

FROM THE 7-12 PRINCIPAL

Next week our Freshmen, Sophomores, and Juniors will take the first standardized test of the year with the administration of the PSAT. Our students, like students around the country, must submit scores from a college entrance exam in order to apply to college. While these scores are not the most important factor determining admission into most colleges, they remain an important part of the application for the majority of schools. The College Board, the nonprofit organization that publishes the PSAT (Practice SAT), SAT, and Advanced Placement exams, is making significant changes to the college entrance exams under its domain this year. Our students will be taking the redesigned PSAT this fall. The experience is a crucial one for our students who are gaining exposure to both the content of the test and to the experience of taking a timed exam, and for our teachers who are learning more about both the new test and the needs of our students. The data from these exams is important professional development for our faculty. The results help us improve the curriculum and determine student strengths and weaknesses.

Students have a choice of one of two college entrance exams, the SAT or the ACT. Colleges will accept scores from either exam, leaving the choice of test up to the student. Historically the SAT was the dominant exam, particularly for students on the east coast. In recent years that trend has shifted with the ACT (American College Test) surpassing the SAT in numbers of test takers. Perhaps in response to this trend, the College Board recently announced significant changes to the SAT that will take effect with the March 2016 administration. The new test will look less like a test of aptitude and will more closely match what students learn in school. It will look a whole lot more like the ACT. The coming changes impact nearly every aspect of the test.

- **Scoring:** Scores on the new SAT will go back to the pre-2005 scoring format with combined scores ranging from 400-1600. An optional essay section will be scored separately. Cross-test scores will be available providing data about student performance on Science and History/Social Studies focused questions. There will no longer be a penalty for guessing; points will not be deducted for incorrect answers.
- **Format/Length:** There will be five long sections rather than ten short ones. The new exam is five minutes longer, 3 hours and 50 minutes when the essay is included.
Writing: Students will be asked to revise and edit one long piece of writing for grammar, punctuation, logical structure, and effective rhetoric. This section will include informational graphics. The SAT is moving away from correcting errors in isolated sentences.
- **Math:** The new SAT contains significantly less Geometry and strongly emphasizes Algebra concepts. Calculators are prohibited on one of the two math sections. A new multipart, grid-in "Extended-Thinking Question" requires students to analyze data, problem solve, and validate answers.
- **Reading:** Vocabulary, once the mainstay of the reading section is de-emphasized. The new SAT contains four long passages and one paired passage. These passages include diagrams/charts and test understanding from American and World Literature, History/Social Studies, and Science.
- **Science:** Science questions will be included throughout the exam, but the new SAT does not have a separate Science section as the ACT does. The Science questions do not address Science content, but rather require students to use Science skills to pull information from graphs, charts, and reading passages.
- **Essay:** The 50 minute essay test will now be optional. Students who choose to complete this section will analyze a source document and evaluate the author's reasoning. Students are discouraged from including their opinions.

Mirroring the changes to the SAT are some changes to the PSAT.

- Scoring: Scores on the PSAT will be reported on the same scale as the new SAT 400-1600. Cross-test scores will be available to show student performance on Science and History/Social Studies-focused questions. There is no penalty for incorrect responses.
- Format/Length: There are two sections, Math and Evidence-Based Reading and Writing. The test is 30 minutes longer than the old PSAT. It will take 2 hours and 45 minutes to complete.
- Types of PSATs: There are now three different PSATs. The PSAT/NMSQT is a test for 11th graders. It is both a practice SAT and the qualifying exam for the National Merit Scholarship Program. The exam is only available for 11th graders. The PSAT 10 is the same as the PSAT/NMSQT, but does not qualify students for the National Merit Program. The PSAT 8/9 is a practice PSAT. That’s right, it’s a practice practice SAT. It is available for 8th and 9th grade students and follows the same format as the PSAT/NMSQT and PSAT 10.

We are providing families with an opportunity to learn more about these exams and the impending changes at an informational meeting focused entirely on this topic. Tonight at 6pm in the High School Great Room Mary Carter, Director of Guidance, Ed Dormady, High School Math Teacher, and I, will be presenting information about these exams. While the intended audience is high school parents, any families that are interested in learning more about this important topic are encouraged to attend. Please contact me with any questions or concerns.

