



FROM THE EXECUTIVE DIRECTOR

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. ~ Helen Keller

There is something very special about twenty years. For our school, it is a time to celebrate the past as well as look forward to the future. Over the next few weeks we will be celebrating the life and work of



Velma Begley, our Level I teacher who has been the essence of the South Shore Charter Public School for our first twenty years. Velma Begley was the first ever employee of the South Shore Charter Public School. She came to us from the South Shore Community Center in Cohasset. Our school was brand new, and had not even held its first class or welcomed the first student. Being a brand new charter school, the situation was tenuous. The South Shore Community Center told Velma that they would hold her kindergarten teaching spot in case she needed to come back. Velma, clearly acting more from her heart than her head, took that leap. The South Shore Community Center is still waiting.

It was that leap of faith, made with certainty and determination, that Velma began teaching at the South Shore Charter Public School. Parents from our early years have many strong memories of Velma. One parent, whose daughter is now an SSCPS alumna, spoke from the heart of a parent in those early days. When deciding whether or not to enroll his daughter in our school, he and his wife felt greatly reassured when they met the teacher who would be teaching their daughter. Many parents have witnessed the same; to this day Velma has clearly remained an experienced teacher who knows about the lives and importance of children.

In the twenty years since that first class in Hull, Velma has remained a passionate advocate for the individual child, who cares about and loves her students dearly. They, in turn, share that love for her. Velma is a teacher who has left a lasting impact on all students fortunate enough to embark upon the journey of their education with her at the helm.

It has been twenty meaningful years. And it saddens us all that at the end of this school year, Velma Begley will be retiring from a profession and a school to which she has contributed so much. We wish Velma all the best, as well as congratulations on her new book, *The Way of the Meadow*, to be published this summer. But most of all, we would like to say thank you to Velma Begley, a wonderful teacher, a thoughtful educator, and a true friend.



Here's to twenty years of celebrating the most beautiful things. Twenty years of teaching our children the best things in the world. Twenty years of teaching from the heart.

Wednesday	05/20	Spain Spring 2016 Trip Information in Claire's Room	6:00pm
Thursday	05/21	Level IV PARCC ELA	
Thursday	05/21	Kindergarten Field Trip to Tufts Library Park	
Friday	05/22	Level IV PARCC ELA	
Friday	05/22	Level II Museum of Science	
Monday	05/25	Memorial Day – No School	
Wednesday	05/27	Parent Meeting <i>Assessment and Instructional Time</i>	8:30am
Thursday	05/28	High School PARCC Math	
Thursday	05/28	Level IV PE Field Trip to Boston	
Friday	05/29	High School PARCC Math	
Friday	05/29	Charter Live at the SSCPS Gym	7:00pm

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.

Survey of Parents of Children with Special Needs

A parent involvement survey is now open to parents of students with individualized education programs (IEPs) in school districts in the special education data collection [Cohort 4](http://www.surveygizmo.com/s3/1951903/Parent-Involvement-Survey/). **Until May 29, 2015**, parents can access the survey at <http://www.surveygizmo.com/s3/1951903/Parent-Involvement-Survey/>. It is available in English, Spanish, Portuguese, Haitian-Creole and Vietnamese. The survey is a complement to the family engagement activities and surveys that districts conduct annually. This spring, ESE provided special education administrators with information and outreach materials that participating schools districts can use to let parents know about the survey and help them access it. Anyone with questions about the survey can contact Martha Daigle at 781-338-3366 or mdaigle@doe.mass.edu.

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 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.

SSCPS Eighth Grade Student Hannah Mullen is completing her Silver Award Project with Abington Girl Scout Troop 80304. They are collecting items for the Brockton V.A. Hospital to make care packages for their patients as they leave the hospital.

Recommended Items: (trial sizes are recommended)

- Puzzle books
- Socks (all sizes men & women)

- Combs
- Hairbrushes
- Deodorant
- Mouthwash
- Nail clippers
- Shaving cream (men and women)
- Shampoo/ conditioner
- Soap (dove or non-drying soap)
- Toothpaste
- Toothbrushes
- Razors (disposable, men & women)

There will be a collection box at school in the lobby marked Brockton V.A. Donations.

