



## **FROM THE 7-12 PRINCIPAL**

We have had a terrific start to the new school year! In our third week of school there is a clear sense of purpose and determination in our students and faculty. Teachers have established routines, students have learned the new schedule, and the entire school community is hard at work. I am incredibly impressed with the positive attitude, high level of motivation, and readiness to learn that I see in our students at all grade levels in my travels around the building. The pieces are in place for another productive and happy academic year with students doing their best work.

Key to helping students to excel in school is strong communication between school and home. Effective communication is a great challenge and an area where we continually strive for improvement. In order for parents to be partners in the education of their children they need to be informed about events at school, they need to be kept up to date about the progress of their children, and they need to know that they will be heard when there are problems.

While we use a variety of methods of communication such as sending letters, using phone alerts, posting on Facebook, mailing postcards, emailing, and updating the website, the primary source for communications about school events remains this Update. Make an effort to refer to it each week, paying particular attention to the calendar section, to stay informed about happenings at school.

One important new tool for communication about student progress available for families of students in grades 5-12 is PlusPortal. Over the past couple of years students, parents, and teachers have expressed increasing frustration with Edline, our previous student-parent-teacher portal system. I consistently heard that the software was buggy, difficult to navigate, and hard to keep current. In response to that feedback, we spent time last spring reviewing different options and decided to make a change. During the summer we transitioned our data from Edline to PlusPortal. We began training teachers in August and now have all of our students and teachers in grades 5-12 up and running in the system. Most students have now gone through the login process and are able to access their data. We emailed login information to families on Friday afternoon. Please contact Dee Delaney, Assistant to the Principals, if you did not receive it and need login information sent to you. She can be reached by email at [ddelaney@sscps.org](mailto:ddelaney@sscps.org) or by phone at x159. On October 8th from 5pm-7pm during 7-12 Parent-Teacher Conferences I will be providing some hands-on help with the new system for parents. I appreciate everyone's patience as we learn how to most effectively use the features of the new software.

Vital to good communication is addressing concerns as they come up so that they can be resolved. While parents and teachers may not always agree as they work toward the common goal of helping children succeed, it is important that they work together to resolve problems and to model that problem-solving process to children. Teachers are the key figures at school and have the most impact on student learning. When you have a concern, first communicate directly with your student's teacher. Most problems are solved quickly with that initial communication. If the problem is unresolved, see your child's Level Coordinator. If you still need help, do not hesitate to contact your child's principal. Communication is easier when we are able to put a face to a name. I encourage families to attend the Back to School Nights that are scheduled for this week and next. These nights provide families with an opportunity to meet teachers and to learn more about what happens in the classroom. I look forward to seeing parents of students in grades 7-12 tonight.

I hope to take advantage of the opportunity to communicate that the Update provides me, and hope to give our families a glimpse into life at our school when I write. I always welcome hearing your thoughts and am looking forward to another fabulous year.

Wednesday	09/10	Executive Committee Meeting	8:00am
Wednesday	09/10	Fall Athletics Meeting	5:00pm
Wednesday	09/10	Level IV and High School Parent Back to School Night	6:00-7:30pm
Wednesday	09/10	Senior Parent Night	7:30pm
Thursday	09/11	School Council	3:30pm
Saturday	09/13	PA Back to School Picnic Volunteer Training	3:00-5:00pm 3:30-3:45pm
Monday	09/15	Volunteer Training Level II and Level III Parent Back to School Night Volunteer Training	5:45-6:00pm 6:00-7:30pm 7:00-7:15pm

## DISMISSAL PICK UP AND AFTERSCHOOL PROCEDURES

### Pickup Procedures - from the 2014-2015 Student Handbook

All of us share a common interest at dismissal time of getting all of the students safely, calmly, happily and efficiently into their correct vehicles. Our first goal is safety; second a calm and efficient system where we all can feel like we have been treated by one another in a fair manner.

When we follow these procedures we are modeling teamwork and cooperation, two of our school's founding principles. Following these procedures will help us maintain neighborly relations with the other tenants of Longwater Circle and help with the long range outcome of the school.