Angie Pepin – apepin@sscps.org

Wednesday	10/07	High School Parent College Entrance Testing Information Night	6:00-7:00pm
Thursday	10/08	School Council	3:30pm
Thursday	10/09	Board of Trustees Personnel Committee Development Committee Finance Committee	7:30pm 5:30pm 6:00pm 6:30pm
Friday	10/10	“Jaguar Jam” High Dance at the SSCPS Gym	7:00-10:00pm
Monday	10/12	Columbus Day Observed – No School	
Tuesday	10/13	SSCEF Meeting	5:00pm
Wednesday	10/14	Professional Development Day Grades K-8 No School Grades 9-12 Early Release 12:00pm <ul style="list-style-type: none"> • Grades 9-11 – PSAT’s • Grade 12 – Curry College Visit 	
Upcoming Event!	10/17	7th Annual Harvest Run Road Race – Wompatuck State Park	

ANNOUNCEMENTS

Plus Portals Help for Parents!!!

We've added a [new page](#) to help the parents/guardians of 5th - 12th grade students get started with PlusPortals. It contains information for activating your account, resetting your password and links to other helpful hints.

- http://www.sscps.org/parents/plusportal_parent/
- Missing information? Please contact the teacher for that class.
- Additional troubles? Please email support-tech@sscps.org.

Parents/guardians who have their email on file with SSCPS automatically get accounts and connected with their students. We will be adding more information as topics come up.

Harvest Run is next Saturday, October 17th!

Student sponsorships are due Friday, October 16th and the winners will get a pizza party for their class. Sponsor form is included in this update.

Thank you to the following businesses for generously supporting our school for the Harvest Run. Investment Advisory Group, LLC, Habeeb and Associates Architects, The North Face, Hint Water, KIND, Whole Foods, Prudente Insurance, Derby St Shoppes, Weymouth Bank, Bridget's Dance Studio, Boston Air Systems, Sean LaRue, O'Connell Builders, Gunther Toodies, Roche Bros, Trader Joe's, Fresh Market, BJs, Renegade Run, Salon LaRue, Kris LaRue, Success! Real Estate, Ameriprise Financial, Marathon Sports, Driftway Muscular Therapy, Cardinal Yoga and Bodywork, Norwell Karate, South Shore Safety and Rosano-Davis Septic and Plumbing.

Please register and spread the word for this wonderful event for our school community!

Show your school spirit!

Our new apparel has been a big success so make sure you check it out at the front desk! Order forms are available for any sizes that may not be available. Email ldannison@sscps.org pick up a form at the front desk. We will place a "holiday order" that will be due on October 26th with guaranteed delivery by the week of November 16th. Thank you for your support!

Yearbook

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, 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 to get yours!*

COMMUNITY SERVICE OPPORTUNITIES

Quincy Food Pantry Seeks Halloween Costumes For Kids In Need

<http://boston.cbslocal.com/2015/09/29/quincy-halloween-costumes-donations/#.VgvhXTSFnNw.email>

There is a bin at the front for anyone who would like to drop off donated Halloween costumes. Please be sure to donate them by **FRIDAY, OCTOBER 9.**

Community Planting Day Forge Pond Park – Hanover Sunday, October 18 10am-12pm

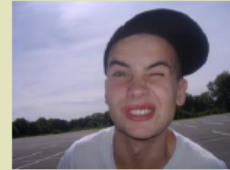


Out of the | AFSP
DARKNESS Walks

1 in 4 people will be directly affected by suicide in their lifetime. [The American Foundation for Suicide Prevention](#) is at the forefront of research, education and prevention initiatives designed to reduce loss of

life from suicide. With more than 33,000 lives lost each year in the U.S. and over one million worldwide, the importance of AFSP's mission has never been greater, nor our work more urgent.

On March 21, 2009, my son died of suicide. We walk in memory of him, and in hopes to help others like him. The walk takes place on October 31 this year. We are saving lives.



I hope you will consider supporting my participation in this event. Any contribution will help the work of AFSP, and all donations are 100% tax deductible. Donating online is safe and easy! To make an online donation please click the "DONATE TODAY" link below.

And again, thank you for any donation you can afford.
~ Christine & Hana Bowker-Wickersham

[DONATE TODAY](#)

<http://afsp.donordrive.com/index.cfm?fuseaction=donordrive.participant&participantID=871944>

New England Wildlife Center, Weymouth– Night of 1000 Faces Pumpkin Walk – October 23rd and 24th :

Carved or uncarved pumpkins can be donated for this event. Cost to attend the event is \$7 per person. Spooky trail for kids over 10, and a pumpkin trail for kids under 10. If you would like to donate a carved pumpkin (GREAT opportunity for the younger kids) please deliver it by October 21 or 22. They are also looking for a number of volunteers to work at the event. Contact Jack Banagis at 781-682-4878 x126. He can provide you with all of the information you need to volunteer time at the event.

