



FROM THE K-6 PRINCIPAL

Over February break I went to New York City to visit my daughter Josie, who is a freshman in college. While there for three days I walked on average fifteen miles a day and I went to three museums. In one of those museums I saw an art show that has changed my perception of time, the marking of time and therefore the living of a life. It is a show at the Guggenheim Museum by an artist called On Kawara. <http://www.guggenheim.org/new-york/exhibitions/on-view/on-kawara-silence>. I have been going to the Guggenheim for thirty-six years and never before have I felt the show and the space, designed by Frank Lloyd Wright, was so perfectly matched. I had walked into the museum not knowing the show was there. I had not read anything about it and I was unencumbered by work, family, friends, only a passing knowledge of On Kawara and his work, or any responsibility for two hours. This privileged situation let me experience the work of On Kawara's fifty plus years of paying attention, noticing and painting in a direct and unmediated way. That is an experience that almost never happens more than a few times every decade.

I wrote the last paragraph for two reasons. First, today and yesterday, the first and second graders went to the Museum of Fine Arts. I hope that these trips are not only a way to make more vivid the students' experience and knowledge of ancient Egypt and Greece but as a trip to an art museum. The students and teachers will not be as free of distractions as I was on that day in February but perhaps they will have a feeling that the MFA belongs to them. That they are connected to the experience of people from the past and the present who have had the time to distil experience into art. I also wrote that paragraph because these updates are written on specific days and at specific times, and seeing On Kawara's work changed my understanding of human experience. On Kawara measured his life in days and the facts that happened in a day more than the direct personal experiences of his life. I am writing this on March 4th when it rained as well as snowed last night. We have not had rain in a long, long time. The world we are living in right now is dominated by snow; the snow has changed many aspects of our lives. It is also the day the Supreme Court again is taking up the Affordable Care Act and their decision could affect many lives much more than the snow.

But the big event that happened in the history of the school this week came in the form of a letter written on February 27, 2015 to David Whitemyer. David is the Chair of our Board of Trustees. Below are excerpts from the letter:

Dear Mr. Whitemyer:

Congratulations on the renewal of the charter for South Shore Charter Public School. Based upon evidence gathered over the past four years regarding the school's academic success, organizational viability, and faithfulness to the terms of its charter and under authority delegated to me by the Board of Elementary and Secondary Education, I have approved the renewal of the school's charter under Massachusetts General Laws c. 71 § 89 and 603 CMR 1.00.

The charter school initiative is a key component of education reform in Massachusetts, and your school has proved what a strong vision, high standards, and hard work can accomplish for the students of Massachusetts. I wish you great success as you continue to provide academic excellence and choice to the children of the Commonwealth.

Sincerely,

Mitchell D. Chester, Ed. D.

Commissioner of Elementary and Secondary Education

On Kawara's work points out that by the time I read this and you read this it is no longer February 27th. But one thing we can be sure of is that it feels good to be recognized for "strong vision, high standards and hard work." All three of those compliments ring true to me but the one that I value the most is hard work. Thanks to all of the members of our community, especially the teachers for years and years of hard work. Congratulations!!!

Ted Hirsch - thirsch@sscps.org

Please remember to complete the Annual Parent Survey

[HTTPS://WWW.SURVEYMONKEY.COM/S/2015SSCPSSURVEY](https://www.surveymonkey.com/s/2015SSCPSSURVEY)

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

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

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

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

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

Thursday	03/05	Full Day of Classes	8:15-3:00pm
Saturday	03/07	Parents Association Meeting	8:00am
Tuesday	03/10	2016 Spain Information Meeting for Grades 5, 6, and 7	6:00pm
Wednesday	03/11	Judy's Kindergarten Class Performance	2:00pm
Wednesday	03/11	11th Grade Parent Night	6:00pm
Thursday	03/12	School Council	3:30pm

ANNOUNCEMENTS

BOKS Before School Fitness Program

We will resume morning fitness next week. **Our schedule has changed due to lower attendance we will be meeting on TUESDAY, WEDNESDAY, AND THURSDAY. Everyone** who has signed up for this session will be coming those three days. Please arrive as close to 7:15 as possible. We will split the group up in the gym if necessary. If you have any questions please email any of the trainers. Thank you and sorry for any inconvenience we have caused you and your family.

