



FROM THE K-6 PRINCIPAL



Last Thursday, October 31st, was Carrot Festival Day here at SSCPS. I had been planning the Festival since last winter when Amy (Vandenberg) Koskowski was awarded a grant from the Whole Kids Foundation, the foundation connected with Whole Foods, for improvements to our school's gardens. Amy wanted to make sure that as many students as possible could benefit from the gardening opportunities that her students got through her Garden Project and its work with Holly Hill Farm. Amy took the initiative and got us an additional \$1,000 for gardening here at SSCPS. We were able to expand the garden beds through the cross-level work led by a group of students from Joe Kay's Level IV Helping Hands Project. These students designed the beds, ordered the supplies and built and rebuilt the beds with the help of a few adult volunteers.

This new space allowed the students from Amy Koskowski's, June Fontaine's and Bill Tramontana's Projects to cultivate garden plots and for us to plant a lot of carrots. In fact we planted enough carrots for every one of the students in the school to have a carrot.

Carrot farming is very gratifying but it takes some patience, especially if you want the best carrots. Carrots develop their best flavor only after a frost when some of the starches convert to sugars. It was tricky to plan an event that would involve every student in the school and yet not be able to schedule it well in advance. It is problematic because, while there are predictable windows in which we have a frost in Norwell, the weather is different every year. Well, on October 24th and 25th the school had its first frost and the wheels began to spin. I met with the Level Coordinators and the garden teachers, and enlisted Emily Merwin and her Project students and we made a plan. The Carrot Festival was to be held on the 31st. Schedules were made and refined. The Level I students pulled all of the carrots and the Level IV students washed them all.



Gary Nisbet, our fabulous building sub and prominent painter, saw the excitement about carrots and, unbidden, made a fabulous drawing that became the basis of a poster that Dee Delaney and I composed. Soon it was the day and it was all that I dreamed it would be. The carrots really were good; the frost had done its magic. There really were enough not only for the students but for the staff. Then there was the sound, on the day of Halloween, of a room full of 90 or so students eating carrots in enough quiet that you could hear the crunch. Many students who did not think that they liked carrots did like these carrots. The pictures tell the story and I have some movies of the harvest and the cleaning and the eating that are testaments to what a fine school we are.

We are miles to go from being able to grow the food that our students eat day in and day out. Probably that will remain only

a dream of mine, but for one day we were able to grow and serve a carrot for every student and nearly every staff member of the school and the carrots were good and it was good. Some even said that the carrots were the best carrots they had ever eaten and some of those folks were well over six years old, some 16, some 45.

Another event that is coming up is **Math Night**. Math Night is next Wednesday, November 13 from 6:00 to 7:00. This is a night designed for adults of students K - 6 to learn about how we teach Singapore Math here at SSCPS. The purpose of the night is to help you help your child. Please come, the teachers put a great deal of effort into Math Night and in the past it has been very helpful to families. See you next Wednesday.

Ted Hirsch – thirsch@sscps.org

Friday	11/08	K-12 Grades Distributed	
Monday	11/11	Veteran’s Day – No school	
Tuesday	11/12	Fall Book Fair	
Wednesday	11/13	Fall Book Fair	
Wednesday	11/13	K-6 Math Night	6:00-7:00pm
Thursday	11/14	School Council	3:30pm
Saturday	11/16	Enrollment Open House	1:00-3:00pm

ANNOUNCEMENTS

SSCPS Apparel

Just in time for the holidays, South Shore Charter Public School is excited to announce that our school apparel is now available through our website. Simply go onto our website (www.sscps.org) and find the link under *News and Events*. All orders will be shipped directly to your home. Happy shopping!

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

HEALTH OFFICE

The Health Office will be conducting the 3rd grade screenings during the next two weeks. The screenings include height, weight, vision and hearing screening. Please contact the Health Office at ext. 104 if you have questions or concerns.