Alden House Historic Site, Duxbury – Annual Haunted House – October 24th 4-8 pm:

Help is needed for meet and greet, food sales, man game stations, keep things safe on the haunted walk path, set up and break down. There is also help needed on the days preceding the event to help prepare. Please Contact either Kristen Larson at Klarson@aldean.org or 781-934-9092, or Christina DeFranceaux at cwdefranceaux@gmail.com or 508-577-1446. There are also many volunteer opportunities available throughout the year with greater detail to follow.

Harvest Run – Wampatuck State Park – October 17:

The annual SSCPS Harvest Run is coming up fast! If you are able to volunteer please contact Laurie Dannison and Justina Pettinelli. Email addresses are ldannison@sscps.org and jpettinelli123@hotmail.com.

The Guardian Center – 888 Main Street, Brockton, MA – 508-587-6556 - blankets and visitors:

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.

**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**

Pickup Procedures - from the 2015-2016 Student Handbook

Pickup Procedures - 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 Assinippi Park.

- The campus is closed to pick-up traffic before 3:00 PM.
- **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 3:15 and 3:25 works better for your family.
- There is no cell phone use on campus during arrival and dismissal.
- 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 3:30pm 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 3:30pm will be directed to the Computer Lab.
- When an appointment requires an exact 3:00pm dismissal, we ask that you pick up your student at or before 2:30.
- Follow the direction of staff at all times and cooperate with other drivers.
- Any person who does not cooperate with these procedures will be asked to meet with the Principals.
- 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.



Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 17, 2015
Wompatuck State Park

SSCPS FAMILY REGISTRATION

Family Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____ Phone#: _____
 Email: _____

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 *\$5.00 each additional Runner (Please specify runner or walker)	Age on Race Day Gender M/F	Shirt Size *2 shirts included \$10.00 each additional *Guaranteed to those who register by September 30th*
1.			
2.			
3.			
4.			
5.			

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

Friday, October 16, 2015 2:00–6:00pm
 Marathon Sports
 134 Washington Street, Norwell, MA

Race Schedule:

7:30-8:45am Registration and t-shirt pick-up
 9:00: The Harvest Run begins!
 Refreshments provided after the race

SSCPS Family Registration \$50
 (cash or check only payable to SSCEF)
 *2 t-shirts (\$10.00 per additional t-shirt)
 *2 runners (\$5.00 per additional runner)
 *unlimited walkers

SSCPS Student/Faculty Registration \$20
 Register online at
<http://www.harvest2015.racewire.com>
 *Use promo code "Jaguars"

All funds raised will be used to develop outdoor spaces for health and recreation at SSCPS



2015 HARVEST RUN SPONSOR SHEET

Attention students! Win a pizza party for your class if your pod raises the most money! Prizes will be awarded to the top 3 fundraisers. Prizes include gift cards to Game Stop, Target, Michaels Craft Store, iTunes, Dick's Sporting Goods, Sky Zone passes and more!

Please use this sheet to keep track of every sponsor you receive for the road race. Bring this sheet, along with the donations you collect, to school by Friday, October 16th and leave at the front desk in the Harvest Run folder!

Student Name _____ **Pod/Advisor** _____

	Sponsor Name	Amount
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		



Putney Transportation is now taking reservations for the *Brockton R2 Line*, set to begin services October 5th. Rates are starting as low as \$125 a month.

For more information, please contact us:

Email: services@putneytrans.com

Phone: 1(800) 531-1257.

Holly Hill Farm & Friends

10/5/2015 FOR IMMEDIATE RELEASE:

Contact Info:

Friends of Holly Hill Farm

Holly Hill Farm

236 Jerusalem Road , Cohasset, MA 02025

www.hollyhillfarm.org 781-383-6565

Holly Hill Farm Media contact: jbelberhollyhill@hotmail.com

UPCOMING EVENTS & ACTIVITIES

NEW CLASS! Knitting 101 at Holly Hill Farm, Four Wednesday evenings starting October 14, 6-8pm, Carrie Weinstein, Instructor Whether you have no knitting experience, need a refresher or simply want to knit a project with a fun group of folks, this is the perfect class for you! During the 4-week period, you will learn the basic concept of knitting: how to cast on, knit, purl, bind off and read an easy pattern. You will then apply these skills to make a simple cowl and a basic hat, if time allows. For those with a bit more know how, this is a great opportunity to learn some new skills by tackling a more advanced project with supervision. You will need to bring your own materials. Cost is \$80 and you provide your own supplies. Call/email 781-383-6565 or cprenticehollyhillfarm@verizon.net for a suggested materials list for the cowl and hat or with any questions. Join us if you've ever had the desire to learn this incredibly gratifying, creative, relaxing craft!