Thank you for your support, Hannah Mullen

**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**

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,

Bill Tramontana



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.



Best **2015** Edition Recipes

Use this collection of favorite recipes to make tasty meals your family will love!



Burger pie

- 1 lb. lean ground turkey
- $\frac{1}{2}$ cup diced onions
- 1 can tomato sauce (8 oz.)
- 1 tsp. chili powder
- Salt and pepper
- 1 cup shredded cheddar cheese



Brown ground turkey with onions, and drain off fat. Stir in tomato sauce and chili powder, and simmer until hot. Add salt and pepper to taste. Pour into a pie dish, and cover with cheese. Bake at 375° until the cheese melts, about 10 minutes. Serves 6.

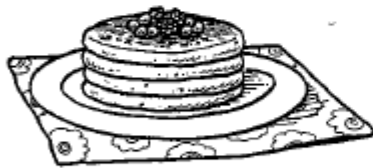
Egg in a cup

- 1 slice oatmeal bread
- 1 egg
- 1 asparagus stalk, chopped
- 1 tbsp. cheddar cheese, shredded



Press a slice of oatmeal bread into a muffin tin. Crack an egg into the bread. Add the asparagus, and sprinkle with cheese. Bake at 325° for 10–15 minutes until the egg is fluffy. Serves 1. Note: Make a dozen using an entire muffin pan.

Cornmeal pancakes



- $1\frac{1}{2}$ cups cornmeal
- $\frac{1}{2}$ cup flour
- 1 egg
- 1 tsp. baking soda
- 1 tsp. sugar
- 2 cups fat-free milk
- 2 tbsp. vegetable oil
- Nonstick spray

Mix cornmeal, flour, egg, baking soda, sugar, milk, and oil. Coat a skillet with nonstick spray, and drop on $\frac{1}{4}$ cup of batter for each pancake. Cook until golden brown on both sides. Tip: Serve with fresh or frozen berries. Serves 2.

Chicken and broccoli casserole



- 2 cups cooked brown rice
- 1 cup chopped broccoli
- 1 cup shredded rotisserie chicken
- 1 can (10.5 oz.) low-sodium cream of mushroom soup
- 1 can (10.5 oz.) low-sodium cream of chicken soup

Spread the brown rice in a casserole dish. Add half of the broccoli and half of the chicken. Mix the two cans of soup, and spoon half the mixture on top. Layer the rice, broccoli, chicken, and soup mixture once more. Bake at 375° for 45 minutes. Serves 6.

Waffle sandwich

- 2 whole-grain frozen waffles
- 1 tbsp. peanut butter or other nut butter
- $\frac{1}{2}$ tbsp. jelly



Toast the waffles. Spread peanut butter on one waffle and jelly on the other. Squeeze together for a PBJ-and-waffle sandwich. Serves 1. Idea: Instead of jelly, use sliced grapes, kiwi, or other fruit.

Fish packet

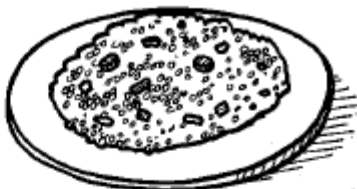
- 4 fish fillets (red snapper, cod, or flounder works well)
- 1 tomato, diced
- 1 onion, diced
- 4 oz. mushrooms, sliced
- 1 tsp. thyme



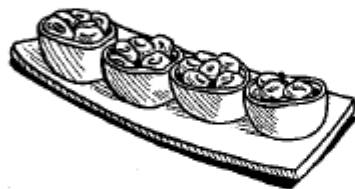
For each serving, place 1 fish fillet on a large piece of aluminum foil. Divide the vegetables on top of the fish, and sprinkle with thyme. Fold the foil into a packet, pressing down the edges to seal. Bake at 400° for 15–20 minutes, until the fish is cooked through. Serves 4.

