



FROM THE EXECUTIVE DIRECTOR

This season provides us with many traditions that serve as a reminder of how fortunate we are to be part of the South Shore Charter Public School community. As 2015 comes to a close, we find ourselves marking this time with traditions that remind us of how important the arts are to our students. One of those traditions is the Winter Concert to be held tonight. For families new to SSCPS this year, the Winter Concert is a wonderful evening of music performed by our students from Level I to our high school. It is an evening that showcases our commitment to hard work and the arts. It is a night of student accomplishment not to be missed.

Commitment and hard work will also bring us the annual Fashion Walk next Wednesday, December 23. The Fashion Walk is another SSCPS tradition that results in many alumni and friends of our school coming together with our current students and faculty to witness firsthand the creativity and brilliance of students in the Art Workshop. Our student designers have been working on creating amazing articles of clothing that are art in its finest form. This year, the students have decided to dedicate the show to SSCPS teacher Mac Haran and many will be wearing purple, a color she loved. For so many of us who find ourselves missing Mac daily, this gesture is like no other.

Lastly, on behalf of the faculty and staff, a tremendous thank you to our parent community for hosting a wonderful Teacher/Staff Appreciation Lunch this past Friday afternoon. Thank you to luncheon organizer Justina Pettinelli, all of the parents who cooked and baked, and all of the parents and students who helped that day, Janet Daley, Laurie Dannison, Ellen and Nick Kennedy, Sean LaRue, Avery, Candy, Diane, and Ethan Lee, CJ, Deb, and Kayleen Paquette, and Maria and Ellie Purciello. The food was delicious and the afternoon was made very special by this amazing luncheon.

Best wishes for the holiday season and enjoy a restful winter break with your loved ones.

Alicia Savage – asavage@sscps.org

Wednesday	12/16	SSCPS Annual Winter Concert - Hingham High School, Hingham	6:00pm
Friday	12/18	Level II Field Trip to the Aquarium	
Wednesday	12/23	Craft Day for Level I, Level II, and Level III	
Wednesday	12/23	Fashion Walk at the SSCPS Gym	11:15am
Wednesday	12/23	Early Release Day	12:00pm
Monday	01/04	Classes Resume	8:15am

ANNOUNCEMENTS

Get your shopping done and keep your school spirit thriving throughout the holiday season!

SSCPS winter hats, hoodies, pj bottoms, long sleeve t-shirts, and camo t-shirts are available for purchase. Limited sizes are here so contact Laurie Dannison with your order at ldannison@sscps.org Happy holidays everyone!

Parents Association Teacher/Staff Lunch

Thank you so much for all the wonderful donations to the Teacher/Staff Luncheon. There was a fantastic variety of food, and everyone expressed their appreciation for such delicious display. **If you brought a Crockpot or serving tray, please pick it up as soon as possible.** They are all located at the sink area directly outside the nurse's office. There were a lot of Crockpots so the space over there is REALLY crammed, so please try to pick it up as soon as you can. Thanks again!!!

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!*

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?

Level III Waste Watchers - The Waste Watchers project will be selling recycled Krazy Krayons during lunch on Level III. All proceeds from sales will be donated to the SSCPS Annual Fund. Please keep sending in your broken and unused crayons and drop them in the buckets outside Bill Tramontana's office.



The Level IV Theatre Project is spearheading the *Toys for Tots* drive at South Shore Charter Public School. *Toys for Tots* is a non-profit program run by the United States Marine Corps Reserve to help provide new toys for children in need. If you wish to donate please bring a new, packaged and unwrapped toy and place it in the *Toys for Tots* box located on Level IV before December 18, 2015. Thank you for your generosity and continued support. If you have any questions please contact Abbey Farmer, President of the Level IV Theatre Project, or Shawn Connors, Director of the Level IV Theatre Project.

The Level III Sci Fi Project asked volunteers to make Thanksgiving Day Cards for the elderly and received over 100 cards that were dropped off at the [Royal Norwell Nursing & Rehabilitation Center](#) in Norwell. Cards were made by both Level II and Level III students. The Project will be collecting more in December for Christmas, Chanukah and Kwanzaa. If you are interested, please bring the cards to Donovan Fauvelle's Room.

