



FROM THE 7-12 PRINCIPAL

I am proud to announce the twelve students from South Shore Charter Public School who were awarded John and Abigail Adams scholarships:

Matthew Algera
Kathryn Aucella
Jonathan Boyle
Chad Bruce
Kaissac Griffin
Jessica Hoffman

Kiserian Jackson
Michel Joseph
Grace Moore
Tyler Tsang
Madeline White
Kayleigh Wright

CONGRATULATIONS! The scholarship provides a tuition waiver for up to eight semesters of undergraduate coursework at a Massachusetts state college or university. High School Seniors become eligible for the scholarship when they score at the Advanced and Proficient levels on grade 10 MCAS tests in English Language Arts and Mathematics. A student must earn a score of Advanced on the ELA or Mathematics test and a score of Proficient or higher on the second test. Students must also have combined scores from the MCAS ELA and Mathematics tests that place them in the top 25% of students in their graduating class at SSCPS or in their sending district. Starting with the class of 2016, high school science score will be factored in. Thirty-six percent of our Senior class earned these scholarships this year!

Two weeks ago Mary Carter, Joe Kay, and I accompanied the Senior class on an overnight retreat to kick off their final year at SSCPS. This was the fourth year of a trip that has become an annual tradition. Over the course of two days students participated in organized team-building activities, played hours of basketball and volleyball, enjoyed water sports, pushed themselves to get to the top of a climbing tower, and took turns on a zipline. We ended our evening on Thursday with a night hike followed by music and s'mores around a campfire.



The retreat gave our Seniors time to come together as a class and strengthen their bonds. It provided students with a much needed opportunity to exercise, enjoy time in the sun, and socialize. With the pressures that surround the college admissions process, Seniors sometimes forget to stop and enjoy the time that they have left with each other. Please do not hesitate to contact me with any questions or concerns. *Angie Pepin – apepin@sscps.org*

Wednesday	10/02	Register today for the Harvest Run to guarantee a T-shirt	
Thursday	10/03	NHS to participate in Read for the Record	
Friday	10/04	High School Aquatics to NE Aquarium	
Wednesday	10/09	Level III Cyber Citizens sponsor Unity Day	
Save the Date	10/19	Harvest Run – Wompatuck State Park – Hingham, MA	

ANNOUNCEMENTS

MathCounts Kickoff Meeting – Join our Middle School Math Team

The SSCPS chapter of MATHCOUNTS, "a national enrichment club and competition program that promotes Middle School math achievement" is beginning its second year. Open to 6th, 7th, 8th graders. Come to our first meeting, Wednesday, October 9th 3:15 -4:15 pm. in Rm. 201 on Level IV. See <http://mathcounts.org/> for details.

Contact Jody Regan for more information x362 or jregan@sscps.org.

Level III Cyber Citizens Swap Shop! The students in Level III's Cyber Citizens Project are starting a Swap Shop where students can donate items that they don't use anymore and trade the item at the Swap Shop. Items include: cards, board games, video games, controllers, headphones, Legos, action figures, books and for the month of October Halloween costumes. For more information visit Donovan's room (209).

ATHLETIC DEPARTMENT UPDATE

High Soccer Results

The high school girls' soccer team added to their record with a 4-1 win over Codman Academy last Wednesday. It was an extremely physical game and a well-deserved win for the jaguars. Contributing to the scoring was 8th grader Catie Bowman, and sophomores Arianna Hartz and Christine Nwafor (2). The boys' soccer team lost a tough match against the Codman boys 2-1. The game was close throughout and ended dramatically as the Codman boys scored with less than thirty seconds remaining. The girls have a record of 2-3, while the boys are 3-2.

Come support the Jaguars as they look to continue their strong play today at the Hanover YMCA against Boston Prep. Girls start at 3:30 and Boys at 4:45.

Upcoming Events

10/3 Cross Country Meet at Breakheart Reservation, Saugus - Middle School 4:00 and High School directly after

10/3 Girls Volleyball at Prospect Hill - Area IV Youth Center, Cambridge- 5:30

10/4 Middle School Soccer vs. Calvary Chapel -Hanover YMCA - 4:00

10/4 High School Soccer at APR - Kelly Field, Hyde Park- Girls 3:00, Boys 4:15

10/5 Girls Volleyball at Codman Academy -Epiphany School, Dorchester- 1:00

10/8 High School Soccer at Pioneer-Madeline English School, Everett- Girls 3:00, Boys 4:15

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) 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 4th**

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.

