

## FROM THE K-6 PRINCIPAL

This Saturday is the lottery for enrollment for our school. We have a record number of applications. Each application will be pulled at random from a fish bowl and the name read to the assembled folks. It will take some time to read over 1,100 names. We have shifted the lottery from its past time on the Saturday that begins February vacation to three weeks later. The lottery is open to all and we wish you and your friends the best of luck. Now, luck is something we try to persuade students is not the reason for outcomes. We try to train them to emphasize hard work and persistence -- but on Saturday it is just a matter of luck.

Speaking of shifts to the calendar, this past Monday was February 29th, a day that happens once every four years. We have this day on the calendar so that the human marking of time can be accurately calibrated to the actual length of a year. It keeps January feeling like January and July like July. Without the inclusion of a leap day every four years over the course of a century the calendar would shift almost a month. And over time centuries do add up and soon January would feel like July.

I was teaching Kindergarten this past Friday and I wanted to show the kindergarteners what three years of 365 days and one year of 366 days looked like. I wanted them to be able to see the leap day. So I drew four years on the board. It took a little time and was not that neat but I drew the span of time so the kindergarteners could see it. On Monday a colleague commented that we had not done anything to mark the unusual day of Leap Day so I went to show him the drawing on the board. The drawing had been erased and I decided to draw it again, but this time on paper. On this paper drawing I marked all of the children's birthdays. They loved seeing their day celebrated in a drawing of time. I then thought it would have been better if I had mapped out the entire lives of these kindergarteners. I wanted to represent the years of their lives and place the actual date of their births on the drawing. It did not seem worth the time to complete this conceit but then I realized that we have two kindergarten classrooms. I plan to do this for the students in Amy's pod. Thinking about numbers and marking, record keeping and tabulating, and writing and mapping of history makes me think about what it is to be human. There is nothing like working with kindergarteners to get to the basics of what it is to learn. Learning is one of the central good things in life and being able to think about how we learn is one reason I love my job.

There was a teacher who almost daily came into my office to tell me that she loved her job. That teacher was Mac Haran. Sadly Mac died way too early at the start of this school year. On Saturday March 19th a group of us will walk in Mac's honor at South Shore Hospital's *Walk for Hospice*. I saw how important hospice was in the death of my mother-in-law and I am a believer in hospice. Hospice is good at teaching us that it is very important to learn how to live with illness and to understand that we all will die and how we die is as important. One of our parents, Tara Dusthimer, is organizing a group to participate in this walk. It will be inside at the South Shore Mall and Mac's husband Jack will be joining us. I hope you will consider joining us too. Details about the walk are available at the Front Desk or on line at: <http://www.southshorehospital.org/walkforhospice>.

Ted Hirsch – thirsch@sscps.org

Saturday	03/05	Enrollment Lottery	10:00am
Tuesday	03/08	Level III El Sarape Field Trip	
Wednesday	03/09	11 <sup>th</sup> Grade Parent Night	6:00pm
Thursday	03/10	School Council	3:30pm
Thursday	03/10	Board of Trustees Personnel Development Finance	7:30pm 5:30pm 6:00pm 7:00pm
		<a href="#"><u>SSCPS PARENT SURVEY 2016</u></a>	



## FEBRUARY 2016 COLLEGE ACCEPTANCES

*Marvelous Abraham*

University of Hartford  
University of Maine - Orano  
St John's University

*Mackenzie Blithe*

Franklin Pierce University  
Morehead State University

*Samantha Circelli*

Curry College  
Bridgewater State University  
Nicholas College

*Derrick Dera*

Johnson & Wales University

*Tevin Francois*

University of Hartford  
Franklin Pierce University

*Madison Hebert*

Lyndon State University

*Marco Herrera*

Bridgewater State University

*Christine Nwafor*

University of Maine - Orano

*Kanya Syllien*

Franklin Pierce University

### ANNOUNCEMENTS

#### **Jump Rope/Hoops for Heart event week!**

This week, Level I, Level II, and Level III students will be learning about heart health, engaging in fun activities, and helping to make a difference in people's lives.