Janet Daley, Iris Mahegan, Justina Pettinelli, Caitriona Hollowed and Priscilla Kelly

NHS Tutoring

The National Honor Society will be providing a peer tutoring service. This will be available in room 111 on Wednesday FIT (11:03-11:48), after school on Monday and Tuesday 3:00-3:30pm, and before school by appointment. The members are capable to help with any subject, answer any questions and can be used as a resource. This service aims to provide a scheduled time for students to work on schoolwork, and a place for students to work together. Peer work is encouraged between all students. To help facilitate this time, teachers are able to recommend students, schedule them as regular attendee, or students can voluntarily drop by as needed. If you have any questions please contact the NHS Advisor Emily Merwin at emerwin@sscps.org.

2015 Yearbook

The 2015 yearbook is now in progress and all the memories of the 2014-2015 school year will be published forever in print. A yearbook is a trip back to those fun times in school when friends were forever and life was an exciting promise. It captures that feeling and brings those times back again and again. Someday your student will want to look back, too. Buy them a little time - buy them a yearbook! To order online go to www.coffeepond.com, to login use school password: bluejaguar. Personal ads for your senior should be sent to cbodnar@sscps.org in pdf or jpeg format. Design help is offered if needed. Rates are: Full pg. \$150, 1/2 pg. \$75, and 1/4 pg. \$50.

Bottle and Can Drive - Fundraising for the Italy Trip

Starting this Friday and continuing on every Friday, students will be hosting a *Bottle and Can Drive* to raise funds for their trip to Italy. They will be accepting bottles and cans to return for deposit. If you would like to contribute, please drop **BAGGED** items at the loading dock on Friday **mornings** during drop off.

Bake Sale!!! on Level III

Enjoy a special treat on Fridays! The students going to Italy are holding a BAKE SALE on Fridays to raise funds for their trip. Come and get a yummy treat!

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

SSCPS 2014-2015 CALENDAR REVISED 02/11/2015

AUGUST 2014							SEPTEMBER 2014							OCTOBER 2014																														
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REVISED 02/22/2015

Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2015

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Let's fly a kite

Take advantage of March winds to fly a kite with your youngster. As he runs along with it, he'll get a fun workout. How long can he keep it in the air? *Idea:* Find a kite festival in your area where he could see interesting kites or fly his kite with others.

DID YOU KNOW?

Children who are overweight miss more school than other children. That's one more reason to work with your youngster's doctor on strategies for keeping your child at a healthy weight. Avoiding empty calories from junk food and soda will help, and so will building in lots of physical activity.

Do the "bird dog"

Here's a core-building exercise that's fun for the whole family. Get on all



fours. Lift your right arm up and straight forward, and at the same time, lift your left leg up and straight back. Hold for a count of 3. Switch to the opposite sides (left arm forward, right leg back), and hold. Alternate bird dog poses without falling over!

Just for fun

Q: Why did Bella want alphabet soup for lunch?

A: So she could read while she eats!



Supersize with fruits and veggies

The road to better health is paved with lots of fruits and vegetables, and yet fewer than 1 in 10 children eat the recommended amount. Inspire your youngster to supersize her fruit and veggie intake with these ideas.

Go halvesies

Give your child a visual image to shoot for: Tell her to fill half her plate with fruits and vegetables. Have her lay a piece of string down the center of her plate as a guide. The fruit-and-veggie half of her dinner plate might include mashed cauliflower, tomato slices, and half of a sweet potato. *Note:* The other half of her plate should have lean protein and grains (preferably whole grains).

Be colorful

Ask your youngster to draw a rainbow on a sheet of white paper. Whenever she eats a fruit or vegetable, she could write its name on the corresponding color



(apple on red, butternut squash on orange). She can put white items (cauliflower, jicama) on the white part outside her rainbow. How many different fruits and vegetables will she add in a week?

Party on

Host a tasting party featuring fruits and vegetables. You might put samples into muffin pans, one per cup. Do a family tasting, or let your child invite friends over. Your child could predict which fruit and which vegetable will be most popular. Then, let tasters vote for their favorites. Tally the winners, and use them in meals and snacks. ●

Roll the dice

With a roll of the dice, you can get everyone moving. Here are two ways.

How many? On a sheet of paper, list six exercises, and number them. *Example:* (1) forward rolls, (2) jumping jacks, (3) high knees, and so on. Then, roll a die—the number shown tells which activity to do. Roll it again to find out how many times to do it. So if your youngster rolls a 1 and a 6, everyone does 6 forward rolls.