Upcoming Events

Name of Organization	Dates	Info
Hull Community Television videographers, audio technicians, producers, musicians	ongoing	pseitz@town.hull.ma.us
My Brother's Keeper various volunteer opportunities year round	continuous	Stonehill College, Easton MA www.mybrotherskeeper.org
New England Wildlife Center- hands on work caring for animals	continuous and/or special events	Weymouth, MA www.wildlife-education-center.com
Cardinal Cushing Centers	ongoing volunteer opportunities working with individuals with special needs	Hanover, MA www.cushingcenters.com/support/volunteer
Marshfield Council on Aging	continuous; assist homebound seniors with food shopping	Donna Weinberg coadmoxie@comcast.net
Soles 4 Souls	host a shoe drive for disadvantaged communities	www.soles4souls.org
Step Out Walk to Stop Diabetes	10/19/13	www.stepout.diabetes.org
Hanover Council on Aging	create a scrapbook of pictures from events held at the COA	Katie O'Brien 781 924-1913

COMMUNITY INTEREST

The 6th annual "**Discover the Woods**" 5k Trail race and 1 mile fun run / walk is on Sunday, October 6th, 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. There are

prizes for top finishers and everyone gets a cool organic cotton produce bag. Registration is \$25 for adults, \$15 for children ages 12 and under. Signup online at 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 in Cohasset has space in 2 fun afterschool programs that are happening at the farm this fall – “Hardy Holly Hillers” is an hour of hiking and nature exploration around the trails of the farm for children ages 5-8. “Autumn Animal Care” is a chance to collect eggs, feed the animals and put them into their enclosures for the night for children ages 8-12. For more information, visit www.hollyhillfarm.org.

Holly Hill Farm is having a Farm to Table Dinner and Silent Auction on Saturday October 19 at 5:30 in the cozy heated greenhouse at the farm. Guest chef Maryann Saporito of Hola Restaurant in Marshfield will use the farm’s certified organic produce throughout the meal to create a delicious fall feast that will be paired with organic wines. This will be the 5th farm to table collaboration with chef Maryann and diners at past events have described the evenings as “magical” and “perfect.” Maryann’s cooking embodies the philosophy of fresh farm food, prepared simply and served from the heart. Combine food with *Friends of Holly Hill Farm* and the meal becomes an intimate evening of locavore dining at its best. The evening will include a tempting array of silent auction items as well. Cost is \$100 per person. Please call [781-383-6565](tel:781-383-6565) or email fhhf@verizon.net to reserve a spot. Proceeds from the evening benefit the *Friends of Holly Hill Farm*, the non-profit education center that uses the farm as its outdoor classroom and teaches in 26 school gardens in 8 South Shore towns.

Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. For directions and more information, visit www.hollyhillfarm.org.

**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**



Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 19, 2013

Wompatuck State Park
Hingham, Ma

**T-Shirt order is being placed today
To guarantee a Harvest Run t-shirt, register TODAY!
SSCPS family and student discounts are only available
until October 17 at SSCPS.**

For more information, contact
Denise Demaggio at ddemaggio@sscps.org or 617-653-8246

For individual registration visit:

<http://www.lightboxreg.com/harvest-run-road-race>

Family discount is available for SSCPS students, staff, and their immediate families at SSCPS only.

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 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 October 2nd*
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:

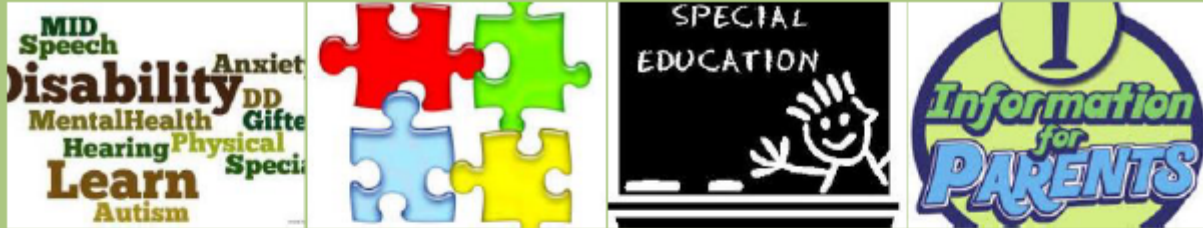
9:00 - 10:45: Registration and t-shirt pick-up
 11:00: The Harvest Run begins!
 * Refreshments provided after the race*

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
**Please make checks payable to SSCEF*

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!