ATHLETIC DEPARTMENT UPDATE

Girls Volleyball

Starting out the first year of a new sport at a school can be intimidating as well as extremely difficult. Not only do players have to learn the rules and objectives of the game but also build skills not previously possessed. I played volleyball for seven years and went as high as the college level. With the experience I had, I must say, I had a prediction that this would be a learning year, rather than a year where we were able to compete with the teams in our league who have had volleyball at their schools for as many as three years. Boy was I wrong! One of the most consistent comments the Lady Jaguars received after one of their volleyball matches was utter disbelief that it was our first year having the sport of volleyball available at SSCPS. These comments not only came from other players and coaches, but even the referees of the matches complimented these athletes and said, “You would never know it’s your first year having volleyball.” I think those thoughts and comments speak volumes for the amount of hard work the Lady Jaguars on the volleyball team put in this season.

This season we only were able to have 3 practices before our games started and we only had three players out of sixteen that had ever played the sport before. Since volleyball is such a short season, we had to squeeze a lot of games into a small amount of time, not only due to the shortness of the season but also because it was difficult to find gym times. Even with all the games being packed into a small amount of time, the girls on the team were able to build on their skills and win numerous matches against our opposing schools. Even more impressive was the fact that we were the only school in the charter league this year that was new to volleyball; all the charter schools we played had had volleyball for up to three years before us.

There are not enough good things that can be said about the girls who worked tirelessly through this season. A majority of the team are level IV students while only four were high school students. The Level IV players include; Denesha Lafontant, Madison McGuiness, Amy Onwuka, Gabby Hebert, Molly Kirves, Amelia Dalton, Marly Moise, Naomi Zorilla, Nnenna David, Tessa Schafer-Flynn, Cassie Amicangelo, and Nicole Rousseau. The high school players include; Sarah Phanord, Emma Goldberg, and Co-captains Melanie Sullivan and Katherine Griffiths. Our team manager, senior Brianna Lemkin, was vital to the team this year, keeping stats and official scoring at our games. Katherine Griffiths received "Player of the Game" in 12 of the 13 matches she played in while 8th grader Nicole Rousseau received "Player of the Game" as well.

This year was exciting and extremely positive. I'm confident we will continue to build on the skills learned this year and continue rising through the ranks of charter school volleyball teams.

Jenn Johnson – Volleyball Coach

Good Luck to the Middle School Soccer Team

SSCPS will be playing Salem Academy in Salem on Friday. The winner will advance to the Middle School Playoffs on Sunday.

Fall Sports Banquet

On Friday, November 15th from 3:30-5:00pm, a sports ceremony for all fall teams will take place in the gym space to recognize the athletes and teams for another successful season. More information to come in next week's update.

Stay tuned for more season recaps next week!

PARENTS ASSOCIATION

FALL BOOK FAIR

The Library Committee is hosting the annual *Fall Book Fair* on **Tuesday November 12th and Wednesday November 13th**. This event is a major fundraiser for the library, and profits are used to purchase new books for the library.

We have again partnered with local independent bookseller Janet Bibeau from StorybookCove, which is conveniently located in the nearby Merchants Mall (2053 Washington St.) in Hanover. Janet has been providing us with an outstanding selection of titles for our K-12 students. The collection is available for browsing on both days, and the list is available online at their website (www.storybookcove.com). Teachers have signed up to bring their students to the fair to develop their 'wish lists'. Students will then bring home the booklet with the list of books plus an order form for making purchases. **Checks should be made out to SSCPS.**

**** Holiday Holds:** If you would like to order books as holiday presents, mark those titles on your order form with an 'H'. Those books will be delivered separately from the rest of your order. **The order forms are due Friday November 15th , and the books will be delivered to your child by November 26th before Thanksgiving.**

Questions? Please email them to librarian@sscps.org.

Book Fair Volunteers needed! If you can commit a 1.5-2 hour block of time on either Tuesday November 12th (8am- 2pm) or Wednesday Nov. 13th (8am-2:00pm) to assist students as they browse the Book Fair, please email Sue Duchaney at s.duchaney@comcast.net the time/s that you could work. The Library Committee would appreciate your assistance, as would the teachers.