If your child is participating in collecting donations, please be aware that all donations must be collected and in no later than **March 8, 2016**. Any donations that are not raised online can be brought to Heather or turned in at the front desk.



**Waste Watchers and the National Honor Society** teamed up and sold Krazy Krayon Valentines during the month of February. Students sold them during lunch and they were delivered to classrooms on Valentine's Day. Thanks to their hard work they raised \$100.00 and presented a check to Alicia. All proceeds will go to the Annual Fund!

## YEARBOOK COMMITTEE

The 2016 yearbook is now in progress and all the memories of the 2015-2016 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. 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](http://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. *There are still a few 2015 books left just email Christine at [cbodnar@sscps.org](mailto:cbodnar@sscps.org) to get yours!*

## FROM THE DEVELOPMENT OFFICE

Save the Date for our **Annual Auction coming up on Friday, May 6th at The River Club** in Scituate. Be sure to watch your inbox for your official invitation! This is our largest and most exciting event of the year and we hope you will come and support the school.

Our **Annual Fund** donations are at \$26,400. Thank you to everyone who participated in the Phone-a-thon and sent in pledges. It's not too late to mail your contribution in to our fund. You can drop off a check at the front desk, mail to SSCEF, P.O. Box 512, Accord, MA 02018-0512 or visit [www.sscps.org/giving](http://www.sscps.org/giving)

The **50/50 raffle** is coming back and tickets will be available next week! We had a very happy parent last year win over \$3500. There will be 1000 tickets available and each raffle ticket will cost \$20. Half the proceeds of the raffle will go back to the school. Please let me know if you would like to purchase tickets, or will help sell them.

Laurie Dannison – [ldannison@sscps.org](mailto:ldannison@sscps.org)

## COMMUNITY SERVICE OPPORTUNITIES

### SPRING CLEANING TIME!!!

Shannon Daly in Rachel's room in Level IV is collecting slightly used or new books for children, ages 2 to 14, whose parents are students at the Adult Learning Center in Brockton. Each year, all the adult learners and their children are invited to come and choose books that they can take home to create an at home library. The Learning Center relies on donations from community members to make this give-away possible, a lot of the time this is the only way they receive books. The collection box is located outside in the front lobby at the front desk, and any donations would be greatly appreciated. For larger donations please contact Barbara at [barbara6910@msn.com](mailto:barbara6910@msn.com)

### Level II Student Collecting Donations for Local Animal Shelter

Fisher Roman loves cats. LOVES them. He recently adopted a homeless cat from the local animal shelter. While he was at the shelter, he noticed all the cats that don't have homes. There were LOTS. So, to help the homeless cats in his town of Hull, Fisher is collecting cat food & cat litter and donating it to the shelter (called the Hull Seaside Animal Rescue). If you would like to help the cats and kittens who don't have homes, you can bring in a can or bag of cat food or cat litter and drop it off in Fisher's Cat Box in Nicole's Pod on Level 2. You can drop off your donations from now until the last day of school. Meow! (That's "Thank You!" in Cat Language)

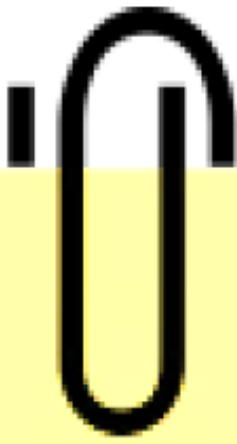
### The Guardian Center – 888 Main Street, Brockton, MA – 508-587-6556

The Guardian Center is in need of lap sized blankets for residents. These blankets offer comfort, warmth, and for some they are used to wear on laps to cover braces on their legs. Blankets can be made or purchased for the residents. They can be dropped off at the center as a donation. The center is always looking for visitors as well. Most of the patients have dementia. Should you want to donate time at the center please contact them directly so that you can be set up with the right people for your volunteer time.

