

# South Shore Charter Public School

Celebrating



Years of Charting Lives

Est. 1995

Home of the Jaguars

# Update

November 10, 2015

Vol. 11, Issue 2

Wednesday	11/11	Veterans Day –No School	
Thursday	11/12	School Council	3:30pm
Thursday	11/12	Board of Trustees Personnel Committee Development Committee Governance Committee Finance Committee	7:30pm 5:30pm 6:00pm 6:30pm 7:00pm
Friday	11/13	High School Field Trip to Berklee College of Music	
Saturday	11/14	Enrollment Open House	1:00-3:00pm
Tuesday	11/17	Fall Sports Banquet at the SSCPS Gym	4:00-5:30pm
Wednesday	11/18	Parent/Teacher Conferences by Appointment	
Wednesday	11/18	National Honor Society Hosts Blood Drive at the Gym	1:00-6:00pm

## ANNOUNCEMENTS

### Grandparents and Friends Day

Please mark your calendars for Grandparents and Special Friends Day on Wednesday, November 25th. Visit our website to register for the event! This is a great opportunity for your loved ones and friends in Level I and Level II to meet your teachers, enjoy a snack, and take a memorable photo. We will have our new SSCPS Jaguars winter hat ready for purchase, along with our apparel line, and will be selling The HeadStand Calendar for \$20 in honor of our 20th anniversary!

Photo opportunities will be offered at \$10 per pose, with a \$5 fee for a duplicate print of a pose. Additional poses per group will be \$20. Stephanie C. Olsen Photography and George Chambers will be at the school taking photos. All proceeds will be generously donated back to the school. Thank you Stephanie and George!

### 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](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!*

## ATHLETICS UPDATE

### Ski Club for Students in grades 7-12

Information packets for the six-week program are available at the front desk.

## COMMUNITY SERVICE OPPORTUNITIES

### High School Musical Volunteers Needed!

(Parents, High School Students and Level 4 Students *Only Please*)

The show is December 4th, 5th and 6th at the Cardinal Cushing Center in Norwell. We need your help to sell concessions, usher, work back stage and break down the set on Sunday. If you are interested in helping, please email me at [bfarmer12@verizon.net](mailto:bfarmer12@verizon.net). If you volunteer and have tickets for the show, you will be able to reserve seats for the number of tickets you have. If you don't have tickets, we will do our best to let you see the show.

### Level IV Global Graphics Project

The Global Graphics Project is collecting stamps for the Friends of the Homeless of the South Shore. When you shop at Shaw's or Star Market, just say "Yes!" when they ask if you would like "Saver Stamps". There is a folder at the front desk that says "Global Graphics Stamp Collection" on it. We will take care of the rest. The Saver Stamps will be used to give homeless people kitchenware when they get their own apartments. Thank You.

### 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.



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!

**Home for Little Wanderers: Massachusetts** – Families in need to be "adopted" for the holidays. Please go to <http://www.giftdrive-thehome.org/showfamilies.php> to see families that can be "adopted". Sizes range from 2-15 members per family. If you do decide to "adopt" a family you are pledging to support the entire family including any household items listed and individual needs. This could be a great community service opportunity to put a group together to do. Drop off instructions are on the website, and the drop off location is in Dedham, MA.

**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!

**Thanksgiving Cards for patients: South Shore Hospital** – There will be a drop off box at the front desk to collect Thanksgiving cards for patients at South Shore Hospital. Cards can be hand-made or bought. Please include a generic note or a picture inside the card for the patient. Envelope should not have a specific "to" name on it. South Shore Hospital will deliver the cards to patients that are in the hospital over the Thanksgiving holiday. Cards need to be dropped off no later than Friday, November 20, 2015

**Recycle Crayons and Markers:** Waste Watchers is collecting used markers and crayons for recycling. Markers will be mailed to Crayola where they will be recycled into clean fuel to be used in homes, cars, and more! Broken crayons will be melted down to new crayons for lower grades. Any brand crayons and markers are welcome. Crayons and markers can be dropped off in front of Bill Tramontana's office in the bins.

**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)**



## 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!

# Supports SSCPS Volleyball Papa Gino's Community Fundraiser

Our Papa Gino's  
Community Fundraiser  
will donate 20% of the sales to our school!

Carry-out counts too!