COMMUNITY SERVICE OPPORTUNITIES

CLOTHING/BABY ITEM DRIVE FOR “ROOM TO GROW” – Ryan and Devin Benjamin are running a clothing/baby item drive for Room to Grow. Room to Grown is a non-profit organization dedicated to enriching the lives of babies born into poverty throughout their critical first three years of development. They are looking for donations of new and gently used baby items in truly excellent condition, appropriate for newborns to age 3, including clothing to size 5T, shoes, toys, books and blankets. Please see the attached flyer for a more complete list of items, including items of urgent need. **There is a box in the school lobby to drop off donated items.** If you have larger items that you would like to donate, please contact Kerry Benjamin at 781-982-0866 to schedule a pick up. Thank you in advance for your help!

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.



Do you have infant & toddler items to donate?

Your donation can directly transform the life of a baby born into poverty.



Room to Grow is a non-profit organization dedicated to enriching the lives of babies born into poverty throughout their critical first three years of development.



Room to Grow's program provides parents with one-on-one parenting support and essential baby items to ensure their child's healthy and secure start in life.

Donate. Volunteer. Contribute.

Room to Grow
142 Berkeley Street
Boston, MA 02116
617.859.4545

www.roomtogrow.org

Room to Grow accepts donations of new and gently used baby items in truly excellent condition, appropriate for newborns to age three.

Clothing to size 5T, Shoes, Toys, Books, Blankets, Sheets, Towels, Washcloths, Bibs, Strollers, High Chairs, Bouncer Chairs, Bassinets, Baby Carriers, Bouncy Seats, Swings, Play Mats, Exercisers, Bathtubs, Potties, Feeding Supplies, Baby Proofing Items, Baby Monitors, Diaper Bags, CDs, Photo Albums, Baby Room Accessories

* Urgent need for pants, long sleeve shirts and sweaters, size 24m-3T, parenting books, Spanish board books, exercisers and strollers

The following items are accepted new only:
Bottles, Cups, Nipples, Teethers, Baby Shampoo & Lotion, Diaper Cream, Baby Care Items, Breast Pumps & Accessories, Toothbrushes

Sorry, we cannot accept: (for reasons of safety, hygiene, or appropriateness)
Cribs, Baby Furniture, Car Seats, Car Seat Carriers, Diapers, Diaper Pails, Formula/Baby Food, Stuffed Animals, Walkers, Bath Seats, Crib Bumpers, Maternity Clothing, Pregnancy Books, Sleep Positioners

Please, nothing stained, teethered on, worn in appearance, missing parts or in any way unsafe for young children.

Upcoming Events

Name of Organization	Dates	Info
My Brother's Keeper wrap Christmas gifts	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
Father Bills/MainSpring various volunteers opportunities in Quincy and Brockton	Continuous	www.helpfbms.org/get/volunteer
Soles 4 Souls	host a shoe drive for disadvantaged communities	www.soles4souls.org
Hanover Council on Aging	create a scrapbook of pictures from events held at the COA	Katie O'Brien 781 924-1913

**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**

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2013



BEST BITES

Skip the toy

When stopping for fast food, let your child know that restaurants aren't toy stores—meaning he should focus on the meal and not the toy. In fact, avoiding kids' meals altogether can lead to healthier choices. Encourage him to order from the regular menu and look for words like *grilled* and *baked*, rather than *fried* or *breaded*.

Hallway races

Do you run out of ideas for physical activity as the weather turns colder? Here's a thought: Turn your hallway into a speedway! Your youngster could race down the hall and back. Or she might do laps by running around the perimeter of the hallway. You can even tape up crepe paper streamers for her to break through at the "finish line."



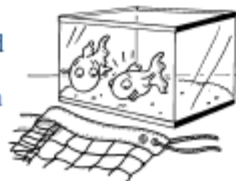
DID YOU KNOW?

