



FROM THE K-6 PRINCIPAL

On Monday, Alicia Savage and I drove up to Marblehead to receive SSCPS's new five year charter or, in the language of the ceremony, SSCPS's "fourth charter renewal and fifth charter." Meeting us up there were two alumni, Rick Doane (Class of 1999) and Nora Jordan (Class of 2004). Rick was one of our earliest graduates and Nora was in the first group of four students to attend any Massachusetts charter school for their whole grade school education K - 12. The DESE organizers of the event wanted alumni of charter schools to speak and tell stories of how a charter education had changed their lives. Rick and Nora hit it out of the park as they spoke about how South Shore Charter had taught them about sacrifice and partnership. Alicia and I were proud of them and how they represented themselves and our school, not just by their descriptions of who they had been and what their school experience had been like, but who they are now. Rick's presentation and description of his past and his current work had me crying and Nora had me laughing. Not that we are biased, but Alicia and I thought they were the most compelling of all the presenters.



In the ceremony, two new charters were awarded to schools just starting out and about twenty charter schools were renewed. The Commissioner of Education Mitchell Chester spoke, as did the new Secretary of Education Jim Peyser. Commissioner Chester spoke about how important charter schools have been in leading Massachusetts to improved school performance. One positive feature the Commissioner attributed to charter schools is that we do not rest and have not rested on our laurels, but are continually working to improve. Secretary Peyser gave an impassioned speech about the need for more charter schools. It was gratifying to hear the appointed leaders of education in Massachusetts speak about the work of charter schools and to see charter folks from the other schools who are also out working hard and doing their best for school children of Massachusetts. It was also good to get back to our school and to see our children. When we walked over the parking lot to our dusty hill it felt like home. It was good to see the future Rick Doanes and Nora Jordans.

It is great to have 7-12 Principal Angie Pepin back in school! This morning she hosted a Parent Coffee to discuss the program for grades 7 – 12. On Thursday morning I will do the same for grades K – 6. The Parent Coffees are from 8:30 to 9:30 a.m.

During the Parent Coffee I will give an explanation for what we have planned for the K – 6 program for next year. We hope these changes are examples of what Commissioner Chester described as a charter school continuing to change and improve. While none of our plans are fully formed, we do have the conceptual framework and goals of the changes in mind. One impetus for many of these changes was to better utilize our facilities so that every group could take art in the art room and have PE in the gym. This rescheduling set in motion a wide-ranging redesign that the teachers and I are excited about. What is listed below is the broad outline of our plans. Please come to the Parent Coffee to learn more.

Level I

Grades 1 and 2 – In order to increase teaching time and to minimize transitions, we will move towards more integration of instruction within a grade. The students will be members of two groups, a pod group and a grade group. Over the course of two years, both the pod and grade groups will have the same teacher(s). The pod group will be a multi-age setting where what a student is learning will not be directly tied to the grade curriculum but will

be connected to the Project work and to other topics. It is designed to be a learning situation where children learn as much from each other as from the teacher. Each teacher will do this in their own way. The grade curriculum will be Math, Literacy, and Listening and Learning.

Level II

Here too we are trying to simplify the school day for students and teachers by minimizing transitions. As we have this year, there will be teams of teachers with a Math and ELA specialist on each team. The change will be that those two teachers will also team up for Science and Social Studies and those topics will be taught in a multi-age setting with a two-year-curriculum sequence. We have changed Spanish to be small group classes taught for 35 minutes to groups of about 11 and we have added extra ELA time for the other half of that group to be taught by three teachers for targeted ELA instruction in very small groups.

Level III

Here there are fewer changes, but we are looking to redesign the schedule for small group Math instruction on each of the five days. (Currently the students have one or two large group Math classes a week.) We will also increase Science time for fifth grade students to four times a week.

Please come on Thursday and we can talk. I look forward to hearing your feedback.

On another note: Thanks to all who helped with the Spring Fling both on May 1st and for months before. Your hard work paid off. Thanks to all who came and made it such a party. Thanks to all who helped our students create beautiful pieces of art. Thanks to the merchant and entrepreneurial community who donated their services and products and to those who helped us make connections to that community. It was a great party with wonderful food and seamless organization. I know I had fun and it looked as if everyone else did too.