- The campus is closed to pick up traffic before 2:45pm. We will ask you to return if you arrive before because we do not have space on campus and this can cause difficulties with fire lanes
- Only pick up students at the front or the back doors, other pick up points put students' safety and our community relations at risk. You may find that planning to arrive between 3:10pm and 3:20pm works better for your family
- There is no cell phone use on campus once active pick-up begins
- Do not pick up on Longwater Circle as this area is restricted to bus pick up
- Follow the lines and arrows painted on the pavement to assist with traffic flow
- Never drive faster than five miles per hour on campus
- All drivers are to stay in their cars and staff members will help your child get into the car
- If your student or any student in your carpool is not present when you come to pick-up that student, a staff member will ask you to pull into a designated waiting area to keep the line moving
- All K – 8 students not picked up by 3:25pm will be directed to a supervised area, parents/guardians picking up students late must park and come to the front desk to sign out their child(ren)
- Please note that students in the supervised area will have no access to electronics including cell phones
- All high school students not picked up by 3:25pm will be directed to the Computer Lab

- For an emergency, when an appointment requires an exact 3:00pm dismissal, we ask that you pick up your student at or before 2:30pm
- Any person who does not cooperate with these procedures will be asked to meet with the Principals
- Follow the direction of staff at all times and cooperate with other drivers
- SSCPS reserves the right to contact the local police and/or transport any student not picked up by 5:00pm, or any student left waiting for longer than half an hour following a school based event

### **Afterschool Procedures**

- At 3:25 all K-8 students who have not been picked up and are not involved in an afterschool activity or working under the supervision of a teacher must report to the Late Room (room 301).
- In the Late Room:
  - All electronic devices are collected and held by the supervising adult until the child is picked up
  - Students are silent
  - Food is not permitted
  - Books selected by Level Coordinators are available
- When parents arrive they must park their cars, come into the building, and sign in at the front desk. Parents must then walk down to room 301 where they will sign out their child(ren).
- High School students who are not involved in an afterschool activity or working under the supervision of a teacher must report to the computer lab at 3:25
- The school building closes at 5pm. There are no adults in the building after 5pm.

### **FROM LEVEL I**

Level I would like a Sandbox! Can you help us? We are looking for a couple of handy parents who can come in, take a look at our space and let us know what supplies we need to build a sandbox outside. We have a group of high school students who will help with the building but we also need some parents to help supervise them. If you can help us, please email Cassandra at [ksullivan@sscps.org](mailto:ksullivan@sscps.org) or Melissa at [mfreitas@sscps.org](mailto:mfreitas@sscps.org). Thank you!

### **FROM THE PARENTS ASSOCIATION**

**Welcome back!** Please save the date for our 6th Annual Harvest Walk/Run on Saturday October 18th at Wompatuck State Park. Volunteer if you'd like, or sign up the family for an SSCPS discounted rate of \$40. You will receive two tech t-shirts with your SSCEF (educational fund) donation and a wonderful experience for all. We have many gracious vendors who make donations for the post-race fun.

If you plan on attending the picnic this Saturday at the school from 3-5, you can fill out your family application. Bring a check, and hope you can make it to the picnic! Also if you have friends outside the school who would like to participate in the Harvest Walk/Run please forward this link. [www.harvestrun.racewire.com](http://www.harvestrun.racewire.com)

#### **School Council – Volunteers Needed**

Consisting of six parents, six teachers, three students, and the Principals, the Council provides advice to the Principals and the Executive Director on budget, policy, curriculum, school evaluation, schedules, and discipline matters, while also keeping the Board of Trustees informed of developments in the School.

Any parent interested in serving on the School Council should contact Steve Hillson, the Parents Association Chair, at: [steve.hillson@gmail.com](mailto:steve.hillson@gmail.com)

**WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE AT [WWW.SSCPS.ORG](http://WWW.SSCPS.ORG) EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103 OR EMAIL [PALGERA@SSCPS.ORG](mailto:PALGERA@SSCPS.ORG)**

*6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Graders*  
**Italy Trip, April 2015**  
**See Venice, Florence, and Rome!**

***Join Us!***

***Sign up by 9/30 to lock in your spot***



We are fortunate enough to be planning our journey through EF Education, a global education company with over 50 years of abroad programming experience. They will provide an amazing educational experience, the best safety and support and, above all, the best value on the price of the tour.

We are estimating a high number of enrollments for this trip! With **just \$95**, you will secure your place and will be well on your way to the experience of a lifetime. **Prices may increase October 1 so lock in your spot now!** Make sure to enroll now on our very own tour website:

[www.eftours.com/1550293WW](http://www.eftours.com/1550293WW)

Again, I am so very excited at the prospect of you joining our group of travelers! If you have any questions at, please do not hesitate to contact me at [coverlee@sscps.org](mailto:coverlee@sscps.org).

