



FROM THE K-6 PRINCIPAL

In writing these Updates my task is to describe some of the wonderful things I see here at school. Typically I concentrate on our current students but today I will focus on our teachers and a graduate.

When I go out into the educational world I am struck by how much more I like my job as a Principal than the colleagues I meet from other schools. I hear about all of the phone calls and the e-mails they get from disappointed families and of all the situations they are in that need fixing. That is not my experience. There is a simple reason for that and it is the combination of systems/structure of our school and the skill of our faculty. Very few situations come to me because you, the families, collectively go to teachers and you trust them. I love to be involved but typically I am not needed and most of my job is simply being present.

Yesterday I saw evidence of the faculty's skill. As many of you know we have switched our school software so we no longer use EdLine but use PortalsPlus. Making this change required us to reformat the Progress Reports for grades 5 – 12 and gave us the impetus to remake the Progress Reports for grades K – 4. Angie and Rio worked with the 5 -12 faculty on the PortalsPlus work while I worked with the K -4 teachers. Well, I had a treat. It is not often that a group of twenty can so seamlessly work together. We talked and wrote about our goals for a Progress Report and how we could create a series of documents that met those goals. After two hours we had drafts of what they would be. Why did it go so well? Because we work in a school where the belief is that there is wisdom in us all and we hear each other. We certainly heard each other yesterday and I believe the drafts of the new Progress Reports are much better than what we had before. It is also our document so if the reports are not what I think them to be, which is excellent because they seem to meet the interests and needs of families, teachers and students, well then we will modify them. It is ours, we made it, and so we can improve it. I am grateful to work with such flexible, thoughtful, honest, direct, and hardworking people.

The other subject I want to write about is a graduate of last June, Meggan Thermitus. It turns out that Meggan is a big fan of Ellen Degeneres and she wrote Ellen some letters. Well, they must have been some fine letters because Ellen and her team thought enough of them and Meggan that Ellen arranged for Meggan to play a game. I won't spoil the show by telling you about the outcome, but I do want you to watch closely a few things that Meggan does on this bit of TV. Look at how excited and joyful she is, look at how deliberate and careful she is. She is certainly someone who learned a thing or two in school. Now of course Meggan and her family deserves the credit for her composure and expressiveness but I think we as a school should be proud and bask in a bit of collective glory. To me, Meggan's performance on *Ellen* is "Charter." I hope you like this clip half as much as I do. And remember, most of us know our own height but we often don't use that information when we could. Meggan uses her tools!

<http://www.ellentv.com/videos/0-7pittdwa/?autoplay=true>

Ted Hirsch – thirsch@sscps.org

Wednesday	09/24	Library Committee Work Night	4:00-7:00pm
Friday	09/26	Level IV Global Graphics to North River	
Friday	09/26	Waste Watchers Hosts Green Apple Day of Service	
Save the Date:	Thursday October 16	School Picture Day	
	Saturday October 18	Harvest Run Road Race – Wompatuck State Park	

ANNOUNCEMENTS

News from the Library Committee

The Library Committee is holding a **Work Night on Wednesday Sept. 24th from 4-7pm** to continue the scanning of our materials to support the new automatized checkout system. Parent volunteers are welcome to attend for as little or as long as you are able. Please email Bev Bruce at bbruce@sscps.org if you would like to volunteer. "More hands make the work light" is our motto!

The Computer Graphics Workshop has 2 rulers that are 76 inches in length, 12 inches high and show increments in 1/16's. It is basically a 12 inch ruler blown up to 6 ft. They are made of vinyl like a banner. Great for over your teacher's white board and will help with math problems. The pod that comes up with the best reason why they should have one, in a written paragraph, wins. Please submit your entry by October 1st to Christine in the Art Room.

Announcing the Level IV Book Club

Would you read more if you knew about books that might be interesting to you? Do you like to read? Do you want some time during the school week to read books of your own choosing? Would you like to gather with other students to discuss your favorite books? The Level IV Book Club is open to any 7th or 8th grade student. There is no fee to participate. Book Club will meet on Tuesdays during lunch in Jenna's room (on Level III). Direct any questions to Jody Regan at x362 or by e-mail jregan@sscps.org.