Ted Hirsch – thirsch@sscps.org

Wednesday	05/06	New Student High School Mandatory Meeting	6:00pm
Thursday	05/07	K-6 Parent Coffee	8:30am
Thursday	05/07	Level II Norwell Library Field Trip	
Friday	05/08	Level III ELA PARCC	
Monday	05/11	Senior Project Begins	
Monday	05/11	Kindergarten Screenings	11:30am-1:30pm
Monday	05/11	MCAS Science Grades 5 and 8	
Tuesday	05/12	MCAS Math Grade 10	
Wednesday	05/13	AP Language & Composition and AP Statistics	
Wednesday	05/13	MCAS Math Grade 10	
Wednesday	05/13	Level II PARCC ELA	
Wednesday	05/13	High School Costa Rica Information Session	6:00pm
Wednesday	05/13	Level IV Sailing Workshop to Newport, RI	

THANK YOU SSCPS!

The Spring Fling auction was a great success and we couldn't have done it without your support.

- ❖ Thank you to all the classroom art project volunteers.
- ❖ Thank you to all who sold 50/50 raffle tickets.
 - ❖ Thank you to all who attended the event.
- ❖ Thank you to all who bought donor ads in our auction booklet.

Please make sure to thank all the local merchants who generously donated to our event. If you won a gift certificate, make sure to thank them.

We would like to thank Wahlburgers, Tosca, East Bay Grille, Michael Aprea catering, Top This Pizza and special thanks to Christina and Mark Harvey for all their help and wonderful food!

The final numbers are in and we raised over \$30,000!

Congratulations to all of you and let's keep it going!

www.gofundme.com/o pepq0

ANNOUNCEMENTS

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.

High School Costa Rica Trip - For 9 days in February of next year, a group of lucky SSCPS high school students will be travelling to Costa Rica for the first annual Spanish Department Cultural Immersion Trip, organized by Ryan Gillespie. Our group will arrive just prior to the start of February break and spend the next week and a half traversing jungle canopies, practicing a second language, beholding tropical flora and fauna, indulging in gastronomic delights, and making countless memories along the way. An information session for parents is to be held next Wednesday evening, May 13th, at 6:00 PM in the school auditorium. For inquiries, Ryan can be contacted directly at rgillespie@sscps.org.

Can and Bottle Drive - The school will be hosting a can and bottle drive organized by Lauren Walsh beginning Monday, May 4th and running until Monday May 25th. Boxes will be placed in the high school and at the front desk for cans and bottles to be placed in. Cans and bottles from home can be brought it in. The drive is to contribute towards the Massachusetts Youth Leadership Foundation's MassSTAR 2015 Leadership Conference, a conference which teaches students across the state of Massachusetts the skills and importance of giving back to the community and being a leader.

BOARD OF TRUSTEES

The SSCPS Board of Trustees will soon be voting on two candidates proposed for membership to the Board of Trustees. The Board of Trustees is seeking comment from the community prior to the vote at the Annual Meeting on Thursday, May 14, 2015. Community input will be collected in this electronic format. Below is the link for the survey:

<https://www.surveymonkey.com/s/BQFPZQ3>

Thank you for taking the time to respond.

ATHLETICS

Spring athletics are in full swing. Here are updates from the coaches.

Baseball:

The 2015 SSCPS baseball season has gotten off to an exciting start. First-year coach Ryan Gillespie ran several weeks of demanding exercises and drills prior to the season's kick-off last week. Starting pitchers Ed Crowley (junior) and Van Harting (junior) have made a tremendous impact on the field not only in their fierce game play but also in leadership. The roster touts several promising young prospects, as well, in Chineme Uyanwune (freshman) and Matthew Whitman (freshman) who will continue to contribute to Jaguars baseball for years to come! Moreover, the team has partnered with Jason Trask of Hingham's South Shore Baseball Club to provide the boys with facilities to hone in their skills. Fun fact: Jason's daughter, Bailey, is a student on Level I in Judy's kindergarten class so he is a prime example of an SSCPS superdad! The home-opener against Pioneer Charter takes place this Friday, May 8th at 3:30 at the South Shore Voc. Tech field, 476 Webster St., Hanover. We encourage all to attend!