SSCPS PA Grant Request

2013

Requests must be returned by Tuesday, October 22, 2013

Date:

Total Amount Requested*:

Date Required:

Description of request (be specific!):

Supplier Information

Company Name:

Address:

Telephone Number:

Fax Number

Website:

People who will benefit if request is granted:

Submitted by

Name:

Title:

Email Address:

Telephone Number:

*Amount requested must include any and all taxes, labor, set-up charges, delivery fees, etc. Do the research and make sure the amount requested is **completely accurate** and/or get realistic quotations from the proposed vendor. Requests with incomplete information cannot be considered. Attach any supporting documentation necessary to help the Task Force make an informed decision.

Please return form to PA Treasurer, Kerry Griffin, no later than Tuesday, 10/22/13. There will be an envelope at the front desk, or email me rockgriff@verizon.net, or call 781-733-2073.

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: _____

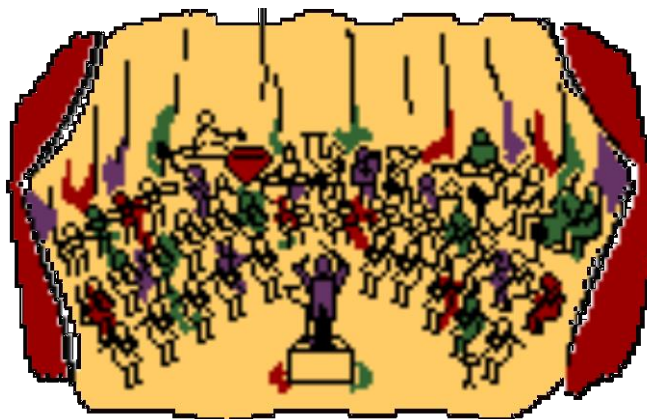
Parent / Guardian's Name: _____

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 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

or

Cyndi Wormald at cindavesam@yahoo.com

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2013



South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Brush your teeth

Encourage your child to brush her teeth after every meal and snack at home. It will help prevent cavities—and it will signal to her that she has finished eating. When she has a nice minty taste in her mouth, she won't be as likely to "ruin" it with potato chips or a piece of candy.

DID YOU KNOW?

Early-morning exercise can help your youngster learn better by improving his attention span and ability to listen. Set your alarms for 10 minutes earlier so he can shoot hoops or play catch after breakfast. Or if you live close enough, walk or bike to school instead of driving.

Vending machines

Children love to put coins in a vending machine, press a button, and have food pop out. Keep the fun, but suggest healthy choices by using vending machines as a teachable moment. Talk



about the foods in the machine, and ask your youngsters which ones they think have more "good stuff" like vitamins, protein, or calcium.

Just for fun

Q: What has 100 legs but can't walk?

A: Fifty pairs of pants.



Add a dash of fun

Making it fun to eat nutritious foods is a surefire way to get your youngster on board. So go ahead, make it cool to be healthy! Here are a few ideas to get you started.

Who am I?

Come to the table as your favorite vegetable. Your child could blow up green balloons and tape them to his shirt—he's peas. Or you might put on an orange shirt, orange shorts, and a green hat—you're a bunch of carrots. Then, be sure to serve the vegetable your youngster is wearing. He will definitely want to eat it!



The name game

It's amazing what a few words can do. Call healthy foods by clever or funny names, and your youngster will be more apt to try them. In fact, studies have shown that children are twice as likely to eat healthy foods when they have amusing names. For instance, serve Shark Attack Salmon or Touchdown Turkey Tacos. *Idea:* Announce the name

ahead of time, and ask your child to decorate a menu card for the table.

All about me

Relating healthy foods to your youngster's special interests can make all the difference. Is he fascinated with outer space? Arrange a fruit salad to look like the solar system, and offer him Mercury (a blueberry) or Jupiter (orange slices). Even better, have him help pick out the fruits and create the dish. If baseball is his passion, tape a picture of a player with a milk mustache to his glass of milk. Or serve a container of applesauce or yogurt in his catcher's mitt. ●

Playground challenges

Help your child work up a sweat at the playground by heading there with specific activities in mind. Try these options.