2015 Yearbook

The 2015 yearbook is now in progress and all the memories of the 2014-2015 school year will be published forever in print. A yearbook is a trip back to those fun times in school when friends were forever and life was an exciting promise. It captures that feeling and brings those times back again and again. Someday your student will want to look back, too. Buy them a little time - buy them a yearbook! To order online go to www.coffeepond.com, to login use school password: bluejaguar.

Parents may submit a personalized page that will appear in the back of the book for their senior at these rates: Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50.

FROM THE ATHLETIC DIRECTOR

High School Soccer

High School Soccer has kicked off, and both the boys and girls have started their season against strong league competition.

The Lady Jaguars opened their season against reigning league champs Foxboro Charter School and was able to break down their defense to net two goals. They continued their fight through the next three games, challenging the top teams in the league. Strong play has been led by juniors Ila White, Melissa Theodore, Christine Nwafor and 8th grader Daley Tilden.

The boys' soccer team has also started off strong with intense play in their first three games. Goalie Jerome Sullivan has been a force in net while Frankie Sullivan and Ian Wright have led the defense. Offense attacks have been headed by Ethan Seal, Tevin Francois, Kevin Jubani, and Paul Sullivan.

Both high school teams head to Everett to compete against Pioneer Charter School today.

Upcoming Dates High School Soccer:

9/28 HS @ Pioneer

9/28 HS Girls @ MATCH

9/30 HS vs. KIPP

9/30 MS @ Boston Prep

Middle School Soccer

Middle School Soccer will kick off their regular season next week against Boston Preparatory Charter School on Tuesday September 30.

Cross Country Meet Cancelled

The Cross Country meet has been cancelled on September 25th. The next meet will be next week on October 2 at Breakheart Reservation in Saugus.

Girls Volleyball

The girls' volleyball team has got off to a solid start by defeating City on a Hill last week and narrowly losing to the defending champions Pioneer Charter School. Their next game is on September 25th against Boston Collegiate at 7pm at the Hanover YMCA.

Look for all schedules to be posted on the website in the next week. Follow team results and player stats on www.Maxpreps.com and search for South Shore Charter Public .

WHAT'S HAPPENING IN WORKSHOPS AND PROJECTS?



SAVE THE DATE SAVE ELECTRICITY

On September 26th Waste Watchers is asking that you participate in the Green Apple Day of Service. This Friday, we ask that you use the least amount of electricity possible. We would like all classrooms and offices that have windows to use the natural light from the sun and shut off your light switches for just one day. This will help us to reduce our carbon footprint and help the environment.

Remember if you leave your room shut off the lights! Thank you for your participation!!

The Waste Watchers Project

FROM THE PARENTS ASSOCIATION CHAIR

The Back-to-School Picnic, which was held on Saturday September 13, 2014, was a huge success. Music, games, prizes, food...what more could you ask for? Yes, the rain held off until after the picnic, too. Thank you to Cyndi Wormald for organizing the event and everyone else who helped out!

The PA is still looking for parents to serve on the School Council. We have a parent from Level I, but would like to be representative of the entire school community. School Council meets on the second Thursday of every month at 3:30PM. Interested parents should contact the PA Chair at steve.hillson@gmail.com.

The School is in the process of renewing its Charter this year, and one task in the process is to conduct independent interviews of teachers, staff, students, and parents. Any parents who are interested in being interviewed should contact the PA Chair at steve.hillson@gmail.com.

The next Parents Association meeting will be held on Tuesday October 7, 2014, at 7:00PM. Social time starts at 6:30PM. This month's Impact Speaker will be Matt Tondorf, who will speak about the school's Learning Services, and also provide some information about the school's selection as a Model Inclusion School.

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

6th, 7th and 8th 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

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.