Most school districts have a school wellness council of parents, school staff, and community members who advise them on ways to keep kids healthy. As a member, you may help survey families or discuss new policies. To get involved, check at the school office for more information.

Just for fun

Q: Why don't fish play tennis?

A: Because they're afraid they might get caught in the net.



Cut down on screen time

Time spent in front of a screen—whether it's a TV, computer, video game, cell phone, or tablet—is time spent not being active. Plus, children are more likely to overeat when they mix screens and snacks. Consider these ideas.



Find a starting point

For one week, have your child record her screen time and her active time (outside play, sports practices, games, dancing). Then, set a goal for balancing them, shooting for at least equal screen and active time—and preferably *more* time for activity. *Note:* Experts recommend no more than 1–2 hours of screen time a day.

Plot your strategy

Cutting back gradually will help your youngster get used to the changes. For instance, reduce daily screen time by 15 minutes each week. Decide together which TV shows she will watch, and make sure she turns off the set when each program ends. Also, schedule in her computer or

video game time, and have her set an alarm as a signal to stop.

Look for alternatives

While it may be tempting to let your child entertain herself with electronics, encourage her to find other things to do. Suggest a game, ask her to cook dinner with you, or plan fun family activities. When you go out, leave the video games at home and listen to music or talk in the car instead. *Tip:* Avoid using screen time as a reward or a punishment—that just makes it seem even more important to your youngster. ●

Bullying & food allergies

As if food allergies themselves aren't enough to deal with, children with these allergies are sometimes targeted by bullies.

If your youngster has allergies, remind him to stay away from trouble foods—no matter what anyone says to him. If he suspects his food has been tampered with (for example, kids are laughing and watching to see whether he'll eat something), he should not touch it. And if he feels threatened, he should remain calm—so he doesn't give the bullies any satisfaction—and immediately tell an adult.

Encourage your child to have a close friend be his "allergy buddy" and watch out for problems. Finally, if you fear he is being bullied, talk to his teacher right away. This isn't a problem he should have to handle alone. ●



Sounds healthy? Think again

Some foods catch us by surprise. They sound like they're nutritious, but they really aren't. Here are a few to watch out for.

Prepared salads. When you hear the word *salad*, you might automatically think "healthy." Think again if it's made with regular mayonnaise (chicken salad, potato salad, carrot-raisin) or topped with regular dressing. *Healthier alternative:* Greens and fresh vegetables with a drizzle of low-fat dressing.



Drinks. Flavored water and sports drinks may contain added sugar, artificial sweeteners, or sodium. *Healthier alternative:* Water with a "fruit ice cube" (freeze water with lemon or orange slices in a muffin tin).

Frozen yogurt. While healthier than ice cream, this frozen treat is often just a vehicle for candy and other high-calorie toppings. Also, at self-serve fro-yo shops, people tend to serve themselves a large portion. *Healthier alternative:* Freeze a container of nonfat Greek yogurt (stir fruit from the bottom first). Eat when slushy. ●



PARENT TO PARENT

International Night

Last spring, our daughter's school held an International Night, where families brought in foods from their cultures. Megan was so interested in the foods she sampled that she asked if we could have International Night at home. We decided that once a month we would pick a country and find recipes to make.

Last month we celebrated Denmark with *smørbrød* (open-faced) sandwiches. We put out rye bread and toppings like sliced tomatoes, mustard, roast beef, smoked salmon, cheese, and sliced hard-boiled egg. Everyone had fun making their own sandwiches and practiced saying "Tak for mad"—"Thanks for the meal" in Danish.

Next we're thinking about having Korean or Russian night. I'm glad our daughter is learning more about other cultures—and we're enjoying new foods at the same time! ●



ACTIVITY CORNER

Family fitness contests

There's nothing like a little competition for encouraging your youngster to get exercise. Try these ways to step up the action in your house.

How high, how far?