*Claire*

Claire Overlee

# South Shore Charter Public School



Dear SSCPS Families,

It's been a great pleasure being a part of such a wonderful school. The staff has been very kind and helpful in every way imaginable. The students have been cooperative and receiving of the lessons that I've taught. This letter is in regards to forming an SSCPS Before School Chorus comprised of students from Level 3-4 on **Tuesdays** from 7:20am-8:10am.

Learning to sing sophisticated music in a group setting is a great way for students to grow to express his or herself in a new way; musically. These vocal musicians will be singing in a choral setting. Knowing that they each have a specific part to play in making the music come together as a whole, and hearing how the personal voice adds to the group will feed their desire to learn and be a part of a group even more.

If you are interested in participating in the chorus program, please fill out the application on the back and bring it to the front desk as soon as possible. If you have any questions, feel free to contact me.

Sincerely,

Theron Leonard  
Music Teacher  
South Shore Charter Public School  
tleonard@sscps.org  
781.982.4202 x318



South Shore Charter Public School Chorus

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

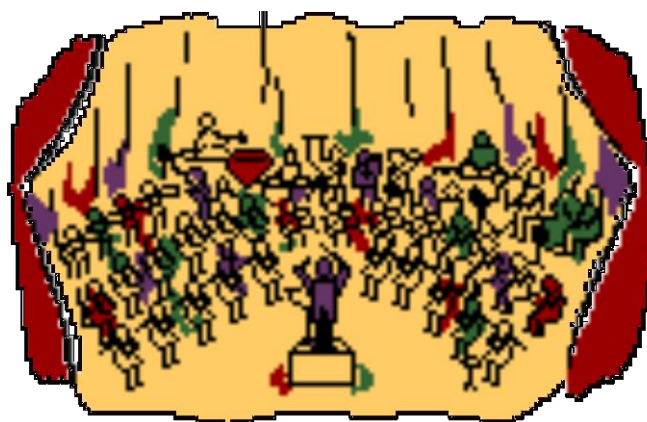
City, Zip: \_\_\_\_\_

Parent / Guardian's Name: \_\_\_\_\_

Contact Email Address: \_\_\_\_\_

Main Telephone Number: \_\_\_\_\_

Grade: \_\_\_\_\_



Please return this form to the front desk as soon as possible.

# South Shore Charter Public School



Dear SSCPS Families,

It's been a great pleasure being a part of such a wonderful School. The staff has been very kind and helpful in every way imaginable. The students have been cooperative and receiving of the lessons that I've taught. This letter is in regards to forming an SSCPS Before School Band Program on **Mondays** and **Thursdays** from 7:15-8:10.

Learning to play an instrument is a great way for students to grow to express his or herself in a new way; musically. These potential instrumental musicians will be playing in a band setting. Knowing that they each have a specific part to play in making the music come together as a whole, will feed their desire to learn to play even more.

There is a cost for renting an instrument, but not for participating in the program. There is a monthly **Rental-to-Own fee** for the instruments which is \$29.35 for Flutes, Clarinet, Trumpet, and Trombone; and \$45.17 for the Saxophone. The payments go toward the owning of the instrument. Soon, your child will **OWN** their **First Instrument!** The instruments will be from the company, Music and Arts.

If you are interested in participating in the afterschool band program, please fill out the application on the back and bring it to the front desk as soon as possible. If you have any questions, feel free to contact me.

Sincerely,

Theron Leonard  
Music Teacher  
South Shore Charter Public School  
tleonard@sscps.org  
781.982.4202 x318



South Shore Charter Public School Afterschool Band

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_

Parent / Guardian's Name: \_\_\_\_\_

Contact Email Address: \_\_\_\_\_

Main Telephone Number: \_\_\_\_\_

Level/Grade: \_\_\_\_\_

Band Instrument of Choice: \_\_\_\_\_



Please return this form to the front desk as soon as possible.





