



Update

January 11, 2017
Vol. 1, Issue 2

*The function of education is to teach one to think intensively and to think critically.
Intelligence plus character - that is the goal of true education.*

Martin Luther King, Jr.

FROM THE EXECUTIVE DIRECTOR

Welcome back. I hope the December break was filled with family time and some relaxation. January is well upon us and with this first month of the new year comes many signs of winter. For our youngest students outdoor recess is prefaced by the loading on of snow pants, jackets, hats, boots, and gloves. Students may be seen enjoying the snow on the hill and playing with one another in interesting ways only the fun of snow can bring. Interestingly enough, recess is not the only time of joy for our students. Students are happy to be back in the full swing of their classes and learning. Middle and high school classes have begun reviewing for mid-year exams which will begin on January 25. As we approach the long weekend that honors Dr. Martin Luther King, Jr. it seems that this year holds an even more significant meaning of the life and message of Dr. King. As our school grows, so does the unique and diverse population that makes us who we are as a school community.

Many of us have been busy working on the upcoming projects for next school year, particularly student enrollment. Our next Open House will be on Wednesday, January 18 from 5-7pm. If you or someone you know still has yet to apply, please be aware that the deadline to submit applications is Wednesday February 15 by five in the evening. All siblings of current students must apply for admission.

Additionally, as we approach the mid-year point there is another opportunity to provide your input. This is the time of year when we ask our families to complete our Annual Parent Survey. Our school culture is built upon the engagement of all of our families. Every year we report on key measures. We report the number of parent volunteers, volunteer hours, and the number of families providing the school with specific feedback. We use this data to provide information within both the Annual Report and the Accountability Plan. Not only do we use this data for reporting, we use it to make key decisions about programming, scheduling, professional development, and school life. This year we are adding the important component of school growth to the survey. The results will be shared to inform the decision making process at the Board and school administration level.

We are asking that all families participate. Please fill out this survey at your convenience by using the link below. All survey responses are due by Friday, February 17, 2017.

Thank you for all that you do.

Alicia Savage – asavage@sscps.org

ANNUAL PARENT SURVEY

<https://www.surveymonkey.com/r/SSCPSParentSurvey2017>

Wednesday	01/11	School Council	3:30pm
Thursday	01/12	Board of Trustees Finance Committee Development Committee	7:30pm 6:00pm 6:30pm
Friday	01/13	Professional Development Day – No Classes for Students	
Monday	01/16	Martin Luther King, Jr. Day – No School	
Wednesday	01/18	8th Grade Parent High School Information Meeting at 700 Longwater	5:00pm
Wednesday	01/18	Enrollment Open House	5:00-7:00pm

ANNOUNCEMENTS

NHS Sock Drive

The National Honor Society is running a sock drive until January 17th. All socks collected will go to Father Bill's & Mainspring for distribution to those who need them most in the fierce Massachusetts winter. Donations of brand new (in packaging) white crew socks for men and women are greatly appreciated. A donation box is located on each level and in the high school.

School Lunch

Children need healthy meals to learn. **The South Shore Charter Public School** offers healthy meals every school day. **Your children may qualify for free meals or reduced price meals.** If your children were eligible for free or reduced meal benefits last year, this does not automatically qualify your family for benefits this academic year. Your family **MUST** complete a **NEW** application and return it to Charlene Evans, Food Services Coordinator. [Click here for the application for free or reduced price meal benefits.](#)

If your family has been notified that you are eligible for free or reduced priced meals **this** academic year, your family will **still** need to complete a lunch and/or breakfast order form each month for each eligible child.

FROM THE HEALTH OFFICE

The health office is looking for donations of clothing (used) for young boys and girls. The biggest need is pants, preferably elastic waist, also socks, t-shirts and mittens. Thank you.

FROM THE PHYSICAL EDUCATION DEPARTMENT

Now that winter boot weather is upon us, please help your child to remember to bring sneakers to school on their PE day. Thank you in advance for helping to keep our classes safe!

WHAT'S HAPPENING IN WORKSHOPS AND PROJECTS?