**Do Something Website: Online** – Check out the website [www.dosomething.org](http://www.dosomething.org). You can enter in the time you have available, things you are interested in helping, and activities you are interested in. The site will give you ideas and opportunities filtered based on what you put in for criteria!

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**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)**



# Help Us . . .

# Help You –

# Hire a Student Intern



Every spring, our high school seniors spend three weeks in an internship getting real life experience in a work setting and possible future career. If your office or business is willing to offer an internship position, we would like to hear from you.

### **The details:**

- 30 hours a week/for 3 weeks (generally between the hours of 8:30-3:00)
- From May 9–27th
- Unpaid
- Any type of work: physical, office work, outdoor/indoor

### **Requires:**

- a mentor willing to oversee the intern's activities
- Email a record of hours worked once a week
- Complete a student evaluation at the end of the internship

***If you have an internship opportunity, please contact Lora De Salvo at [ldesalvo@sscps.org](mailto:ldesalvo@sscps.org) with the following information:***

- Name and address of company/business
- Contact name, phone number and/or email
- Brief description of the type of work/environment involved
- Any special requirements that are needed (good with computers, can lift boxes, for example)



**Congratulations**

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A work of art that you created will be on display in  
**The Power of Art in Massachusetts**

*A Statewide Exhibit*

Honoring Young Artists from across Massachusetts

**State Transportation Building**

**Boston, MA**

**(The corner of Stuart Street and Charles Street, second floor)**

**Please join us at the Opening Celebration**

**Sunday, February 28, 2016**

**12:00 – 4:00 p.m.**

**Recognition Program**

**1:30 p.m.**

**Open to the public**

**Monday-Friday, 9-5**

**Feb 8, 2016- March 31, 2016**

**(Closed weekends and President's Day, Monday, Feb. 15, 2016)**



2016 YAM State Flag

**MA  
EA** Massachusetts  
Art Education  
Association



# Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2016

South Shore Charter Public School  
Susan Dupras, School Nurse

## BEST BITES

### Fitness forecast

This time of year, the weather can change from day to day—cold to warm, snowy to clear. Have your child look at the weather forecast to see which days will be best for playing outside this week. Then, she could mark the calendar with ideas. (“Monday: Go to the playground.” “Tuesday: Have a long-jump contest in the basement.”)



### DID YOU KNOW?

Healthy eating is linked to success in school. In fact, students who eat nutritiously have better attendance, fewer visits to the school nurse, and higher test scores. To help your youngster eat a healthier diet, stock your refrigerator and pantry with nutritious foods, and try not to buy junk food.

### Use open gyms

Open gym times offer a great opportunity for your child to shoot hoops, play volleyball, or run around with his friends and family. Check to see if your youngster's school gym, or a nearby middle or high school gym, is open to families after school hours. Or look into open gym hours at your local community center. *Note:* Parental supervision may be required.

### Just for fun

**Q:** What does a snail say when it's riding on a turtle's back?

**A:** “Whee!”



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## Let's play nutrition!

March is National Nutrition Month. Celebrate by building nutrition knowledge with these fun activities. When your child knows more about healthy foods, he'll be more likely to choose them for meals and snacks.



### Name a food

Quick, think of a healthy food! In this fast-paced game, take turns coming up with a nutritious food—in ABC order—for breakfast, lunch, or dinner. The first player holds a ball and says, “I love \_\_\_\_\_ (artichokes) for breakfast.” He tosses the ball to the next person, who says, “I love \_\_\_\_\_ (broccoli) for lunch.” Keep going, and see how many you can name. Then, choose a few of the foods to eat this week.

### Design posters

Showcase good nutrition with homemade posters. First, brainstorm healthy eating tips, and come up with fun slogans to use. You could suggest “Start your engines with breakfast!” and your youngster might say, “Milk is the best!”