What's next? Cover all sides of a cardboard box with white paper. Together, think of a creative direction to write on each side. *Examples:* "Waddle backward like a duck." "Spin like a top around the room." Roll the giant die, and follow the instructions. ●

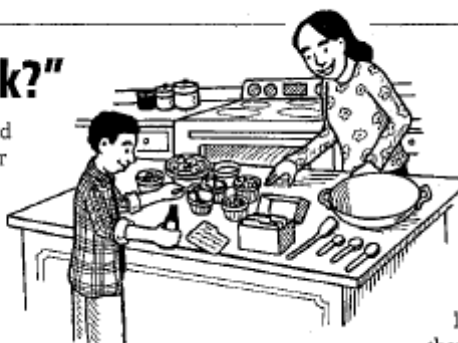


Parlez-vous "good cook?"

Learning one French phrase can help your child (and you) be a better and more organized cook for a lifetime! It's *mise en place*, and it means to "put in place." What that really means is to set up everything he needs for cooking—before he actually begins cooking. Try these steps.

1. Read. Have your youngster find and read through a recipe. Or he could create one of his own and write it down.

2. Gather. Let your child get out the ingredients, measuring cups and spoons, bowls for measuring ingredients into, and equipment he'll need (saucepan, wooden spoon, colander).



Tip: Suggest that he use small bowls or ramekins for spices and other small quantities.

3. Prepare. Help your youngster dice, chop, or slice ingredients. He should measure each item into a separate bowl and line them up in the order they'll be used. For a shrimp stir-fry, for instance, he might put shrimp in one bowl and then, in separate ramekins, place canola oil, soy sauce, chopped garlic, chopped onion, sliced mushrooms, trimmed snow peas, water, and pepper.

Note: Do yourself and your child a favor, and teach him to clean up as he goes, too. ●

ACTIVITY CORNER

Wash your hands

This game will show your youngster the importance of washing his hands before eating or handling food.

Have a few family members or friends sit in a circle. Put "germs" (flour or baby powder) on your child's hands. Then, let him shake hands with the next person, who shakes hands with the third person.

When the last person holds up his hands, everyone will see he has flour—or germs—on his hands. Talk about what would happen if he had set the table or made a salad with his germ-covered hands (those germs would be on your plate or food).

Now play again, but have everyone wash their hands first. This time, when the last person holds up his hands—no germs! ●



O&A Choose action, not action games

Q: When it comes to video games vs. active games, my daughter will pick video games every time. What should I do?

A: The idea is to get your child to want to get off the couch and play—just telling her it's better for her probably isn't going to do the trick.

Think about the kinds of video games she likes. How can you use those interests to encourage her to play actively instead? For instance, she might build obstacle courses like the ones characters jump through. Or she could create "worlds" with Legos, put on skis to tell a tale, or play the sport (hockey, basketball) for real.

Another thing that works for some families is to tie outdoor play time to video game time. That is, for each 30 minutes on the video game, she would spend an hour being active.

Note: Experts recommend no more than two hours—total—of screen time a day. ●



IN THE KITCHEN

Going bananas

Bananas are available year-round, rich in nutrients, affordable, and portable. Plus, kids love them. Keep a bunch on hand for ideas like these:

- Slice a banana into $\frac{1}{2}$ -inch-thick circles. Top each one with a spoonful of fat-free Greek yogurt (any flavor) and a few chocolate chips or peanuts. Freeze for about an hour.

- Place a banana inside a whole-grain hot dog roll. Swirl peanut butter and jelly on top as if they were

ketchup and mustard. Now you have a banana dog!

- Peel several bananas, and cut into pieces. Freeze in a zipper bag for a few hours. In a blender or food processor, blend the frozen chunks until they're a creamy consistency. Enjoy your banana "ice cream" in a bowl or cone.

- Use a marker to write an exercise on each banana in a bunch.

Examples: "Do 5 sit-ups" or "Run in place." Grab a banana, do the exercise, then peel and eat. ●



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 • rfcustomer@swiftersklower.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 1035-4630



School Bus Services

Putney Transportation will be providing open enrollment for school bus services from selected areas, to the South Shore Charter Public School. Rates start as low as \$100 a month until May 15th, and afterwards regular rates may apply. **Note: Limited seats are available.** Registration will close July 31st at 5p.m. Call us at 1(800) 531-1257 or email us at services@putneytrans.com for more info.