High School Theater Workshop

Hello everyone! We here at the High School Theater Workshop would like your help. We need a set of 4 matching chairs for our play, *Check Please!* They should look like they could belong in a restaurant. Please email Debra Greene at dgreene@sccps.org a picture if you have chairs we can use. Thank you!

Read the latest publication from the High School Journalism Workshop

Hello Charter families! The Journalism Workshop has just published their monthly articles about Charter news and events. Check out the site at charterink.sccps.org to see if your student is featured this month!

Thank you! Journalism Workshop

YEARBOOK COMMITTEE

The 2017 yearbook is now in progress and all the memories of the 2016-2017 school year will be published forever in print. To order online go to www.coffeepond.com, to login use school password: [bluejaguar](#). Parents may submit a special 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. Due date is March 30, 2017. The yearbook staff can help with any design concerns. Also there are still a few 2016 books left, please email Christine at cbodnar@sscps.org to get yours!

DEVELOPMENT OFFICE



SOUTH SHORE CHARTER
EDUCATIONAL FOUNDATION INC.

There is no better time than now to consider a gift to SSCEF. For the seventh year in a row, an anonymous donor has challenged the SSCPS community to match their very generous gift of \$6,000. All new and increased gifts to the Annual Fund received between now and the end of February will qualify. With your help, we can maintain and enhance our current programs and reach our goal of \$75,000 and 100% participation. All monetary donations are tax deductible.

Please check this link to find out if your [current employer will match your gift!](#) Get in touch with ldannison@sscps.org for any paperwork you may need. Thank you for your continued support.
SSCEF, P.O. Box 512, Accord, MA 02018

COMMUNITY SERVICE OPPORTUNITIES

Level II Student Collecting Donations for Cat Shelter

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

**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**

BOKS

Morning Fitness Program
Open to Level I, II, and III

For school year 2016 – 2017 the BOKS team will be hosting four sessions.

We will meet **Tuesday and Thursday** from 7:20am - 8:00am.

Session Dates:

Session 2: January 10 – January 31

Session 3: February 2 – February 16

Session 4: March 7 – March 30

If you have any questions please email Kathy at kmuse26@hotmail.com

We are looking for more parents willing to go through the training and help run sessions/days. All trainings are held at Rebook in Canton as detailed below.

Here is the link to sign up for training if you are interested in helping out.

<http://www.bokskids.org/training>

BOKS for Levels I, II, and III

Organized and run by SSCPS parents, the program is inspired by the Reebok Foundation's BOKS program; all the fitness leaders have been trained by Reebok. This is a no cost before-school fitness program being offered to any child in Kindergarten to 6th grade. In order to provide the best program to the children there is a limit of 40 participants. If more applications are received than spots available there will be a lottery for participation. The schedule for the program is all Levels Tuesday and Thursdays. BOKS is held in the PE space with a start time of 7:20 and an end time of 8:00, the trainers escort all the children to the back door of the school. The 4 separate sessions are listed on the attached flyer. You may select any number of sessions from 1 to all 4, there will be an opportunity for sign-up before each session.

In order for your child to participate you must fill out the below information as well as the attached application including the doctor information and the release, this is to avoid liability issues. If you have more than one child participating please be sure to complete a separate form for each. Place the completed forms in the envelope at the front desk labeled "BOKS" NO later than **Dec. 22, 2016**.

If we have more applications than spots you will be notified by email of non-entry.

The purpose of BOKS is to stimulate the mind by movement before the school day begins.

ALL requested information is required - Complete a separate form for each child.

PLEASE PRINT CLEARLY

I would like my child to participate in the BOKS Morning Fitness Program

Childs' Name: _____ Pod Teacher: _____

Parent(s)/Guardian(s) Email: _____

Parent(s)/Guardian(s) Signature: _____

Preferred Phone (Home / Work / Cell): _____

Circle All That Apply: Session 1 / Session 2 / Session 3 / Session 4

Any medical issues the trainers need to know?

Holly Hill Farm & Friends

1/9/2017 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

Holly Hill Winter Farm Stand, Saturday, January 28 between 11:00 – noon

The Holly Hill Winter Farm Stand will be open and stocked with non-perishable favorites such as our own bottled raw honey in one and a half pound bottles (\$20), coffee and chocolate products from Dean's Beans, organically grown rolled oats from Maine Grains, Massachusetts produced maple syrup, among other goodies!