Decorate your posters, and display them for everyday reminders of ways to stay healthy.

### Know the group

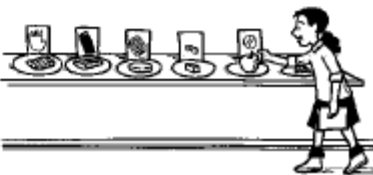
Focus on food groups with this twist on bingo. Each player makes a 5 x 5 bingo card with these headings: Fruits, Vegetables, Grains, Protein, and Dairy. Next, he writes a matching food in each column and also writes the words on separate slips of paper. Give all the slips to a “caller,” who mixes them up and reads them out, one by one (toss out any duplicates). If he calls an item on your board, mark it. The first one with five across, down, or diagonally yells “Bingo” to win. ●

### Picturing portions

Overeating often comes down to portion sizes: They're just too big. Share this handy list to help your youngster eyeball healthy portion sizes:

- 1 serving of meat or chicken = palm of your hand
- 1 serving of fish = checkbook
- 1 hamburger (no bun) or meatloaf slice = deck of cards
- 1 oz. cheese = your thumb
- $\frac{1}{2}$  cup cooked rice = cupcake wrapper

- 2 tbsp. peanut butter = Ping-Pong ball
- $\frac{1}{4}$  cup nuts = golf ball
- 1 serving of cooked pasta =  $\frac{1}{2}$  baseball
- 1 baked potato = computer mouse ●



USDA is an equal opportunity provider and employer.

## H<sub>2</sub>O to the rescue

One of the healthiest and most inexpensive sources of good nutrition is as close as your kitchen sink. Encourage your youngster to drink water all day long with these ideas.

**Keep a log.** Hang a small whiteboard on your refrigerator. Write each family member's name down the left side. Every time someone drinks a glass of water, she draws a glass next to her name. *Note:* Have your child announce the results each evening—she'll practice reading graphs and interpreting data.



**Add flavor.** Make your own "fruit punch" by squeezing an orange into a glass of water and floating an orange slice on top. Or drop in a strawberry one day and a cucumber slice the next. *Try this:* Each day, fill a pitcher with water and add fruit. Your youngster will be excited to see what today's water flavor is!

**Be a role model.** Let your child see you drinking water. Take it along when you go out together, and keep a glass of water beside you when you work, pay bills, or read. *Tip:* Try not to drink soda around her—research shows that children of soda drinkers are much more likely to drink it regularly. ●

## Q&A No meat? What now?

**Q:** I can't believe it—my 10-year-old daughter has decided to be a vegetarian. We're all meat eaters, and I don't know how to cook for her or make sure she gets the protein she needs. Help!

**A:** Don't despair. There are easy—and nutritious—ways to adjust family meals to accommodate your child's choice.



Try serving meat and poultry on the side. For a stir-fry, you could cook vegetables in one skillet and chicken in another. Or put the meatballs in a separate bowl when you're having spaghetti. Then, your child might substitute other proteins like beans, eggs, veggie burgers, or soy "nuggets." She could also get protein from whole grains, nuts, and milk.

And here's something good to know: A balanced vegetarian diet can be every bit as healthy as a meat eater's diet. In fact, vegetarians typically eat less saturated fat and more fruits, vegetables, and fiber—and they're less likely to be overweight. ●

### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfcustomer@wolterskluwer.com  
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
ISSN 1935-4630

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## ACTIVITY CORNER

### Enjoy nature walks

Walking outside is a wonderful way to combine physical activity, family bonding, and learning about nature. Try these suggestions.

#### Make my name

Have your youngster collect items from the ground that he could use to spell his name. He may find leaves, pine needles, pebbles, sticks, or feathers. Then, he can arrange them into the letters of his name on a sidewalk or on grass. Or he might glue them onto paper and hang up his "nature name."