Vegetable couscous

- 2 carrots
- 1 small onion
- 1 bell pepper
- 1 zucchini
- 1½ tsp. olive oil
- 1 tsp. garlic salt
- 1 tsp. lemon pepper seasoning
- 1 cup couscous
- 1½ cups chicken or vegetable broth



Dice carrots, onion, bell pepper, and zucchini. Heat olive oil, and saute vegetables for 5 minutes. Season with garlic salt and lemon pepper. Stir in couscous and broth. Remove from heat, cover, and let stand 5 minutes. Fluff with a fork—and eat! Serves 4.

Tortellini tomatoes

- 4 large tomatoes
 - 1 package cheese tortellini (12 oz.)
 - 1 cup frozen peas
 - 4 tbsp. pesto
- Cut off the tops of the tomatoes, and scoop out the insides. Set aside. Cook tortellini according to

package directions. Add 1 cup frozen peas for the last two minutes. Drain, and toss with pesto. Spoon the tortellini salad into the tomato shells. Serves 4.

Turkey cheese melt

- 2 slices lean turkey
- 1 slice low-fat Swiss cheese
- 2 slices whole-grain bread
- ½ cup fat-free milk
- 1 egg
- Nonstick spray



Make a sandwich with turkey, cheese, and bread. Press together, and cut in half. In a bowl, whisk together milk and egg. Dip sandwich halves into the mixture, and brown them in a hot pan coated with nonstick spray. Serves 1.

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

Creole succotash

- 2 cups frozen corn
- 2 cups frozen shelled edamame
- Creole seasoning

Combine the corn and edamame in a microwave-safe bowl. Microwave until hot, 4–6 minutes. Add Creole seasoning to taste. Serves 6.

**Baked banana**

- 1 banana
- ½ tsp. cinnamon
- ½ tsp. brown sugar

Slice an unpeeled banana lengthwise, and place in a pie pan (peel side down). Sprinkle the banana halves with cinnamon and brown sugar, and bake at 350° for 20 minutes. Cool slightly, and eat right out of the peel with a spoon. Serves 1.

**Peanut noodles**

- 1 lb. thin spaghetti
- ½ cup creamy peanut butter
- ½ cup warm water
- 1 tbsp. low-sodium soy sauce
- 1 tbsp. sesame oil
- ½ cup water chestnuts, sliced
- ¼ cup scallions, sliced

Cook noodles according to package directions, and drain. Whisk together peanut butter, water, soy sauce, and sesame oil. Toss with the noodles, and top with water chestnuts and scallions. Enjoy warm or at room temperature. Serves 4.

Veggie chips

- 1 sweet potato
- 2 carrots
- 1 beet
- 1 yellow squash
- Salt

Thinly slice all the vegetables. Place on baking sheets, and sprinkle with salt. Bake at 200° until crisp, about 2 hours.

**Nutrition Nuggets™**

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Family Cooking = Learning Fun!

The kitchen is more than a place to cook and eat—it can also be a fun “classroom” for your children. Planning and preparing healthy meals together is a great way to build reading, math, and science skills. Plus, your kids will enjoy eating the results of their “lessons”!



Planning meals

Read cookbooks

Browse through cookbooks or food blogs together, looking at the pictures and reading healthy recipes aloud to each other. You'll find new recipes and foods, and your child will get reading practice. Encourage her to look up unfamiliar words (*sift*, *thyme*) in the cookbook glossary or in a dictionary. Earmark recipes to try, and have your youngster make shopping lists—she'll work on writing, spelling, and organization. *Idea:* Check out cookbooks at the library. The librarian can suggest ones geared toward children.



Write a weekly meal plan

What's for dinner this week? Let your child help you decide on a meal for each evening that includes protein, whole grains, vegetables, fruit, and dairy. For instance, say your Sunday meal will be salmon with sweet potatoes and brussels sprouts. Ask him what's missing (grains, fruit, and dairy) and what foods could fill in the gap (brown rice and a side salad of blueberries and feta cheese). Have him make a weekly meals calendar to post in your kitchen.