We are proud to offer Brown Boar Farm sustainably raised pork, delivered monthly. The next delivery will be Saturday, January 28 between 11:00-noon. A product and price list with info on pre-ordering can be obtained by emailing: Meaghan.swetish@brownboarfarm.com For future notification of specific produce and other delicious offerings for our 2017 Farm Stand, send your email address to friendsofhollyhillfarm@gmail.com and check our [Facebook page for the latest updates!](#)

FARM TO FOOD PANTRY COMMUNITY SERVICE FOR TEENS AT HOLLY HILL FARM!

The Farm to Food Pantry Program is a unique opportunity for teenagers aged 13-18. We plan to begin spring sessions in March. Please contact us if you wish to complete your community service requirements at Holly Hill Farm while learning valuable growing and harvesting skills to last a lifetime. We will deliver produce to local food pantries come harvest time. Contact Education Director, Jon Belber at 781-383-6565 or jbelberhollyhill@hotmail.com

SCHOOL FIELD TRIPS TO HOLLY HILL FARM Please consider booking your grade level field trips to Holly Hill Farm. Weather permitting, we will book trips beginning in late March. We have guided tours and hands on experiences for preschool aged children through high school. Contact Jon Belber, Education Director at 781-383-6565 or jbelberhollyhill@hotmail.com

SCHOOL PARTNERSHIPS

Even though we are in the throes of Winter with snow and ice, there is still work to do with teaching about organic farming and gardening. Recently, the farm teachers were at the South Shore Educational Collaborative School Quest program with 6th and 7th graders making a worm bin. We added food scraps, newspaper, some water and red wiggler worms, of course, in hopes the students will investigate their progress as the worms start decomposing the ingredients, reduce trash and make some lovely vermicompost for more growing. Soon, we will take on the same plan at the Cole School in Norwell, as each 2nd grade classroom will have a chance to make a bin. Worms work in Winter too.

Acknowledging Differences and Raising Awareness to Reduce Stigma

By Barbara J. Green Ph.D.; YHC Medical Director

All year Youth Health Connection is focusing our efforts to push forward to eliminate stigma with mental illness. We have held this as one of our core program elements for over 20 years. Without a concerted collective initiative, we are in a weakened position which allows for the stigma to persist.

A new display at Logan Airport, “*Deconstructing Stigma: A Change In Thought Can Change A Life*”, demonstrates a very powerful and unique public awareness campaign designed to provide public education on the topic. It is done through 8- foot tall photographs, each superimposed with text describing the individuals’ struggle with mental illness. The power of real people and real stories helps to make the challenges individual face quite real, personal and relevant.

(Continued on page 2)

Tip for Better Living:

“Watch the sun rise at least once a year, put a lot of marshmallows in your hot chocolate, lie on your back and look at the stars, never buy a coffee table you can’t put your feet on, never pass up the chance to jump on a trampoline, don’t overlook life’s small joys while searching for the big ones.

H. Jackson Brown, Jr.
b. 1940
Author



**South Shore
Health System**

Inside	Page
Acknowledging Differences (continued)	2
Challenging Behaviors in Children	2
Winter Sports TBI Awareness Month	3
Book Review- <i>Hands Free Life: 9 Habits for Overcoming Distraction, Living Better & Loving More</i>	3
National Drug & Alcohol Facts Week	3
Marijuana-What’s Happening?	4

Youth Health Connection Meetings and Events:

School Nurse Meeting

January 9, 2017 from 3:30-5:30 PM
join us for “**Typical or Troubled®**”
with Barbara J. Green, Ph.D.; YHC
Medical Director presenting.

Mental Health Advisory Meeting

January 11, 2017 from 8-9:30 AM with
guest: Linda Price speaking about
supporting students with academic
differences and social challenges.