#### Take a photo safari

Let your child use a digital camera or your phone to snap pictures. He could focus on landscapes, trees, birds, insects, or animals. Make prints of his photos, and suggest that he turn them into a collage or a book. *Idea:* Have him label the pictures using a field guide from the library or websites to identify objects or animals he doesn't know. ●

## IN THE KITCHEN

### Sheet-pan meals

For easy weeknight dinners, consider sheet-pan entrees. Here are two recipes.

**Fish & potatoes.** Slice 2 russet potatoes, and toss with 1 tbsp. olive oil,  $\frac{1}{2}$  tsp. salt, and  $\frac{1}{2}$  tsp. pepper. Cover a sheet pan with parchment paper, and arrange the potatoes in overlapping slices. Roast at 425° for 30 minutes. Remove from the oven, and top with 4 fish fillets (cod, salmon) and 4 lemon

slices. Roast 10–15 minutes more, until the fish flakes easily with a fork.

**Citrus chicken.** In a bowl, combine 3 lbs. chicken drumsticks or thighs with 4 sliced carrots and 1 chopped onion. Salt and pepper lightly. Spread on a baking sheet, and roast at 475° for about 30 minutes, until chicken is cooked through and vegetables are tender. Whisk together  $\frac{2}{3}$  cup orange juice, 3 tbsp. lime juice, 1 tsp. cumin, and  $\frac{1}{2}$  tsp. dried oregano, and pour over the dish. ●



# Holly Hill Farm & Friends

2/29/2016 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

Holly Hill Farm Media contact: [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com)

## UPCOMING EVENTS & ACTIVITIES

### **HOLLY HILL FARM SUMMER CAMP 2016! SIGN UP NOW ON OUR WEBSITE!!**

Would you and your children like to spend a week or more at Holly Hill Farm this summer? Your neighborhood, organic farm has a wide variety of fun, exploratory, creative, intriguing programs for all ages. Kids ages 3 and 4 can taste spinach. Children ages 7 and 8 can spend a morning at the marsh. Preteens ages 9 and 10 can compete in an obstacle course. Teenagers can prepare for an exciting overnight at the Farm. And adults can spend a week honing gardening skills and cooking vegetables for a special *Parents Go to Camp Too* program. Go to our website and click on the **Camp Sign Up photo** to learn more about individual sessions and to register early. **Camp Open House will be Saturday, March 19 from 10:00 – Noon.** This is a great opportunity for parents to bring first time campers to the Farm so they can meet the staff, tour the farm and meet the farm animals. Find out about membership benefits and all we have to offer during the coming year. Sessions begin June 6 and continue through August 26. Call/email 781-383-6565 or [friendsofhollyhillfarm@gmail.com](mailto:friendsofhollyhillfarm@gmail.com) [Holly Hill Farm, 236 Jerusalem Road, Cohasset, 02025.](http://www.hollyhillfarm.org)

### **Seed Starting Workshop, Saturday, March 12 from 10:00am - 12 noon**

Join us in this ongoing series on growing your own seeds, greens and early root crops. Come to the farm for an informative, hands-on, productive workshop and get a head start on early Spring seedlings. Whether or not you have a greenhouse, we invite you to ours for strategies and plans on which hardy greens to start for window sills and the outdoors. Be prepared to take some starts home with you as well, as there is much to grow this season. You will have an opportunity to take home free seeds and purchase packets of organic seed. \$12 members/\$15 non-members. [Holly Hill Farm, 236 Jerusalem Road, Cohasset, 02025 hollyhillfarm.org 781-383-6565](http://www.hollyhillfarm.org)

## School Partnerships

Recently, the Holly Hill Farm teachers were at the Cole school in Norwell planning for cafeteria compost collection. The cafeteria staff has already been saving their vegetable and fruit scraps and now will work with 5th graders and the kindergartners to help place those scraps into an outdoor compost bin. The bin will also hold straw, as a good carbon component to go with the green nitrogen. Soon, there will be finished compost for the school farm garden.

