

FROM THE 7-12 PRINCIPAL

I love that the Update provides me with a forum to reflect on what is happening at school and to provide families with important information. It is a wonderful communication tool. My favorite weeks to write are the weeks when I have the privilege of celebrating the successes of our students. This is one of those weeks. Last Friday I had the public opportunity to celebrate high student achievement at our annual National Honor Society induction ceremony. Our student body, faculty, staff, and many families came together to recognize the achievements of our nine newest NHS members.

The National Association of Secondary School Principals established the National Honor Society in 1921 to recognize outstanding high school students. While we have some flexibility in dictating how our chapter is run, the national organization sets the guidelines and determines the standards for membership. Induction into the National Honor Society recognizes student excellence in four areas: scholarship, leadership, community service, and character. These four areas serve as the basis of the National Honor Society and also reflect the values of our school's mission: inspiring every student to excel in academics, service, and life.

Our prospective NHS members undergo a rigorous selection process that requires students to reflect on the meaning of academics, leadership, service, and character and honestly present how they demonstrate these qualities to a faculty selection committee. Our chapter of the National Honor Society is active and visible in our building. With the guidance of their advisor, Emily Merwin, NHS students regularly plan service projects to benefit both our school and the wider community. These service projects include peer tutoring, blood drives, and volunteering at shelters. NHS students take on a leadership role in the building through formal means such as presentations to the student body, and in an informal way by serving as role models for our younger students. Congratulations to our newest National Honor Society members!

Zain Akhtar
Madeline Doe
Mike Dumersaint

Chidinma Ejiofor
Hallie Ferguson
Max Goldenberg

Ethan Seal
Jerome Sullivan
Kaylee Urquiza-Anagnos

Last week the Department of Elementary and Secondary Education awarded John and Abigail Adams scholarships to members of the class of 2016. I am proud to announce the thirteen recipients from South Shore Charter Public School:

Jeremy Atkins
Shannon Barry
Rachel Ciambriello
Derrick Dera
Madeline Doe

Borys Drozd
Van Harting
Lily Nelson
Morgan Rousseau
Noemie Trocher

Lauren Walsh
Ila White
Cameron Wilson

The scholarship provides a tuition waiver for up to eight semesters of undergraduate coursework at a Massachusetts state college or university. High School Seniors become eligible for the scholarship when they score at the Advanced performance level on one of the three high school state assessment tests in ELA, Mathematics, or Science; and score at the Proficient level or higher on the remaining two high school state assessment tests; and have combined scores from the three tests that place them in the top 25 percent of students in the graduating class in their graduating class at SSCPS or in their sending district. While tuition accounts for only a small percentage of

the cost of attending a public college or university, over the course of four years the scholarship can save students up to \$7000. It is also an important public recognition of a significant academic achievement.

This year we also have two students that the National Merit Scholarship Corporation has named Commended Scholars based on their performance on the 2014 PSAT. This honor was only granted to approximately 34,000 of the 1.5 million juniors who took the PSAT last fall. Commended Scholars make up approximately the top two percent of test takers. I'd like to congratulate **Jeremy Atkins** and **Van Harting** for earning this distinction.

I extend my congratulations not only to the students mentioned above, but to the families and teachers who have supported their achievements. You all have a great deal to be proud of.

Angie Pepin - apepin@sscps.org -781-982-4202 x102

Thursday	10/29	Picture Retake and Make-up Day	
Thursday	10/29	High School Costa Rica Trip Information Meeting	6:00pm
Friday	10/30	High School Movie Night for Grades 7-12 at the Gym	
Tues & Weds	11/03-11/04	Annual Book Fair	
Tuesday	11/03	Parents Association Meeting	7:00pm

ANNOUNCEMENTS



The Library Committee is hosting the annual **Fall Book Fair** on **Tuesday November 3rd** and **Wednesday November 4th**. This event is a major fundraiser for the library, and profits are used to purchase new books for the library. The fair will be held in the front foyer of the school both days.

