



## FROM THE K-4 PRINCIPAL

Yesterday was a momentous day for me. At 5:52 yesterday morning, my youngest child Josie turned 21 as she was born 22 years ago in the spring of our school's first year. I remember that day 22 years ago well. It was a sunny morning and I looked out the window of the South Shore Hospital right after Josie was born and saw the green, green grass and heard the doctor talking about the green grass and needing to mow his lawn. An hour earlier my wife Katy Lacy and I had been hearing the chanting of "six o'clock, six o'clock" as the night nurse wanted Katy to deliver before she went off duty. Well, the night nurse got her wish and she was there when Josie was born. A few hours later I came into school to pick up my two older children, Ben and Cleo, to take them to see their sister in the hospital. My kindergartener Cleo said, "Do we have to go now? It is recess." We did go, but I knew even then how important recess is.

But yesterday the good news for me did not stop in the morning. At about 7:00 PM when Katy and I got home Katy checked the mail. From our porch she announced, "We got mail from Ben and Maud." Ben, my oldest child, is marrying a wonderful artist and preschool teacher named Maud and in the mail was a handmade invitation to their wedding. The wedding will be this July in our yard. After a telephone call failed to go through I texted them to let them know that we accepted the invitation and that we would be there. I also let them know that I thought the invitation was beautiful, because it was. But the great news did not stop there. Out of the blue I got a call from Cephus Johnson. Cephus is a beloved teacher who taught in Level II for three years here before he left Massachusetts to be near his family in California. He is well and he wanted to know about teachers and students from the school and how they were doing. And even more good news is that it is also spring, and before dinner I went out to the garden and picked lettuce and arugula for a salad for dinner.

For me, Josie's birth is attached to the school. Both are in their 22nd year, though the school is eight months older. Her birthday raises a question for me: what have we learned about ourselves as a school in these 22 years? These are some of my answers to that question:

- We have learned that each child is different and that each family is part of us
- We have learned how to say "hello" and "you are all welcome here"
- We have learned that with each new student we learn, and that with each new family we must be changed so that they too can help build our school into a new school
- We have learned that the best growth is organic and that over time the accreted traditions of the school give us identity
- We have learned that our exhibitions of mastery, our senior internships, our exit standards, and our community service must always be changing and growing
- We have learned to be satisfied with what we are at the same time we are pushing and believing that we must get better

In 22 years we have come to know who we are and we believe that we must work hard to be better at being who we are. A couple of weeks ago the Administrative Team was discussing what was best about our school in order to disseminate our best practices to the wider school world. Matt Tondorf said that what we did best was "to know

each student and treat them like individuals.” He was talking about how students, whether they were on an IEP, ELL, or with no school designation, are treated as needing specific attention and respect. Matt’s comment was very gratifying because, while we have grown and changed in these 22 years, that was the founding mission of the school. To be a school that knows each of its children and respects them as individuals. Sometimes it is very nice when things come full circle. May 2nd is for me the anniversary of the most important day of the school's first year and reflecting back I can say I am very proud of what we have become.

Ted Hirsh – [thirsch@sscps.org](mailto:thirsch@sscps.org)

Friday	05/05	AP Computer Science Principles	
Friday	05/05	Professional Development Early Release	12:00pm
Friday	05/05	22 <sup>nd</sup> Annual Auction – The River Club, Scituate	6:00-11:00pm
Saturday	05/06	Parents Association Meeting	8:00am
Monday	05/08	AP Biology	
Tuesday	05/09	AP Calculus	
Tuesday	05/09	MCAS Science Grades 5 and 8	
Tuesday	05/09	InPAC Presentation by Dr. David Murphy at 700 Longwater Drive	6:00-8:00pm
Wednesday	05/10	AP Language & Composition AP Macro Economics	
Wednesday	05/10	School Council	3:30pm

## SSCEF 22<sup>ND</sup> ANNUAL AUCTION THIS FRIDAY AT THE RIVER CLUB!



SSCEF is excited to host our 22nd Annual Auction this Friday at The River Club. Registration closes today so make sure to register and fill the remaining spaces. All funds raised at our event helps maintain our K-12 programming and operating expenses at the school, so your participation makes a difference for every student here. Please start bidding early by checking out our online auction here: <http://sscef17.gesture.com/>



If you see something LIVE that you would like to bid on and cannot attend the event, please contact Laurie Dannison, or get in touch with a friend that is attending. We can easily set up a Proxi bid for you.

To date, we've sold 260 raffle tickets with a \$5,200 total pot! Purchase more raffle tickets here, and send to friends and family. [Purchase raffle tickets here](#)

Thank you in advance to all the parents, teachers, and staff that have created beautiful art projects for the classrooms. Each item is special, a testament to our determination to achieve our collective goal!