Soon, the teachers will make plans for new growth at schools in Kingston and Braintree, details, and Spring, soon to come.



# SSCPS

SSCPS Family Camping Weekend!!!

Hang out with old friends and make new friends!

When: May 20-22, 2016

Where: Boston/ Cape Cod KOA in Middleboro (I know not really located in Boston or Cape Cod)

<http://koa.com/campgrounds/boston/>

For reservations email [boston@koa.net](mailto:boston@koa.net)

Tell Moe Tara Dusthimer sent you! Discounts will be given to SSCPS Families!





**Do you have a child under 5?  
Are you pregnant or breastfeeding?**

**WIC OFFERS FAMILIES**

- Personalized nutrition consultations
- Free healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

Call **1-800-WIC-1007**  
or visit [mass.gov/wic](http://mass.gov/wic)

TDD/TTY: 617-624-5992  
USDA is an equal opportunity provider and employer.

Check these guidelines to see if WIC might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$21,775	\$1,815	\$419
2	29,471	2,456	567
3	37,167	3,098	715
4	44,863	3,739	863
5	52,559	4,380	1,011
6	60,255	5,022	1,159
7	67,951	5,663	1,307
8	75,647	6,304	1,455

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.



**GOOD FOOD and A WHOLE LOT MORE!**



**¿Tiene un hijo menor de 5 años?  
¿Está embarazada o amamantando/lactando?**

**WIC OFRECE A LAS FAMILIAS**

- Alimentos saludables gratis
- Apoyo de lactancia
- Consultas personalizadas de nutrición
- Referidos para atención médica y dental, seguro de salud, cuidado de niños, asistencia para combustible y vivienda, ¡y otros servicios que pueden beneficiar a la familia entera!

Llame al **1-800-942-1007**  
o visite [mass.gov/wic](http://mass.gov/wic)

TDD/TTY: 617-624-5992  
El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

Verifique estas pautas para decidir si WIC es el programa adecuado para su familia.

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
1	\$21,775	\$1,815	\$419
2	29,471	2,456	567
3	37,167	3,098	715
4	44,863	3,739	863
5	52,559	4,380	1,011
6	60,255	5,022	1,159
7	67,951	5,663	1,307
8	75,647	6,304	1,455

SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.



**BUENOS ALIMENTOS y MUCHO MÁS!**

# Breakfast Order Form

## Breakfast for the Month of March, 2016

Due to the office by 3:00 pm, \***Tuesday**, March 8, 2016

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

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

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

~~Week of \_\_\_\_\_ [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday~~  
~~3/7 – 3/11 \_\_\_\_\_~~

Week of [ ] Monday [ ] Tuesday [X] Wednesday [ ] Thursday [ ] Friday  
 3/14 – 3/18

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
 3/21 – 3/25

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
 3/28 – 4/1

Number of Breakfasts ordered \_\_\_\_\_ X \$1.80

*Less credit due*

**Total Amount Enclosed**

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

Cash or Checks may be made out to SSCPS.

# Lunch Order Form

## Lunch for the Month of March, 2016

Due to the office by 3:00 pm, \***Tuesday**, March 8, 2016

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

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

*Please circle **one** choice per each day lunch is ordered.*

<del>Week of</del>	<del><u>Monday</u></del>	<del><u>Tuesday</u></del>	<del><u>Wednesday</u></del>	<del><u>Thursday</u></del>	<del><u>Friday</u></del>
<del>3/7 – 3/11</del>	<del><b>Reg</b> or <b>Salad</b></del>	<del><b>Reg</b> or <b>Salad</b></del>	<del><b>Reg</b> or <b>Salad</b></del>	<del><b>Reg</b> or <b>Salad</b></del>	<del><b>Reg</b> or <b>Salad</b></del>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3/14 – 3/18	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	NO LUNCH	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3/21 – 3/25	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	NO LUNCH

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3/28 – 4/1	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

- Option A = Regular Lunch Choice
- Option B = Salad Lunch Choice
- Can only choose 1 (one) option

Number of **Regular Lunches (A)** ordered \_\_\_\_\_ X \$3.30

Number of **Salads (B)** ordered \_\_\_\_\_ X \$3.30

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

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

Cash or Checks may be made out to SSCPS.