When: Thursday, 11-19-15

Time: 4:00 p.m. - 9:00 p.m.

Where: Queen Anne's Corner  
10 Washington St.  
Norwell, MA

Phone: 781-878-8417



**Papa  
Gino's**  
A passion for pizza.

- Any guest bringing in one of your flyers may not redeem coupons with their order.
- Papa Gino's will donate 20% of the total pre-tax sales from all the guests that come in with the flyer during your fundraiser.
- This is valid for all dine-in and carry-out orders. (Sorry, not valid on delivery orders).

**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 3<sup>rd</sup>

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 <sup>th</sup> at 7 PM	# of _____ tickets @ \$10.00=	_____
_____ Saturday, December 5 <sup>th</sup> at 5 PM	# of _____ tickets @ \$10.00=	_____
_____ Sunday, December 6 <sup>th</sup> at 4 PM	# of _____ tickets @ \$10.00=	_____
	<b>Grand Total:</b>	_____

# Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2015

South Shore Charter Public School  
Susan Dupras, School Nurse

## BEST BITES

### Creamy tomato soup

Get soup season off to a good start with this easy way to make homemade tomato soup. Simply puree a 28-ounce can of crushed tomatoes in a blender or food processor. Combine in a saucepan with 1 cup fat-free milk, freshly ground pepper, and a dash of salt. Heat through.



### You're an athlete

"Let's go, athletes! Time to play outside." With those words, your children immediately know you think of them as athletes—and they'll think of themselves as athletes, too. Just use the label "athlete" when they're getting ready for after-school activities, play dates, or family fun to put them in an "athletic frame of mind."

### DID YOU KNOW?

Eating school breakfasts and lunches is an opportunity for your youngster to sample foods he may not have at home. Ask him what he put on his tray today. Look at the school menu together, and talk about what he might try tomorrow. Then, consider buying some of those foods to serve at home, too.

### Just for fun

**Q:** What do you get when you cross a telephone with a big football player?

**A:** A wide receiver!



## Fast food: Make it healthier

It may be hard to avoid the convenience of fast food sometimes, but you can avoid the high calories and low nutrients with these strategies.

### Plan ahead

To cut down on unhealthy impulse buys, encourage your child to build his meal in advance. Bring home nutrition brochures from your favorite places, or look at their websites together. Point out healthier choices, and have your youngster draw or write out his order. *Idea:* For a math and nutrition lesson, ask him to sketch out a few menus and tally the nutrients, fat, sodium, and calories for each.

### List alternatives

Get your child invested in making healthy choices by brainstorming a "get this, not that" list. *Examples:* "Get water or fat-free milk, not soda." "Get mustard, not special sauces." "Get salad, not potato chips." "Get lettuce and tomato, not bacon and cheese." *Tip:* Let him



write out and decorate the list, and keep it in the car for reference.

### Take it home

When you stop for fast food, just get main courses, and then add nutritious sides from your refrigerator or pantry. You could serve any vegetables you have on hand, such as raw carrots, frozen peas, or canned corn (no salt added). Place fruit on the table, too. *Bonus:* Put the food on real plates, and eat together at the kitchen table—it will feel much more like a family meal than if you eat in the car. ●

## My recipe file

Your little cook will enjoy making and using her own recipe file. Try these steps.

1. Talk about how to organize her file. She could label folders by parts of a meal (appetizers, entrees, side dishes, desserts) or types of food (sandwiches, fish, cookies).
2. Cook together. She can take a photo at each stage and use them to make a "picture recipe"—writing a caption under each photo. Or she might create a "rebus recipe" by substituting pictures for some of the words. For example, she may draw a picture of an apple instead of writing the word.
3. Help her look for healthy recipes online or in magazines. She could print or cut them out to add to her recipe file. ●



# "Moving" around the world

From Australia to Zambia and Finland to Venezuela, children everywhere play all kinds of active games. Here are a few your youngster could try with neighborhood friends, classmates, or visiting relatives.



## Ounch Neech (Pakistan)

*Ounch* means up and *neech* means down in this version of tag. "It" shouts *ouch* or *neech*, and players start running to avoid being tagged. When It says *ouch*, players are safe if they're "up" (on a tree stump or a big rock, for instance) but can be tagged if they're on the ground. For a *neech* round, the

opposite is true. Get tagged, and you're It for the next round.