Mimi + Co. Studios Photo Sessions at Holly Hill Farm, Thursday and Friday, October 15 & 16 AND Thursday and Friday, October 22 & 23. Half hour appointments booked starting at 4:00 and ending 5:30. Local portrait photographer Annemarie DeSmet will be here at Holly Hill Farm for family photography sessions. \$125 fee includes a \$50 credit to use for prints, a 1 year family membership to Holly Hill Farm and memories that last forever! Appointments can be scheduled on Annemarie's website Mimiandcostudios.com (425) 829-2094 Holly Hill Farm, 236 Jerusalem Rd., Cohasset, 02025

Winter Herbal Remedies Workshop with Jessica Grabowski, Herbalist

Saturday, October 24, 2015 from 10:00 to noon

Salves and lip balms are the perfect introduction into the wonderful world of plant medicine. They're also really easy to make! In this hands-on class, you will discover how to make herbal infused oils, and then turn them into healing salves or lip balms that will be perfect for you to use during the winter months or give away as gifts. Come empower yourself by learning how to make your own herbal medicine, it's simple and fun!!

\$12 Members/\$15 Non-members. Additional \$5 materials fee paid separately to Jessica Grabowski. Call to

reserve at 781-383-6565, www.hollyhillfarm.org 236 Jerusalem Road, Cohasset, 02025

NEW EVENT! Garlic Fest: Learn, Plant, Eat! October 24 1:00 – 3:00pm

Come and learn all the best techniques of growing great garlic here at Holly Hill Farm, purchase some garlic heads so you can plant cloves in your home garden, savor the distinctive, fresh flavors of our organically grown and roasted garlic on hot baked bread. Live music by Wheelhouse Rodeo, a bluegrass inspired band. Wherever the Wheelhouse Rodeo plays, it becomes a foot stompin' good time!

FREE EVENT 781-383-6565, www.hollyhillfarm.org 236 Jerusalem Road, Cohasset, 020251

Farm to Table Harvest Dinner & Auction Saturday, November 7, 6:00 – 10:00pm

Join us in our cozy greenhouse as we celebrate the harvest at Holly Hill Farm! Featuring Holly Hill Farm's certified organic produce along with other locally sourced food, artfully prepared by Kate's Table of Hingham. Wine and beer pairings to compliment the delicious meal. Silent auction items include a week long cruise on a 50'

Catamaran in the British Virgin Islands, a cooking class for 6 in your home by Chef Sean Ryan of Shindig Events, Jewelry by Sage, Jon Belber's "Tour & Taste" of Holly Hill Farm (for grownups), a Landscape Design Consultation including the installation of a specimen tree and much more. Tickets available on our website, hollyhillfarm.org, \$125/Member of the Friends of Holly Hill Farm or \$150/Nonmember. Proceeds benefit the educational programs at the farm and at schools.

NEW EVENT! 7TH Annual Holly Day Fair, Saturday December 5th from 11:00 – 3:00pm

Come and find the perfect gift for everyone on your holiday list. We feature local, noted artisans in our heated greenhouse, wreath making workshop with holly and greens harvested from the Farm, hearty winter fare, hot beverages & music in a fun holiday family event. Holly Hill Farm. 236 Jerusalem Road, Cohasset [781-383-6565](tel:781-383-6565)
www.hollyhillfarm.org

Cohasset Farmers Market, Last 2 Thursdays in October! 10/8 and 10/15, 2:00 – 6:00pm

Holly Hill Farm offers fresh, organically grown produce at the Cohasset Farmers Market, located on Cohasset Common, North Main Street, Cohasset. Many other vendors, local crafts, and live music. For weekly notification of specific produce and other delicious offerings in the Farm Stand, send your email address to: friendsofhollyhillfarm@gmail.com Holly Hill Farm. <http://cohassefarmersmarket.com/>