**We serve creative cuisine and worthy causes.**

Present this certificate to your server and your cause will receive  
15% of your total purchase\* every Tuesday during September 2014

**Valid for Dine in or Take out**

**Name of Organization:**

**South Shore Charter Public School**

Valid:

September 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> 2014

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\*Excludes Alcohol, Tax and Gratuity



111 Pond Street Main • Norwell • 781-616-6160



# Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 18, 2014

Wompatuck State Park  
Hingham, MA

## Would you like your company logo on this year's Harvest Run event t-shirt? Sponsorship options are still available!

For more information visit [www.sscps.org](http://www.sscps.org) or contact Denise Demaggio at [ddemaggio@sscps.org](mailto:ddemaggio@sscps.org) or #617-653-8246

### Race Schedule:

**9:00 - 10:45:** Registration and t-shirt pick-up

**11:00:** The Harvest Run begins!

**\*Refreshments provided after the race\***

Individual registration opening soon

Family discount is available for SSCPS students, staff, and their immediate families. Sign up at the back to school picnic !

**All funds raised will be used to develop outdoor spaces for health and recreation at the South Shore Charter Public School.**



# Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 18, 2014

Wompatuck State Park  
Hingham, MA

## SSCPS FAMILY REGISTRATION

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone#: \_\_\_\_\_

E-Mail: \_\_\_\_\_

For office use only  
Cash/Check # \$ Date Received

### Waiver Must Be Read and Understood:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release South Shore Charter Educational Foundation, South Shore Charter Public School and the town of Hingham, MA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature : \_\_\_\_\_ Date: \_\_\_\_\_

Individual Names	Runner/Walker Up to 2 runners, unlimited walkers *\$3.50 each additional runner	Age on Race Day  Gender M/F	Shirt Size *2 shirts included, \$7.00 each additional *Guaranteed to those who register by September 24th*
1.			
2.			
3.			
4.			
5.			

### Pre-Race Number and T-Shirt Pick-Up:

Friday, October 17, 2014 2:00—6:30  
Marathon Sports  
134 Washington Street, Norwell, MA

### Race Schedule:

9:00 - 10:45: Registration and t-shirt pick-up  
11:00: The Harvest Run begins!

\*Refreshments provided after the race\*

### SSCPS Family Registration \$40/family

Fee includes:

2 t-shirts (\$7.00 per additional t-shirt)  
2 runners (\$3.50 per additional runner)  
unlimited walkers

SSCPS Student Registration  
\$15.00/individual student/faculty

All funds raised will be used to develop outdoor spaces for health and recreation at the South Shore Charter Public School.

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# COMMUNITY SERVICE

Ideas for students of all ages!

## Family Activities

Community service is a great thing to do with the whole family! Here are some ideas to do together:

- plant a tree
- pick up litter at your favorite park or hike
- visit elderly neighbors

## For The Younger Bunch

The lower level requirements are by the act rather than the hour.

- donate used toys
- help someone without being asked
- read to kindergarteners

## Help Our School

Our school relies on fundraising and volunteering. Upcoming events include the Harvest Run 5K in the fall, The Annual Auction, and more!

## Local Service Opportunities

### *SSYMCA*

The Quincy YMCA is offering volunteer opportunities for youth ages 7 to 14 years old. For more info please contact Courtney at [cgray@ssymca.org](mailto:cgray@ssymca.org)

Quincy Branch YMCA

79 Coddington Street

Quincy, MA 02169

(617) 479-8500 X4714

### *Soule Homestead Education Center Junior Volunteer Program*

AGES 10-15

As a Jr. Volunteer you can:

Learn how to care for the farm animals

Prepare and decorate for special events

Provide assistance in gardens, fields, wetlands

Help maintain walking trails

Engage in prep work for children's programs

For more information about JV's contact the Children's Educator in Middleborough, Laurie at 508.947.6744 or email at [educator@soulehomedstead.org](mailto:educator@soulehomedstead.org)

If you have leads for community service opportunities you'd like to share please email me the details at [adrienne.mcdougall@yahoo.com](mailto:adrienne.mcdougall@yahoo.com).

# Holly Hill Farm & Friends

9/9/2014 FOR IMMEDIATE RELEASE:

Contact Info:

*Friends of Holly Hill Farm*

Holly Hill Farm

236 Jerusalem Road, Cohasset, MA 02025

[www.hollyhillfarm.org](http://www.hollyhillfarm.org) 781-383-6565

FHHF contact: [ibelberhollyhill@hotmail.com](mailto:ibelberhollyhill@hotmail.com)