The Level IV Healthy You Project is selling bracelets and key chains now through December 18, 2015.

The Fashion Walk - Mark your calendar for **December 23 at 11:15 am**. The Art Workshop students will be doing their annual fashion show. All are invited to attend. Please RSVP to the Marketing Workshop led by Ryan Gillespie, x 157 to reserve a seat.

COMMUNITY SERVICE OPPORTUNITIES

Level IV Global Graphics Project

The Global Graphics Project is collecting stamps for the *Friends of the Homeless of the South Shore*. When shopping 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.

Gently Used and New Children's Book Collection

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. The holidays are a great time to clean out those bookcases to make room for new books!! For larger donations please contact Barbara at barbara6910@msn.com

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.

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. 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!

COMMUNITY INTEREST

2015 Two Day Winter Clinic - December 30 & 31

Pre-K - 1st Grade 8:45-11:15

2nd Grade-6th Grade 11:30-2:00

Location: Pembroke Recreation Center

Open to all elementary aged South Shore residents

To register: Please contact us at: smilesclinic1@gmail.com

The focus of this clinic is to give children with special needs the opportunity to learn the fundamental skills needed for basketball and floor hockey. They will participate in drills and game like play which will be broken down as needed. The players will be learning the sport but with modifications and appropriate adaptations/accommodations that each child might need. There will be low coach/player ratios and each session will include a snack time to work on daily living and communication skills. The directors are two school-based occupational therapists who are highly trained in providing the appropriate modifications for each individual child. These directors will also be training all other staff members so they can follow through with appropriate modifications and accommodations. Extra visuals and modified equipment will also be provided. The directors have over 25 years combined experience working with children with special needs and both have playing and coaching experience at all levels. The directors will ensure each child will be successful and the clinic will be a rewarding experience!

**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**

Holly Hill Farm & Friends

12/14/2015 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

Friday, January 1, 2016, 1:00pm – 2:30pm

Inaugurate 2016 with a woodland walk through the beautiful woods of Holly Hill Farm. Bring family and friends and make new friends as we ring in the new year! Don't miss a cup of Cindy's Incredible Hot Cocoa! Meet at Main Barn at 12:45pm, rain or shine. No need to pre-register.

\$5/per person for Members (maximum for a family \$15), \$8/per person for Non Members (maximum for a family \$24). Holly Hill Farm. 236 Jerusalem Road, Cohasset [781-383-6565](tel:781-383-6565) www.hollyhillfarm.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!

SSCPS 2016 CALENDAR IN HONOR OF OUR 20TH YEAR!

THE HEADSTAND PRINCIPAL



**THE HEADSTAND PRINCIPAL CALENDAR FEATURES OUR VERY OWN TED HIRSCH
DOING ONE OF THE THINGS HE DOES BEST, STANDING ON HIS HEAD!**

ACT NOW! PURCHASE YOUR LIMITED EDITION COPY FOR \$20

CASH OR CHECK PAYABLE TO SOUTH SHORE CHARTER EDUCATIONAL FOUNDATION

**FOR IMMEDIATE DELIVERY, PURCHASE BY CONTACTING
LAURIE DANNISON AT LDANNISON@SSCPS.ORG**

THIS IS A GREAT STOCKING STUFFER OR A GIFT FOR ONE OF THE EIGHT NIGHTS OF CHANUKAH!

THANK YOU FOR YOUR CONTINUED SUPPORT!

Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2015

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Naming rights

Giving fun names to food can provide just the right incentive for your child to try it. Get him thinking about fitness, too, by tying the names to physical activity. Examples: "soccer-ball Brussels sprouts," "table tennis tofu." Ask your youngster to write and illustrate your dinner menus using these names.

DID YOU KNOW?

Structured sports and physical activity programs for children continue all winter. With your child, browse through a catalog



from your parks and recreation department or look at web-sites of local sports leagues. Would she be interested in joining a karate class, taking gymnastics, or playing on an indoor flag football team?