Middle School Track and Field:

The SSCPS Middle School Track and Field Team had its first meet on Friday May 1, 2015 at 5:30 pm at Madison Park High School. The Boys finished 2nd overall out of 10 teams with a team score of 47 points. Drew Lussier placed first in the long jump with a 16 foot jump and second in the 1600 with a time of 6:07. Lucas Whitemyer placed first in the shot put with a throw of 30'3 and Rawsheed Nelson finished second with a throw of 28'7. The Girls finished second out of ten teams with a score of 44 points. Denesha Lafontant placed second in the long jump with a 12'3 jump and Malescha Nelson finished fourth with an 11'3 jump. Amy Onwuka placed second in the shot put with a 30'10 throw and Molly Kirves placed third with a 29'11.5 throw. Our next meet is Friday, May 8, 2015 at 5:30 pm at Madison Park High School.

High School Track:

High School Track is up and running this season! The Jaguars competed in their first meet of the season last Wednesday at Madison Park High School in Roxbury. It was a Tri Meet for SSCPS who ran against Foxboro and City on a Hill. The Lady Jaguars placed second while the boys tied for first place along with Foxboro. Highlights from the evening included strong running from Melissa Theodore and Darius Anderson in the sprinting department and Paul Sullivan, Jared Farmer and Evan Whitemyer in the distance. The Jaguars look to continue their success today against Salem.

In next week's edition we will hear from the Girls Softball Coach.

**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**



Prom 2015

When: May 15, 2015

Time: 7:00 -11:00pm

Where: Quincy Sons of Italy

120 Quarry Street, Quincy

Tickets \$45.00 per person/\$80.00 per couple

You are invited to help a Family at the Carolina Hill Family Shelter in Marshfield Massachusetts...

You can help in two ways...

- **The 1-Gallon Challenge, OR**
- **Feed the Families**

THE 1-GALLON CHALLENGE

When new families go into the Carolina Hill Shelter with nothing to use, Stephanie likes to give them things to make them feel better and make them feel at home. What would you need if you were homeless?

I challenge you to get together as a family and fill a gallon size baggie with personal items for one homeless family that is new to the shelter.

Ideas & Requests from Stephanie who works there:

Deodorant, Toothbrushes, Razors, Toothpaste, Shampoo, Conditioner, Soap and...

- ✓ Special things that Moms need like **feminine care**
- ✓ Special things that kids need like Tylenol, Motrin, **Wipes & Band-aids**
- ✓ Dad things like floss, nail clippers & shave cream

One item that fits or many...we appreciate every little donation!

FEED THE FAMILIES

This Shelter also **COOKS THREE MEALS A DAY** for all of the families that live there. That's **17 whole families!** Imagine cooking breakfast for 17 families every day? They need **a lot** of food to feed everyone.

If your family lets you bring even *one* item to donate, we could all help cover a day of meals for the shelter.

Large Bottles or Cans of Juice. Lots of Juice	Rice & Pasta	Canned Fruits, Cranberry sauce and apple sauce	Canned Veggies
Broth and Pasta Sauce (all kinds)	Rice & Pasta	Dried or Canned Beans	Oatmeal
Boxed Dried Potatoes,	Pancake Mix and Syrup	PB & Jelly	Crackers
Canned Tomatoes & Ketchup	Canned Meats (tuna, Beef, Chicken)	Spices & Mixes	Dips, Gravy & Sauces
<i>Super Special Items that are expensive:</i>	<i>Diapers</i>	<i>Baby Wipes</i>	<i>Gift Cards</i>

Collection Boxes will be set up at SSCPS Level III (See Savannah Aylward) or Call Heidi Aylward @ (508)-685-3718 to arrange a before or after school donation of items. **Let's be awesome!**

Have unwanted/unplayed instruments?

**LOOKING FOR USED VIOLINS, VIOLAS,
CELLOS, AND BASSES**



**DONATE
NOW!**

Please donate to
help school program!!!