## **September 14 Members' Harvest Picnic 1 PM**

Our annual treat to members of the *Friends of Holly Hill Farm*! Join us for hay rides, tomato tasting, farm tours, and music. We'll even be serving snacks cooked in the new outdoor oven! The Picnic is free to members. Not yet a member? Join or renew today and take part in the fun! All guests are welcome (but not expected) to bring a dish to share. Please list ingredients on an index card and label your serving dish. RSVPs are strongly encouraged (to ensure enough food for all!). Please call 781-383-6565 or email [ibelberhollyhill@hotmail.com](mailto:ibelberhollyhill@hotmail.com) Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

## **September 16 Chipotle Fundraiser 5 PM – 8 PM**

Make dinner a selfless act by supporting Friends of Holly Hill Farm at Chipotle. Visit the Chipotle at Derby Street Shoppes on Tuesday, September 16 from 5 PM to 8 PM and bring or show the flyer on your smartphone (flyer available at [www.hollyhillfarm.org](http://www.hollyhillfarm.org)) or tell the cashier and 50% of the proceeds will go to the Friends of Holly Hill Farm. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

## **October 3, October 6 & 7 Photos on the Farm**

Book your session today! Local photographer Annemarie DeSmet of Mimi& Co. Photography will be offering limited edition sessions at Holly Hill Farm. Fabulous for holiday gifts – these charming photos of your preschoolers and little ones will be treasured for generations. Contact [Annemarie@mimiandcophoto.com](mailto:Annemarie@mimiandcophoto.com) 425-829-2094 for reservations and details. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

## **October 4 7<sup>th</sup> Annual Discover the Woods Run 10 AM Registration: \$30**

Our annual Discover the Woods Run is now part of the South Shore Trail Series. The course winds through the woods that surround the Farm's 3 acres of organically grown vegetables, flowers, and herbs, past open meadows, grassy field edges, a brook, and a pond. Trail conditions are a combination of grass, woodland paths, wooden bridges and mud! Register at <http://www.southshoretrailseries.org/>. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

## **Farm Stand Hours**

### **Wednesday, Saturday and Sunday 11 AM -6 PM**

As you adjust to the new autumn routine, be sure to include a regular visit to Holly Hill's Farm Stand. We are open every Wednesday, Saturday and Sunday from 11-6 through mid-October. Our organic tomatoes are harvesting late this year, and are now in abundance at the Farm Stand, providing a taste of summer to those of us not yet ready to let the season go! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

## **Holly Hill Farm Happenings**

Do you know of a school, PTO, organization, blogger, writer, newsletter coordinator or media outlet that would be interested in keeping updated on the happenings at Holly Hill Farm? With the start of the new academic year, we are updating our contact list and welcome any new additions to our growing community. Holly Hill Happenings is sent weekly via email and is designed for easy sharing. Organizations utilizing specific services like PeachJar can be accommodated. Contact [friendsofhollyhillfarm@gmail.com](mailto:friendsofhollyhillfarm@gmail.com).



## Nonverbal Learning Disability: Characteristics and Treatment

Presented by:

Ellen Keefe, MS, CCC-SLP

Sheryl Man, MS, OTR/L

**Wednesday, September 17th, 2014**

**7-8:30 p.m. Weymouth Location 1st Floor**

**\$25**

### When

Wednesday September 17, 2014  
from 7:00 PM to 8:30 PM EDT

7-8:30 pm

[Add to Calendar](#)

### Where

**South Shore Therapies**  
**163 Libbey Industrial Parkway**  
**First Floor**  
**Weymouth, Ma 02189**

[Driving Directions](#)

Some of the characteristics of Nonverbal Learning Disability are:

- Difficulty understanding body language/facial expression
- Inability to grasp the "Big Picture"
- Concrete Literal Thinking
- Decreased coordination and organization
- Difficulty writing and drawing
- Problems with math and reading
- Poor self esteem

Join Ellen Keefe, MS, CCC-SLP and Sheryl Man MS, OTR/L for a discussion that will provide you with an understanding of the physical, language and social characteristics of NVLD. In addition, you will learn great strategies to help you boost your child's social and higher level language skills.



**[Register Now!](#)**





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 [apepin@sscps.org](mailto:apepin@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](mailto: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.)

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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

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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).

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**No! IDO 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](mailto:kbingham@sscps.org)

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

# SHARING INFORMATION WITH OTHER PROGRAMS

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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.