## ANNUAL PARENT SURVEY

Thank you to all families who have completed this year’s parent survey. We would like to publish the results after April break, however we still need more families to complete the survey. If you have not already completed the survey, please do so as soon as possible. All data gleaned from this survey will be incorporated into our Annual Report and be used for school wide planning. Your voice is essential. Thank you for your time and feedback. <https://www.surveymonkey.com/r/SSCPSParentSurvey2017>

## ANNOUNCEMENTS

### Jump Rope/Hoops for Heart

THANK YOU to everyone who participated in Jump Rope/Hoops for Heart this year.

SSCPS students raised **\$4,025.98 for the American Heart Association!** Congratulations to Riley Habchy for being our top fundraiser and to June and Amy's Pod for being the top fundraising class!

In addition to gaining important heart health information, students also earned a \$200 US Games gift certificate to put towards PE equipment. Whether they were collecting donations or participating in PE, all students in Levels I-III worked hard to bring more awareness to the importance of heart health!

### Level I Pod Raising Funds for Heifer International

Sheina's pod is organizing a rummage sale to raise money for Heifer International. **The sale is scheduled for Friday, May 12th from 3:30-5:30 p.m. in the back playground area.** So ... if you've been thinking about cleaning out your attic, basement, or that hall closet that is overflowing with stuff, now is the time to do it! We are looking for gently worn clothing, shoes, toys, and small knickknacks. Please have your donations in by **Friday, May 5th.** There will be a box for rummage sale items at the Front Desk.

### 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.

## WHAT'S HAPPENING IN WORKSHOPS AND PROJECTS?

### Waste Watchers Project did it again!

They raised another \$100 for the Annual Fund selling Crazy Krayons!

Remember if you have any markers or crayons that need to be recycled drop them off at Bill's office.



### 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.sscps.org](http://charterink.sscps.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](http://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](mailto:cbodnar@sscps.org) to get yours!

## ART NEWS

**The Art Store** is pleased to represent senior Bella Vital as she offers her brilliant custom designs on shoes, ties, and a variety of clothing! Bella is creating one-of-a-kind designs, themed to your liking (i.e., music, math, art, nature, etc). Her designs are presented as black detailing on white surfaces or silver detailing on black surfaces. She creates designs using



waterproof ink. You provide the object (sneaker, tie, etc.) and she details it. SSCPS family and friends special pricing.....A pair of sneakers starting at \$20. Be sure to check out a sneaker sample in the front lobby, or Marianne's custom smock. Bella can be reached at [ivital017@gmail.com](mailto:ivital017@gmail.com)

## **PARENTS ASSOCIATION**

### **Parent Association Elections Are Now Open!!!**

You may cast your ballot via Survey Monkey via the two links below. Please note there are **two links** to vote:

#### **2017 SSCPS PA Elections Part 1 - Executive Board and Committee Position**

<https://www.surveymonkey.com/r/9RZ6QW9>

#### **2017 SSCPS PA Elections Part 2 - Level Reps**

<https://www.surveymonkey.com/r/9TFCPNS>

- A description of the positions may be found in Appendix B of the ByLaws of the Parents Association. The Bylaws are available [www.sscps.org](http://www.sscps.org) by clicking the "Families" tab and then the "Parents Association."
- All positions are open.
- Write-in votes are encouraged and accepted. Election by write-in is subject to the acceptance of the person being elected. A note on write-ins:
- Parents may not run for more positions than they are eligible to hold at any one time (see PA Officials section of the Bylaws).

### **Elections**

- Elections for all PA positions will open at 9:00 a.m. on Tuesday, May 2, 2017.
- Elections will be announced in the Weekly Update on May 3, 2017.
- Elections will close at 5:00 p.m. on Sunday, May 7, 2017 p.m.

### **Results**

- Results of the Election will be announced at the PA meeting on May 8 and posted in the Weekly Update on May 10.
- The results will be certified in accordance with the Bylaws, as written, by the Election Task Force.

### **Questions?**

Any questions should be directed to the Election Task Force via Tom Farmer at [sscpsaelections@yahoo.com](mailto:sscpsaelections@yahoo.com)

## **FROM THE COUNSELING DEPARTMENT**

The South Shore Charter Public School is aware of a Netflix series called *13 Reasons Why* that has gained popularity with many young people, including students within our school community. The series chronicles the journeys of several high school students as they listen to cassette tapes left behind after a classmate dies by suicide. *13 Reasons Why* is based on the Jay Asher book by the same name.

