



FROM THE 5-12 PRINCIPAL

As our twelfth graders send off the last of their college applications, our juniors are beginning their college search in earnest. The process itself is challenging and the actual applications contain many components that are aimed at providing a full picture of each applicant. Much of the focus in school is on academic coursework, hard work that is reflected on student transcripts. We send this information together with letters of recommendation, essays, resumes, and scores from college entrance exams. The exams are often the most stressful part of the process. Standardized testing may not be the most glamorous or engaging aspect of education, but the vast majority of colleges still weigh the results of these exams when making admissions decisions. Some consider those scores as a small part of a bigger picture, while others weigh them heavily. It can be the single most important factor, sometimes outweighing GPA. It is important for students to score as well as possible.

These exams are designed to help colleges assess how a student will perform in a college environment. They are advertised as a reflection of individual academic skills. The reality is that these exams are testing not only student knowledge, but their test taking savvy. As a result, the exams are skewed to benefit students who engage in extensive and expensive test preparation.

Over the years we have adjusted our curriculum to make sure that students have the requisite knowledge and used a variety of strategies to help students prepare. We have worked to build stamina and identified areas of need by administering the PSAT to students in grades 9-11. We have offered test prep workshops run by our teachers on Saturdays and during FIT periods. We have provided students with opportunities to work through online test prep during school time, offered study resources, and helped families create study schedules. While these interventions have helped, more intensive, individualized test preparation can significantly raise scores and provide students with a wider range of college choices and scholarship opportunities.

As we work to expand those opportunities and options for our students, we have entered a partnership with Chyten, a local test preparation company. Our goal is to amplify the results of our curricular and test prep efforts so that student scores reflect student skills. Chyten has a proven track record of preparing students. They raise scores. Chyten will be providing us with several services beginning with an assessment that they will administer to all of our juniors on the **Wednesday, February 8th** half day, with an essay portion to be completed earlier in the week. The purpose of the assessment is to identify areas of individual need and to determine the best exam for each student to focus their effort on.

Students have a choice of one of two college entrance exams, the SAT or the ACT. Colleges will accept scores from either exam, leaving the choice up to the student. There can be significant differences in student performance between the two tests. With the cost of each exam now above \$50 per sitting, and the limited time that students can realistically devote to studying, it is important for students to choose one and commit to preparing for it. The assessment we will administer on February 8th compares the ACT and the SAT, helping students determine the most appropriate exam. It will also identify areas for students to focus on as they prepare for the exam they ultimately choose. The comparative exam is free for all eleventh graders. Students should plan to bring a snack, water, and some #2 pencils.

On Wednesday, February 15th, after distributing student assessment scores, Chyten representatives will attend our Junior Parent Night at 700 Longwater Drive. The information session will help parents interpret the results and understand the options for exam preparation. Once students have chosen whether they will focus on SAT or ACT,

the real work begins. From March through May, Chyten will run Saturday SAT and ACT preparation classes on our campus for interested students. In school, during FIT, we will provide students with Chyten’s online test prep modules under the supervision of a teacher. The goal is for all of our students to have not only the academic skills, but the necessary test taking strategies to perform to the best of their ability on the SAT or ACT. We are working to take away the barriers of access--time, travel, and cost--that can prevent a student’s test scores from matching their hard earned GPAs.

Further information, including a calendar listing the class dates, is included in this Update.

Please don’t hesitate to contact me with any questions about this new initiative, or with any questions or concerns.

Angie Pepin – apepin@sscps.org

Wednesday	01/25	Grades 7-12 Mid-Term Exams – Early Dismissal	12:00pm
Thursday	01/26	Grades 7-12 Mid-Term Exams – Early Dismissal	12:00pm
Friday	01/27	Grades 7-8 Mid-Term Exams – Early Dismissal Grades 9-12 Mid-Term Exams – Early Dismissal	12:00pm 10:00am
Tuesday	01/31	INPAC Meeting at 100 Longwater	6:30pm

ANNUAL PARENT SURVEY

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

ANNOUNCEMENTS

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 8th grade screenings which consists of height, weight, vision, and hearing will be done in the Health Office during the month of March. If your child has had a physical exam in the last 13 months and you have not submitted it to the health office, please do so, this may exempt your child from the screenings. Please call or email the Health Office if you do *not wish* your child to participate in the screenings.