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- 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: \_\_\_\_\_

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

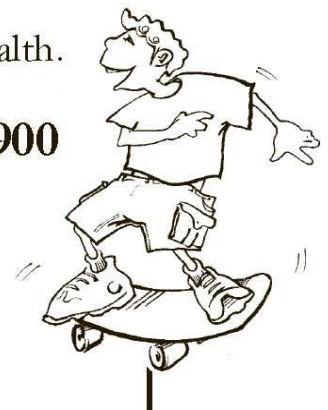
**MassHealth**



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"/>	\$
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	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	\$	<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.

**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.

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

**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](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](mailto: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 August/September, 2014**  
Due to the office by 3:00 pm, \*Tuesday, September 16, 2014

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

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

Week of     Monday     Tuesday     Wednesday     Thursday     Friday  
9/22 – 9/26

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**

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

Week of     Monday     Tuesday     Wednesday     Thursday     Friday  
9/22 – 9/26

Number of meals ordered \_\_\_\_\_ X    \$3.25

*Less credit due* \_\_\_\_\_

**Total Amount Enclosed** \$ \_\_\_\_\_

Cash or Checks may be made out to SSCPS.

# Breakfast Order Form

## Breakfast for the Month of October, 2014

Due to the office by 3:00 pm, \***Tuesday**, September 23, 2014

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

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

Week of 9/29 – 10/3     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 10/6 – 10/10     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 10/13 – 10/17     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 10/20 – 10/24     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 10/27 – 10/31     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 October, 2014

Due to the office by 3:00 pm, \***Tuesday**, September 23, 2014

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

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

Week of 9/29 – 10/3     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 10/6 – 10/10     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 10/13 – 10/17     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 10/20 – 10/24     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 10/27 – 10/31     Monday     Tuesday     Wednesday     Thursday     Friday

Number of Meals ordered \_\_\_\_\_ X \$3.25

*Less credit due*

**Total Amount Enclosed**

\_\_\_\_\_

\$ \_\_\_\_\_

Cash or Checks may be made out to SSCPS.

**Choice of 1% milk, skim milk or orange juice is included with the purchase of a meal or can be purchased separately for 30 cents.**

*Please note: If your child has forgotten lunch, a cheese sandwich will be provided at the cost of \$2.50. A note from the office will go home that afternoon for reimbursement.*





**South Shore Charter School**  
**OCTOBER, 2014**

**Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday
29 Cereal Fruit Juice Milk	30 3.6 oz WW Muffin Fruit Juice Milk	1 3.6 oz. WW Muffin Orange Juice Fruit Milk	2 WG Cinnamon Bun Orange Juice Fruit Milk	3 Raisin Bran WW Blueberry Waffle Grahams Orange Juice Fruit Milk
6 Toasty O's WW Apple Cinnamon Waffles Orange Juice Fruit Milk	7 WW Croissant w/Jelly Orange Juice Fruit Milk	8 3.6 oz. WW Chocolate Muffin Orange Juice Fruit Milk	9 Raisin Bran Orange Juice Fruit Milk	10 <b>No School</b> <b>Prof. Dev. DAY</b>
13 <b>COLUMBUS DAY</b>	14 Honey Wheat Bagel w/Jelly Orange Juice Fruit Milk	15 Toasty O's Orange Juice Fruit Milk	16 WG Cinnamon Bun Orange Juice Fruit Milk	17 3.6 oz. WW Apple Muffin Orange Juice Fruit Milk
20 3.6 oz. WW Apple Muffin Orange Juice Fruit Milk	21 3.6 oz. WW Banana Muffin Orange Juice Fruit Milk	22 WW Croissant w/Jelly Orange Juice Fruit Milk	23 3.6 oz. WW Banana Muffin Orange Juice Fruit Milk	24 3.6 oz. WW Chocolate Muffin Orange Juice Fruit Milk
27 Toasty O's WW Apple Cinnamon Waffles Orange Juice Fruit Milk	28 Cinnamon Toast Crunch Orange Juice Fruit Milk	29 3.6 oz. WW Muffin Orange Juice Fruit Milk	30 WG Cinnamon Bun Orange Juice Fruit Milk	31 2 oz. Cereal Fruit Orange Juice Milk