We have again partnered with local bookseller Storybook Cove in the Hanover Mall (www.storybookcove.com) to provide an outstanding selection of titles for K-12 students. The collection is available for browsing on both days, and the list is also available online at their website. Teachers will be bringing their classes to the fair to browse and develop their 'wish lists', and students will then bring home their wish list plus an order form for purchases. Please return all sections of the order form along with payment. **Checks should be made out to SSCPS. The order forms are due Tuesday November 10th. Books will be delivered before the Thanksgiving break.**



"Holiday Holds": If you would like to order books as holiday presents, mark those titles on your order form with an 'H'. Those books will be delivered separately from the rest of your order.

Questions ? Please email them to ddemaggio@sscps.org or bbruce@sscps.org.

Interested in volunteering at the Book Fair? We need parents to help at the tables both days in hourly time slots from 8:30 am to 3:00 pm. Please email Denise Demaggio at ddemaggio@sscps.org or Caitriona Hollowed at caithollowed@gmail.com.

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!**

Grandparents and Friends Day

Please mark your calendars for our annual Grandparents and Friends Day on Wednesday, November 25th from 10:30am-11:45am. An email invitation will be sent out soon.

Harvest Run Top Fundraisers

Congratulations to Mathew Harvey, Olivia Harvey, Desiree Peeples, and Erick Tan who received the most donations from their sponsors. Thank you for your hard work.

Picture Retake and Make-up Day – Thursday, October 29th

Coffee Pond Photography Retake Day Instructions

If you are dissatisfied with your portrait and would like to try again, you have the opportunity for a retake.

- Your school's Portrait Retake Day is **10/29/15**. Be sure to mark your calendar!
- Please return the entire, undamaged portrait package to the photographer on Retake Day. If your school has class photos, please keep it! Write any suggestions for the photographer on a piece of paper so it shows through the envelope window.
- Retake Day is rain or shine. In the event of inclement weather, the portraits will be taken indoors and a natural outdoor background will be applied.
- Retake Packages will be distributed by the school approximately 3 to 5 weeks after Retake Day.

For REFUND information, please log on to www.coffeepond.com/pdf/refund

coffee pond photography

19 Strathmore Rd • Natick, MA • 01760
phone: (508) 907-6633 • fax: (508) 907-6634 • email: lifeguards@coffeepond.com

ART NEWS

Attention, Attention..... Original Works are going home this week, check those backpacks!! The original, order form and check are due back **Wed. Nov 4th**. All returning orders will go directly to the Pod teacher and into an envelope in the classroom. Any questions please call Marianne at x304.

ATHLETICS UPDATE

Cross Country

The SSCPS Men's and Women's Cross Country Teams wrapped up their seasons on Tuesday, October 27, 2015 at the League Championship Meet at Franklin Park. The Men's Team finished with a 4-6 Record and were led by Senior Co-Captain Van Harting who finished 6th in the League Championship Meet. The Women's Team finished with a record 0-4-1 and were led by 7th Grader Caroline Boyle who finished 10th overall in the League Championship Meet. Wins and losses don't reflect the strength and dedication of this team of special young people. This season would not have been possible without the efforts and dedication of two outstanding Senior Captains, Lauren Walsh and Van Harting. Chidera Aniagu, PJ Blanchard, Mathew Coleman, Nick Kennedy, Liam Nelson, and Alison Walsh all turned in solid performances this season. Four middle school student athletes stepped up and ran the high school races this season; Caroline Boyle, D.J. Faivre, Justice Gilliam, and Nathan Tierney. Thank you all for a great season and for all your hard work.

Congratulations to the SSCPS Athletic teams who have qualified for playoffs. Come support the Jaguars!

10/29 Lady Jags Volleyball vs. Kipp Academy in Lynn at 5:30pm

10/30 Boys High School Soccer vs. Kipp Academy at Forge Pond Park, 245 King Street, Hanover at 3:45pm


PARENTS ASSOCIATION

The next PA meeting will include a vote for the fall budget. Below summarizes the grants received what the taskforce committee approved. During our last PA meeting, parents had an opportunity to ask questions about each of the grants and the decisions made. The next PA meeting will focus on a vote for the entire budget as outlined below.