The show and the book both contain imagery and subject matter that may be especially difficult for a young mind to process. In particular, it depicts examples of bullying, sexual assault, body shaming, rape, physical violence, alcoholism/substance abuse, and suicide. Many scenes, especially in later episodes, are more graphic than the show may lead one to expect. We recognize the seriousness of these topics and have reservations about the exposure of young people to this subject material presented as such. We would like to share with you the following concerns.

- The series presents suicide as a viable method for revenge against peers who have mistreated a person
- Suicide is romanticized throughout the series
- The series fails to present or discuss, in any form, mental health or available treatment and support options

- Adults are presented as generally unhelpful. Young people are not portrayed as seeking help from adults or as finding any adults helpful. Adults are rarely presented as qualified to help
- The series is not intended to be educational. It is a fictional tale that deals with complex, mature themes. Its message does not meet the standards for treating and responding to mental health, trauma, and/or suicide
- The series does not present young people with avenues for how to seek help or to use healthy coping skills

We encourage you to determine if your child has seen this series, and to talk with them about it. You may be interested in further researching the series to understand what your child may have seen or heard. We have included some helpful information and resources below. Please feel free to reach out to us for more information or support.

### **Questions for Young People**

- What should someone do if a friend is thinking about suicide? Who can they go to for help?
- Why is it important not to be a “bystander” when someone is being bullied, cyberbullied, or needs help?
- What do you think some of the warning signs of suicide are? What should you do if you are worried about someone?

### **Talking Points for Young People**

- If someone you know may be considering suicide, use this *three-step response*:
  - Listen without judgment
  - Ask *directly* if a person is considering suicide
  - If yes, stay with the person and call a crisis center, seek out a school counselor, or tell a parent or other trusted adult.
- Sometimes, people worry if they ask someone if they are considering suicide, they will “plant” the idea. Years of research and clinical interventions have proven this is simply not true. If you are worried someone is considering suicide, ask them if they are considering suicide, and get them help.
- Never keep a secret if someone you know is considering suicide. Connect them with help right away.

### **Resources**

- Call 9-1-1 or go to your local emergency room if you or someone you know is in danger
- Crisis Textline: Text “HOME” to **741741**
- National Suicide Prevention Lifeline: **(800) 273-8255**
- “Are You Okay?” Video from the American Foundation for Suicide Prevention  
[https://www.youtube.com/watch?v=tXQB7Mu5\\_BM&feature=youtu.be](https://www.youtube.com/watch?v=tXQB7Mu5_BM&feature=youtu.be)
- Suicide Prevention Resource Center <http://www.sprc.org/>
- More discussion questions (*13 Reasons Why* Book Discussion Guide)  
<https://www.teachervision.com/mental-health/thirteen-reasons-why-discussion-guide>
- Facts and figures about youth suicide (Youth Suicide Prevention Program)  
[https://www.yspp.org/about\\_suicide/youth\\_suicide\\_FAQ.htm](https://www.yspp.org/about_suicide/youth_suicide_FAQ.htm)
- Guidance from the National Association of School Psychologists regarding the series  
<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators>

## **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 giveaway possible, a lot of the time this is the only way they receive books. The collection box is located in the front lobby at 100 Longwater and any donations would be greatly appreciated. For larger donations please contact Shannon Daly at: [shandewi@hotmail.com](mailto: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 an 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](mailto: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](http://WWW.SSCPS.ORG)  
EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103  
OR EMAIL [PALGERA@SSCPS.ORG](mailto:PALGERA@SSCPS.ORG)**

# 2017 YEARBOOK

Inspired by You

## It's That Time...

Dear Parent:

The 2017 yearbook is now in progress and all the memories of the 2016-2017 school year will be published forever in print. A yearbook is a trip back to those fun times in school when friends were forever and life was an exciting promise. It captures that feeling and brings those times back again and again. Someday your kids will want to look back, too. Pre-order today to reserve a yearbook, buy them a little time — buy them a yearbook!

So please fill out the order form below, calculate and attach your payment, and bring or mail to the main office today!

Student name \_\_\_\_\_

Home Phone ( in case there are any questions on order ) \_\_\_\_\_

Homeroom \_\_\_\_\_ Grade \_\_\_\_\_

**Order Options** : Check the box next to the option of your choice and mail payment with completed form to the address listed below. Books will be distributed in June.

2017 Hardcover Yearbook - 35.00

Total Amount Enclosed ( cash or check): \_\_\_\_\_

Please make checks payable to: South Shore Charter Public School

Send completed form and payment to: SSCPS 2017 Yearbook  
South Shore Charter Public School  
100 Longwater Circle  
Norwell, MA. 02061





# SSCPS Parent Association's Level 1 Spring Social!

Friday, May 19

Chaperoned by Parents/Guardians at the SSCPS gym.