All meetings are held at South
Shore VNA, 30 Reservoir Park Dr.
Rockland, MA. 02370. ■

Acknowledging Differences and Raising Awareness to Reduce Stigma

By Barbara J. Green Ph.D.; YHC Medical Director

Bravo to Logan Airport, Mc Lean Hospital, and the collaborating mental health advocacy groups that created the approach and display. It certainly is not the typical holiday decorative display. We know that mental health challenges are not restricted to any particular time of year or any particular group. Just like other health challenges, depression, anxiety, OCD, PTSD, etc. can affect anyone anytime. We know that early identification, intervention, and treatment can make the positive difference in someone's life. Research shows us that treatment, including medication, works.

There should be no barriers to treatment and no stigma. By raising strong voices, acknowledging mental illness, we can make a difference and save lives.

To read more about this display visit: <http://bit.ly/2hoX5BS> ■

Join Us!

On Monday January 9, 2017 from 3:30-5:30 PM for **Typical or Troubled®** presented by Barbara J. Green, Ph.D.; YHC Medical Director. Learn about the teen mood spectrum at this free event. Nursing Contact Hours and Certificates of Attendance provided.

RSVP to Jean_kelly@sshosp.org or 781-624-7423. ■

Challenging Behaviors in Children

By Linda M. Perry, MA; Certified Think: Kids Mentor

When children display challenging behaviors there is a tendency for adults to label the child's motivation as intentional, attention-seeking, manipulative, etc. What's happening is there is an expectation placed on the child for a skill they do not have – i.e. they lack the skill to respond appropriately.

Children respond to these situations with the coping skills they have mastered – and for some these tools are limited. Unique when it comes to the mix of lagging skills that set the stage for challenging behaviors, many in the areas of flexibility, frustration tolerance, and problem solving, what they need is help building thinking skills from the adults around them.

The Collaborative Problem Solving model attempts to identify the lacking skill in one or more domains and teaches adults to help children learn the skills needed to meet the demands placed on them by home, school, and society. Teaching children to problem solve we also teach them thinking skills such as taking another person's perspective into account; identifying their own concerns, developing multiple options to a given situation, etc. all the while improving their behaviors and our understanding of one another.

Challenging Kids Lack the Skill, Not the Will, To Behave! Our 4-session parent training program for children with challenging behaviors is based on MGH's Collaborative Problem Solving method. The sessions are led by a *Think: Kids* Certified Mentor with lived experience with the model.

Gather a group of 10 or more parents and we'll bring Collaborative Problem Solving class right to you! Scheduling our spring classes now - don't miss out!

Contact Linda at: info@avalancheadvocacy.org or 617-750-1522

Learn more about Avalanche Advocacy at: <http://bit.ly/2fO3eGt>

Learn more about *Think: Kids* at: <http://bit.ly/2fnvsa1> ■

National Winter Sports TBI Awareness Month

By Anna Bregoli, YHC Intern, Curry College '17

As we are now winding down from holiday festivities, it is time to continue thinking about other winter activities for the family. Whether it is a trip up north to a ski lodge or the every-weekend hockey game, there are a few things to keep in mind when it comes to your family's safety.

January is *National Winter Sports Traumatic Brain Injury (TBI) Awareness Month*. It is a public health awareness campaign that brings attention to the high risk of brain injury during the winter sports season. According to the American Physical Therapy Association, about 1.7 million head injuries occur in the U.S. each year. Accidents involving a head injury typically end up resulting in concussions or traumatic brain injuries. Here are a couple quick safety tips to remember this winter:

- Wear safety equipment such as approved and well-maintained *helmets*.
- Establish rules: safe playing and no hits to the head!

To learn more, visit: <http://bit.ly/1SKxE8T> ■

National Drug and Alcohol Facts WeekSM

By Anna Bregoli, YHC Intern, Curry College '17

National Drug and Alcohol Facts WeekSM (NDAFW) is a national health observance that takes place every year in January. This year, NDAFW is held between January 23 and 29. The National Institute on Drug Abuse (NIDA) strives to promote education for teens in local communities due to the common misperceptions that surround drug and alcohol use, especially from the media.

NIDA urges schools and communities around the country to host an educational event during the National Drug and Alcohol Facts WeekSM. To support community efforts, NIDA will supply a planning guide, an online toolkit, teacher resources, and materials all for *free* for an event held between January 23 and 29 of 2017.