Fall 2015 Grant Requests

Date Received	Requestor	Levels	Request	Funding Amounts	
				Requested \$	Approved \$
9/9/2015	Pam Algera	All	Printing the 2015/2016 school directory	\$630.00	\$0.00
9/20/2015	Elissa Dennis	All	Animal supplies and food for the school year	\$617.13	\$617.13
9/21/2015	Library committee	All	Magazine display rack for the library	\$103.23	\$103.23
9/21/2015	Library committee	All	Renewal and new subscriptions	\$214.77	\$214.77
9/22/2015	Gwen Watchorn	HS	Personal Finance course for HS FIT	\$714.99	\$0.00
9/22/2015	Jamie Allen	III/IV/HS	2-electronic balances & 6-compact balances - Use in science labs	\$724.20	\$724.20
9/22/2015	Jamie Allen	Mostly HS	2 advance monocular and 2 student microscopes	\$743.90	\$743.90
9/23/2015	Kristine Bingham	All	Police details for 5 random assigned dates for enforcement of procedures	\$1,200.00	\$0.00
9/23/2015	Kristine Bingham	All	Playground equipment	\$6,000.00	\$0.00
9/23/2015	Justina Pettinelli	II / III	10 foam yoga blocks for the Yoga FIT class	\$42.82	\$42.82
9/23/2015	Kathleen Trask	All	Rob Surette of Amazing Hero Art presentation 1368 for 1 or 2118 for 2	\$2,118.00	\$0.00
9/23/2015	William Tramontana	K - III	2 melt and mold crayon makers	\$80.98	\$80.98
Totals				\$13,190.02	\$2,527.03

COMMUNITY SERVICE OPPORTUNITIES




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)

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

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.



The Creative Expressions Project has been researching and learning about UNICEF. UNICEF is an international organization that empowers people to make the world a better place for children in need. By raising money, UNICEF helps children get vaccines, access to clean water and sanitation, and education. We have decided it would be great to raise money for donation to the UNICEF foundation. We will be participating in UNICEF Trick or Treat campaign. Levels I, II, III, and IV are invited to participate. Students can either collect money when trick-or-treating or they can donate loose change to their POD teacher. Last year, as a school we were able to raise a little over \$400. Our goal for this year is to raise a minimum of \$500. We will distribute boxes to Levels I, II, and III. Students will raise as much money as they can and bring their boxes back to their POD. The POD that raises the most will receive a popsicle party! See Rachel in room 204 on Level IV for any questions or boxes. START NOW!

**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**



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

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

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!

**South Shore Charter Public School
Students & Faculty Present.....**

HIGH SCHOOL MUSICAL

Come and support our talented student performers and stage crew. Enjoy special performances by SSCPS teachers!
December 4-6, 2015
Cardinal Cushing School, 405 Washington Street, Hanover, MA

LIMITED SEATING

Advance Tickets at the SSCPS Front Desk: \$10

Tickets at the Show: \$12 (if available)

Advance Tickets on Sale through Thursday, December 3rd

General seating at all shows

The theater is open for seating one half hour before the curtain time.

Concessions and flower grams for the cast/crew will be available for purchase.

Please print your information clearly below.

Name: _____

Email: _____ Telephone _____

Please place a check next to the show(s) that you will be attending and enter the number of tickets. Please attach cash or check to this order form. Make checks payable to SSCPS. No exchanges or refunds.

	Total
_____ Friday, December 4 th at 7 PM	# of _____ tickets @ \$10.00= _____
_____ Saturday, December 5 th at 5 PM	# of _____ tickets @ \$10.00= _____
_____ Sunday, December 6 th at 4 PM	# of _____ tickets @ \$10.00= _____
	Grand Total: _____

Breakfast Order Form

Breakfast for the Month of November, 2015

Due to the office by 3:00 pm, *Tuesday, October 27, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

~~Week of~~ [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
~~11/2 – 11/6~~