Contact High School teacher Kevin Burokas
Classroom 103
Phone Extension: 301
Email: kburokas@sscps.org

Turn Markers



Into Energy!

Dear Parents,

I'm excited to tell you about a very special program we are coordinating at our school in conjunction with Crayola. It's called Crayola ColorCycle – an amazing new program devised to turn used markers into energy!

All around SSCPS the Waste Watchers Project will be collecting used markers that are ready to be discarded. The markers will be sent to a facility where they will be converted into clean fuel. This fuel can be used to power vehicles, heat homes, cook meals and more!

Please help support our efforts by sending your kids in with any used markers you may have around the house – even non-Crayola brands. Drop-off boxes will be located around the school for your child to deposit the markers.

Thank you in advance for participating! With the help of parents like you across the country, the Crayola ColorCycle program can keep tons of plastic out of landfills each year.

Remember, don't throw out that used marker—*ColorCycle it!*

Sincerely,

A handwritten signature in black ink that reads "Bill Tramontana". The signature is written in a cursive style with a long, sweeping underline.

Bill Tramontana

THE AMERICAN CANCER SOCIETY'S
RELAY FOR LIFE

HELP SUPPORT TEAM ROSE PETAL
DESIREE PEEPLES (NORA'S POD) HELPS THE TEAM AS PART OF
HER COMMUNITY SERVICE

THE TEAM IS HAVING A "DOUGH RAISER" AT
PIZZERIA UNO
1799 WASHINGTON STREET
HANOVER-NEXT TO THE HANOVER MALL

THURSDAY, MAY 7TH
OPENING TO CLOSING INCLUDES DINE-IN OR TAKE OUT

UNO'S WILL DONATE 15-20% OF YOUR CHECK TO
THE AMERICAN CANCER SOCIETY

JUST PRESENT THE COUPON TO YOUR SERVER
THANK YOU!!

Present ticket to server
One for YOU!

EST. 1943
UNO
PIZZERIA & GRILL

**EAT, DRINK &
RAISE MONEY!**

COME SUPPORT A DOUGH RAISER TO BENEFIT
American Cancer Society's
Relay for Life
Team Rose Petal

DATE: Thursday, May 7th
Anytime from open to close!

UNO® will
donate up to
20%
of your check

VALID AT:

EST. 1943
UNO
PIZZERIA & GRILL
1799 Washington St., Hanover
Next to the Hanover Mall

**DINE-IN
OR
TAKEOUT!**

Please present this certificate at the time of payment to have up to 20% of your check's value, excluding tax and tip, donated to the organization above. Not to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within the perimeter of the parking area. Valid only for the date listed above.

unodoughraisers.com

EST. 1943
UNO
PIZZERIA & GRILL

**EAT, DRINK &
RAISE MONEY!**

COME SUPPORT A DOUGH RAISER TO BENEFIT
American Cancer Society's
Relay for Life
Team Rose Petal

DATE: Thursday, May 7th
Anytime from open to close!

UNO® will
donate up to
20%
of your check

VALID AT:

EST. 1943
UNO
PIZZERIA & GRILL
1799 Washington St., Hanover
Next to the Hanover Mall

**DINE-IN
OR
TAKEOUT!**

Please present this certificate at the time of payment to have up to 20% of your check's value, excluding tax and tip, donated to the organization above. Not to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within the perimeter of the parking area. Valid only for the date listed above.

unodoughraisers.com

Present ticket to server
One for a Friend!

THE SSCPS PARENTS ASSOCIATION presents

Getting Along with Friends, Frenemies & Everything In-Between!

**A Talk and Q&A Session
for Parents and Caregivers
with Katy Shamitz, Social Educator**

**Tuesday, May 19th
7 - 8:30 pm**

**South Shore Charter Public School
100 Longwater Circle, Norwell**

Katy Shamitz is the founder and director of Skills for Living, a social learning community in Norwell. Katy's background as a school counselor in the Norwell Public School has given her a thorough understanding of the challenges, both social and academic, that young people encounter on a daily basis. Katy takes a practical, relational approach to social education, and works with a diverse range of students, including kids on the autism spectrum and neurotypical kids just trying to figure out where they fit in. Katy encourages kids and families to use their personal strengths when working on areas for growth, and believes that some amount of fun is a must in all learning situations.