Holly Hill Farm & Friends

3/3/2015 FOR IMMEDIATE RELEASE:

Contact Info:

Friends of Holly Hill Farm

Holly Hill Farm

236 Jerusalem Road , Cohasset, MA 02025

www.hollyhillfarm.org 781-383-6565

Holly Hill Farm Media contact: friendsofhollyhillfarm@gmail.com

UPCOMING EVENTS & ACTIVITIES

Seeds, Plans & Thoughts of Spring

Saturday, March 7 10 am – 12 pm

\$12 FHHF Members/\$15 Non members

Now is the time to think about which seeds you'll sow, what plants you will plant and which flowers will bloom. Take a rest from the shoveling and the trials of winter and join us for discussion, ideas and resources. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Brown Boar Farm Delivers to Holly Hill Farm

March 14 11 am – 12 pm

April 11, May 16 & June 13 11 am - 1 pm

Looking for local pork? While many of our Members already know that the folks from Brown Boar Farm make regular, year-round deliveries to Holly Hill Farm, we figured that some in our community may not yet be in-the-know. Brown Boar Farm is family-owned and committed to producing wholesome, naturally raised heirloom pork in an environmentally friendly way. Ordering details are available our website: www.hollyhillfarm.org

Farm Pantry: A Community Service Program for Teens ages 15 - 18

After school program begins March 18 & 20 3-5 pm

Ongoing opportunities through November

Free – Family Membership suggested

This rewarding program for teens is fast becoming one of our most popular! Students explore organic growing methods as they help to sow, grow, harvest and deliver fresh produce for local food pantries in Cohasset and Hull, as well as, Father Bill's Place, a community shelter in Quincy. Early in the season, tasks help ensure the successful growth of crops. Later in the growing season the focus shifts to harvesting crops. Students are welcome to attend one, two or all twelve sessions! Participants will exit the program with documented hours of community service (a graduation requirement for some local students), a letter of recommendation and a sense of meaningful accomplishment in helping to make fresh, local produce available to clients at food pantries. Interested students are required to complete an application and write a letter of interest in order to participate. Forms are available on our website. Questions? Contact Education Director Jon Belber at [781-383-6565](tel:781-383-6565) or jbelberhollyhill@hotmail.com Holly Hill Farm. 236 Jerusalem Road, Cohasset. www.hollyhillfarm.org

Seed Sowing and Making Compost

Saturday, March 21 10 am – 12 pm

\$12 FHHF Members/\$15 Nonmembers

Join us in the warm greenhouse as we sow seeds and tend to some hardy seedling and cool weather crops. Learn to make simple, beneficial compost to enrich the garden. Participants will depart with seeds, seedlings and compost. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Teacher Training: Grades K-6

Thursday, March 26 8:30 am – 2:30 pm

\$40 includes lunch

For our 8th consecutive year, we will host local teachers from around the South Shore for a day at the Farm. Teachers will learn about the unique hands-on curriculum-connected field trip opportunities developed by our experienced Farm Educators. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Summer Camp Open House

Thursday, March 26 4-5 pm

Free – adults and children welcome

Come check us out! Learn about the growing, digging and learning that your child will experience at Summer Camp. Tour the Farm, meet the Farmers and Farm Educators. Register for programs. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Summer Camp Open House

Saturday, March 28 10 am - 12 pm

Free – adults and children welcome

Come check us out! Learn about the growing, digging and learning that your child will experience at Summer Camp. Tour the Farm, meet the Farmers and Farm Educators. Register for programs. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Farm Stand Farmers

Saturdays April 11, 18, 25 & May 2, 9 9:30 – 11:30 am

\$120 FHHF Members/\$185 Non-members

Help encourage spring growth as we ready crops for harvest. Kids, ages 12- 15, will tend to planting, learn to harvest and assist in displaying produce at the Farm Stand in the Main Barn. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

The Backyard Farm and Garden Lecture

Saturday, April 11 9 am – 12:30 pm

Marshfield Senior Center

230 Webster Street, Marshfield

Join Holly Hill Farm Educator, Janice McPhillips and other local experts for this panel discussion sponsored by Marshfield Agricultural Commission. Janice, our vermi-composting (worm composting) enthusiast will provide a hands-on presentation that includes instruction on building your own worm bin. For more information visit www.TownofMarshfield.org/lecture2015.htm or call 781-837-1433

Early Plant Sale

Saturday, April 18 10 am – 1 pm

Get your garden started by planting early, cold hardy plants NOW! Kale, onion, spinach and other hardy seedlings will be available.

