



FROM THE K-4 PRINCIPAL

In this space I often write about our mission statement, "Inspiring every student to excel in academics, service, and life." In the past I have written about the "life" part of the mission statement but today I will write about my own learning and the value of academics.

On Monday I was listening to several radio programs about Martin Luther King and while I have read about King and have visited the National Park's Historic Site in Atlanta devoted to King on Monday I learned things about King I did not know. It felt good to learn. Learning is one of the great pleasures in life and it is only by diving in and being open that we can learn fully. It is also through the process of time and care and immersion that we can accomplish this most exciting kind of learning. As a school we think deeply about what to teach so that the time the students spend in school will be effective. What do they need to know? What can we show them that will excite them and drive to seek more knowledge? What do they need as a base so that when they become interested and want to explore the world they have the breadth of understanding to contextualized information so that they make it their own? None of us are the same so we will all attach importance to different stories and different things will resonate for us differently.

On Monday what resonated for me were the words, "arc of." I had heard Barack Obama use them. On Monday I learned that King had used them and a hundred years before that the Unitarian Minister and abolitionist, Theodore Parker had said them in the sermon from 1853 titled, "Of Justice and Conscience. Parker said, "*I do not pretend to understand the moral universe; the arc is a long one, my eye reaches but little ways; I cannot calculate the curve and complete the figure by the experience of sight; I can divine it by conscience. And from what I see I am sure it bends towards justice.*" I had heard of Theodore Parker years ago sitting in the pews of the Unitarian Universalist Old Ship Church in Hingham and I had myself used those words in writing to the White House after the Sandy Hook shooting but I did not know they had come from the 1850's and from Massachusetts and then through Martin Luther King to Obama.

On Tuesday I was eager to learn more and I read two of Martin Luther King's speeches where King used this idea to conclude a pair of speeches to keep his heart and the hearts of his fellow civil rights warriors upbeat in a search for a better country. Here are Martin's words first from a speech in 1965 and then from a speech two years later.
Sermon at Temple Israel February 26, 1965

"And I believe it because somehow the arc of the moral universe is long but it bends toward justice. We shall overcome because Carlyle is right: "No lie can live forever." We shall overcome because William Cullen Bryant is right: "Truth crushed to earth will rise again." We shall overcome because James Russell Lowell is right: "Truth forever on the scaffold, wrong forever on the throne. Yet, that scaffold sways the future and behind the dim unknown standeth God within the shadow, keeping watch above his own." With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to speed up the day. And in the words of prophecy,

"Every valley shall be exalted and every mountain and hill shall be made low. The rough places will be made plain and the crooked places straight, and the glory of the Lord shall be revealed and all flesh shall see it together." This will be a great day. This will be a marvelous hour. And at that moment, figuratively speaking in biblical words: "the morning stars will sing together and the sons of God will shout for joy."

August 16, 1967 Southern Christian Leadership Conference:

Let us realize that the arc of the moral universe is long, but it bends toward justice. Let us realize that William Cullen Bryant is right: "Truth, crushed to earth, will rise again." Let us go out realizing that the Bible is right: "Be not deceived. God is not mocked. (Oh yeah) Whatsoever a man soweth (Yes), that (Yes) shall he also reap." This is our hope for the future, and with this faith we will be able to sing in some not too distant tomorrow, with a cosmic past tense, "We have overcome! (Yes) We have overcome! Deep in my heart, I did believe (Yes) we would overcome."

We want all of our students to work hard and we hope that we have designed the right kind of school so that they love to learn and find the world interesting and worth making better.

Ted Hirsch – thirsch@sccps.org

Wednesday	01/18	Enrollment Open House	5:00-7:00pm
Wednesday	01/18	High School Information for 8 th Grade Parents at 700 Longwater Drive	5:00pm
Tuesday	01/24	2 nd Quarter Ends	
Weds-Fri	01/25-01/27	Mid-Term Exams for Grade 7-12 Early Release	12:00pm

ANNUAL PARENT SURVEY

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

ANNOUNCEMENTS

Congratulations to the Hill Family on their volunteer efforts at Boston Latin in honor of Martin Luther King Jr. Day. Check out this wonderful story at this link: <http://boston.cbslocal.com/2017/01/16/martin-luther-king-day-of-service-boston-latin-boston-cares-stem-learning/>

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.