Drama seems to be happening
earlier and earlier!
How can I help my child deal?

When should I jump in
and when should I back out?

What does "popular"
even mean anymore?!



CAR WASH

Help Boy Scout Troop 57 Rockland!

Sophomore Evan Whitemyer is raising money for his Eagle Project, which is constructing and installing new garden beds for the SSCPS gardening programs in the younger levels

Where and When?

Walgreens In Rockland (75 Market St
Rockland, MA)

The car wash is from 9am-3pm on
Saturday May 9th, 2015



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

5/4/2015 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: jbelberhollyhill@hotmail.com

UPCOMING EVENTS & ACTIVITIES

Spring Bird Walk

Saturday, May 9 8 - 9:30 am

Join locally renowned birding expert and enthusiast Sally Avery for "**Spring Birding**" in the woods and trails at Holly Hill Farm. Sally has led numerous tours for Mass Audubon, as well as for the *Friends of Holly Hill Farm*. Sally has a local and statewide following who delight in her expertise and program presentation. Bring good walking shoes and keen ears and eyes as we delight in this lovely rite of spring. Pre-registration is encouraged. Free for members of the *Friends of Holly Hill Farm* and \$5 for non-members. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. For directions and more information, call 781-383-6565 or visit www.hollyhillfarm.org.

Holly Hill Farm Organic Plant Sale

Friday, May 15 4-7 pm FHHF Members-Only

Saturday & Sunday, May 16 & 17 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

Farm-to-Table Annual Asparagus Dinner

Saturday, May 23 6 – 10 pm

Our Asparagus Dinner has been moved ahead by two weeks due to local weather conditions. Join us for our annual Asparagus Dinner with Chef Maryann Saporito from Hola! in Marshfield who will take advantage of the early season farm offerings to prepare a five-course prix fixe menu. \$125 per person for Friends of Holly Hill Farm Members, \$150 per person non-members. Wine and beer pairings are included. Evening includes a tour of the asparagus field to understand how this perennial crop is organically grown and harvested. Proceeds will support educational programs at the Farm and at local schools. 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 8:30am – 4:00 pm

Mark your calendars and plan to join Linda Storm and Darlene Bradlee for a day of Wellness. Highlights include a nature hike followed by freshly prepared smoothies, yoga workshop for spring detoxification, organic vegetarian lunch, afternoon meditation & restorative yoga and a hands-on creative "Soul Map" art collage. Full day, morning half day or afternoon half day options. Holly Hill Farm. 236 Jerusalem Road, Cohasset. Questions and registration call [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

Outdoor Yoga on the Farm with Linda Storm, M.Ed., CHHC, RYT

Saturdays beginning June 13 through August 22 (no class July 4th weekend) 8:00 – 9:00am

Join extraordinary instructor Linda Storm for another season of Saturday morning yoga practice right here at Holly Hill Farm. Bring your own beach towel and mat and begin your weekend surrounded by the sights and sounds of our organic farm. Will move indoors in the event of rain. Cost: FHHF Members - \$100 Ten weeks, \$12 drop in Non Members - \$120 Ten weeks, \$15 drop in. 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 17 – August 5 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 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. Details to follow. 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

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

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

SCHOOL PARTNERSHIPS: THE WEEKLY HARVEST

Farm Teachers in the Community

Recently, the Holly Hill Farm Educators transplanted sugar snap peas into the Peck's Meadow at the Farm with 41 Hingham High School Environmental Science students. In the same field with less precision, but equal passion, the Cushing School third graders from Scituate transplanted baby spinach seedlings. This week Newton Country Day high school senior, Sam will help transplant leeks, kale and Swiss chard. Also Milton Academy senior Alison will help pot up seedlings for the upcoming Plant Sale.