Kindergarten: 3:30-4:30pm

1st and 2nd grade: 5-6:30pm



Pizza and snacks provided.  
(Drink and nut-free food donations welcome!)

Parents may drop off or stay and dance.  
Please contact Katie Beaulieu if you plan to stay, or if you  
have any other questions! [Katie\\_Beaulieu@yahoo.com](mailto:Katie_Beaulieu@yahoo.com)

No attendance without signed permission slip!  
Please bring it along with a suggested \$5 donation to  
the front desk by 3pm, Wed, May 17

**South Shore Charter Public School**  
**Permission Slip**

**SSCPS Parents Association**  
**Level I Spring Social**

When: **Friday, May 19, 2017**

Kindergarteners: **3:30 – 4:30 p.m.**

1<sup>st</sup> & 2<sup>nd</sup> Grades: **5:00 – 6:30 p.m.**

Where: **The SSCPS gym (PE) space, 104 Longwater Drive**

Cost per student: **\$5.00**

**Permission slips and \$5 should be brought to the front desk by 3:00 p.m.  
Wednesday, May 17.**

- ❖ I give my child \_\_\_\_\_ permission to participate in this event. I understand that all reasonable precaution will be taken and I agree not to hold the South Shore Charter Public School liable for any injuries that may occur.
- ❖ I understand that the event will be chaperoned by parents and guardians of SSCPS.
- ❖ I understand that my child cannot attend without this permission slip, signed.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian signature

Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

***Please contact Katie Beaulieu with any questions at  
Katie\_Beaulieu@yahoo.com***

# Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2017



## BEST BITES

### Go "whole"

Eat healthier by selecting foods that are as close as possible to their natural state. For example, instead of canned fruit



cocktail in syrup, give your child a fruit salad of fresh blueberries, raspberries, and kiwi. Or offer him homemade chicken nuggets made from boneless, skinless chicken breasts rather than the pre-made frozen ones.

### Tumble together

Want to fit in more exercise at home? Have your youngster take a tumbling break. On a carpeted area, challenge her to do a few forward and backward rolls. Join in the fun—seeing Mom or Dad do somersaults will encourage her to do more. *Note:* Tumbling is a weight-bearing exercise that helps children build bone density.

### DID YOU KNOW?

Frozen fish is a bargain. It's nutritionally the same as fish that has never been frozen, it often tastes fresher, and it's usually cheaper. Select fillets without spots or blemishes and that are frozen solid in vacuum-sealed packaging. Store in the freezer for up to five months. To use, thaw in the refrigerator overnight.

### Just for fun

**Q:** Why did the tortilla chips start dancing?

**A:** Because they put on the salsa!



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South Shore Charter Public School  
Susan Dupras, School Nurse

## Food + games = picnic!

A picnic is a terrific way to mix yummy food and active games over the nice summer months. Here are some fun combinations.

### Bunnies in the grass

*The food:* Chow down on a bunny feast. Try carrot sticks with a side of hummus or a cold salad made with whole-grain pasta, chopped vegetables, and a lemony dressing.

*The game:* Race like a bunny. Each person holds a ball between her knees and hops toward a finish line. Drop the ball, and you have to begin again.

### Burgers and bowling

*The food:* Enjoy hamburgers—deconstructed! Thread skewers with cooked turkey or lean beef meatballs and all the fixings—cherry tomatoes, lettuce, sliced cucumbers, and chunks of cheddar or other cheese. Bring mustard and ketchup for dunking.

*The game:* In a grassy area or on a sidewalk, set up "bowling pins" of partially



filled water bottles. Play a few rounds, using a softball to knock down the pins.

### Beach time, anytime

*The food:* Pack "fish" (tuna salad sandwiches), "sand" (a salad of corn, red onion, and crumbled cotija or feta cheese tossed in lime juice and olive oil), and "sails" (triangle-shaped watermelon wedges).

*The games:* Play badminton, toss a Frisbee, or fly a kite. Or try this version of volleyball: Lob a beach ball over a "net" made from a rolled-up beach towel or blanket placed on the ground. ●

## Summer safety

Playing outside is one of the best parts of summer. Use these tips to keep your youngster healthy and safe as he plays.

**Stay hydrated.** Children often forget to drink fluids when they're having fun. To prevent dehydration, remind your child to take frequent water breaks.

**Avoid sun damage.** Exposure to sun now can increase your youngster's risk of skin cancer later. Help him apply sunscreen 30 minutes before he goes outdoors. Reapply every 2 hours. *Note:* Clouds don't block all of the sun's harmful rays, so use sunscreen even on cloudy days.