Holly Hill Farm Stand Open through Saturday December 5th

Our Farm Stand Hours are Saturdays and Sundays from 11:00 – 6:00pm

We grow and sell our fresh, organically grown produce including: a variety of winter squashes, tomatoes, Swiss chard, kale, arugula, & other greens, potatoes and more! Jean creates magnificent organic bouquets from our flower fields. Sweet! Holly Hill Honey is here! We partner with local organic farms such as Langwater Farm in North Easton and stock fresh Middle Eastern hummus and salads from To Dine For. We have many other offerings, such as handmade soaps and beeswax candles from Back to Basics, goat milk soap from West Elm Farm. Back by popular demand, organic Red Gravy sauce from Valicenti Pasta Farm in NH. Come and try Dean's Beans Organic Coffee beans. **Brown Boar Farm will make deliveries of their sustainably raised pork and beef on October 10th. See our website for link to their price list for 2015 and info on pre-ordering.** For weekly notification of specific produce and other delicious offerings in the Farm Stand, send your email address to: friendsofhollyhillfarm@gmail.com Holly Hill Farm. 236 Jerusalem Road, Cohasset [781-383-6565](tel:781-383-6565)
www.hollyhillfarm.org

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

March through November

Free – Family Membership suggested

This rewarding program for teens is fast becoming one of our most popular! Students explore organic growing methods as they help to sow, grow, harvest and deliver fresh produce for local food pantries in Cohasset and Hull, as well as, Father Bill's Place, a community shelter in Quincy. Early in the season, tasks help ensure the successful growth of crops. Later in the growing season the focus shifts to harvesting crops. Students are welcome to attend one, two or all twelve sessions! Participants will exit the program with documented hours of community service (a graduation requirement for some local students), a letter of recommendation and a sense of meaningful accomplishment in helping to make fresh, local produce available to clients at food pantries. Interested students are required to complete an application and write a letter of interest in order to participate. Forms are available on our website. Questions? Contact Education Director Jon Belber at [781-383-6565](tel:781-383-6565) or jbelberhollyhill@hotmail.com Holly Hill Farm. 236 Jerusalem Road, Cohasset. www.hollyhillfarm.org

Breakfast Order Form
Breakfast for the Month of October, 2015
Due to the office by 3:00 pm, ***Tuesday**, October 13, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

~~Week of~~ [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
~~10/5 – 10/9~~

Week of [X] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
10/12 – 10/16 High School Only

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
10/19 – 10/23

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
10/26 – 10/30

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 October, 2015

Due to the office by 3:00 pm, *Tuesday, October 13, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
 10/5 – 10/9 **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad**

Week of Monday Tuesday Wednesday Thursday Friday
 10/12 – 10/16 NO SCHOOL **Reg** or **Salad** NO LUNCH **Reg** or **Salad** **Reg** or **Salad**

Week of Monday Tuesday Wednesday Thursday Friday
 10/19 – 10/23 **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad**

Week of Monday Tuesday Wednesday Thursday Friday
 10/26 – 10/30 **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad**

- 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
OCTOBER, 2015**

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
5 Cereal Fruit Orange Juice Milk	6 WG Cinnamon Roll Fruit Orange Juice Milk	7 WG Bagel Fruit Orange Juice Milk	8 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	9 3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk
12 COLUMBUS DAY	13 Frosted Mini Wheats Fruit Orange Juice Milk	14 HIGH SCHOOL 9-12 ONLY 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk	15 Marshmallow Mateys Apple Cinnamon Waffles Fruit Orange Juice Milk	16 Honey Wheat Bagel Fruit Orange Juice Milk
19 Cinnamon Toast Crunch Fruit Orange Juice WW Grahams Milk	20 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	21 WG Croissant Fruit Orange Juice Milk	22 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk	23 WG Cinnamon Roll Fruit Orange Juice Milk
26 Marshmallow Mateys Apple Cinnamon Waffles Fruit Orange Juice Milk	27 3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk	28 WG Cinnamon Roll Fruit Orange Juice Milk	29 3.6 oz. WW Chocolate Muffin Fruit Orange Juice Milk	30 Cinnamon Toast Crunch Fruit Orange Juice WW Grahams 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**