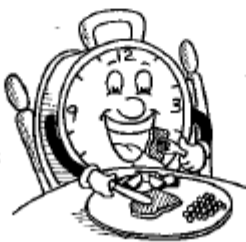
Cookie secret

'Tis the season for cookie baking! To keep from going overboard with cookie eating, try this idea: Bake only a few at a time. Scoop the rest of the dough into spoonfuls on waxed paper, and freeze for a few hours. Then, put the frozen "scoops" into a freezer bag, and bake a couple from time to time.

Just for fun

Q: How can you tell that clocks are always hungry?

A: They have seconds.



Real meals from fictitious books

Cuddle up with your youngster and a book, and then make a healthy meal together based on the story. Children of any age will enjoy the read-aloud—as well as the follow-up of cooking and eating a fanciful meal.

Encourage your child to come up with healthy menus to fit her favorite books or fairy tales. Here are two ideas to get her started.



Alice's tea party

Read: *Alice's Adventures in Wonderland* and *Through the Looking-Glass* (Lewis Carroll)

- Hard-boil eggs, and let your youngster paint their shells to look like Humpty Dumpty.
- Make tea sandwiches with whole-wheat bread and a thin layer of jam. Your child can use heart-shaped cookie cutters to turn them into "Queen of Hearts sandwiches."
- Serve caffeine-free hot or iced tea. Leave it unsweetened to help your youngster get used to the taste of tea without sugar (sweet tea has lots of added sugar).

Magical pasta pot

Read: *Strega Nona* (Tomie dePaola)

- Boil a pot of "magical" whole-grain pasta. You could combine fun shapes like shells, bowties, and rotini. About 4 minutes before it's done, add frozen mixed vegetables—like the vegetables Big Anthony tended in *Strega Nona's* garden.
- Make a simple tomato sauce from the garden, too. In a skillet, saute 2 cloves of minced garlic in 1 tsp. hot olive oil for 1 minute. Add a 28-oz. can of diced tomatoes and 1 tsp. oregano. Bring to a boil over medium heat, lower the heat, and simmer for 30 minutes. ●

Create spice blends

Here's a fun way to let your child loose in the kitchen: Encourage him to make his own custom spice blends.

Start by having him look through your spices. He could smell them and think about what would go well together. Using measuring spoons and small bowls, he can mix $\frac{1}{2}$ tsp. of this, a $\frac{1}{4}$ tsp. of that, and 1 tsp. of something else.

Suggest that he name each blend, put it into an empty jar, and label it. He might add instructions like "Delicious in salads or sprinkled on burgers." Then, place the jars on the kitchen table so everyone can sample his creativity. ●



No bullying allowed

Sadly, children who are overweight are more likely than other children to be bullied. In fact, some experts say weight is the most common reason for bullying. Help keep your child from being a target or from participating in bullying with this advice.

Victims. If your youngster is teased for being “fat,” tell him that is wrong no matter what. Comfort him and say you’ll work on the bullying problem together. Then, contact his teacher or school counselor to make a plan. *Note:* Your child may now say he wants to lose weight. If so, this is a good time to discuss healthy eating and exercise—rather than focusing on how much he weighs or how much to lose.



Bullies. If your youngster is bullying others for any reason, including their weight, get professional help. Talk to the school nurse, counselor, or psychologist about what to do—they will recommend next steps.

Bystanders. If your child witnesses a classmate being bullied, he should get an adult to

help. Also, suggest that he be kind to victims. He could invite them to join in games at recess or to sit with him at lunch or on the bus. ●

**PARENT
TO
PARENT**

Learning a new (old) game

When we visited relatives recently, I wanted to get our kids away from their screens and involved—actively—with their aunts and uncles. I suggested they ask their relatives to teach them games they played “in the old days.”

Great Uncle Joe showed them how to play stickball.

He cut down a broomstick, got a rubber ball, and had the kids pick out a fire hydrant and trees as the bases. Then, a pitcher lobs the ball, and the hitter tries to hit it on one bounce. With fewer people, they play “fungo style.” The batter holds the bat with one hand, tosses the ball with the other, and lets the ball bounce so he can grab the bat with both hands and hit the ball.