**Beware of bugs.** Insect repellent can protect your child from tick- and mosquito-borne illnesses. Look for child-safe products, or ask your pediatrician for advice. ●



This institution is an equal opportunity provider.

## Create a cookbook

Let your youngster craft his own cookbook—he'll get excited about cooking, enjoy eating the healthy food he makes, and practice reading and writing. These steps will get him started.



**1. Collect.** Together, brainstorm healthy recipes to include. They might be his favorites from home, or he could ask relatives, neighbors, and friends to contribute theirs.

**2. Organize.** Help your child decide how to arrange the recipes. He may want to group them in a binder or an accordion file by category (starters, main dishes, sides, dessert). Or he

can put them into folders according to food groups: fruits, vegetables, grains, protein, and dairy. *Idea:* Suggest that he classify fruit and vegetable recipes by color (red fruits, yellow vegetables). This will remind him to eat a variety of colors.

**3. Illustrate.** Have your youngster add drawings or photos of each dish. Even better, take pictures of him cooking, and he could include those.

**4. Explain.** Encourage him to write stories introducing some recipes. For example, he might describe the first time he tried a particular food or why he likes a certain dish. ●

### ACTIVITY CORNER

## Relay games

Build your child's coordination skills with these lively family games.

### Run forward, throw back

Players line up, with the first person holding a ball. At the signal, he runs to a designated spot, turns around, and tosses the ball to the next person in line. That player catches the ball and repeats the process. Continue until everyone has had five turns to catch, run, and throw. *Variation:* Before throwing the ball, do movements like three jumping jacks or five squats.

### Egg-and-spoon race

Divide into teams. The first runners each place a hard-boiled egg on a spoon. They run (or walk quickly) to a turnaround point and then run back—passing the egg and spoon to the next person in line. (Drop the egg, and you have to stop to pick it up.) First team to finish wins! *Variation:* Play with an egg and a spoon in each hand. ●



## Q&A Healthy lunch to go

**Q:** During the school year my daughter buys lunch at school. But this summer she's going to day camp, and I'll need to pack her lunch. What advice do you have?

**A:** Start by shopping with her for lunch items. That way, she can help pick out foods she likes, and you'll get a chance to talk about healthy choices like whole-grain bread, lean meats, fruits, and vegetables.

Then, have your child pack her own lunch. A fun idea is to include items for her to assemble at lunchtime. For example, she might put in separate containers of marinara sauce, shredded mozzarella cheese, and round whole-wheat sandwich thins—she'll be able to make her own mini pizzas. Also, suggest fruits that travel well, such as grapes or orange slices.

*Note:* If your youngster's lunch won't be refrigerated, use an insulated bag, and include an ice pack or a frozen water bottle. ●



### IN THE KITCHEN

## Campfire cooking

Enjoy healthy summer foods by cooking them in foil packets over a campfire, grill, or fire pit. Just place ingredients in the middle of a large sheet of heavy-duty foil and fold tightly. Try these recipes.

### Quesadilla

Cut corn from a cob. Mix with  $\frac{1}{2}$  cup canned black beans (rinsed, drained) and 2 tbsp. shredded Monterey Jack cheese. Spread on half of a large whole-wheat tortilla, and fold the other half over. Cook for 15–20 minutes.



### Shrimp & veggie

Marinate 1 lb. peeled, uncooked shrimp for 10–15 minutes in a mixture of 1 tsp. lime juice, 1 crushed garlic clove, 1 tbsp. olive oil, and  $\frac{1}{4}$  tsp. ground pepper. Mix with  $\frac{1}{2}$  cup chopped zucchini and  $\frac{1}{2}$  cup snap peas. Split among 4 packets, and grill for 10–12 minutes.

### Grilled fruit

Combine 1 sliced peach or nectarine, 1 tsp. ground cinnamon, and 1 tsp. brown sugar. Cook for 15 minutes. Eat this single-serving sweet snack on its own or with fresh mint and a dollop of vanilla yogurt. ●

### 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  
800-394-3032 • rfeustomer@volterskuwee.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

# 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/L 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](mailto:shandewi@hotmail.com)

# Summer Sensory Strategies

***Presented by Alexa Howell, MS OTR/L***

**Tuesday, May 23rd, 2017**

**7:00-8:30pm**

**42 Winter Street, Pembroke, MA**

**\$25**

- ***Does your child have difficulty transitioning into new routines?***
- ***Does your child refuse to wear shorts or short sleeve shirts in the summer?***
- ***Does your child cry every time you go to the beach?***
- ***Are you feeling anxious about entering into the summer season with your sensory-sensitive child?***
- ***Do you have a vacation planned but don't know how your child will do with it?***