Shop for deals

Show your youngster how you use math to save money at the grocery store and make decisions about what to buy. Before leaving home, let her look through grocery ads for coupons and sale items. Have her suggest items for your list based on what she sees. Then as you shop, help her figure out the best deals. You might say, “If frozen asparagus is regularly \$2.50, but now it's \$4 for two bags, how much would we save by buying two bags?” (\$1, because $2 \times \$2.50 = \5 , and $\$5 - \$4 = \$1$.) Or tell her to compare the per-pound price of whole chicken, chicken parts, and boneless, skinless chicken breasts. What's the difference in price?

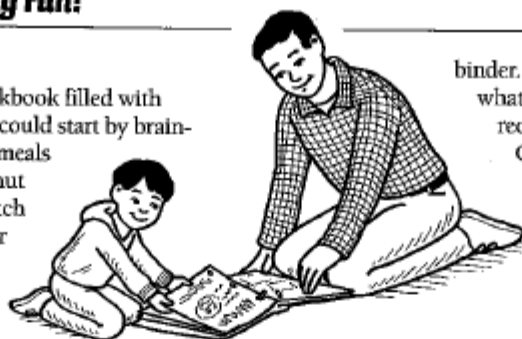


continued

Nutrition Nuggets™

Create a family cookbook

Let your child put together a cookbook filled with healthy recipes for your family. You could start by brainstorming ways to make his favorite meals more nutritious (add pureed butternut squash to macaroni and cheese, switch to whole-grain spaghetti). Have your youngster write and illustrate a revised recipe for each dish and put the sheets into a three-ring



binder. Or help him make connections to what he's learning in school by finding recipes that relate. If he's studying Greece, he can add a recipe for spanakopita (spinach pie), or if he's learning Chinese, he might look for stir-fries. *Tip:* Encourage your child to be creative by coming up with his own recipes or adding twists to ones he finds.

Preparing meals

Measure ingredients



Cooking is a natural way to practice measuring. Try putting your youngster in charge of measuring ingredients when you cook. Have him experiment with different sizes of measuring cups and spoons to

discover that 3 tsp. = 1 tbsp. or 2 cups = 1 pint. Also, pose math problems as you go: "This recipe calls for $\frac{1}{2}$ cup chicken broth. We're doubling the recipe—how much broth do we need?" ($\frac{1}{2}$ cup \times 2 = 1 cup.) *Idea:* Suggest substitutions or easy changes to make recipes healthier. For instance, he could use less sugar in a pancake recipe (say, $\frac{1}{2}$ cup instead of 1 cup), and see if he notices a difference in the taste.

See healthy fractions

Instead of serving your child's food, let her dish it out herself. That way, she can learn the healthiest way to fill her plate—and see fractions in action. First, go to choosemyplate.gov and talk about what fraction of the colorful plate each food group takes up: Vegetables and fruit cover $\frac{1}{2}$ of the plate, grains a little over $\frac{1}{4}$, and protein just under $\frac{1}{4}$. Then, have your youngster practice using fractions at meal time. She could put peas and melon slices on $\frac{1}{2}$ of her plate, brown rice on $\frac{1}{4}$, and chicken on the last $\frac{1}{4}$. Ask her to say the number sentence she just made ($\frac{1}{2} + \frac{1}{4} + \frac{1}{4} = 1$).



Bake and experiment

What makes muffins and cookies rise? Your youngster can explore the science of baking with this experiment. First, find a healthy muffin recipe to try—one that includes whole-wheat flour and applesauce rather than oil is ideal. Help him make half the batch with baking soda and half without. What happens? (The ones without baking soda will turn out flat.) Explain that baking soda combines with other ingredients to produce air bubbles—and these tiny pockets of air allow the muffins to rise. *Idea:* Illustrate this idea simply with water, vinegar, and baking soda. Have your child fill a cup halfway with water, stir in 2 tsp. baking soda, and slowly add 2 tsp. vinegar. He'll see firsthand the bubbles that are created.

Make your own ice cream

Here's a cool, tasty way for your youngster to whip up a batch of healthier ice cream while learning about states of matter.