FCC Transportation is considering adding additional seating to the existing school bus route. If interested please contact Sue at 781-267-1388 or FCCTransportation@comcast.net

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!

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

Time To Clear Out Those Bookcases!

Shannon Daly in grade 9 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 at 100 Longwater and any donations would be greatly appreciated. For larger donations please contact Shannon Daly at: shandewi@hotmail.com

Support our Troops!!

Shannon Daly is working in collaboration with her Civil Air Patrol Squadron in Plymouth to collect much needed and appreciated necessities and reminders of home for our troops overseas. We are sending to 21 Medevac soldiers from the C/3-126 Aviation deployed to Iraq and Kuwait. We still have the AF unit from the Cape. Also Cadet Second Lieutenant Timothy Bourque's cousin, SPC Jacob Hultman is deployed to Kuwait and former Pilgrim Cadet Tom Lentini is still in Okinawa, these Valiant Troops are the recipients of this collection. When they receive these packages and letters from home, it lifts their spirits and lets them know we are thinking of them, and appreciate their service. Many service members deployed do not have people from home to motivate and support them. This is a awesome opportunity for us to show our gratitude for their service! There is a list of their needs and requests in this notice, and on the collection boxes located in the lobbies of both school buildings as well as pictures of the troops you can check out! For more information about donations, or CAP please contact Shannon Daly at Shandewi@hotmail.com

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**

Lists of Troops Needs and Requests

- HEALTHY SNACKS
- DRINK MIX SINGLES AND CONDIMENT PACKS
- DRY CEREAL, POWDERED MILK/SUGAR PACKETS
- POP-TOP CANNED MEALS
- PROTEIN/GRANOLA BARS (THEY LOVE JERKY!).
- ASSORTED TOILETRIES FOR BOTH GENDERS (ORAL HYGIENE PRODUCTS, LOTION, FOOT/BODY POWDER, BABY WIPES, BODY WASH/IN ONE SHAMPOO, ETC.).
- MORALE BOOSTERS (CURRENT MAGAZINES, BOOKS/PUZZLE BOOKS, DVD'S, BOARD GAMES, LETTERS/MAIL, ETC.).
- PAST TIMES (FRISBEE'S, SPORTS EQUIPMENT, PLAYING CARDS, P
- POCKET GAMES, ETC.).
- BLANK GREETING CARDS TO SEND HOME, RETRACTABLE PENS, ETC.
- LETTERS FROM EVERYONE ARE ALWAYS WELCOME!

FOR THOSE WHO CAN'T BE HERE,

**GIVE THEM SOMETHING THAT WILL
REMINDE THEM OF HOME!**

For more information contact Shannon Daly in the High School

Email: shandewi@hotmail.com

Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2017

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Easy access

Make healthy snacks the first thing your child sees when she's hungry. Pick a cabinet or pantry shelf that is at her eye level, and stock it with raisins, baked crackers, and whole-wheat pretzels. The same for the fridge: Put string cheese, broccoli pieces, and fruit within easy reach.

Paper plate Ping-Pong

Here's a fun idea for indoor physical activity. Let your youngster make paddles by gluing jumbo craft sticks to the backs of two sturdy paper plates. Use the paddles to lob a Ping-Pong ball back and forth in the air. Or he could just hit a ball against a garage or basement wall for solo practice.



DID YOU KNOW?

More restaurants are adding calorie counts to their menus. The numbers can help you make smart choices for your family when you go out. You may opt to skip extras when you see how many more calories they have. And remember that calories are hard to burn off—a 65-pound child has to ride a bike for about 30 minutes to burn 90 calories.