**This presentation will provide you with a basic overview of Sensory Processing Disorders and discuss common difficulties that occur when transitioning into the summer season, including vacations, new clothes, and changes in routines. In addition, this interactive and educational overview will provide you with fun strategies to help you and your child to enjoy this rapidly approaching summer season!**

**For More Information or to Register Please Call  
South Shore Therapies at (781) 335-6663**

***\*Please Note\* Space is limited and is on a first come first serve basis.  
Payment due at time of registration***

**You can also find us on Social Media!**





# Holly Hill Farm & Friends

2/27/2017 FOR IMMEDIATE RELEASE:

Contact Info: *Friends of Holly Hill Farm*, 236 Jerusalem Road, Cohasset, MA 02025 [www.hollyhillfarm.org](http://www.hollyhillfarm.org) 781-383-6565  
Holly Hill Farm Media contact: [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com)

## UPCOMING EVENTS & ACTIVITIES

### **NEW! DIRECT SOWING OF EASY, FAST-GROWING CROPS WORKSHOP, SATURDAY, MAY 6, 10:00-11:30**

This hands on workshop will teach and entice you to have success with early greens and root crops. Come see how the farmers grow successful salad mix and learn how to do it in your home garden including containers and window boxes. Arugula, mesclun mix, Swiss chard and kale are some of the greens that grow well together. Radishes and turnips are also quick to mature and ready for harvest within a short period. We will learn harvesting and thinning techniques to extend the yield of an individual sowing. Seed packets from High Mowing Organic Seed Co. available for purchase. Workshop fee \$12/Members, \$15/Nonmembers. Preregistration is encouraged. Contact Education Director, Jon Belber at 781-383-6565 or [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com) Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

### **NEW! MIGRATING SONGBIRD WALK WITH SALLY AVERY, SATURDAY, MAY 6, 8:00am – 10:00am**

Join locally renowned birding expert and enthusiast Sally Avery for "Spring Birding" in the woods and trails at Holly Hill Farm. Sally has led numerous tours for Mass Audubon, as well as for the *Friends of Holly Hill Farm*. Sally has a local and statewide following who delight in her expertise and program presentation. Bring good walking shoes and keen ears and eyes as we delight in this lovely rite of spring. Free to all, but pre-registration is encouraged. Rain or shine, unless heavy rainfall. We welcome dogs at the farm, but please refrain from bringing your furry friends for this particular walk in order that we have the best conditions for spotting migrating songbirds! Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

### **NEW! WILD COHASSET SPRING WEED FEST, SUNDAY, MAY 7, anytime between 10:00 and 4:00 Various Cohasset locations, including Holly Hill Farm**

Nature lovers, can you spare 1 or 2 hours to help your local environment? Wild Cohasset will be weeding the non-native, invasive GARLIC MUSTARD that is threatening Cohasset's woodlands, wetlands, native wildflowers (and bees, birds & butterflies). They will show you how to identify garlic mustard and remove the entire plant and root system. Please bring gloves and a trash bag, plus garden clippers if you have them). For more information, go to [WildCohasset.org](http://WildCohasset.org) or this link to sign up: <http://newengland.stewardshipnetwork.org/events-training?jobId=a020f00000bKZ70AAG>

### **NEW! HOLLY HILL FARM ORGANIC PLANT SALE**

**FRIDAY, May 12, 4:00 – 7:00pm FRIENDS OF HOLLY HILL FARM MEMBERS ONLY**

**SATURDAY & SUNDAY, May 13-14, 10:00 – 4:00pm FARM STAND OPEN 10:00 – 5:00!**

**SATURDAY & SUNDAY, May 20-21, 10:00 – 4:00pm FARM STAND OPEN 10:00 – 5:00!**

Holly Hill Farm's annual Organic Plant Sale is an event not to be missed! Celebrate the arrival of warm weather by planting a garden with Holly Hill Farm's own greenhouse grown, organic vegetable, herb and flower seedlings. We have a broad array of heirloom and hybrid varieties plus we have added new, exciting varieties for you to bring to maturity in your gardens. Floral favorites include such as sunflowers, hollyhocks, calendula, zinnias, marigolds to name a few. Our farmers and staff will be on hand to answer questions. If you want to shop for plants on Friday, May 12, our Members Only sale, you can become a member at the sale, renew your membership that day or anytime prior to the 12<sup>th</sup>. We accept cash, checks or credit/debit. OUR FARM STAND WILL BE OPENING FOR THE SEASON ON SAT., MAY 13 & 14<sup>TH</sup>! Freshly harvested greens and other offerings.