Farm-to-Table Annual Asparagus Dinner

Saturday, May 9

Mark your calendar and join us for our annual Asparagus Dinner with Chef Maryann Saporito from Hola! In Marshfield. Details to follow. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Holly Hill Farm Organic Plant Sale

Friday, May 16 4-7 pm FHHF Members-Only

Saturday & Sunday, May 17 & 18 10 am – 4 pm

Saturday & Sunday, May 23 & 24 10 am – 4 pm

Our Annual Organic Plant Sale – an event not to be missed! Celebrate the arrival of warm weather by planting a garden this season! Organic vegetables, herbs and flowers available. Our farmers are on-hand to answer questions. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Wellness Retreat at the Farm

Saturday, May 30

Mark your calendars and plan to join Linda Storm and Darlene Bradlee for a day of Wellness. Details to follow.

Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Summer Programs at Holly Hill Farm: Dig, Grow, Harvest June 8 – August 28

Come to Holly Hill Farm for a Summer Program! There is much to discover, taste and enjoy at Holly Hill and our farm teachers aim to create a memorable experience for all. With 12-weeks of programming designed for kids ages 3 – teens, options abound. Visit our website for all of the details. Don't delay – many of our programs fill quickly. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Movies and Munchies at the Farm

Alternate Wednesdays beginning June 18 – August 6 pm

Movies are free of charge and munchies are available for a fee.

Join us for our Summer Films & Food series! Held outdoors, thought provoking films will be shown on the back of the Tomato Barn. Munchies baked in our masonry oven will be available for a fee. Proceeds and donations will benefit the Masonry Oven Barn Fund Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Farm-to-Table Dinner

Saturday, June 20

Mark your calendar and join us for our Farm-to-Table Dinner with Chef Sam Cabral Curtis from The Corner Stop Eatery in Hingham. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

2nd Annual Sustainable Garden Tour

Saturday, June 27 10 am – 3 pm

Mark your calendars! Last year's Sustainable Garden Tour was so popular, we've made it an annual event. Local gardeners from around the South Shore will open their gardens to our guests. The Tour will focus on sustainable, naturally/organically maintained gardens. See up close how gardeners keep backyard chickens, care for beehives and utilize composting systems that feed their soil. Details are being worked out, so check our website for updates. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Masonry Oven-to-Table Dinner

Saturday, July 11

We're putting our own twist on the Farm-to-Table Dinner! Join local Food Historian, Author (Cooking with Fire) and fire-builder Paula Marcoux for an evening of fun, food and conversation. Always entertaining and educational, Paula will prepare dinner in our wood-fired masonry oven. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org



Dear Parent/Guardian:

Children need healthy meals to learn. **South Shore Charter Public School** offers healthy meals every school day. Breakfast costs **\$1.75**; lunch costs **\$3.25**. Your children may qualify for free meals or for reduced price meals. Reduced price is **\$0.30** for breakfast and **\$0.40** for lunch.

1. *Do I need to fill out an application for each child?* No. **Complete only one Free and Reduced Price School Meals Application for all students in your household.** We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: **Charlene Evans, Food Services Coordinator, 781-982-4202.**
2. *Who can get free meals?* All children in households receiving benefits from MA SNAP, MA TAFDC or the Food Distribution Program on Indian Reservations, can get free meals regardless of your income. Also, your children can get free meals if your household's gross income is within the free limits on the Federal Income Eligibility Guidelines.



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

3. CAN FOSTER CHILDREN GET FREE MEALS? Yes, foster children that are under the legal responsibility of a foster care agency or court, are eligible for free meals.
4. *Can homeless, runaway, and migrant children get free meals?* Yes, children who meet the definition of homeless, runaway, or migrant are eligible for free meals. If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call or e-mail **Angie Pepin, 7-12 Principal, 781-982-4202 or aepin@sscps.org.**
5. WHO CAN GET REDUCED PRICE MEALS? Your children can get low cost meals if your household income is within the reduced price limits on the Federal Eligibility Income Chart, shown on this application.
6. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE APPROVED FOR FREE MEALS? No, but please read the letter you got carefully and follow the instructions. Call the school at **781-982-4202** if you have questions.
7. MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT ANOTHER ONE? Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year.
8. I GET WIC. CAN MY CHILD(REN) GET FREE MEALS? Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.
9. *Will the information I give be checked?* Yes and we may also ask you to send written proof.
10. *If I don't qualify now, may I apply later?* Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.