Follow the leader. The challenge is to use every piece of equipment at least once. Your youngster could be the leader first, and then you can take a turn.

Swing high. Pump your legs five times to see how high you can go. Then try 10 times.

Chase each other. Have your child be "It" while you run around the perimeter of the playground. When she tags you, you're "It," and you have to catch her.

Tip: Double the fun by meeting another parent and child at the playground. Or let your youngster take along a friend. ●



Dinner in a jiffy

You just got home from work. You're tired. The kids are hungry. How can you get dinner on the table quickly? A little advance planning and tips like these can help:

- Develop a repertoire of quick recipes. You could search online for "healthy three-ingredient recipes" or "healthy 10-minute recipes."



Save the recipes in a computer folder, or print and keep them in one easy-to-find place (a binder on your kitchen counter, clipped to your refrigerator).

- Each weekend, plan the meals you'll make in the coming week. You could ask each person for a suggestion (if there are four people in your family,

ACTIVITY CORNER

I'm a yogi, you're a yogi!

Stand tall like a tree, stretch like a cobra, or make your body into a bridge. Doing yoga together is a great way to build your child's strength and coordination—and his confidence. Begin by holding each pose for 10 seconds, and work up to 30 seconds or more.

Be a tree. Standing straight, shift your weight onto your right leg, and bring your left foot up so it rests below or above your right knee (but not on your knee). Raise your arms up high like the branches on a tree. Repeat on the other side.



Be a cobra. Lie stomach down with your palms flat and under your shoulders. Press into your palms, and lift your head and chest up (your lower body stays on the floor).

Be a bridge. Lie on your back with your knees bent (feet hip-width apart) and arms by your sides. Press into your feet, and lift your hips up. Reach toward your ankles with your arms. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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that takes care of four dinners). Try to include a meal that will cover two nights, such as baked chicken on Monday that can become chicken salad on Tuesday.

- Nothing delays dinner more than having to run to the store for an ingredient. Avoid that by reading recipes through ahead of time to make sure you have what you need. Also, be flexible. You can often substitute one vegetable or spice for another—and you might even prefer the new dish you create!

- Use shortcuts. You can get pre-cut, bagged vegetables or cut-up fruit from the salad bar at the grocery store. Making pasta? Buy (low-sodium) pasta sauce and (low-fat) grated cheese—all you'll need to do is boil the noodles and warm the sauce. ●



IN THE KITCHEN

Crazy for cauliflower

There are so many ways to use a head of cauliflower! Consider these suggestions for cooking with cauliflower, a good source of vitamin C, potassium, and other nutrients.

The basics: With a knife, cut off the core and leaves. Let your child break the cauliflower into *florets* (or small pieces that look like flowers). Rinse under cool running water. Or you can use frozen cauliflower.

Pizza crust. Microwave the florets until tender, and puree in a blender or food processor. Combine 1 cup pureed cauliflower with 1 egg, 1 cup shredded skim mozzarella cheese, and 1 tsp. oregano. Press the mixture onto a greased cookie sheet. Bake at 450° for 12–15 minutes. To make your pizza, add marinara sauce, toppings, and cheese. Broil until hot.



Roast. Spread cauliflower pieces in a single layer on a baking sheet. Drizzle with a little olive oil. Bake at 350° until tender, stirring occasionally (30–45 minutes).

"Mashed potatoes." Microwave florets 6–8 minutes, and puree. Mix with ½ cup fat-free milk, 1 tbsp. butter, and freshly ground pepper. Stir until smooth.

Tip: To add extra nutrients to everyday dishes, cook cauliflower, and chop into small pieces. Then, layer them into lasagna, or stir into soups, stews, or macaroni and cheese. ●

Breakfast Order Form

Breakfast for the Month of October, 2013

Due to the office by 3:00 pm, ***Tuesday**, October 8, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

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 8, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

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 NO SCHOOL Professional Dev. Day
14 COLUMBUS DAY	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 NO SCHOOL Professional Dev. Day
14 COLUMBUS DAY	15 Beef Hot Dog on a WW Roll Baked Beans Ketchup Fruit Cocktail Milk	16 EARLY RELEASE	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 NO SCHOOL Professional Dev. Day
14 COLUMBUS DAY	15 Beef Hot Dog on a WW Roll Baked Beans Ketchup Fruit Cocktail Milk	16 EARLY RELEASE	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

ALL MENUS ARE SUBJECT TO CHANGE

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