South Shore
THERAPIES

South Shore Therapies Presents A Three Part Proactive Parenting Series

Facilitated by: Lynne Reeves Griffin RN, MEd

Author of Negotiation Generation: Take Back Your Parental Authority Without Punishment

May 12, 19, & 26, 2015
Tuesday Evenings 7 -8:30 PM

South Shore Therapies
163 Libbey Parkway
Weymouth, MA 02189

****Fee \$90.00 per person****

For parents of children all ages with emphasis on those with special learning and/or health needs.

Lynne Reeves Griffin is a child development and behavior management expert whose Proactive Parenting programs are nationally recognized. In this three part series, she'll help you reclaim your position of authority with a practical approach to raising your children. Clear boundaries, like good fences, help children understand what behavior is and isn't acceptable. You'll reduce conflict with your children-and forge a stronger, more loving bond because of it.

This program will show you how to:

- Influence your children's behavior-without controlling it
- Predict and prevent challenging behavior
- Let go of time-outs, groundings, spankings, and other punishments
- Teach by example-showing and telling your children how you expect them to behave

With true stories from more than twenty years of parent counseling, Lynne will cover the typical struggles parents face in raising today's children-and tell you how to step out of the negotiation generation and step back into control.

Pre-Registration Required

LIMITED NUMBER OF PARTICIPANTS SO REGISTER EARLY

CALL TODAY 781-545-6585



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

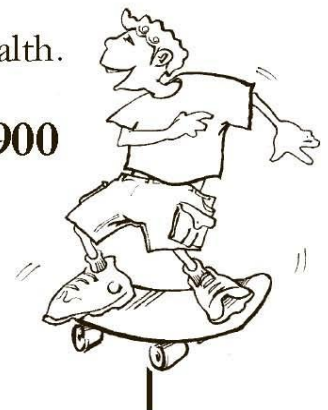
MassHealth



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"/>	\$
	\$	<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"/>	\$

PART 5. SIGNATURE AND LAST FOUR DIGITS OF SOCIAL SECURITY NUMBER (ADULT MUST SIGN)

A parent or caretaker adult must sign the application (see Use of Information Statement on the back of this page). I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will get Federal funds based on the information that I give. I understand that school officials may verify (check) the information. I understand that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted. An adult household member must sign the application. If Part 4 is completed, the adult signing the form also must list the last 4 digits of his or her Social Security Number or mark the "Check here if you do not have a Social Security Number" box. See Use of Information Statement on the back of this page.

Sign here: _____ Print Name: _____ Date: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone Number: _____ Cell Phone Number: _____

Last four digits of Social Security Number *** - * * - ____ Check here if you do not have a Social Security Number

PART 6. CHILDREN'S ETHNIC AND RACIAL IDENTITIES (OPTIONAL)

Choose one ethnicity: _____ Choose one or more (regardless of ethnicity): _____

<input type="checkbox"/> Hispanic/Latino	<input type="checkbox"/> Asian	<input type="checkbox"/> American Indian or Alaska Native	<input type="checkbox"/> Black or African American
<input type="checkbox"/> Not Hispanic/Latino	<input type="checkbox"/> White	<input type="checkbox"/> Native Hawaiian or other Pacific Islander	

DO NOT FILL OUT THIS PART. THIS IS FOR SCHOOL USE ONLY.

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice A Month x 24, Monthly x 12

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 May, 2015
Due to the office by 3:00 pm, *Tuesday, May 12, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 5/18 – 5/22 Monday Tuesday Wednesday Thursday Friday

Week of 5/25 – 5/29 Monday Tuesday Wednesday Thursday Friday

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 May, 2015

Due to the office by 3:00 pm, *Tuesday, May 12, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 5/18 – 5/22 Monday Tuesday Wednesday Thursday Friday

Week of 5/25 – 5/29 Monday Tuesday Wednesday Thursday Friday

Number of Lunches ordered _____ X \$3.25

Less credit due _____
Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.