Claire
Claire Overlee

**Now Hiring
Wait Staff
Job Fair at Linden Ponds**



Dates: September 23rd - 26th

Time: 2:30pm - 4:00pm

300 Linden Ponds Way, Hingham, MA

Human Resources Suite

**Learn more about our College Scholarship program
and award-winning team!**



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: _____

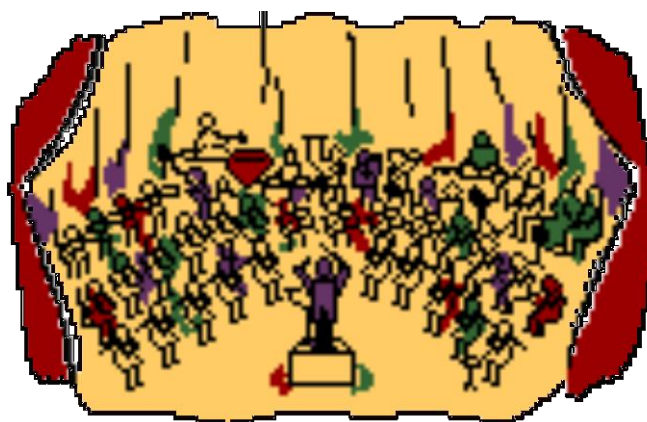
City, Zip: _____

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: _____

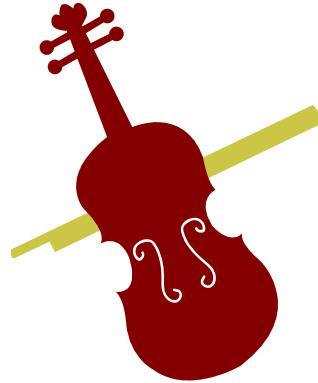
Band Instrument of Choice: _____



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

Come Play Strings!

Violin, Viola, and Cello Lessons



Lessons available right here at South Shore Charter Public School with Kevin Burokas from the Quincy Symphony

1/2 hour, 45 minute, or 1 hour timeslots before or after school

Contact Kevin Burokas in high school classroom 103 or via email at: kbuokas@sscps.org for more info!

Come and learn about the most beautiful and dynamic instruments in the orchestra!



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 2nd, 9th, 16th, 23rd & 30th 2014

*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 or contact Denise Demaggio at 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.

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

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

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

Holly Hill Farm & Friends

9/23/2014 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

FHHF contact: jbelberhollyhill@hotmail.com

October 3, October 6 & 7 Photos on the Farm

Book your session today! Local photographer Annemarie DeSmet of Mimi & Co. Photography is 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. Session includes a FHHF family membership and a portion of all proceeds support the Farm's educational programs. Contact Annemarie@mimiancophoto.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

October 4 7th Annual Discover the Woods Run 10 AM

Registration before October 1: \$30 adults / \$15 kids 12 & younger After October 1: \$35 adults / \$20 kids
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! 5K trail run begins at 10; 1 mile fun run/walk begins at 11. Register at www.hollyhillfarm.org or <http://www.southshoretrailseries.org/>. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Beginning October 7 Caring for our Animals 4-5 pm

6 weeks on Tuesday afternoon \$60 Members of Friends of Holly Hill Farm / \$72 Non-members

"Caring for our Animals" is a chance for children ages 7-12 to visit and learn about the animals living in the barnyard; collect eggs, bring food, water and care as we tuck the animals in for the night. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Beginning October 9 Outdoor Adventurers 4-5 pm

6 weeks on Thursday afternoon \$60 Members of Friends of Holly Hill Farm / \$72 Non-members

Adventurers, ages 7-10 will explore field and forest, investigating the flora and fauna through tracking, foraging for wild edibles, building primitive tee-pees and discovery of the natural world on the Farm's 140 acres. A terrific way for kids to enjoy the autumn season! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

October 25 Dance your Chipotle Off!

Save the date! Learn to Contra Dance and enjoy a Chipotle Burrito at Holly Hill Farm. We are still pulling together the plans for an evening of dance, food and fun in the Tomato Barn and will share the details soon, but plan to join us! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Farm Stand Hours

Thru mid-October Wednesday, Saturday and Sunday 11 AM -6 PM

The fall harvest is in! 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

November 1 Harvest Dinner & Auction 6 - 10 PM

\$100 Members of Friends of Holly Hill Farm / \$125 Non-members

Reserve your tickets for the Harvest Dinner and Auction. Our cozy greenhouse, decked with twinkling lights, sets the stage for a memorable evening to benefit the *Friends of Holly Hill Farm* educational programs. Chef/Owner Brian Houlihan and Chef Katie Callahan from Bia, Tinker's Son and Galley Kitchen will provide a fabulous dinner made from local, organic foods. Tickets are selling quickly – reserve today! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

