:** The Harvest Run begins!

**\* Refreshments provided after the race\***

For individual registration visit:

<http://www.lightboxreg.com/harvest-run-road-race?func=&sid=5226cd17b9d7c.1378274583.2907449304&mobile=0>

Family discount is available for SSCPS students, staff, and their immediate families. Forms will be sent home in the coming weeks.

**Would you like your company logo on this year's Harvest Run event t-shirt? Sponsorship Options are still available!**

**For more information, contact**

**Denise Demaggio at [ddemaggio@sscps.org](mailto:ddemaggio@sscps.org) or 617-653-8246**

All funds raised will be used to develop outdoor spaces for health and recreation at the South Shore Charter Public School.

**HELP US RACE TO THE FINISH!**

# **BRUINS RAFFLE**

**Thanks to a generous donor we will raffle off**

**4 Tickets for  
Bruins vs. Red Wings  
October 14, 2013 - 1:00 p.m.**

**Tickets \$5.00 each or 5 for \$20.00**

Raffle to be drawn at SSCPS on October 9, 2013

**Please volunteer to sell tickets  
to neighbors, family, and friends.**

All funds raised will be used to develop  
outdoor spaces for health and recreation at SSCPS!

Each family is given five tickets to start. Please return any unsold tickets to your pod  
teacher.

If you are in need of more tickets, please see the front desk. If you have any questions,  
please contact

Denise Demaggio [ddemaggio@sscps.org](mailto:ddemaggio@sscps.org) or 617-653-8246

Thank you for your support!





# Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 19, 2013

Wompatuck State Park  
Hingham, Ma

## SSCPS FAMILY REGISTRATION

Family Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_  
 Zip Code: \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

Individual Names	Runner/Walker	Gender M/F Age Group (-10) (11-14) (15-19) (20-29) (30-39) (40-49) (50-59) (60+)	Shirt Size *2 Shirts included, \$7.00 each additional *Guaranteed to those who register by September 25th.*
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

### Pre-Race Number and T-Shirt Pick-Up:

Friday, October 18, 2013 2:30—6:30  
 Marathon Sports  
 134 Washington Street, Norwell, MA

### Race Schedule:

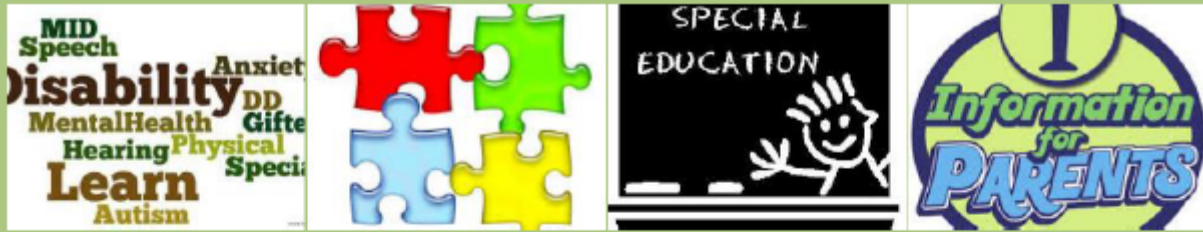
9:00 - 10:45: Registration and t-shirt pick-up  
 11:00: The Harvest Run begins!  
 \* Refreshments provided after the race\*

**SSCPS Family Registration**  
 \$40.00 / family – up to 2 runners  
 unlimited walkers  
 Please add \$3.50 per additional runner

**SSCPS Student Registration**  
 \$15.00 / individual student

All funds raised will be used to develop outdoor spaces for health and recreation at the South Shore Charter Public School.

# SSCPS SEPAC Fall Newsletter



## SEPAC Fall/Winter Workshops

(All Workshops begin at 7:00pm and are held at SSCPS)

### 10/22/13 - Basic Rights

This workshop, presented by the Learning Services Director, Matthew Tondorf, provides families with an introduction to their rights and responsibilities under the Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law and No Child Left Behind (NCLB). It is designed to help parents learn how to be effective partners with their child's school to decide the child's eligibility for special education, and to plan, make decisions and monitor their child's progress in school.

### 11/19/13 - Introduction to Social Thinking

This workshop will be presented by the Speech and Language Pathologist, Jessica Zutaut and the Level 1 Learning Services Teacher, Michelle Gallagher.

### 12/17/13 - Social Thinking / Zones of Regulation

This workshop will be presented by the Occupational Therapist, Carol Wise.

**Meetings and Workshops are free and open to all!**

# South Shore Charter Public School



Dear SSCPS Families,

It's been a great pleasure being a part of such a wonderful establishment thus far. The staff has been very kind and helpful in every way imaginable. The students have been cooperative and receiving of the lessons that I've taught. This letter is in regards to forming an afterschool Band Program for **students in Level III and Level IV**. The band will meet on **Tuesdays** and **Thursday** from 3:25-4:35 here at SSCPS.