11. *What if I disagree with the school's decision about my application?* You should talk to school officials. You also may ask for a hearing by calling or writing to: **Alicia Savage at 781-982-4202 or email asavage@sscps.org or by mail to 100 Longwater Circle, Norwell, MA 02061.**
12. *May I apply if someone in my household is not a U.S. citizen?* Yes. You or your child(ren) do not have to be U.S. citizens to qualify for free or reduced price meals.
13. *Who should I include as members of my household?* You must include all people living in your household, related or not (such as grandparents, other relatives, or friends) who share income and expenses. You must include yourself and all children living with you. If you live with other people who are economically independent (for example, people who you do not support, who do not share income with you or your children, and who pay a pro-rated share of expenses), do not include them.
14. *What if my income is not always the same?* List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
15. *We are in the military. do we include our housing allowance as income?* If you get an off-base housing allowance, it must be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income.
16. *My spouse is deployed to a combat zone. is her combat pay counted as income?* No, if the combat pay is received in addition to her basic pay because of her deployment and it wasn't received before she was deployed, combat pay is not counted as income. Contact your school for more information.
17. *My family needs more help. Are there other programs we might apply for?* To find out how to apply for MA SNAP or other assistance benefits, contact your local assistance office or call the MA SNAP Hotline **1-866-950-3663**

If you have other questions or need help, call **781-982-4202x106**
Si necesita ayuda, por favor llame al teléfono: **781-982-4202x106**
Si vous voudriez d'aide, contactez nous au numero: **781-982-4202x106**

Sincerely,
Kristine Bingham
Director of Finance

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

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

SHARING INFORMATION WITH MEDICAID/SCHIP

Dear Parent/Guardian:

If your children get free or reduced price school meals, they may also be able to get free or low-cost health insurance through Medicaid or the State Children's Health Insurance Program (SCHIP). Children with health insurance are more likely to get regular health care and are less likely to miss school because of sickness.

Because health insurance is so important to children's well-being, *the law allows us to tell Medicaid and SCHIP that your children are eligible for free or reduced price meals, **unless you tell us not to.*** Medicaid and SCHIP only use the information to identify children who may be eligible for their programs. Program officials may contact you to offer to enroll your children. Filling out the Free and Reduced Price School Meals Application does not automatically enroll your children in health insurance.

If you do not want us to share your information with Medicaid or SCHIP, fill out the form below and send in (Sending in this form will not change whether your children get free or reduced price meals).

No! I DO NOT want information from my Free and Reduced Price School Meals Application shared with Medicaid or the State Children's Health Insurance Program.

If you checked no, fill out the form below to ensure that your information is NOT shared for the child(ren) listed below:

Child's Name _____ School: _____

Child's Name _____ School: _____

Child's Name _____ School: _____

Child's Name _____ School: _____

Signature of Parent/Guardian: _____ Date: _____

Printed Name: _____

Address: _____

For more information, you may call **Kristine Bingham** at 781-982-4202x106 or e-mail at kbingham@sscps.org

Return this form to: **SSCPS, 100 Longwater Circle, Norwell, MA 02061.**

SHARING INFORMATION WITH OTHER PROGRAMS

Dear Parent/Guardian:

To save you time and effort, the information you gave on your Free and Reduced Price School Meals Application may be shared with other programs for which your children may qualify. For the following programs, we must have your permission to share your information. Sending in this form will not change whether your children get free or reduced price meals.

- Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **Title I Program**.
- Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **SSYMCA Afterschool Childcare Program**.
- Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **SSCPS Athletic & Enrichment Programs**.

If you checked yes to any or all of the boxes above, fill out the form below to ensure that your information is shared for the child(ren) listed below. **Your information will be shared only with the programs you checked.**

Child's Name _____ School: _____

Child's Name _____ School: _____

Child's Name _____ School: _____

Child's Name _____ School: _____

Signature of Parent/Guardian: _____ Date: _____

Printed Name: _____

Address: _____

For more information, you may call **Kristine Bingham** at **781-982-4202x106** or e-mail kbingham@sscps.org

Return this form to: **Kristine Bingham** at **SSCPS, 100 Longwater Circle, Norwell, MA 02061.**



If your child is eligible for free or reduced school meals, your child may also be eligible for **free or low cost health insurance** through MassHealth.