Week of [] Monday [] Tuesday [X] Wednesday [] Thursday [] Friday
 11/9 – 11/13

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
 11/16 – 11/20

Week of [] Monday [] Tuesday [] Wednesday [X] Thursday [X] Friday
 11/23 – 11/27

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
 11/30 – 12-4

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 November, 2015

Due to the office by 3:00 pm, *Tuesday, October 27, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/2 – 11/6	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad
Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/9 – 11/13	Reg or Salad	Reg or Salad	NO SCHOOL	Reg or Salad	Reg or Salad
Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/16 – 11/20	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad
Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/23 – 11/27	Reg or Salad	Reg or Salad	Early Release	NO SCHOOL	NO SCHOOL
Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/30 – 12/4	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
NOVEMBER, 2015

Breakfast

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Cereal Fruit WW Grahams Orange Juice Milk	3	WW Bagel w/Jelly Fruit Orange Juice Milk	4	3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk	5	WG Croissant Fruit Orange Juice Milk	6	3.6 oz. WW Apple Muffin Fruit Orange Juice Milk
9	Cereal Fruit WW Grahams Orange Juice Milk	10	WG Cinnamon Roll Fruit Orange Juice Milk	VETERAN'S DAY		12	3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	13	3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk
16	Cereal Fruit WW Grahams Orange Juice Milk	17	3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk	18	3.6 oz. WW Apple Muffin Fruit Orange Juice Milk	19	Marshmallow Mateys Fruit Apple Cinnamon Waffles Orange Juice Milk	20	Honey Wheat Bagel Fruit Orange Juice Milk
23	Cinnamon Toast Crunch Fruit WW Grahams Orange Juice Milk	24	3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	25	WG Croissant Fruit Orange Juice Milk	 HAPPY THANKSGIVING!		27	
30	Marshmallow Mateys Fruit Apple Cinnamon Waffles Orange Juice Milk	DEC. 1	3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk	2	WG Cinnamon Roll Fruit Orange Juice Milk	3	3.6 oz. WW Chocolate Muffin Fruit Orange Juice Milk	4	Cinnamon Toast Crunch Fruit WW Grahams Orange Juice Milk

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

Circle a Milk Choice 1% Skim

* Complies with NSLP Regulations

PLEASE MAKE A MEAL CHOICE BY CIRCLING THE DAY BREAKFAST IS DESIRED.

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 Public K-8
 November, 2015

LUNCH MENU Circle A, B
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 A Meatball Sub Green Beans B Salad W/Crispy Chicken & WW Pita Bread Milk	3 A Sliced Chicken Sandwich Chickpea Salad B Salad W/Crispy Chicken & WW Pita Bread Juice Milk	4 A Cheese & Bean Burrito Corn B Salad W/Crispy Chicken & WW Pita Bread Milk	5 A Crispy Chicken Salad Wrap Baby Carrots B Salad W/Crispy Chicken & WW Pita Bread Juice Milk	6 A Cheese Pizza Broccoli B Salad W/Crispy Chicken & WW Pita Bread Milk
9 A Hamburger on WW Roll Baked Beans B Salad W/Turkey & WW Pita Bread Milk	10 A Grilled Chicken over Veggie Pasta Salad B Salad W/Turkey & WW Pita Bread Milk	11 No School Veterans Day	12 A WW Chicken Caesar Wrap Cucumber Slices B Salad W/Turkey & WW Pita Bread Milk	13 A Cheese Pizza Carrots & Italian Beans B Salad W/Turkey & WW Pita Bread Milk
16 A Hamburger on WW Roll Baked Beans B Salad W/Tuna & WW Pita Bread Milk	17 A Ham & Cheese Sandwich Carrots B Salad W/Tuna & WW Pita Bread Milk	18 A American Chop Suey Green Beans Honey Wheat Dinner Roll B Salad W/Tuna & WW Pita Bread Milk	19 A Grilled Chicken Pasta Salad w/ Veggies B Salad W/Tuna & WW Pita Bread Milk	20 A Cheese Pizza Broccoli & Potato Wedges B Salad W/Tuna & WW Pita Bread Milk
23 A Pancakes & Sausage Potato Wedges B Salad W/Cheese Sticks & WW Pita Bread Milk	24 A Tuna in a WW Wrap Chickpea Salad B Salad W/Cheese Sticks & WW Pita Bread Milk	25 Early Release	26 No School	
30 A Cheeseburger Mac Broccoli B Salad W/Hummus & WW Pita Bread Milk	1 A Crispy Chicken Salad Wrap Chickpea Salad B Salad W/ Hummus & WG Pita Bread Milk	2 A BBQ Chicken on WW Bun Potato Wedges B. Salad W/ Hummus & WG Pita Bread	3 A WG Buffalo Chicken Wrap Cucumbers B. Salad W/ Hummus & WG Pita Bread	4 A Cheese Pizza Carrots & Potato Wedges B. Salad W/ Hummus & WG Pita Bread