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

\* Complies with NSLP Regulations

**ALL MENUS ARE SUBJECT TO CHANGE**

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



**SOUTH SHORE CHARTER SCHOOL K-8**  
**OCTOBER, 2014**

**Lunch**

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
Sept. 29	Sweet & Sour Meatballs Ziti Green Beans Mandarin Oranges Milk	Sept. 30	Chicken Stir Fry Brown Rice Corn Pineapple Chunks Milk	1	Chicken Parmesan w/Ziti Broccoli Peaches Milk	2	Mexican Chicken Wrap Sweet Potato Fries w/Ketchup Apple Milk	3	Nachos w/Ground Beef Southwestern Beans Watermelon Chunks Milk
6	Mozzarella Sticks w/Marinara Sauce Green Beans Baked Sliced Apples Milk	7	Beef Hot Dog on WW Roll Ketchup Baked Beans Apple Milk	8	BBQ Chicken on Bun Potato Wedges w/ Ketchup Plums Milk	9	Sloppy Joe on WW Bun Broccoli Banana Milk	10	<b>No School Prof. Dev. Day</b>
13	<b>COLUMBUS DAY</b>	14	Ziti & Meatballs Broccoli Whole Wheat Roll Apple Juice Milk	15	<b>EARLY RELEASE</b>	16	Chicken Quesadilla Spanish Rice Green Beans Orange Milk	17	Chicken Caesar Salad Wrap Cucumber Pears Milk
20	Chicken Tenders w/Ketchup Green Beans Peaches Honey Wheat Dinner Roll Milk	21	Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	22	“Breakfast for Lunch” Pancakes & Syrup w/Sausage Patty Potato Wedges Grapes Milk	23	Chicken Alfredo w/Ziti Broccoli Applesauce Milk	24	Low Fat Cheese Pizza Carrots Banana Milk
27	Turkey & Gravy Corn Apple Honey Wheat Dinner Roll Milk	28	American Chop Suey Carrots Banana Whole Wheat Roll Milk	29	Hamburger on WW Bun w/Ketchup Baked Beans Baked Apple Slices Milk	30	Jamaican Beef Patty Green Beans Apple Milk	31	Chicken Parmesan w/Ziti Broccoli Peaches 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 9-12**  
**OCTOBER, 2014**

**Lunch**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Sept. 29</b> Sweet and Sour Meatballs Ziti Green Beans Mandarin Oranges Milk	<b>Sept. 30</b> Chicken Stir Fry Brown Rice Corn Pineapple Chunks Milk	<b>1</b> Chicken Parmesan w/Ziti Broccoli Peaches Milk	<b>2</b> Mexican Chicken Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	<b>3</b> Nachos w/Ground Beef Southwestern Beans Watermelon Chunks Milk
<b>6</b> Mozzarella Sticks w/Marinara Green Beans Baked Sliced Apples Banana Milk	<b>7</b> Beef Hot Dog on WW Roll w/Ketchup Baked Beans Apple Peaches Milk	<b>8</b> BBQ Chicken on Bun Potato Wedges w/ Ketchup Plums Raisins Milk	<b>9</b> Sloppy Joe on WW Bun Broccoli Carrots Banana Pineapple Chunks Milk	<b>10</b> <p align="center"><b>No School</b> <b>Prof. Dev. Day</b></p>
<b>13</b> <p align="center"><b>COLUMBUS DAY</b></p>	<b>14</b> Ziti & Meatballs Broccoli Fruit Cocktail Apple Juice Milk	<b>15</b> <p align="center"><b>EARLY RELEASE</b></p>	<b>16</b> Chicken Quesadilla Spanish Rice Green Beans Orange Peaches Milk	<b>17</b> Chicken Caesar Salad Wrap Cucumber Pears Apple Juice Milk
<b>20</b> Chicken Tenders w/Ketchup Green Beans Peaches Honey Wheat Dinner Roll Orange Juice Milk	<b>21</b> Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	<b>22</b> "Breakfast for Lunch" Pancakes & Syrup w/Sausage Patty Potato Wedges Grapes Raisins Milk	<b>23</b> Chicken Alfredo w/Ziti Broccoli Applesauce Honey Wheat Dinner Roll Milk	<b>24</b> Low Fat Cheese Pizza Sweet Potato Fries Banana Apple Juice Milk
<b>27</b> Turkey & Gravy Corn Apple WG Cinnamon Roll Orange Juice Milk	<b>28</b> American Chop Suey Carrots Banana Honey Wheat Dinner Roll Milk	<b>29</b> Hamburger on WW Bun w/Ketchup Baked Beans Baked Apple Slices Milk	<b>30</b> Jamaican Beef Patty Spanish Rice Baked Beans Peaches Apple Milk	<b>31</b> Chicken Parmesan w/Ziti Broccoli Green Beans Peaches Whole Wheat Roll 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!**