South Shore Charter School
MAY, 2015

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cereal & Grahams Fruit Juice Milk	5 WW Croissant w/Jelly Fruit Juice Milk	6 Cereal & Grahams Fruit Juice Milk	7 3.6 oz. WW Muffin Fruit Juice Milk	8 Honey Wheat Bagel w/Jelly Fruit Juice Milk
11 Cereal & Grahams Fruit Juice Milk	12 WW Cinnamon Roll Fruit Juice Milk	13 3.6 oz. WW Muffin Fruit Juice Milk	14 WW Croissant w/Jelly Fruit Juice Milk	15 3.6 oz. WW Muffin Fruit Juice Milk
18 Cereal & Grahams Fruit Juice Milk	19 3.6 oz. WW Muffin Fruit Juice Milk	20 Cereal & Grahams Fruit Juice Milk	21 WW Cinnamon Roll Fruit Juice Milk	22 3.6 oz. WW Muffin Fruit Juice Milk
25 MEMORIAL DAY	26 Cereal & Grahams Fruit Juice Milk	27 3.6 oz. WW Muffin Fruit Juice Milk	28 WW Croissant w/Jelly Fruit Juice Milk	29 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
MAY, 2015

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
4 Sweet & Sour Chicken Brown Rice Broccoli Orange Milk	5 Chicken Tenders Sweet Potato Fries Whole Wheat Roll Fruit Milk	6 American Chop Suey Green Beans Honey Wheat Dinner Roll Apple Milk	7 Tortilla Chicken Southwestern Beans Peaches Milk	8 Bagel Pizza Corn Banana Milk
11 Chicken & Salsa Brown Rice Southwestern Beans Apple Milk	12 Cheeseburger Mac Carrots Whole Wheat Roll Banana Milk	13 Turkey and Gravy Corn WG Cinnamon Roll Orange Milk	14 Chicken Parmesan Ziti Broccoli Peaches Milk	15 Chicken WW Quesadilla Green Beans Orange Milk
18 Beef Hot Dog on WW Roll Ketchup Baked Beans Apple Milk	19 BBQ Chicken on Bun Potato Wedges Ketchup Tangerine Milk	20 Herbed Baked Chicken Sweet Potato Fries Whole Wheat Roll Pears Milk	21 Macaroni & Cheese Broccoli Apple Milk	22 Chicken Caesar Salad WW Wrap Cucumber Pears Milk
25 MEMORIAL DAY	26 Hamburger on WW Bun Ketchup Baked Beans Apple Milk	27 Pancakes & Syrup Sausage Patty Potato Wedges Baked Apple Slices Milk	28 Cheeseburger WW Wrap Baby Carrots Pears Milk	29 Cheese Pizza Broccoli Green Beans 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!**



Essence of Thyme and Cravings

South Shore Charter School 9-12

MAY, 2015

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
4 Sweet & Sour Chicken Brown Rice Broccoli Orange Apple Juice Milk	5 Boneless Chicken Wings Sweet Potato Fries w/Ketchup Whole Wheat Roll Pears Milk	6 American Chop Suey Green Beans Honey Wheat Dinner Roll Apple Pears Milk	7 Tortilla Chicken Southwestern Beans Peaches Milk	8 Bagel Pizza Corn Banana Apple Juice Milk
11 Chicken & Salsa Brown Rice Southwestern Beans Pineapple Chunks Apple Milk	12 Cheeseburger Mac Carrots Whole Wheat Roll Banana Peaches Milk	13 Turkey and Gravy Corn WG Cinnamon Roll Orange Apple Juice Milk	14 Chicken Parmesan Ziti Broccoli Peaches Milk	15 Chicken WW Quesadilla Peas Orange Apple Juice Milk
18 Beef Hot Dog on WW Roll Ketchup Baked Beans Apple Peaches Milk	19 BBQ Chicken on WW Bun Potato Wedges w/Ketchup Tangerine Raisins Milk	20 Herbed Baked Chicken Sweet Potato Fries Honey Wheat Dinner Roll Pears Apple Juice Milk	21 Macaroni & Cheese Broccoli Apple Orange Juice Milk	22 Chicken Caesar Salad WW Wrap Cucumber Pears Milk
25 MEMORIAL DAY	26 Hamburger on WW Bun Ketchup Baked Beans Baked Apple Slices Milk	27 Pancakes & Syrup Sausage Patty Potato Wedges Raisins Milk	28 Cheeseburger WW Wrap Baby Carrots Pears Craisins Milk	29 Cheese Pizza Broccoli Green Beans Banana 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!**