To learn more call: 1-800-841-2900

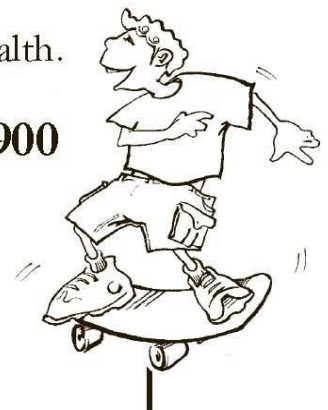
MassHealth



Si su niño es eligible para almuerzo gratis o reducido, su niño pueda ser eligible para **seguro de salud gratis o de bajo costo** por medio de MassHealth.

Para saber mas, llame al: 1-800-841-2900

*covering
kids*





MASSACHUSETTS FREE AND REDUCED PRICE SCHOOL MEALS HOUSEHOLD APPLICATION

SCHOOL YEAR 2014-2015

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

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

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

PART 2. BENEFITS- MA SNAP OR MA TAFDC

IF **ANY** MEMBER OF YOUR HOUSEHOLD RECEIVES **MA SNAP** or **MA TAFDC** benefits, PROVIDE THE AGENCY IDENTIFICATION NUMBER* LOCATED ON THE DEPARTMENT OF TRANSITIONAL ASSISTANCE (DTA) BENEFIT LETTER. SKIP TO PART 5 AND SIGN THIS FORM IF YOU HAVE PROVIDED AN AGENCY ID NUMBER.

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

PART 3. HOMELESS, MIGRANT, RUNAWAY

IF ANY CHILD YOU ARE APPLYING FOR IS HOMELESS, A RUNAWAY, OR MIGRANT, CHECK THE APPROPRIATE BOX AND CALL **Angie Pepin, 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"/>	\$
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<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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	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$

PART 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)

<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

Only annualize income if there are multiple pay frequencies

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: _____

Check if this is an **error prone application** – utilize for verification standard sample size – see eligibility manual for instructions.

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.

Household size	Yearly	Monthly	Weekly
1	\$21,590	\$1,800	\$416
2	\$29,101	\$2,426	\$560
3	\$36,612	\$3,051	\$705
4	\$44,123	\$3,677	\$849
5	\$51,634	\$4,303	\$993
6	\$59,145	\$4,929	\$1,138
7	\$66,656	\$5,555	\$1,282
8	\$74,167	\$6,181	\$1,427
Each additional person:	+7,511	+626	+145

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

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

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

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

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

USDA is an equal opportunity employer.

Breakfast Order Form
Breakfast for the Month of March, 2015
Due to the office by 3:00 pm, *Tuesday, March 10, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
3/16 – 3/20

Week of Monday Tuesday Wednesday Thursday Friday
3/23 – 3/27

Week of Monday Tuesday Wednesday Thursday Friday
3/30 – 4/3

Number of Breakfasts ordered _____ X \$1.75

Less credit due

Total Amount Enclosed

_____ \$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form
Lunch for the Month of March, 2015
Due to the office by 3:00 pm, ***Tuesday**, March 10, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
3/16 – 3/20

Week of Monday Tuesday Wednesday Thursday Friday
3/23 – 3/27

Week of Monday Tuesday Wednesday Thursday Friday
3/30 – 4/3

Number of Lunches ordered _____ X \$3.25

Less credit due _____

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.



Essence of Thyme and Cravings

South Shore Charter School

MARCH 2015

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Fruit Juice Milk	3 3.6 oz. WW Muffin Fruit Juice Milk	4 WW Cinnamon Roll Fruit Juice Milk	5 Cereal Fruit Juice Milk	6 3.6 oz. WW Muffin Fruit Juice Milk
9 Cereal Fruit Juice Milk	10 WW Croissant w/Jelly Fruit Juice Milk	11 Cereal Fruit Juice Milk	12 3.6 oz. WW Muffin Fruit Juice Milk	13 Honey Wheat Bagel w/Jelly Fruit Juice Milk
16 Cereal Fruit Juice Milk	17 WW Cinnamon Roll Fruit Juice Milk	18 Cereal Fruit Juice Milk	19 WW Croissant w/Jelly Fruit Juice Milk	20 3.6 oz. WW Muffin Fruit Juice Milk
23 Cereal Fruit Juice Milk	24 3.6 oz. WW Muffin Fruit Juice Milk	25 Cereal Fruit Juice Milk	26 WW Cinnamon Roll Fruit Juice Milk	27 3.6 oz. WW Muffin Fruit Juice Milk
30 Cereal Fruit Juice Milk	31 3.6 oz. WW Muffin Fruit Juice Milk	<i>April 1</i> Cereal Fruit Juice Milk	2 WW Croissant w/Jelly Fruit Juice Milk	3 3.6 oz. WW Muffin Fruit 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 K-8
MARCH 2015