**2017 Farm Account Cards are available for purchase at Holly Hill Farm.** Sign up for your Farm Stand Account Card anytime through June 1<sup>st</sup> for a BONUS: We will give you an additional 10% (\$10 for every \$100 you add to your account). Your account can be used to purchase vegetables, bread, coffee, candles or any other items available in our weekly farm stand. You may add to your account at any time throughout the season, but the **10% BONUS is only available through June 1<sup>st</sup>.**

**MOTHER'S DAY GIFT IDEA! HOLLY HILL FARM GIFT CERTIFICATES!** A Holly Hill Farm gift certificate makes the perfect gift for the special Mom in your life! Makes a wonderful Teacher's Gift as well. Can be purchased in any denomination. Available at our Farm Office or Farm Stand. Certificates may be used for purchases at the Farm Stand or at our Plant Sales. Questions: Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

**NEW! ASPARAGUS FARM TO TABLE DINNER, SATURDAY, MAY 20, 6:00 – 10:00pm**

Join us for our annual Asparagus Dinner with Chef Maryann Saporito from Hola! Marshfield, who will take advantage of the early season farm offerings to prepare a 5-course prix fixe menu. \$125 per person for *Friends of Holly Hill Farm* members, \$150 per person for nonmembers. Wine and beer pairings are included. Evening includes a tour of the asparagus field to understand how this perennial crop is organically grown and harvested. Proceeds will support educational programs at the Farm and at local schools. Kindly email or call to reserve seating. You may purchase tickets from our website, [hollyhillfarm.org](http://hollyhillfarm.org). Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565

**NEW! SOUTH SHORE QUESTS: HIKING HOLLY HILL FARM, Season begins on April 15 through November 15, 2017**

Questing is an educational treasure hunt and an outdoor experience that involves following a map and a series of clues to find a hidden box where you sign the guest book, leave your comments and an imprint of your personal stamp (if you have one). South Shore Quests are a great way to enjoy nature by turning a walk into a treasure hunt. Get your exercise while exploring wildlife and plants, learn a bit of geology and/or history in the bargain! Allow one hour to complete the Holly Hill Farm Quest through the farmyards and trails of surrounding woods. Quest books, \$5.00 and maps of the farm (\$3.00) are available for purchase in the Friends of Holly Hill Farm Office at 236 Jerusalem Rd., Cohasset, MA 02025. 781-383-6565. (Boots are recommended footwear). A full list of other quest locations can be found on [southshorequests.org](http://southshorequests.org).

**Holly Hill Farm Welcomes BENJI the Sicilian Miniature Donkey!**

Please join us to welcome **Benji**, a rescued, one year old Sicilian miniature donkey! Our master carpenter, Dan Callahan, has built a new shelter for Benji, alongside the Dwarf Nigerian goat pen where Bella and Libby reside. Miniature donkeys are one of the most affectionate and friendly animals of their kind with gentle dispositions. Benji is sure to become an adored member of the Holly Hill Farm family! Benji is on a restricted diet so please do not feed him any treats! The trails and grounds at Holly Hill Farm are open to the public every day from dawn to dusk.

**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 have already started farming and working in the garden to grow produce. Please join us on Fridays at 3:00pm and/or Saturdays at 9:00am or by appointment. 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](mailto:jbelberhollyhill@hotmail.com)

**SCHOOL FIELD TRIPS TO HOLLY HILL FARM**

Please consider booking your grade level field trips to Holly Hill Farm now, as dates fill up quickly. 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](mailto:jbelberhollyhill@hotmail.com)

**SCHOOL PARTNERSHIPS**

Recently, the farm teachers at Holly Hill Farm have been welcoming Spring at the Cushing School in Scituate, planting peas and potatoes with grades 3 and 2. They also went to the Plymouth River School in Hingham to measure and sow lettuce greens in grids, to learn about spacing and yields. Grade 5 will harvest and donate the greens to the Hingham Food Pantry in June. Soon, the teachers will plant more potatoes at the Wampatuck School in Scituate and the South Shore Educational Collaborative in Hingham. Plenty to plant and grow.

# SSCPS

SSCPS Family Camping Weekend!!!

Hang out with old friends and make new friends!

When: June 2 - 4, 2017

Where: Boston/ Cape Cod KOA in Middleboro (I know not really located in Boston or Cape Cod)

<http://koa.com/campgrounds/boston/>

For reservations email [boston@koa.net](mailto:boston@koa.net)

Tell Moe Tara Dusthimer sent you! Discounts will be given to SSCPS Families!