Learning to play an instrument is a great way for students to grow to express his or herself in a new way; musically. These potential instrumental musicians will be playing in a band setting. Knowing that they each have a specific part to play in making the music come together as a whole, will feed their desire to learn to play even more.

There is a cost for renting an instrument, but not for participating in the program. There is a monthly **Rental-to-Own fee** for the instruments which is \$29.35 for Flutes, Clarinet, Trumpet, and Trombone; and \$45.17 for the Saxophone. The payments go toward the owning of the instrument. More specific payment information including instrument payoff will be available when the instrument is selected. The instruments will be from the company, Music and Arts. Soon, your child will **OWN** their **First Instrument!**

If you are interested in participating in the afterschool band program, please fill out the application on the back and bring it to the front desk **As Soon As Possible**. If you have any questions, feel free to contact me.

Sincerely,

Theron Leonard  
Music Teacher  
South Shore Charter Public School  
tleonard@sscps.org  
781.982.4202 x318





**South Shore Charter Public School Afterschool Band  
Level III and Level IV Students**

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_

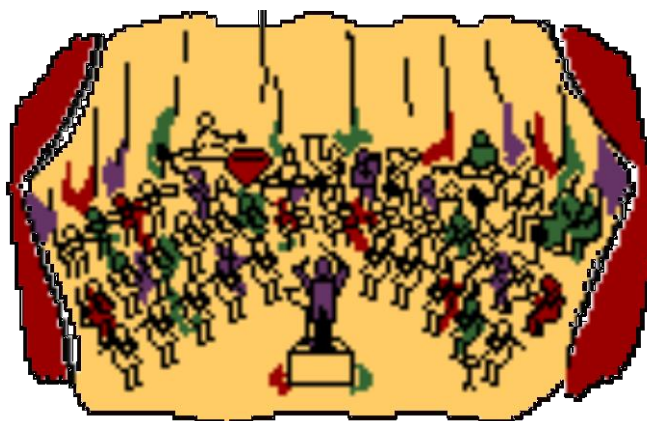
Parent / Guardian's Name: \_\_\_\_\_

Contact Email Address: \_\_\_\_\_

Main Telephone Number: \_\_\_\_\_

Grade (circle): 5 6 7 8

Band Instrument of Choice: \_\_\_\_\_



Please return this form and payment to the front desk **As Soon As Possible**.



## **South Shore Charter Public School Chorus**



**Application for SSCPS students grades 2-6**

**Mondays 3:10pm-4:15pm  
starting September 30th**

**Student Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City, Zip Code** \_\_\_\_\_

**Parent / Guardian Name** \_\_\_\_\_

**Parent / Guardian Email Address** \_\_\_\_\_

**Main Telephone Number** \_\_\_\_\_

**Level / Teacher** \_\_\_\_\_

**Cost: \$25.00 per child or \$30.00 per family  
Please make checks payable to SSCPS**

Scholarships are available to those who qualify. Please contact Kristine Shipps at [kshipps@sscps.org](mailto:kshipps@sscps.org) for details.

**Session 1 begins Monday, September 30, 2013 and continues every Monday until December 9, 2013.**

**The Chorus will perform at the SSCPS Winter Concert, Wednesday, December 11.**

**For more information contact:**

**Wardie Mannix at [hm Mannix@sscps.org](mailto:hm Mannix@sscps.org)**

**or**

**Cyndi Wormald at [cindavesam@yahoo.com](mailto:cindavesam@yahoo.com)**

**PACER's National Bullying Prevention Center™**  
presents

**Make it orange. Make it end.**



**UNITE**  
← →  
**AGAINST**  
**BULLYING!**



**Show your true colors!**  
**Unite together and support**  
**students being bullied**  
**everywhere. Show them**  
**that they are not alone - that**  
**someone cares by wearing**  
**orange on October 9.**

**Together we can lead the**  
**movement against bullying!**



**Learn more at:**  
**[pacer.org/bullying](http://pacer.org/bullying)**

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**Breakfast Order Form**  
**Breakfast for the Month of October, 2013**  
Due to the office by 3:00 pm, \***Tuesday**, October 1, 2013

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

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

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
10/7 – 10/11

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
10/14 – 10/20

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
10/21 – 10/25

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
10/28 – 11/1

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 October, 2013  
*Due to the office by 3:00 pm, \*Tuesday, October 1, 2013*

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

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

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
10/7 – 10/11

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
10/14 – 10/18

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
10/21 – 10/26

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
10/28 – 11/1

Number of Meals ordered \_\_\_\_\_ X      \$3.25

*Less credit due*

**Total Amount Enclosed**

\_\_\_\_\_

\$\_\_\_\_\_

Cash or Checks may be made out to SSCPS.