For more information, visit: <http://bit.ly/1PfyPrt> ■

Book Review by Lori Rohleder, YHC Community Member

Feeling the need to slow down, re-focus and live more intentionally? If so, Rachel Macy Stafford's *Hands Free Life; 9 Habits for Overcoming Distraction, Living Better & Loving More* may provide the desired time-out. A warm and welcoming read, *Hands-Free Life* can be easily consumed in an afternoon, or can just as easily be tucked away on a bedside table – a ready reference for those days that could benefit from an intentional reminder to take pause.

Stafford – who also pens the charming *Hands-Free Mama* blog; has authored a book by the same name; and anticipates the release of her third book in 2017 - encourages readers “to invest in what is most significant to create lasting connections with family and friends.” She notes “I could speak of my life's abundant blessings, but I could no longer see or feel them because I was too focused on my life's abundant distractions. Too many commitments. Too many screens. Too many self-induced pressures.”

To keep herself (and readers) focused on “letting go to grasp what really matters” Stafford developed the *Hands-Free Habits*. Each of the nine habits includes Daily Declarations and Habit Builders, providing all with easy-to-implement action items.

Learn more at: <http://bit.ly/2cqpCu> ■

Recreational Marijuana: A Glimpse at What is Happening in Colorado & Next Steps in Duxbury by Karen Wong, Coordinator Duxbury FACTS

Duxbury FACTS was very fortunate to have Julie Johnson Ph.D., speak at our November meeting. Julie is a new resident of Duxbury and Postdoctoral Researcher at Johns Hopkins Bloomberg School of Public Health and Collaborating Investigator at Boston Children's Hospital Center for Adolescent Substance Abuse Research.

Like many of us involved in substance abuse education and recovery, Julie lost a loved one to substance use. Much of Julie's work focuses on the effects of marijuana on teens and how the trend to legalize recreational marijuana has changed perception and behavior. Some of the information Julie shared from Colorado includes the sharp increase in emergency department visits due to marijuana use, many from to the consumption of edibles which have a high potency and a delayed effect. Marijuana related traffic deaths have increased 48% in the three years since legalization. High school truancy and dropout rates have risen as have the numbers of students coming to school under the influence. Teen marijuana addiction treatment admissions have increased 66%.

Recreational marijuana became legal in Massachusetts on December 15, 2016, for those 21 and older. The breakdown of MA Ballot Initiative 4 shows that the communities hit hardest by the opioid epidemic voted not to make recreational marijuana legal. The law allows for each town to decide if and how they limit the sales and farming of marijuana. Duxbury Selectmen voted to place on the spring Annual Town Meeting Warrant two articles related to recreational marijuana; one that would ban the sale and commercial farming of marijuana and another that would put a moratorium on those activities.

Duxbury FACTS would like to partner with other South Shore FACTS coalitions as we all navigate this new challenge in our battle to fight addiction. **Please contact us at:** info@www.duxburyfacts.org if you'd like to work together. ■

Medical Director:

Barbara Green, PhD
(781) 749-9227 x101
Barbara@bjgreenphd.com

Program Coordinator:

Kim Noble, RN, MBA
(781) 624-7415
kimberly_noble@sshosp.org

Administrative Secretary:

Jean Kelly
(781) 624-7423
jean_kelly@sshosp.org

Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

To subscribe please visit:
southshorehospital.org/yhcpublications

Connect with us:



Youth Health Connection:
Builds and Sustains Community Connections through Healthy Dialogue and Sharing Knowledge to Keep Our Youth Safe Today and Moving Forward

Breakfast Order Form

Breakfast for the Month of January, 2017

Due to the office by 3:00 pm, ***Tuesday**, January 17, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

~~Week of~~ ~~1/2 - 1/6~~ Monday Tuesday Wednesday Thursday Friday

~~Week of~~ ~~1/9 - 1/13~~ Monday Tuesday Wednesday Thursday Friday

~~Week of~~ ~~1/16 - 1/20~~ Monday Tuesday Wednesday Thursday Friday

Week of Monday Tuesday Wednesday Thursday Friday
1/23 - 1/27

Week of Monday Tuesday Wednesday Thursday Friday
1/30 - 2/3

Number of Breakfasts ordered _____ X \$1.85

Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form

Lunch for the Month of January, 2017

Due to the office by 3:00 pm, *Tuesday, January 17, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