Name: _____
 Grade: _____
 Room: _____



South Shore Charter School K-8
OCTOBER, 2015

LUNCH Circle A or B

Monday	Tuesday	Wednesday	Thursday	Friday
5 A Meatball Sub Potato Wedges Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk	6 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Crispy Chicken & WW Pita Bread Milk	7 A Cheese & Bean Burrito Corn B Salad w/Crispy Chicken & WW Pita Bread Milk	8 A Crispy Chicken Salad Wrap Baby Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk	9 A Cheese Pizza Potato Wedges Broccoli B Salad w/Crispy Chicken & WW Pita Bread Milk
NO SCHOOL COLUMBUS DAY	13 A Grilled Chicken Over Veggie Pasta Salad B Salad w/Grilled Chicken & WW Pita Bread Milk	NO SCHOOL K-8	15 A Chicken Caesar WW Wrap Cucumber Slices B Salad w/Grilled Chicken & WW Pita Bread Milk	16 A Cheese Pizza Carrots Italian Beans B Salad w/Grilled Chicken & WW Pita Bread Milk
19 A Hamburger on WW Roll Baked Beans B Salad w/Tuna & WW Pita Bread Milk	20 A Ham & Cheese Sandwich Carrots B Salad w/Tuna & WW Pita Bread Milk	21 A American Chop Suey Green Beans Honey Wheat Dinner Roll B Salad w/Tuna & WW Pita Bread Milk	22 A Ranch Tortellini Salad Baby Carrots B Salad w/Tuna & WW Pita Bread Milk	23 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WW Pita Bread Milk
26 A Cheese & Bean Burrito Corn B Salad w/Turkey & WW Pita Bread Milk	27 A BBQ Chicken on WW Bun Cucumber w/Dressing B Salad w/Turkey & WW Pita Bread Milk	28 A Cheeseburger Mac Broccoli Honey Wheat Dinner Roll B Salad w/Turkey & WW Pita Bread Milk	29 A Buffalo Chicken WW Wrap Baby Carrots B Salad w/Turkey & WW Pita Bread Milk	30 A Cheese Pizza Italian Beans B Salad w/Turkey & WW Pita Bread Milk

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

* Complies with NSLP Regulations

Please make a meal choice by circling which meal desired each day

*Fruit will be served with ALL meals

ALL MENUS ARE SUBJECT TO CHANGE

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

Name: _____
 Grade: _____
 Room: _____



South Shore Charter School 9-12
OCTOBER, 2015

LUNCH Circle A or B
Monday

Tuesday

Wednesday

Thursday

Friday

5 A Meatball Sub Potato Wedges Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk	6 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Crispy Chicken & WW Pita Bread Juice Milk	7 A Cheese & Bean Burrito Corn B Salad w/Crispy Chicken & WW Pita Bread Milk	8 A Crispy Chicken Salad Wrap Baby Carrots B Salad w/Crispy Chicken & WW Pita Bread Juice Milk	9 A Cheese Pizza Potato Wedges Broccoli B Salad w/Crispy Chicken & WW Pita Bread Milk
12 NO SCHOOL COLUMBUS DAY	13 A Grilled Chicken Over Veggie Pasta Salad B Salad w/Grilled Chicken & WW Pita Bread Milk	14 EARLY DISMISSAL Grades 9-12	15 A Chicken Caesar WW Wrap Cucumber Slices B Salad w/Grilled Chicken & WW Pita Bread Milk	16 A Cheese Pizza Carrots Italian Beans B Salad w/Grilled Chicken & WW Pita Bread Milk
19 A Hamburger on WW Roll Baked Beans B Salad w/Tuna & WW Pita Bread Milk	20 A Ham & Cheese Sandwich Carrots B Salad w/Tuna & WW Pita Bread Milk	21 A American Chop Suey Green Beans Honey Wheat Dinner Roll B Salad w/Tuna & WW Pita Bread Milk	22 A Ranch Tortellini Salad Baby Carrots B Salad w/Tuna & WW Pita Bread Milk	23 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WW Pita Bread Milk
26 A Cheese & Bean Burrito Corn B Salad w/Turkey & WW Pita Bread Milk	27 A BBQ Chicken on WW Bun Cucumber w/Dressing B Salad w/Turkey & WW Pita Bread Milk	28 A Cheeseburger Mac Broccoli Honey Wheat Dinner Roll B Salad w/Turkey & WW Pita Bread Milk	29 A Buffalo Chicken WW Wrap Baby Carrots B Salad w/Turkey & WW Pita Bread Milk	30 A Cheese Pizza Italian Beans B Salad w/Turkey & WW Pita Bread Milk

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

* Complies with NSLP Regulations

Please make a meal choice by circling which meal desired each day

*Fruit will be served with ALL meals

ALL MENUS ARE SUBJECT TO CHANGE

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