**Choice of 1% milk, skim milk or orange juice is included with the purchase of a meal or can be purchased separately for 30 cents.**

*Please note: If your child has forgotten lunch, a cheese sandwich will be provided at the cost of \$2.25. A note from the office will go home that afternoon for reimbursement.*



**South Shore Charter School**  
*October, 2013*

**Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday
7 3.6 oz. WW Blueberry Muffin Orange Juice Milk	8 WG Cinnamon Roll Orange Juice Milk	9 Plain Bagel w/Jelly Orange Juice Milk	10 3.6 oz. WW Chocolate Muffin Orange Juice Milk	11 <b>NO SCHOOL</b> Professional Dev. Day
14 <b>COLUMBUS DAY</b>	15 WW Croissant w/Jelly Apple Milk	16 2 oz. Frosted Flakes Apple Juice Milk	17 3.6 oz. WW Banana Muffin Orange Juice Milk	18 WG Cinnamon Roll Orange Juice Milk
21 Cinnamon Raisin Bagel w/Jelly Orange Juice Milk	22 3.6 oz. WW Chocolate Muffin Orange Juice Milk	23 3.6 oz. WW Apple Muffin Orange Juice Milk	24 WG Cinnamon Roll Orange Juice Milk	25 2 oz. Frosted Flakes Orange Juice Milk
28 3.6 oz. WW Apple Muffin Orange Juice Milk	29 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	30 Toasty O's WW Apple Cinnamon Waffle Grahams Orange Juice Milk	31 Cinnamon Raisin Bagel w/Jelly Orange Juice Milk	Nov. 1 3.6 oz. WW Chocolate Chip Muffin 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!**



**South Shore Charter School - Grades K-8**  
**October, 2013**

**LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
7 BBQ Chicken on a WW Bun Sweet Potato Fries w/Ketchup Apple Juice Milk	8 American Chop Suey Green Beans Whole Wheat Roll Orange Juice Milk	9 Chicken Alfredo w/Ziti Broccoli Applesauce Milk	10 Chicken Caesar Salad WW Wrap Cucumber Pears Milk	11 <b>NO SCHOOL</b> Professional Dev. Day
14 <b>COLUMBUS DAY</b>	15 Beef Hot Dog on a WW Roll Baked Beans Ketchup Fruit Cocktail Milk	16 <b>EARLY RELEASE</b>	17 Turkey Ranch WW Wrap Cucumber Mandarin Oranges Milk	18 Cheese Pizza Broccoli Corn Peaches Milk
21 Hamburger on a WW Bun Baked Beans Ketchup Apple Milk	22 Ziti w/Meatballs Broccoli Whole Wheat Roll Orange Juice Milk	24 Chicken WW Quesadilla Green Beans Banana Milk	25 Pancakes Sausage Patty Sweet Potato Baked Apple Slices Milk	26 Turkey & Gravy Potato Puffs Whole Wheat Roll Orange Milk
28 Macaroni & Cheese Broccoli Mandarin Oranges Milk	29 Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk	30 Mexican Chicken WW Wrap Sweet Potato Fries Ketchup Apple Milk	31 Buffalo Chicken WW Wrap Chickpea Salad Pineapple Chunks Milk	Nov. 1 Cheese Pizza Green Beans Potato Wedges Fruit Milk

\*All Meals include 8 ounce Milk - Choice of 1% or Skim

**ALL MENUS ARE SUBJECT TO CHANGE**

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



**South Shore Charter School - Grades 9-12**  
**October, 2013**

**LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
7 BBQ Chicken on a WW Bun Sweet Potato Fries w/Ketchup Apple Juice Fruit Cocktail Milk	8 American Chop Suey Green Beans Whole Wheat Roll Pineapple Chunks Orange Juice and Milk	9 Chicken Alfredo w/Ziti Broccoli Whole Wheat Roll Applesauce Milk	10 Chicken Caesar Salad WW Wrap Cucumber Pears Orange Juice Milk	11 <b>NO SCHOOL</b> Professional Dev. Day
14 <b>COLUMBUS DAY</b>	15 Beef Hot Dog on a WW Roll Baked Beans Ketchup Fruit Cocktail Milk	16 <b>EARLY RELEASE</b>	17 Turkey Ranch WW Wrap Cucumber Mandarin Oranges Banana Milk	18 Cheese Pizza Broccoli Corn Peaches Milk
21 Hamburger on a WW Bun Baked Beans Ketchup Apple and Pears Milk	22 Ziti w/Meatballs Broccoli Whole Wheat Roll Fruit Cocktail Orange Juice and Milk	24 Chicken WW Quesadilla Spanish Rice Green Beans Banana and Peaches Milk	25 Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	26 Turkey & Gravy Potato Puffs WG Cinnamon Roll Orange and Peaches Milk
28 Macaroni & Cheese Broccoli Mandarin Oranges Whole Wheat Roll Milk	29 Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Whole Wheat Roll Milk	30 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	31 Buffalo Chicken WW Wrap Chickpea Salad Pineapple Chunks Milk	Nov. 1 Cheese Pizza Green Beans Potato Wedges Fruit Milk

\*All Meals include 8 ounce Milk - Choice of 1% or Skim

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