Our kids were excited to come home and teach their friends their “new” game. When I see them playing stickball, I have to smile at how this old game has become new again. ●



**ACTIVITY
CORNER**

Balloon fun

Blow up a few balloons for active fun inside or outside with these three games.

1. Hang a piece of yarn or ribbon between two chairs or trees to create a “net.” Bat a balloon back and forth over the net. If it drops to the ground, the team on the other side scores a point. The first team reaching 11 wins. *Variation:* Play with two (or more) balloons at once.

2. Mark a start line and finish line. Each player holds a balloon between her knees and races toward the finish line. If you drop it, go back to the start line to begin over. *Variation:* Put the balloon between your ankles, and jump to the finish line.

3. Place balloons of different colors on the floor. Randomly spread out slips of matching construction paper, one per balloon. Turn on music, and everyone dances. When the music stops, each player has to grab a balloon and matching paper and hold them up. The last person to find a match is out. Keep playing until there’s a winner. ●



**IN THE
KITCHEN**

Take a dip

Pair these dips with lots of vegetables for dipping—the combination is a great way to get your youngster to eat her veggies!

Avocado feta. In a food processor, combine 2 diced ripe avocados, 4 oz. feta, juice from 1 lemon, 2 chopped scallions, and a small handful of parsley. Pulse until blended, but still chunky.

Cottage cheese taco. Stir together a 16-oz. container cottage cheese, a 4-oz. can green chilies (drained), 1 can pinto

beans (drained, rinsed), 2 chopped tomatoes, and $\frac{1}{2}$ tsp. hot sauce if desired.

Black bean. Puree 2 cans black beans (drained, rinsed) in a blender. Add $\frac{1}{4}$ cup salsa, 4 garlic cloves, 2 tsp. lime juice, 1 tsp. cumin, 1 tsp. water, and $\frac{1}{2}$ tsp. salt. Blend until smooth.

Fun idea: Spoon an inch or two of dip into a Mason jar. Stick in long, skinny slices of vegetables like carrots, celery, or jicama for a ready-to-eat treat. ●



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

Breakfast Order Form
Breakfast for the Month of January, 2016
Due to the office by 3:00 pm, ***Tuesday**, December 22, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 1/4 – 1/8 Monday Tuesday Wednesday Thursday Friday

Week of 1/11 – 1/15 Monday Tuesday Wednesday Thursday Friday

Week of 1/18 – 1/22 Monday Tuesday Wednesday Thursday Friday

Week of 1/25 – 1/29 Monday Tuesday Wednesday Thursday Friday

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 January, 2016

Due to the office by 3:00 pm, ***Tuesday**, December 22, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 1/4 – 1/8	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
Week of 1/11– 1/15	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> NO SCHOOL
Week of 1/18 – 1/22	<u>Monday</u> NO SCHOOL	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
Week of 1/25 – 1/29	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> 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 PUBLIC SCHOOL
JANUARY, 2016

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				1 
4 Marshmallow Mateys Fruit Apple Cinnamon Waffles Orange Juice Milk	5 3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk	6 WG Cinnamon Roll Fruit Orange Juice Milk	7 3.6 oz. WW Chocolate Muffin Fruit Orange Juice Milk	8 3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk
11 Cereal Fruit String Cheese Orange Juice Milk	12 WW Bagel w/Jelly Fruit Orange Juice Milk	13 3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk	14 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	15 NO SCHOOL
18 	19 2 oz. Cereal Fruit Orange Juice Milk	20 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk	21 Marshmallow Mateys Fruit Orange Juice Milk	22 Honey Wheat Bagel Fruit Orange Juice Milk
25 Cinnamon Toast Crunch Fruit Cheese Stick Orange Juice Milk	26 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	27 WG Croissant Fruit Orange Juice Milk	28 3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk	29 WG Cinnamon Roll Fruit 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!**

Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL K-8
JANUARY, 2016

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 A Meatball WW Sub Green Beans B Salad w/Crispy Chicken & WW Pita Bread Milk	5 A Sliced Chicken on WW Chickpea Salad B Salad w/Crispy Chicken & WW Pita Bread Juice Milk	6 A Cheese & Bean WW Burrito Corn B Salad w/Crispy Chicken & WW Pita Bread Milk	7 A Crispy Chicken Salad WW Wrap Baby Carrots B Salad w/Crispy Chicken & WW Pita Bread Juice Milk	8 A Cheese WW Pizza Broccoli B Salad w/Crispy Chicken & WW Pita Bread Milk
11 A Hamburger on WW Roll Baked Beans B Salad w/Turkey & WW Pita Bread Milk	12 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WW Pita Bread Milk	13 A American Chop Suey Green Beans Whole Wheat Roll B Salad w/Turkey & WW Pita Bread Milk	14 A Chicken Caesar WW Wrap Cucumber Slices B Salad w/Turkey & WW Pita Bread Milk	15 NO SCHOOL
18 	19 A Ham & Cheese on WW Carrots B Salad w/Tuna & WW Pita Bread Milk	20 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Tuna & WW Pita Bread Milk	21 A Cold BBQ Chicken on WW Bun Cucumber Slices B Salad w/Tuna & WW Pita Bread Milk	22 A Cheese WW Pizza Broccoli & Potato Wedges B Salad w/Tuna & WW Pita Bread Milk
25 A WG Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WW Pita Bread Milk	26 A Tuna in WW Wrap Chickpea Salad B Salad w/Cheese Sticks & WW Pita Bread Milk	27 A Cheeseburger Mac Broccoli Whole Wheat Roll B Salad w/Cheese Sticks & WW Pita Bread Milk	28 A Buffalo Chicken WW Wrap Cucumbers B Salad w/Cheese Sticks & WW Pita Bread Milk	29 A Cheese Pizza Italian Beans B Salad w/Cheese Sticks & WW Pita Bread Milk

* 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

ALL MENUS ARE SUBJECT TO CHANGE

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

Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12
JANUARY, 2016

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 A Meatball WW Sub Green Beans B Salad w/Crispy Chicken & WW Pita Bread Milk	5 A Sliced Chicken on WW Chickpea Salad B Salad w/Crispy Chicken & WW Pita Bread Juice Milk	6 A Cheese & Bean WW Burrito Corn B Salad w/Crispy Chicken & WW Pita Bread Milk	7 A Crispy Chicken Salad WW Wrap Baby Carrots B Salad w/Crispy Chicken & WW Pita Bread Juice Milk	8 A Cheese WW Pizza Broccoli B Salad w/Crispy Chicken & WW Pita Bread Milk
11 A Hamburger on WW Roll Baked Beans B Salad w/Turkey & WW Pita Bread Milk	12 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WW Pita Bread Milk	13 A American Chop Suey Green Beans Whole Wheat Roll B Salad w/Turkey & WW Pita Bread Milk	14 A Chicken Caesar WW Wrap Cucumber Slices B Salad w/Turkey & WW Pita Bread Milk	15 NO SCHOOL
18 	19 A Ham & Cheese on WW Carrots B Salad w/Tuna & WW Pita Bread Milk	20 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Tuna & WW Pita Bread Milk	21 A Cold BBQ Chicken on WW Bun Cucumber Slices B Salad w/Tuna & WW Pita Bread Milk	22 A Cheese WW Pizza Broccoli & Potato Wedges B Salad w/Tuna & WW Pita Bread Milk
25 A WG Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WW Pita Bread Milk	26 A Tuna in WW Wrap Chickpea Salad B Salad w/Cheese Sticks & WW Pita Bread Milk	27 A Cheeseburger Mac Broccoli Whole Wheat Roll B Salad w/Cheese Sticks & WW Pita Bread Milk	28 A Buffalo Chicken WW Wrap Cucumbers B Salad w/Cheese Sticks & WW Pita Bread Milk	29 A Cheese Pizza Italian Beans B Salad w/Cheese Sticks & WW Pita Bread Milk

* 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

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