Just for fun

Q: Why did the giant eat a volcano?

A: He wanted a hot lunch!



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On tonight's menu...

Streamline weeknight dinner planning, and give your family interesting meals to look forward to, by coming up with daily themes. Let your child help you brainstorm ideas and menus. These thoughts will get you started.

Meatless Monday

What: Go vegetarian once a week.

How: Make whole-grain bowls. Top cooked brown rice, farro, or quinoa with vegetables and a protein like beans, a fried egg, or grilled tofu.

Tortilla Tuesday

What: Tortillas are a versatile base for a healthy meal.

How: Use any combination of meat, cheese, and veggies, and roll up into a burrito. *Example:* Grilled chicken, arugula, feta cheese. Or layer the ingredients instead to make tostadas.

Waffle Wednesday

What: Don't limit your waffle maker to breakfast!

How: Get your youngster grilling panini-like sandwiches using soft whole-grain bread, roasted vegetables, and provolone



cheese. *Tip:* Brush a little olive oil on the outside of each slice so it browns.

Throwback Thursday

What: Spotlight oldies but goodies.

How: Let your child list old family favorites, perhaps meatloaf or baked ziti. Then, look for ways to make them healthier (use lean ground beef or whole-wheat pasta, for example).

Stir-fry Friday

What: This is the night for anything stir-fried.

How: Get out the wok or a deep skillet, and stir-fry vegetables with shrimp, chicken, or pork. To create a noodle dish, add rice noodles to the mixture. ●

Chores reinvented

Chores are an easy way to add physical activity—and responsibility—into your youngster's routine. Try these twists.

Sock dusting. Have your child wear a pair of old white socks on her hands. Then, she can clean surfaces all over the house with her "sock hands."

Undercover chores. Refer to chores using code names. Picking up a messy room could be "Mission Impossible." Signal it's time to change the bed with "Inside Out." And "Dust Bunny Detail" might be code for sweeping the floor or vacuuming.

Dance party. Turn chore time into party time by putting on some tunes. Dance and sing your way to a clean house together. ●



USDA is an equal opportunity provider and employer.

New spins on salad

Want your youngster to eat more vegetables? Go beyond the traditional salad bowl with these clever suggestions.

Chopped salads. Cut salad ingredients into small pieces. Begin with a sturdy lettuce like romaine. Have your child select three or four other ingredients, perhaps cucumbers, bell peppers, and avocado. She could rinse the items and help you chop them. Then, let her toss everything in a large bowl with a bit of her favorite dressing.



Stick salads. No utensils needed when you put salad on a stick! Help your youngster spike her preferred veggies on a toothpick. Encourage her to try new tastes by skewering cherry tomatoes, cucumber chunks, and spinach leaves. Or try chunks of mango, papaya, and pineapple with turkey cubes.

Finger salads. Kids love finger foods, so why not make salad something your child can eat with her fingers? Fill Belgian endive leaves with shredded carrots and roasted beets. Or cook and chill jumbo pasta shells and stuff with chickpeas, marinated artichokes, and diced tomatoes. ●

ACTIVITY CORNER



Be active— 10 minutes at a time

Inspire your youngster to get fit with 10-minute bursts of activity. Here are ways to put him on the road to getting 60 minutes, or more, of exercise a day:

✓ Do a routine with jumping jacks, toe touches, knee lifts, squats, and lunges. One person can be the leader, and the other follows his moves.



✓ Take "power walks" around the block or up and down the stairs in your apartment building. Pump your arms as you go.

✓ Start a skipping contest. You could skip across the backyard, through a nearby field, or down the sidewalk.

✓ Grab a ball, Frisbee, or beanbag, and play catch outside. Mix things up by catching with both hands, with one hand, or over your head. **Bonus:** Your child will also practice hand-eye coordination. ●

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.