* All Meals Include Choice of 1% or Skim Milk

* All Meals Comply with the National School Program

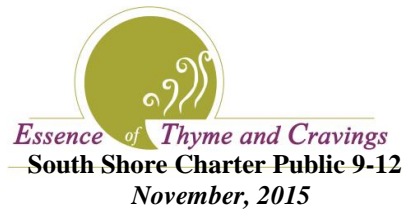
Please make a meal choice by circling which meal desired each day: Circle a Choice of 1% or Skim Milk

* 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: _____



LUNCH MENU Circle A, B
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 A Meatball Sub Green Beans B Salad W/Crispy Chicken & WW Pita Bread Milk	3 A Sliced Chicken Sandwich Chickpea Salad B Salad W/Crispy Chicken & WW Pita Bread Juice Milk	4 A Cheese & Bean Burrito Corn B Salad W/Crispy Chicken & WW Pita Bread Milk	5 A Crispy Chicken Salad Wrap Baby Carrots B Salad W/Crispy Chicken & WW Pita Bread Juice Milk	6 A Cheese Pizza Broccoli & Potato Wedges B Salad W/Crispy Chicken & WW Pita Bread Milk
9 A Hamburger on WW Roll Baked Beans B Salad W/Turkey & WW Pita Bread Milk	10 A Grilled Chicken over Veggie Pasta Salad B Salad W/Turkey & WW Pita Bread Milk	11 No School Veterans Day	12 A WW Chicken Caesar Wrap Cucumber Slices B Salad W/Turkey & WW Pita Bread Milk	13 A Cheese Pizza Carrots & Italian Beans B Salad W/Turkey & WW Pita Bread Milk
16 A Hamburger on WW Roll Baked Beans B Salad W/Tuna & WW Pita Bread Milk	17 A Ham & Cheese Sandwich Carrots B Salad W/Tuna & WW Pita Bread Milk	18 A American Chop Suey Green Beans Honey Wheat Dinner Roll B Salad W/Tuna & WW Pita Bread Milk	19 A Grilled Chicken Pasta Salad w/ Veggies B Salad W/Tuna & WW Pita Bread Milk	20 A Cheese Pizza Broccoli & Potato Wedges B Salad W/Tuna & WW Pita Bread Milk
23 A Pancakes & Sausage Potato Wedges B Salad W/Cheese Sticks & WW Pita Bread Milk	24 A Tuna in a WW Wrap Chickpea Salad B Salad W/Cheese Sticks & WW Pita Bread Milk	25 Early Release	26 	27 No School
30 A Cheeseburger Mac Broccoli B Salad W/Hummus & WW Pita Bread Milk	1 A. Crispy Chicken Salad WG Wrap Chickpea Salad B Salad W/ Hummus & WW Pita Bread Milk	2. A BBQ Chicken on WG Bun Potato Wedges B Salad w/ Hummus a & WG Pita Bread Milk	3 A. WG Buffalo Chicken Wrap Cucumbers B Salad W/ Hummus and WG Pita Bread Milk	4 A. Cheese Pizza Carrots & Potato Wedges B. Salad W/ Hummus & WG Pita Bread Milk

* All Meals Include Choice of 1% or Skim Milk

Please make a meal choice by circling which meal desired each day: Circle a Choice of 1% or Skim Milk

ALL MENUS ARE SUBJECT TO CHANGE

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

* All Meals Comply with the National School Program

* Fruit will be served with all meals