## El Escondite al Revés (Spain)

For this reverse hide-and-seek game, It hides, and everyone else looks for her. As each person finds her, that person hides with It. The last one to join the group is the new It.

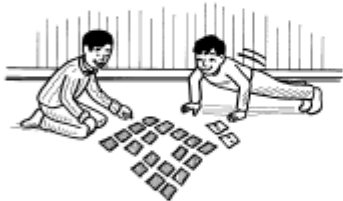
## Catch the Dragon's Tail (China)

Players form a "dragon"—a single-file line with each person's hands on the next person's shoulders. The dragon's "head" (the first one in line) has to tag the "tail" (the last person) without breaking the chain. When she succeeds, she becomes the tail, and the new head tries to catch the new tail. ●

### ACTIVITY CORNER

## Active memory

Flip a card, and do the exercise. This game will work out your child's memory skills as well as his muscles.



Start by making memory cards. Cut construction paper into 20 squares. Have your youngster draw matching pictures of exercises like sit-ups, push-ups, and more (stick figures are fine)—there should be two cards for each exercise.

To play, mix up the cards, and lay them in rows facedown. Take turns flipping over two cards. If they match, keep them. If not, turn them back over. But either way, do the exercise (or exercises) shown. The player with the most cards at the end wins the game. And all the players win when it comes to exercise! ●

**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 • rfeustomer@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

## O&A Healthy holiday traditions

**Q:** With the holidays coming up, I'm looking for ways to make the season healthier for my family. What are your suggestions?

**A:** First, try to lighten up the dishes you serve each year. For stuffing, you might swap whole-wheat for white bread and use less bread and more vegetables or fruit. Rather than making candied sweet potatoes, roast root vegetables for a naturally sweet side dish.

Then, after the big meal, divide up leftovers, and send them home with your guests. Or freeze them in small portions to enjoy every now and then. You can also turn leftovers into a salad: Heap greens in a bowl, and top with leftover turkey, vegetables, and a spoonful of cranberry sauce.

Finally, build in an active family holiday tradition, too. You could participate in a charity run or walk on Thanksgiving morning—many communities have these. Play a touch football game in the afternoon. Or after eating, get everyone to bundle up for a walk around the neighborhood. ●



### IN THE KITCHEN

## Breakfast bowls

Cereal isn't the only thing to eat out of a bowl for breakfast. Consider these ideas that pack nutrition and taste into a bowl.

**Fruit smoothie.** In a blender, combine 1 frozen banana, ½ cup frozen blueberries, and ½ cup almond milk. Pour into a bowl. Top with sliced strawberries, sliced bananas, and nuts.

**Mexican quinoa.** Combine 1 cup water and ½ cup quinoa in a saucepan. Bring to a boil. Cover, lower heat, and simmer until the water is absorbed, 15–20 minutes. Let sit for

5 minutes, and place in a bowl. Whisk 3 tbsp. plain Greek yogurt with the juice of ½ lime, and pour over the quinoa. Add canned black beans (drained, rinsed), diced avocado, and salsa.

**Oatmeal and egg.** Stir ½ cup quick-cooking oats into 1 cup boiling water. Simmer 5 minutes. Then, crack an egg into a small skillet (coated with cooking spray), and cook until white is set, about 3 minutes. Put oatmeal into a bowl, slide the egg on top, and sprinkle with 1 tbsp. shredded cheddar cheese. ●



# Breakfast Order Form

## Breakfast for the Month of November, 2015

Due to the office by 3:00 pm, \***Tuesday**, November 10, 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, November 10, 2015

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

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

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

Week of Monday Tuesday Wednesday Thursday Friday  
 11/2 – 11/6 **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad**

Week of Monday Tuesday Wednesday Thursday Friday  
 11/9 – 11/13 **Reg** or **Salad** **Reg** or **Salad** **NO SCHOOL** **Reg** or **Salad** **Reg** or **Salad**

Week of Monday Tuesday Wednesday Thursday Friday  
 11/16 – 11/20 **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad** **Reg** or **Salad**

Week of Monday Tuesday Wednesday Thursday Friday  
 11/23 – 11/27 **Reg** or **Salad** **Reg** or **Salad** **Early Release** **NO SCHOOL** **NO SCHOOL**