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PARENT TO PARENT

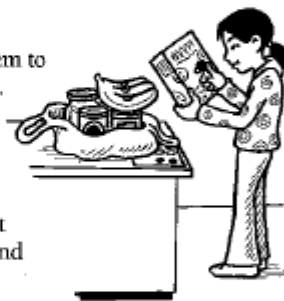
Green means go!

I was frustrated because I couldn't seem to get my children to choose healthy foods.

While sitting at a red light one day, an idea suddenly dawned on me. Why not try a traffic-light approach to the foods in our house?

So I bought red, yellow, and green stickers and went home to discuss the plan. First, we talked about what makes a food healthy—it is high in nutrients and low in sugar, fat, and salt. Then I suggested we put a green sticker on foods to "go on" (fruits, vegetables), yellow on "sometimes" items (apple juice, cold cuts), and red on foods to "stop and think about" (cookies, ice cream).

Now when we get home from shopping, my kids have a job: label each item red, green, or yellow. And I'm happy to say they're going for the green most often! ●



IN THE KITCHEN

Fishing for tacos

Eating fish will give your youngster essential nutrients to keep his heart and brain healthy. Follow these steps for delicious fish tacos your family is sure to enjoy.

1. Make the fish. In a skillet coated with 1 tbsp. olive oil, saute four 4-oz. tilapia fillets for 3 minutes on each side. Or rub four skinless 4-oz. salmon fillets with olive oil, place on a foil-lined sheet pan, and roast at 400° for 12 minutes.



2. Prepare the vegetables. Heat 1 tbsp. olive oil in a skillet, and saute 1 sliced onion, 1 sliced green bell pepper, and ½ lb. sliced mushrooms until soft.

3. Mix the salsa. Stir together 1 cup chopped pineapple, 2 chopped plum tomatoes, ½ cup chopped red onion, ¼ cup chopped red bell pepper, 1 minced jalapeño pepper, and juice of 1–2 fresh limes.

4. Assemble the tacos. Break the fish into chunks, mix with the vegetables, and divide among eight taco shells. Top with salsa. Yum! ●

South Shore Medical Center has partnered with South Shore Safety to offer your child Safety Education classes



Child Safety Program

Home Alone, Staying Safe

Grades 4-6

- Is your child ready to stay home alone?
- Will your child be safe & responsible when home alone?
- Is your child "street smart" when going to and from the bus or school?

"Home Alone Staying Safe" is a 3-hour program which prepares kids for situations that can happen when staying home alone, from the unexpected knock on the door to the 911 emergency phone call. It will also help ease the minds of parents who decide the time has come to leave their kids home alone or with siblings. This interactive and fun course, taught by South Shore Safety health educators, covers a range of safety topics:

- **Safety to and from school**
- **Basic self defense moves**
- **Phone safety**
- **Food/cooking safety**
- **Basic first aid**
- **Choking prevention**
- **Heimlich Maneuver**
- **Handling emergencies**
- **Lots of prevention!**

Saturday, February 18, 2017

9:00 – 12noon

Cost: \$45 per person

Location: SSMC, 143 Longwater Dr, Norwell

Register Early, Space is limited.

Call: 781-681-1363

Or email: southshoresafety2@gmail.com

South Shore
Medical Center

South Shore Medical Center has partnered with South Shore Safety to offer your child Safety Education classes.



Babysitter Safety Training

Grades 6-8

- Is your child mature enough to be a babysitter or a mother's helper?
- Will your child be safe & responsible when babysitting?
- Does your child know what to do in an emergency situation?

When parents choose to leave their children with a babysitter, they are looking for someone who is mature and fully prepared to handle emergency situations. Children want their babysitter to be lots of fun and creative. This interactive, hands-on, three-hour class, taught by South Shore Safety health educators, will help prepare your son or daughter to be the best babysitter on the block!

- Home safety
- Infant and child care
- Child development
- Basic first aid and choking rescue for infants and children
- Injury prevention
- How to handle emergencies
- Troubleshooting
- Healthy hints for meals and snacks
- Safe marketing strategies

Saturday, February 18, 2017

1:00 – 4:00 pm

Cost: \$45 per person

Location: SSMC 143 Longwater Dr. Norwell

Register Early, Space is Limited.