November 29 6th Annual Holly Day Fair 11 AM – 3 PM

Kick off the holiday season with a visit to our Holly Day Fair. Bring your list and check it twice! Local artisans display their crafts in the greenhouse. Pick up unique gifts for everyone on your list. Holly Hill swags and a wreath making workshop provide the holiday decor for your home. Children's activities keep young ones occupied while you shop. And food... great food is never in short supply at Holly Hill Farm! See you at the Farm! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

January 1 Annual New Year's Day Walk with Naturalist Steve Ivas

Celebrate the New Year at Holly Hill Farm. This walk has become an annual tradition for many families and we invite you to join us. Naturalist Steve Ivas will provide a guided tour along the trails. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). 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.



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.**
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! 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

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

SHARING INFORMATION WITH OTHER PROGRAMS

Dear Parent/Guardian:

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

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

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

Child's Name _____ School: _____

—

Child's Name _____ School: _____

—

Child's Name _____ School: _____

—

Child's Name _____ School: _____

—

Signature of Parent/Guardian: _____ Date: _____

Printed Name: _____

Address: _____

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

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



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

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

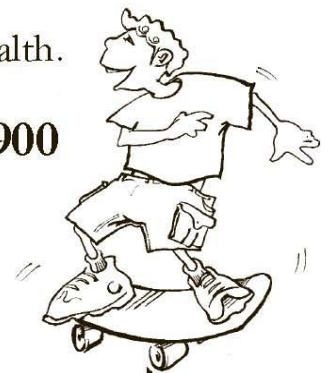
MassHealth



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

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

*covering
kids*





MASSACHUSETTS FREE AND REDUCED PRICE SCHOOL MEALS HOUSEHOLD APPLICATION

SCHOOL YEAR 2014-2015

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

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

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

PART 2. BENEFITS- MA SNAP OR MA TAFDC

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

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

PART 3. HOMELESS, MIGRANT, RUNAWAY

IF ANY CHILD YOU ARE APPLYING FOR IS HOMELESS, A RUNAWAY, OR MIGRANT, CHECK THE APPROPRIATE BOX AND CALL **Angie Pepin, 781-982-4202x102**

HOMELESS RUNAWAY MIGRANT

PART 4. TOTAL HOUSEHOLD GROSS INCOME (BEFORE DEDUCTIONS). List all income on the same line as the person who receives it. Check the box for how often it is received. RECORD EACH INCOME ONLY ONCE. DO NOT INCLUDE MONEY RECEIVED FROM MA SNAP OR MA TAFDC.

1. NAME (LIST ONLY HOUSEHOLD MEMBERS WITH INCOME)	2. GROSS INCOME AND HOW OFTEN IT WAS RECEIVED															
	Earnings from work before deductions.	Weekly	Every 2 Weeks	Twice Monthly	Monthly	Welfare, child support, alimony	Weekly	Every 2 Weeks	Twice Monthly	Monthly	Pensions, retirement, Social Security, SSI, VA benefits	Weekly	Every 2 Weeks	Twice Monthly	Monthly	All other income (you must indicate how much and how often)
(Example) Jane Smith	\$200	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$150	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$0
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$

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

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

Sign here: _____ Print Name: _____ Date: _____

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

Phone Number: _____ Cell Phone Number: _____

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

PART 6. CHILDREN'S ETHNIC AND RACIAL IDENTITIES (OPTIONAL)*Choose one ethnicity:**Choose one or more (regardless of ethnicity):* Hispanic/Latino Asian American Indian or Alaska Native Black or African American Not Hispanic/Latino White 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, 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 October, 2014

Due to the office by 3:00 pm, ***Tuesday**, September 30, 2014

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

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

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

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

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

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

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

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

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

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 No School Prof. Dev. DAY
13 COLUMBUS DAY	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

Monday		Tuesday		Wednesday		Thursday		Friday	
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	No School Prof. Dev. Day	
13	COLUMBUS DAY	14	Ziti & Meatballs Broccoli Whole Wheat Roll Apple Juice Milk	15	EARLY RELEASE	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!**



Essence of Thyme and Cravings

SOUTH SHORE CHARTER SCHOOL 9-12

OCTOBER, 2014

Lunch

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