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Hot Dog on WW Roll Baked Beans Ketchup Apple Milk	3 BBQ Chicken on WW Bun Potato Wedges w/Ketchup Tangerine Milk	4 Sloppy Joe on WW Bun Broccoli Carrots Banana Milk	5 Herbed Baked Chicken Sweet Potato Fries Whole Wheat Roll Peaches Milk	6 Chicken Caesar Salad WW Wrap Cucumber Pears Milk
9 Sweet & Sour Chicken Brown Rice Broccoli Orange Milk	10 Pancakes w/Syrup Sausage Potato Wedges Raisins Milk	11 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Milk	12 Meatballs on WW Sub Baked Beans Potato Wedges Orange Milk	13 Cheese Pizza Green Beans Potato Wedges Banana Milk
16 Chicken Patty on WW Bun w/Ketchup Broccoli Green Beans Apple Milk	17 Hamburger on WW Bun Baked Beans Ketchup Baked Apple Slices Milk	18 Chicken Tenders w/Ketchup Green Beans Whole Wheat Roll Pears Milk	19 American Chop Suey Carrots Whole Wheat Roll Banana Milk	20 Chicken WW Quesadilla Peas Orange Milk
23 Chicken & Salsa Brown Rice Southwestern Beans Apple Milk	24 Cheeseburger Mac Carrots Whole Wheat Roll Banana Milk	25 Turkey & Gravy Corn Whole Wheat Roll Orange Milk	26 Chicken Parmesan w/Ziti Broccoli Peaches Milk	27 Cheese Pizza Green Beans Potato Wedges Banana Milk
30 Jamaican Beef Patty Green Beans Tangerine Whole Wheat Roll Milk	31 Macaroni and Cheese Broccoli & Corn Apple Milk	<i>April 1</i> Beef Hot Dog on WW Roll Baked Beans Ketchup Apple Milk	2 Herbed Baked Chicken Sweet Potato Fries Whole Wheat Roll Pears Milk	3 EARLY RELEASE

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

* Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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



Essence of Thyme and Cravings

South Shore Charter School 9-12
MARCH 2015

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Hot Dog on WW Roll Baked Beans Ketchup Apple and Peaches Milk	3 BBQ Chicken on WW Bun Potato Wedges w/Ketchup Tangerine Raisins Milk	4 Sloppy Joe on WW Bun Broccoli Carrots Banana and Orange Milk	5 Herbed Baked Chicken Sweet Potato Fries Whole Wheat Roll Peaches Milk	6 Chicken Caesar Salad WW Wrap Cucumber Pears Apple Juice Milk
9 Sweet & Sour Chicken Brown Rice Broccoli Orange Apple Juice Milk	10 Pancakes w/Syrup Sausage Patty Potato Wedges Raisins Milk	11 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	12 Meatballs on WW Sub Baked Beans Pineapple Chunks Orange Milk	13 Cheese Pizza Green Beans Potato Wedges Banana Orange Juice Milk
16 Chicken Patty on WW Bun W/Ketchup Broccoli Green Beans Apple Orange Juice Milk	17 Hamburger on WW Bun Baked Beans Ketchup Baked Apple Slices Milk	18 Chicken Tenders w/Ketchup Green Beans Whole Wheat Roll Pears Milk	19 American Chop Suey Carrots Whole Wheat Roll Banana Pears Milk	20 Chicken WW Quesadilla Peas Orange Apple Juice Milk
23 Chicken & Salsa Brown Rice Southwestern Beans Apple Pineapple Chunks Milk	24 Cheeseburger Mac Carrots Whole Wheat Roll Banana Peaches Milk	25 Turkey & Gravy Corn WG Cinnamon Roll Orange Apple Juice Milk	26 Chicken Parmesan Ziti Broccoli Peaches Milk	27 Cheese Pizza Green Beans Potato Wedges Banana Orange Juice Milk
30 Jamaican Beef Patty Brown Rice Green Beans Tangerine Apple Juice Milk	31 Macaroni and Cheese Broccoli & Corn Apple Orange Juice Milk	<i>April 1</i> Beef Hot Dog on WW Roll Baked Beans Ketchup Apple Peaches Milk	2 Herbed Baked Chicken Sweet Potato Fries Whole Wheat Roll Pears Apple Juice Milk	3 EARLY RELEASE

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

* Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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