0

<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1/9 – 1/13	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	NO SCHOOL

<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1/16 – 1/20	NO SCHOOL	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad

<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1/23 – 1/27	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad

<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1/30 – 2/3	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 \$3.40

Number of **Salads (B)** ordered _____ X \$3.40

Less credit due _____

Total Amount Enclosed


\$ _____

Cash or Checks may be made out to SSCPS.



SOUTH SHORE CHARTER SCHOOL
JANUARY, 2017

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 2 oz. Cereal Fruit Orange Juice Milk	4 WG Croissant w/Jelly Fruit Orange Juice Milk	5 2 oz. Cereal Fruit Orange Juice Milk	6 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk
9 WG Cinnamon Raisin Bagel Fruit Orange Juice Milk	10 2 oz. Cereal Fruit Juice Milk	11 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	12 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	NO SCHOOL
16 	17 Graham Crackers Cereal Fruit Orange Juice Milk	18 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	19 WG Cinnamon Roll Fruit Juice Milk	20 WG Bagel Fruit Orange Juice Milk
23 Cheerios Graham Crackers Fruit Orange Juice Milk	24 2 oz. Cereal Fruit Orange Juice Milk	25 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	26 WG Croissant w/Jelly Fruit Juice Milk	27 WG Apple Roll Fruit Juice Milk
30 Cereal WG Grahams Fruit Juice Milk	31 WG Croissant w/Jelly Fruit Juice Milk	FEB. 1 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	2 WG Bagel w/Jelly Fruit Orange Juice Milk	3 3.6 oz. WG Chocolate Chip Muffin 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, 2017

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 A B	3 A B	4 A B	5 A B	6 A B
9 A B	10 A B	11 A B	12 A B	13 NO SCHOOL
16 	17 A B	18 A B	19 A B	20 A B
23 A B	24 A B	25 A B	26 A B	27 A B
30 A B	31 A B	FEB 1 A B	2 A B	3 A B

* All Meals include Choice of 1% or Skim Milk. Circle a Milk Choice 1% Skim *All Meals Include Fruit* * Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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

“This institution is an Equal Opportunity Employer”


Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12
JANUARY, 2017

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 A B	3 A Tuna Salad on WG Chickpea Salad w/Broccoli B Salad w/Crispy Chicken & WG Pita Bread Milk	4 A American Chop Suey Corn Whole Grain Roll B Salad w/Crispy Chicken & WG Pita Bread Milk	5 A Oven Baked Chicken Bites Potato Wedges B Salad w/Crispy Chicken & WG Pita Bread Milk	6 A Cheese Pizza Green Beans B Salad w/Crispy Chicken & WG Pita Bread Milk
9 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	10 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	11 A Ziti & Meatballs Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	12 A Chicken WG Quesadilla Corn B Salad w/Tukey & WG Pita Bread Milk	NO SCHOOL
16 	17 A Ham & Cheese Sandwich on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	18 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	19 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	
23 A Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	24 A Buffalo Chicken Wrap Chickpea Salad B Salad w/Cheese Sticks & WG Pita Bread Milk	25 A Cheeseburger Mac Broccoli Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	26 A Stuffed Shells Carrots Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	27 A Cheese Pizza Italian Beans B Salad w/Cheese Sticks & WG Pita Bread Milk
30 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Grilled Chicken & WG Pita Bread Milk	31 A Chicken Caesar Salad Wrap Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	FEB 1 A Sloppy Joe on WG Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	2 A Meatballs on WG Sub Potato Puffs B Salad w/Grilled Chicken & WG Pita Bread Milk	3 A Cheese Pizza Potato Wedges Carrots B Salad w/Grilled Chicken & WG Pita Bread Milk

* All Meals include Choice of 1% or Skim Milk. Circle a Milk Choice 1% Skim *All Meals Include Fruit* * Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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

"This institution is an Equal Opportunity Employer"