Help her put 1 cup milk, 1 tsp. sugar, and 1 tsp. vanilla into a quart-sized plastic freezer bag. She should tightly seal the bag, gently pressing out the air, and put that bag in a second freezer bag, sealing and pressing that one carefully as well. Next, have her add ice cubes to a large empty can with a lid (for example, a coffee can) to fill it halfway. Sprinkle the ice with 1 tbsp. salt. Then, she should place the bag inside the can, snap on the lid, and roll the can back and forth vigorously for 15 minutes.

When she opens the bags, she'll see ice cream! Explain that the very cold ice (the salt lowers the freezing point) turned the liquid mixture into a solid. And it's healthier than store-bought versions that have more sugar and fat.

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Nutrition Nuggets™

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Holly Hill Farm & Friends

5/18/2015 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

Holly Hill Farm Organic Plant Sale

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

The first weekend of our Annual Organic Plant Sale was a huge success – and we are loaded with more plants and some additional varieties for this coming weekend! Selections include many varieties of colorful tomatoes, peppers, summer and winter squashes. Greens include an array of lettuces, spinach, Swiss chard and kales. We also have annual and perennial flower seedlings, blueberry bushes, organic seeds and fingerling seed potatoes. Organic soil amendments and fertilizer will be for sale. Celebrate the arrival of warm weather by planting a garden this season! Our farmers will be on-hand to answer questions. The Farm Stand will be open with a limited selection. 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

A few tickets are still available 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 Camp at Holly Hill Farm: Dig, Grow, Harvest June 8 – August 28

Come to Holly Hill Farm for a Summer Camp Program! There is much to discover, taste and enjoy at Holly Hill and our farm teachers 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 17 – August 12 7 - 10 pm

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.

June 17th feature will be **Queen of the Sun: What Are the Bees Telling Us?** (queenofthesun.com) **Jenny DeFreitas** owner & beekeeper of **Jenny D's Bees**, (cohassetfarmersmarket.com/?page_id=1696) a beekeeper for 4 years, maintaining 20 hives will present an educational program prior to the movie, complete with honey

tasting! Movies are free of charge and munchies are available for a fee. Holly Hill Farm. 236 Jerusalem Road, Cohasset [781-383-6565](tel:781-383-6565) www.hollyhillfarm.org

Farm-to-Table Dinner with Chef Sam Cabral Curtis

Saturday, June 20

Kick off your summer and join us for our Farm-to-Table Dinner with Chef Sam Cabral Curtis from The Corner Stop Eatery in Hingham. 5 course prix fixe dinner will feature organic produce from Holly Hill Farm and meat or fish sourced sustainably and locally. \$125 per person for *Friends of Holly Hill Farm* Members, \$150 per person non-members. Wine and beer pairings are included. For review of 2014 Dinner see

<http://www.hinghamfoodie.com/food/farm-to-table-dinner-at-holly-hill-farm-featuring-the-corner-stop/>

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

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. Private homes, educational gardens at Holly Hill Farm, a Food Pantry garden and a Hingham school garden are featured. Come and gather creative ideas for your own garden. Tickets are \$25 prior to June 27 and \$30 the day of the tour. Tickets will be available on June 24th at Holly Hill Farm and at Kennedy's Country Gardens in Scituate, Route 3A. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565) www.hollyhillfarm.org

"Cooking With Fire" Workshop with author and cook, Paula Marcoux

Saturday, July 11, 6:00 pm

Join local Food Historian, author of **Cooking with Fire** and fire-builder Paula Marcoux for an evening of how to cook using a wood-fired oven. Space is limited so please call to reserve your space. Always entertaining, educational and delicious, 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

Last week the farm teachers were in Marshfield transplanting spinach at South River School and the Gov. Winslow School. This week we will welcome kindergartners from Boston and the high school community service teenagers will transplant onions in the field.