**SOUTH SHORE CHARTER SCHOOL**  
**MARCH, 2016**

**Breakfast**

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
7	Marshmallow Mateys Fruit Apple Cinnamon Waffles Orange Juice Milk	8	.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	9	WG Cinnamon Roll Fruit Orange Juice Milk	10	3.6 oz. WW Chocolate Muffin Fruit Orange Juice Milk	11	3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk
14	Cereal Fruit String Cheese Orange Juice Milk	15	WW Bagel w/Jelly Fruit Orange Juice Milk	<b>NO SCHOOL</b>		17	3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	18	WW Bagel Fruit Orange Juice Milk
21	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	22	2 oz. Cereal Fruit Orange Juice Milk	23	3.6 oz. WW Apple Muffin Fruit Orange Juice Milk	24	Marshmallow Mateys Fruit Orange Juice Milk	25	Honey Wheat Bagel Fruit Orange Juice Milk
28	Cinnamon Toast Crunch Fruit Cheese Stick Orange Juice Milk	29	3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	30	WG Croissant Fruit Orange Juice Milk	31	3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk	<b>April 1</b> WG Cinnamon Roll Fruit Orange Juice Milk	

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



No. of Lunches: \_\_\_\_\_  
 Amount Enclosed: \_\_\_\_\_

**SOUTH SHORE CHARTER PUBLIC SCHOOL K-8**  
**MARCH, 2016**

**LUNCH MENU Circle A or B**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 <b>A Hamburger on WW Roll</b> Baked Beans <b>B Salad w/Tuna &amp; WW Pita Bread</b> Milk	8 <b>A Grilled Chicken Breast</b> <b>Pasta Salad w/Veggies</b> <b>B Salad w/Tuna &amp; WW Pita Bread</b> Milk	9 <b>A American Chop Suey</b> Green Beans Whole Wheat Roll <b>B Salad w/Tuna &amp; WW Pita Bread</b> Milk	10 <b>A Chicken Salad Wrap</b> <b>Baby Carrots</b> <b>B Salad w/Tuna &amp; WG Pita Bread</b> Milk	11 <b>A Cheese Pizza</b> Potato Wedges Broccoli <b>B Salad w/Tuna &amp; WW Pita Bread</b> Milk
14 <b>A Meatball WG Sub</b> Green Beans <b>B Salad w/Hummus &amp; WG Pita Bread</b> Milk	15 <b>A Sliced Chicken on WW</b> Chickpea Salad <b>B Salad w/Hummus &amp; WW Pita Bread</b> Milk	16 <b>NO SCHOOL</b>	17 <b>A Herbed Baked Chicken</b> Rice Carrots <b>B Salad w/Hummus &amp; WG Pita Bread</b> Milk	18 <b>A Cheese Pizza</b> Potato Wedges Broccoli <b>B Salad w/Hummus &amp; WW Pita Bread</b> Milk
21 <b>A Pancakes &amp; Sausage</b> Potato Wedges <b>B Salad w/Grilled Chicken &amp; WW Pita Bread</b> Milk	22 <b>A Ham &amp; Cheese Sandwich</b> Chickpea Salad <b>B Salad w/Grilled Chicken &amp; WW Pita Bread</b> Milk	23 <b>A Sweet &amp; Sour Chicken</b> Brown Rice Broccoli <b>A Salad w/Grilled Chicken &amp; WW Pita Bread</b> Milk	24 <b>A Asian Salad w/Chicken, Veggies &amp; Noodles</b> <b>B Salad w/Grilled Chicken &amp; WW Pita Bread</b> Milk	25 <b>GOOD FRIDAY</b> <b>EARLY RELEASE</b>
28 <b>A Cheeseburger Mac</b> Broccoli <b>B Salad w/String Cheese &amp; WW Pita Bread</b> Milk	29 <b>A Tuna Salad on WW Bun</b> Chickpea Salad <b>B Salad w/String Cheese &amp; WW Pita Bread</b> Milk	30 <b>A Oven Baked Chicken Bites</b> Potato Wedges Honey Wheat Dinner Roll <b>B Salad w/Turkey &amp; WW Pita Bread</b> Milk	31 <b>A Buffalo Chicken WW Wrap</b> Baby Carrots <b>B Salad w/String Cheese &amp; WW Pita Bread</b> Milk	<b>April 1</b> <b>A Cheese Pizza</b> Green Beans <b>B Salad w/String Cheese &amp; WW Pita Bread</b> Milk