Week of Monday Tuesday Wednesday Thursday Friday  
 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**

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
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	11 <b>VETERAN'S DAY</b>		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	26  <b>HAPPY THANKSGIVING!</b>		27	
30	Marshmallow Mateys Fruit Apple Cinnamon Waffles Orange Juice Milk	<b>DEC. 1</b>	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 <b>Meatball Sub</b> Green Beans B <b>Salad W/Crispy Chicken &amp; WW Pita Bread</b> Milk	3 A <b>Sliced Chicken Sandwich</b> Chickpea Salad B <b>Salad W/Crispy Chicken &amp; WW Pita Bread</b> Juice Milk	4 A <b>Cheese &amp; Bean Burrito</b> Corn B <b>Salad W/Crispy Chicken &amp; WW Pita Bread</b> Milk	5 A <b>Crispy Chicken Salad Wrap</b> Baby Carrots B <b>Salad W/Crispy Chicken &amp; WW Pita Bread</b> Juice Milk	6 A <b>Cheese Pizza</b> Broccoli B <b>Salad W/Crispy Chicken &amp; WW Pita Bread</b> Milk
9 A <b>Hamburger on WW Roll</b> Baked Beans B <b>Salad W/Turkey &amp; WW Pita Bread</b> Milk	10 A <b>Grilled Chicken over</b> Veggie Pasta Salad B <b>Salad W/Turkey &amp; WW Pita Bread</b> Milk	11 <b>No School Veterans Day</b>	12 A <b>WW Chicken Caesar Wrap</b> Cucumber Slices B <b>Salad W/Turkey &amp; WW Pita Bread</b> Milk	13 A <b>Cheese Pizza</b> Carrots & Italian Beans B <b>Salad W/Turkey &amp; WW Pita Bread</b> Milk
16 A <b>Hamburger on WW Roll</b> Baked Beans B <b>Salad W/Tuna &amp; WW Pita Bread</b> Milk	17 A <b>Ham &amp; Cheese Sandwich</b> Carrots B <b>Salad W/Tuna &amp; WW Pita Bread</b> Milk	18 A <b>American Chop Suey</b> Green Beans Honey Wheat Dinner Roll B <b>Salad W/Tuna &amp; WW Pita Bread</b> Milk	19 A <b>Grilled Chicken</b> Pasta Salad w/ Veggies B <b>Salad W/Tuna &amp; WW Pita Bread</b> Milk	20 A <b>Cheese Pizza</b> Broccoli & Potato Wedges B <b>Salad W/Tuna &amp; WW Pita Bread</b> Milk
23 A <b>Pancakes &amp; Sausage</b> Potato Wedges B <b>Salad W/Cheese Sticks &amp; WW Pita Bread</b> Milk	24 A <b>Tuna in a WW Wrap</b> Chickpea Salad B <b>Salad W/Cheese Sticks &amp; WW Pita Bread</b> Milk	25 <b>Early Release</b>	26  <b>HAPPY THANKSGIVING!</b>	
30 A <b>Cheeseburger Mac</b> Broccoli B <b>Salad W/Hummus &amp; WW Pita Bread</b> Milk	1 A <b>Crispy Chicken Salad Wrap</b> Chickpea Salad B <b>Salad W/ Hummus &amp; WG Pita Bread</b> Milk	2 A <b>BBQ Chicken on WW Bun</b> Potato Wedges B. <b>Salad W/ Hummus &amp; WG Pita Bread</b>	3 A <b>WG Buffalo Chicken Wrap</b> Cucumbers B. <b>Salad W/ Hummus &amp; WG Pita Bread</b>	4 A <b>Cheese Pizza</b> Carrots & Potato Wedges B. <b>Salad W/ Hummus &amp; WG Pita Bread</b>

\* All Meals Include Choice of 1% or Skim Milk

\* All Meals Comply with the National School Program

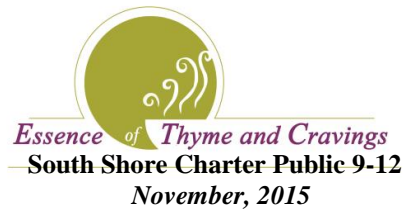
Please make a meal choice by circling which meal desired each day: Circle a Choice of 1% or Skim Milk

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