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. Next week we will be hosting our annual Phoneathon from 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**

FROM THE GUIDANCE OFFICE



SAT | ACT | PSAT | ISEE | SAT SUBJECT TESTS | COLLEGE ADMISSIONS | PRIVATE TUTORING | SSAT/ISEE



EXCLUSIVE SAT & ACT SCORE IMPROVEMENT PROGRAMS



Chyten Education has been a leading expert in academic excellence and test prep for the last three decades. Using proven, proprietary methodologies, we work with students to build skills, build success, and build futures.

STUDENT BENEFITS

FREE ACT vs. SAT COMPARISON TEST

Feb 8th, 2017

Unique to Chyten, take this test to let us help determine the best test for you.

Please bring a snack, bottle of water, and two #2 pencils.

MAY SAT/ACT TEST PREP

March 4th - May 20th, 2017

Our intensive test preparation programs cover all aspects of the test, including the essay!

Classes will be held on Saturdays at the school.

PARENT INFO NIGHT

February 15th, 2017

7:00-8:30 pm



QUESTIONS?

Please call your Chyten Advisor: Mary Sheys at 888-385-3401

Over 1000 Perfect Test Scores and additional
1,000+ students in the 95th-99th percentile



CHYTEN

Est. 1984

PREMIER TUTORS, TEST PREP & ADMISSION

888-385-3401 | msheys@chyten.com | Chyten.com

APRIL 2017

SUN	MON	TUE	WED	THU	FRI	SAT
						S/A 1
2	3	4	5	6	7	S/A 8
9	10	11	12	13	14	S/A 15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	S/A 6
7	8	9	10	11	12	S/A 13
14	15	16	17	18	19	S/A 20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2017

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



South Shore Charter Public High
School SAT/ACT Prep Program
2017

Friday 05/05:

Registration Deadline for the June ACT

Tuesday 05/09

Registration Deadline for the June SAT

Saturday: 06/03 SAT

Saturday: 06/10 ACT

Notes:

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.

ISSN 1935-4630

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PARENT TO PARENT

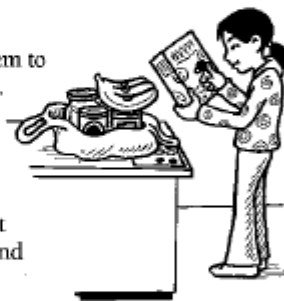
Green means go!

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! ●

Holly Hill Farm & Friends

1/24/2017 FOR IMMEDIATE RELEASE:

Contact Info: *Friends of 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 10:00 – 2:00pm

The Holly Hill Winter Farm Stand, in our heated greenhouse, will be open with a variety of fresh greens: KALE, ARUGULA, SPINACH, LOOSELEAF LETTUCE and stocked with non-perishable favorites such as our own bottled raw honey, coffee and chocolate from Dean's Beans, organically grown oats from Maine Grains, Mass. 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.swedish@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!](#)

Winter Fun and Exploration at Holly Hill Farm, Wednesday, February 22, 9:00 - 12noon

Come see what is happening at Holly Hill Farm in Winter. We will spend a morning visiting the animals, get our hands into some worm-rich compost, take a walk in the woods and sow some early seeds for Spring. We will see what the farmers are busy doing and lend a hand. Adults are welcome to stay for any part or all of the program. Ages 6-10 \$30/ members; \$42 non-members. Please register by email or phoning the farm: [\(781\) 383-6565](tel:781-383-6565) or email: jbelberhollyhill@hotmail.com

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 will 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 now. Weather permitting we will host 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

Recently, the farm teachers at Holly Hill Farm have been heading to schools to talk about and lead lessons on what farmers do in Winter. One of the activities is certainly make sure to learn about from where our food comes and to eat well every day. At the South Shore Educational Collaborative, the students helped make and enjoy garlic bread in the school kitchen. And, after discussing from where seeds come, the students separated and popped some glass gem popcorn, a delicious treat. And there are still a few more vermicompost and red wiggler worm bins to establish in some Hingham elementary school 2nd grade classrooms, PRS and Foster. Lots of snacks from students mean lots of ingredients for worms to make compost. The gardens (and the worms) will be delighted.

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

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 C A T I O N	<u>Friday</u> * * *
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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

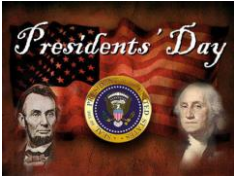
\$ _____

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	22 MARCH 1 WG Croissant w/Jelly Fruit Orange Juice Milk	23 2 2 oz. Cereal Fruit Orange Juice Milk	24 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
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

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