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

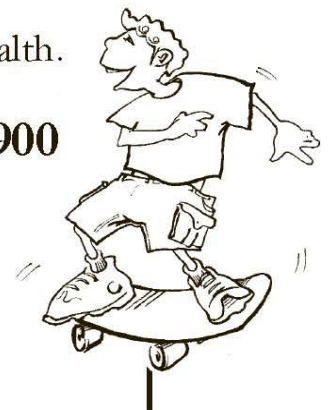
MassHealth



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"/>	\$
	\$	<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 June, 2015
Due to the office by 3:00 pm, *Tuesday, May 26, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 6/1 – 6/5 Monday Tuesday Wednesday Thursday Friday

Week of 6/8 – 6/12 Monday Tuesday Wednesday Thursday Friday

Week of 6/15 – 6/18 Monday Tuesday Wednesday Thursday

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 June, 2015
Due to the office by 3:00 pm, *Tuesday, May 26, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 6/1 – 6/5 Monday Tuesday Wednesday Thursday Friday

Week of 6/8 – 6/12 Monday Tuesday Wednesday Thursday Friday

Week of 6/15 – 6/18 Monday Tuesday Wednesday Thursday

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
June, 2015

BREAKFAST

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Cereal Fruit Juice Milk	2	3.6 oz. WW Muffin Fruit Juice Milk	3	WW Cinnamon Roll Fruit Juice Milk	4	Cereal Fruit Juice Milk	5	3.6 oz. WW Muffin Fruit Juice Milk
8	Cereal Fruit Juice Milk	9	WW Croissant w/Jelly Fruit Juice Milk	10	Cereal Fruit Juice Milk	11	3.6 oz. WW Muffin Fruit Juice Milk	12	Honey Wheat Bagel w/Jelly Fruit Juice Milk
15	Cereal Fruit Juice Milk	16	WW Cinnamon Roll Fruit Juice Milk	17	3.6 oz. WW Muffin Fruit Juice Milk	18	WW Croissant w/Jelly Fruit Juice Milk	19	
22		23		24		25		26	
22									

* 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
JUNE, 2015

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & Sour Chicken Brown Rice Broccoli Orange Milk	2 Pancakes & Syrup Sausage Patty Potato Wedges Raisins Milk	3 Mexican Chicken Wrap Sweet Potato Fries w/Ketchup Apple Milk	4 Meatballs on WW Sub Baked Beans Orange Milk	5 Cheese Pizza Green Beans Potato Wedges Banana Milk
8 Chicken & Salsa Brown Rice Southwestern Beans Apple Milk	9 Cheeseburger Mac Carrots Whole Wheat Roll Banana Milk	10 Turkey and Gravy Green Beans WG Cinnamon Roll Orange Milk	11 Chicken Parmesan Ziti Broccoli Peaches Milk	12 Chicken Quesadilla Peas Orange Milk
15 Chicken Tenders Potato Wedges w/Ketchup Apple Whole Wheat Roll Milk	16 Hamburger on WW Bun Ketchup Baked Beans Baked Apple Slices Milk	17 EARLY RELEASE	18 Last Day of Classes EARLY RELEASE	19
22	23	24	25	26
29				

* 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
JUNE, 2015

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & Sour Chicken Brown Rice Broccoli Orange Apple Juice Milk	2 Pancakes & Syrup Turkey Breakfast Sausage Potato Wedges Raisins Milk	3 Mexican Chicken Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	4 Meatballs on WW Sub Baked Beans Orange Pineapple Chunks Milk	5 Cheese Pizza Green Beans Potato Wedges Orange Orange Juice Milk
8 Chicken & Salsa Brown Rice Southwestern Beans Apple Pineapple Chunks Milk	9 Cheeseburger Mac Carrots Whole Wheat Roll Banana Milk	10 Turkey and Gravy Corn WG Cinnamon Roll Orange Apple Juice Milk	11 Chicken Parmesan Ziti Broccoli Peaches Milk	12 Chicken Quesadilla Peas Orange Apple Juice Milk
15 Chicken Tenders Potato Wedges w/Ketchup Whole Wheat Roll Apple Milk	16 Hamburger on WW Bun Ketchup Baked Beans Baked Apple Slices Milk	17 EARLY RELEASE	18 Last Day of Classes EARLY RELEASE	19
22	23	24	25	26
29				

* 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!**