Pick a contest that begins with "How" for each day of the week. *Examples:* "How high can you jump?" "How many jumping jacks can you do?" Keep track of everyone's scores, and declare a winner for each contest. *Idea:* Make the challenge a cooperative one. For instance, you could say, "How far can we walk?" and set off for a family walk in your neighborhood, on a trail, or downtown.



Beat the clock

Brainstorm a list of individual activities like jumping rope, hopping on one foot, or doing cartwheels. Give each person a turn while someone times him (with a stopwatch or cell phone). Who can do the activity the longest? *Idea:* Name a sequence (do five push-ups, jump forward and backward five times, and do a cartwheel). Time each person to see who gets through the series the fastest. ●

IN THE KITCHEN

Edible bowls

What fun to make your bowl and eat it, too! Delight your child with these healthy ideas for edible bowls:

- Put 3 tbsp. Parmesan cheese on parchment paper, and microwave until golden brown, about 2 minutes. Turn a small bowl upside down on the countertop, flip the paper (with the cheese) onto it, and mold the cheese around the bowl. When cool, peel off the parchment paper and remove the molding bowl. Fill your cheese bowl with a tossed salad.

- Hollow out a whole-wheat roll. Heat tomato soup, and spoon it into the bread bowl.
- Scoop out cherry tomatoes, and fill with hummus. Or remove the insides of a regular tomato, and put in tuna salad (made with light mayonnaise).
- Microwave a potato for 8–10 minutes. Slice in half and scoop out most of the flesh. Fill with cooked broccoli and shredded low-fat cheddar cheese, then microwave to melt the cheese. ●



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 • rfecustomer@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.
ISSN 1935-4630

MASSACHUSETTS FREE AND REDUCED PRICE SCHOOL MEALS HOUSEHOLD APPLICATION



PLEASE COMPLETE FORM EVEN IF YOU DO NOT THINK YOU ARE ELIGIBLE FOR BENEFITS

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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		<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 - **SSCPS, Angie Pepin, Homeless Liaison, 781-982-4202x102.**

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
	\$	<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) ON BACK

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)

<i>Choose one ethnicity:</i>	<i>Choose one or more (regardless of ethnicity):</i>		
<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: _____

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

Determining Official's Signature: _____ Date: _____

Confirming Official's Signature: _____ Date: _____

Verifying Official's Signature: _____ Date: _____

2013-2014 Free and Reduced Income Eligibility Guidelines:

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

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 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.

REDUCED PRICE MEALS				FREE MEALS		
Household Size	Annual Income	Monthly Income	Weekly Income	Annual Income	Monthly Income	Weekly Income
1	\$21,257	\$1,772	\$409	\$14,937	\$1,245	\$288
2	\$28,694	\$2,392	\$552	\$20,163	\$1,681	\$388
3	\$36,131	\$3,011	\$695	\$25,389	\$2,116	\$489
4	\$43,568	\$3,631	\$838	\$30,615	\$2,552	\$589
5	\$51,005	\$4,251	\$981	\$35,841	\$2,987	\$690
6	\$58,442	\$4,871	\$1,124	\$41,067	\$3,423	\$790
7	\$65,879	\$5,490	\$1,267	\$46,293	\$3,858	\$891
8	\$73,316	\$6,110	\$1,410	\$51,519	\$4,294	\$991
Each additional person:	\$7,437	\$620	\$144	\$5,226	\$436	\$101

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired 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 provider and employer

Lunch Order Form

Lunch for the Month of November, 2013

Due to the office by 3:00 pm, ***Tuesday**, November 12, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
11/18 – 11/22

Week of Monday Tuesday Wednesday Thursday Friday
11/25 – 11/29

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 or skim milk 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 \$2.50. A note from the office will go home that afternoon for reimbursement.