**Breakfast for the Month of May, 2017**  
Due to the office by 3:00 pm, \***Tuesday**, May 9, 2017

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

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

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

~~Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday~~  
~~5/1 – 5/5~~

~~Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday~~  
~~5/8 – 5/12~~

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
5/15 – 5/19

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
5/22 – 5/26

Week of [X] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
5/29 – 6/2

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 May, 2017

Due to the office by 3:00 pm, \***Tuesday**, May 9, 2017

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

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

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

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5/1 – 5/5	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Early Release</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5/8 – 5/12	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5/15 – 5/19	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5/22 – 5/26	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5/29 – 6/2	<b>No School</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

- 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**  
**MAY, 2017**

**Breakfast**

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
1	Cereal WG Grahams Fruit, Juice Milk	2	WG Croissant w/Jelly Fruit Juice Milk	3	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	4	WG Bagel w/Jelly Fruit Orange Juice, Milk	5	3.6 oz. WG Chocolate Chip Muffin Fruit, Orange Juice Milk
8	WG Cinnamon Raisin Bagel Fruit Orange Juice Milk	9	2 oz. Cereal Fruit Orange Juice	10	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	11	3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	12	WG Apple Roll Fruit Orange Juice Milk
15	Graham Crackers Cereal Fruit Orange Juice Milk	16	3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	17	3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	18	WG Cinnamon Roll Fruit Juice Milk	19	WG Bagel Fruit Orange Juice Milk
22	Cheerios Graham Crackers Fruit Orange Juice Milk	23	2 oz. Cereal Fruit Orange Juice Milk	24	3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	25	WG Croissant w/Jelly Fruit Juice Milk	26	WG Apple Roll Fruit Juice Milk
29		3	WG Croissant w/Jelly Fruit Juice Milk	31	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	<b>JUNE 1</b>	WG Bagel w/Jelly Fruit Orange Juice Milk	<b>2</b>	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**

**MAY, 2017**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Crispy Chicken & WG Pita Bread Milk	2 A Tuna Salad on WG Chickpea Salad B Salad w/Crispy Chicken & WG Pita Bread Milk	3 A Herbed Baked Chicken Carrots & Green Beans Whole Grain Roll B Salad w/Crispy Chicken & WG Pita Bread Milk	4 A Oven Baked Chicken Bites Potato Wedges B Salad w/Crispy Chicken & WG Pita Bread Milk	5 <b>EARLY RELEASE</b>		8 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	9 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	10 A Ziti & Meatballs Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	11 A Chicken WG Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	12 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
15 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	16 A Ham & Cheese on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	17 A Sloppy Joe on WG Bun Green Beans B Salad w/Tuna & WG Pita Bread Milk	18 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	19 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WG Pita Bread Milk		22 A Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	23 A Buffalo Chicken Wrap Chickpea Salad B Salad w/Cheese Sticks & WG Pita Bread Milk	24 A Cheeseburger Mac Broccoli Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	25 A Stuffed Shells Carrots Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	26 A Cheese Pizza Green Beans Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk
29  HAPPY memorial DAY	30 A Chicken Caesar Salad Wrap Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	31 A Sloppy Joe on WG Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	JUNE 1 A Meatballs on WG Sub Potato Puffs B Salad w/Grilled Chicken & WG Pita Bread Milk		2 A Cheese Pizza Carrots Broccoli 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”***

Grade: \_\_\_\_\_  
 Room: \_\_\_\_\_




No. of Lunches: \_\_\_\_\_  
 Amount Enclosed: \_\_\_\_\_

**SOUTH SHORE CHARTER PUBLIC**

**SCHOOL 9-12**

**MAY, 2017**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Crispy Chicken & WG Pita Bread Milk	2 A Tuna Salad on WG Chickpea Salad B Salad w/Crispy Chicken & WG Pita Bread Milk	3 A Herbed Baked Chicken Carrots & Green Beans Whole Grain Roll B Salad w/Crispy Chicken & WG Pita Bread Milk	4 A Oven Baked Chicken Bites Potato Wedges B Salad w/Crispy Chicken & WG Pita Bread Milk	5 <b>EARLY RELEASE</b>		8 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	9 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	10 A Ziti & Meatballs Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	11 A Chicken WG Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	12 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
15 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	16 A Ham & Cheese on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	17 A Sloppy Joe on WG Bun Green Beans B Salad w/Tuna & WG Pita Bread Milk	18 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	19 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	22 A Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	23 A Buffalo Chicken Wrap Chickpea Salad B Salad w/Cheese Sticks & WG Pita Bread Milk	24 A Cheeseburger Mac Broccoli Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	25 A Stuffed Shells Carrots Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	26 A Cheese Pizza Green Beans Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	
29  HAPPY MEMORIAL DAY	30 A Chicken Caesar Salad Wrap Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	31 A Sloppy Joe on WG Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	JUNE 1 A Meatballs on WG Sub Potato Puffs B Salad w/Grilled Chicken & WG Pita Bread Milk	2 A Cheese Pizza Carrots Broccoli 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!**

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