Call: 781-681-1363

Or email: southshoresafety2@gmail.com

South Shore
Medical Center

Order Form

Breakfast for the Month of January, 2017

Due to the office by 3:00 pm, *Tuesday, January 24, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

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

Week of Monday Tuesday Wednesday Thursday Friday
 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.

Breakfast Order Form

Breakfast for the Month of February, 2017

Due to the office by 3:00 pm, ***Tuesday**, January 31, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 2/6 – 2/10 Monday Tuesday Wednesday Thursday Friday

Week of 2/13 – 2/17 Monday Tuesday Wednesday Thursday Friday

Week of 2/20 – 2/24 Monday Tuesday Wednesday Thursday Friday

Week of 2/27 – 3/3 Monday Tuesday Wednesday Thursday Friday

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 February, 2017

Due to the office by 3:00 pm, *Tuesday, January 31, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 2/6 – 2/10	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Early Release	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 2/13– 2/17	<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
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Week of 2/20 – 2/24	<u>Monday</u> * * *	<u>Tuesday</u> W	<u>Wednesday</u> I N T E R	<u>Thursday</u> V A	<u>Friday</u> C A T I O N	* * *
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Week of 2/27 – 3/3	<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
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- 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

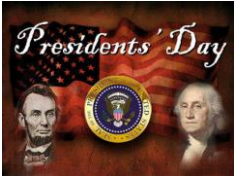
\$ _____

Cash or Checks may be made out to SSCPS.



SOUTH SHORE CHARTER SCHOOL
FEBRUARY, 2017

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
6 WG Cinnamon Raisin Bagel Fruit Orange Juice Milk	7 2 oz. Cereal Fruit Juice Milk	8 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	9 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	10 WG Cinnamon Roll Fruit Orange Juice Milk
13 2 oz. Cereal Fruit Orange Juice Milk	14 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	15 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	16 WG Cinnamon Roll Fruit Juice Milk	17 WG Bagel Fruit Orange Juice Milk
20 	V A	C A	T I	O N
27 Cereal WG Grahams Fruit Juice Milk	28 WG Croissant w/Jelly Fruit Juice Milk	MARCH 1 WG Croissant w/Jelly Fruit Orange Juice Milk	2 2 oz. Cereal Fruit Orange Juice Milk	3 3.6 oz. WG Banana 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
FEBRUARY, 2017

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	7 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	8 EARLY DISMISSAL	9 A Chicken WG Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	10 A Cheese Pizza Potato Wedges Green Beans B Salad w/Turkey & WG Pita Bread Milk
13 A Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	14 A Ham & Cheese on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	15 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	16 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	17 A Cheese Pizza Potato Wedges Broccoli B Salad w/Tuna & WG Pita Bread Milk
20 	21 V A	22 C A	23 T I	24 O N
27 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Crispy Chicken & WG Pita Bread Milk	28 A Tuna Salad on WG Chickpea Salad B Salad w/Crispy Chicken & WG Pita Bread Milk	MARCH 1 A Sloppy Joe on WG Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	2 A Oven Baked Chicken Bites Potato Wedges B Salad w/Crispy Chicken & WG Pita Bread Milk	3 A Cheese Pizza Carrots B Salad w/Crispy 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”


Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12
FEBRUARY, 2017

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	7 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	8 EARLY DISMISSAL	9 A Chicken WG Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	10 A Cheese Pizza Potato Wedges Green Beans B Salad w/Turkey & WG Pita Bread Milk
13 A Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	14 A Ham & Cheese on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	15 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	16 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	17 A Cheese Pizza Potato Wedges Broccoli B Salad w/Tuna & WG Pita Bread Milk
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* All Meals include Choice of 1% or Skim Milk. Circle a Milk Choice 1% Skim *All Meals Include Fruit* * Complies with NSLP Regulations

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