South Shore Charter School
NOVEMBER, 2013

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
4 3.6 oz. WW Blueberry Muffin Orange Juice Milk	5 WG Cinnamon Roll Orange Juice Milk	6 Plain Bagel w/Jelly Orange Juice Milk	7 3.6 oz. WW Chocolate Muffin Orange Juice Milk	8 WW Croissant w/Jelly Apple Milk
11 VETERAN'S DAY	12 2 oz. Frosted Flakes Apple Juice Milk	13 3.6 oz. WW Banana Muffin Orange Juice Milk	14 3.6 oz. WW Chocolate Muffin Orange Juice Milk	15 WG Cinnamon Roll Orange Juice Milk
18 Cinnamon Raisin Bagel w/Jelly Orange Juice Milk	19 3.6 oz. WW Chocolate Muffin Orange Juice Milk	20 WW Croissant w/Jelly Orange Juice Milk	21 3.6 oz. WW Apple Muffin Orange Juice Milk	22 WG Cinnamon Roll Orange Juice Milk
25 2 oz. Frosted Flakes Orange Juice Milk	26 3.6 oz. WW Apple Muffin Orange Juice Milk	27 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	28 	29 NO SCHOOL Thanksgiving Break

* 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
November, 2013

LUNCH		Monday	Tuesday	Wednesday	Thursday	Friday			
4	BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Apple Juice Milk	5	American Chop Suey Green Beans Whole Wheat Roll Orange Juice Milk	6	Chicken Alfredo w/Ziti Broccoli Applesauce Milk	7	Chicken Caesar Salad WW Wrap Cucumber Pears Milk	8	Beef & Bean WW Burrito Corn Banana Milk
11	VETERAN'S DAY	12	Meatballs on WW Sub Sweet Potato Banana Milk	13	Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk	14	Jamaican Beef Patty Southwestern Beans Corn Tangerines Milk	15	Cheese Pizza Green Beans Potato Wedges Peaches Milk
18	Hamburger on WW Bun Baked Beans Ketchup Apple Milk	19	Ziti w/Meatballs Broccoli Whole Wheat Roll Orange Juice Milk	20	Chicken WW Quesadilla Green Beans Banana Milk	21	Pancakes Sausage Patty Sweet Potato Baked Apple Slices Milk	22	Turkey & Gravy Potato Puffs Whole Wheat Roll Orange Milk
25	Macaroni & Cheese Broccoli Mandarin Oranges Milk	26	Chicken Tenders Potato Puffs Peaches Whole Wheat Roll Milk	27	EARLY RELEASE	28		29	NO SCHOOL Thanksgiving Break

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

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South Shore Charter School - Grades 9-12
November, 2013

LUNCH		Monday	Tuesday	Wednesday	Thursday	Friday			
4	BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Apple Juice Pineapple Chunks Milk	5	American Chop Suey Green Beans Peaches Whole Wheat Roll Orange Juice and Milk	6	Chicken Alfredo w/Ziti Broccoli Whole Wheat Roll Applesauce Milk	7	Chicken Caesar Salad WW Wrap Cucumber Pears Orange Juice Milk	8	Beef & Bean WW Burrito Corn Banana Orange Juice Milk
11	VETERAN'S DAY	12	Meatballs on WW Sub Sweet Potato Banana Apple Juice Milk	13	Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Whole Wheat Roll Milk	14	Jamaican Beef Patty Southwestern Beans and Corn Tangerines Orange Juice Milk	15	Cheese Pizza Green Beans Potato Wedges Peaches Milk
18	Hamburger on WW Bun Baked Beans Ketchup Apple and Pears Milk	19	Ziti w/Meatballs Broccoli Whole Wheat Roll Pineapple Orange Juice and Milk	20	Chicken WW Quesadilla Spanish Rice Green Beans Banana and Peaches Milk	21	Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	22	Turkey & Gravy Potato Puffs WG Cinnamon Roll Orange and Peaches Milk
25	Macaroni & Cheese Broccoli Mandarin Oranges Honey Wheat Dinner Roll Milk	26	Chicken Tenders Potato Puffs w/Ketchup Peaches Honey Wheat Dinner Roll Milk	27	EARLY RELEASE	28		29	NO SCHOOL Thanksgiving Break

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

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