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

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No. of Lunches: \_\_\_\_\_  
 Amount Enclosed: \_\_\_\_\_

**SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12**  
**MARCH, 2016**

**LUNCH MENU Circle A or B**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 A <b>Hamburger on WW Roll</b> Baked Beans B <b>Salad w/Tuna &amp; WW Pita Bread</b> Milk	8 A <b>Grilled Chicken Breast</b> Pasta Salad w/Veggies B <b>Salad w/Tuna &amp; WW Pita Bread</b> Milk	9 A <b>American Chop Suey</b> Green Beans Whole Wheat Roll B <b>Salad w/Tuna &amp; WW Pita Bread</b> Milk	10 A <b>Chicken Salad Wrap</b> Baby Carrots B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	11 A <b>Cheese Pizza</b> Potato Wedges Broccoli B <b>Salad w/Tuna &amp; WW Pita Bread</b> Milk
14 A <b>Meatball WG Sub</b> Green Beans B <b>Salad w/Hummus &amp; WG Pita Bread</b> Milk	15 A <b>Sliced Chicken on WW</b> Chickpea Salad B <b>Salad w/Hummus &amp; WW Pita Bread</b> Milk	16 <b>NO SCHOOL</b>	17 A <b>Herbed Baked Chicken</b> Rice Carrots B <b>Salad w/Hummus &amp; WG Pita Bread</b> Milk	18 A <b>Cheese Pizza</b> Potato Wedges Broccoli B <b>Salad w/Hummus &amp; WW Pita Bread</b> Milk
21 A <b>Pancakes &amp; Sausage</b> Potato Wedges B <b>Salad w/Grilled Chicken &amp; WW Pita Bread</b> Milk	22 A <b>Ham &amp; Cheese Sandwich</b> Chickpea Salad B <b>Salad w/Grilled Chicken &amp; WW Pita Bread</b> Milk	23 A <b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli A <b>Salad w/Grilled Chicken &amp; WW Pita Bread</b> Milk	24 A <b>Asian Salad w/Chicken, Veggies &amp; Noodles</b> B <b>Salad w/Grilled Chicken &amp; WW Pita Bread</b> Milk	25 <b>GOOD FRIDAY</b> <b>EARLY RELEASE</b>
28 A <b>Cheeseburger Mac</b> Broccoli B <b>Salad w/String Cheese &amp; WW Pita Bread</b> Milk	29 A <b>Tuna Salad on WW Bun</b> Chickpea Salad B <b>Salad w/String Cheese &amp; WW Pita Bread</b> Milk	30 A <b>Oven Baked Chicken Bites</b> Potato Wedges Honey Wheat Dinner Roll B <b>Salad w/String Cheese &amp; WW Pita Bread</b> Milk	31 A <b>Buffalo Chicken WW Wrap</b> Baby Carrots B <b>Salad w/String Cheese &amp; WW Pita Bread</b> Milk	<b>April 1</b> A <b>Cheese Pizza</b> Green Beans B <b>Salad w/String Cheese &amp; WW Pita Bread</b> Milk

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