



FROM THE K-4 PRINCIPAL

These past weeks we have been ramping up to full speed. The fall is one of the best times of the year to teach and to learn and I am proud to say that one place where this is on full display is in our kindergarten. Our kindergarten has grown. This year we went from two kindergarten classrooms to four and from 44 kindergarteners to 72. The transition has been wonderful.

Thanks to the leadership of Cassandra Sullivan, our new Kindergarten Coordinator, and the hard work of all of the teachers and tutors, all 72 students appear to be happy coming to school. In fact in the morning I have seen more preschool children crying because they have to leave than anxious children coming in to school. One thing that I typically tell the families of kindergarteners is to expect them to regress at home. The transition to kindergarten is a significant childhood milestone. The demands of starting a K – 12 education with so many new people to meet, routines to master, and things to learn, are analogous to moving and starting a new job all at the same time for us as adults.

No matter what your student's grade please let me know how your child is feeling about school. Our mission is to "inspire every student to excel in academics, service, and life." It is the last word that is the most important to me. Seeing happy children playing and learning with smiles on their faces and friends in their lives is what I value most about our school. If I am missing signs that tell you we are not succeeding with your child please let me know.

On a side note these professional development days and afternoons that we have in this year's schedule make all the difference for us as we develop into a cohesive team where we do not duplicate work but where effort is put toward fulfilling our mission. I know that these days can be hard on families, but it is my hope that the benefit your children get from our teamwork makes up for the disruption in your family's routine. We do value this time and try our hardest to make it time that makes it so your children can succeed in their lives here at school.

Ted Hirsch – thirsch@sscps.org

Wednesday	09/28	Professional Development Early Release	12:00pm
Thursday	09/29	Grade 6, 7, and 8 Europe Trip Meeting	6:00pm
Wednesday	10/05	Parents Association	6:30pm Social 7:00pm Meeting

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 to Charlene Evans, Food Services Coordinator **by September 30, 2016.** [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.

Drop off and Pick up

Thank you for your cooperation during drop off and pick up. The lines move more efficiently every day largely due to your efforts. Please remember that there is no cutting in front of one another in the pick up or drop off lines. Thank you!

DEVELOPMENT OFFICE

Please join us next month for our 8th Annual Harvest Run road race on Saturday, October 15th at 9am at Wompatuck State Park. This road race has become a wonderful tradition for our school community to come together, celebrate the fall and welcome friends and family. Last year we hosted close to 400 participants, and we raised over \$12,000. With your help, we hope to double our numbers! A family registration form is available in this update. Feel free to hand it in to the front desk. For all student athletes, you can register [on-line here](#) using the discount code EDUCATION for the student 5K. This is a great opportunity to get community service hours, so email me if you can volunteer.

Make sure to check out our Jag Swag line of clothes, winter hats, and new SSCPS car magnets. Contact ldannison@sccps.org, or go to the front desk at 100 or 700 Longwater. Avoid drop off and pick up times, and bring a check payable to SSCPS for apparel. Thank you for your support!

The Stop and Shop A+ rewards program has started this month, so please register your card and our school will get a kickback. Additionally, if you shop on Amazon, [see this link](#) to register your account through the Amazon Smile program and .05% of your purchases will benefit the South Shore Charter Educational Foundation Inc. Thank you again.

PARENTS ASSOCIATION

The next meeting of the Parents Association will be next Wednesday, October 5. Networking and social will begin at 6:30 p.m. followed by the PA meeting at 7:00 p.m. Childcare will be provided if you need childcare.

Tomorrow, Thursday, September 29, there will be an informal parent social at Plaza Azteca. 6 Whiting Street, Hingham at 7:00 p.m. Come meet new people and parents of your child's classmates!

COMMUNITY SERVICE OPPORTUNITIES

On Saturday October 1st, there will be a gathering in Scituate to help sort items that have been collected for the homeless of Boston. The gathering will be held at 9 Colonial Way in Scituate, from 9:00 am to 1:00pm. For more info, please email Leigh Baltzer at Leigh@ThroughMeToYou.com. Hope to see you there!

Level II Student Collecting Donations for Local Animal Shelter

Fisher Roman loves cats. LOVES them. He even 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 of cat food or bags of 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**



100 Longwater Circle ~ Norwell, MA 02061 ~ 781-982-4202 ~ www.sscps.org

Date: September 16, 2016

Alicia Savage, Executive Director of the South Shore Charter Public School, was informed by the Department of Elementary and Secondary Education of an upcoming Coordinated Program Review that will be taking place this school year. As part of this Coordinated Program Review, Department staff will visit the South Shore Charter Public School during the week of October 10th. Such visits are routinely conducted by the Department to satisfy federal and state requirements for the periodic review of specific education programs and services in schools throughout the Commonwealth. The Department is reviewing several programs during a single visit in order to use Department and school staff's time most efficiently and to encourage strong connections among the programs.

The Department's Coordinated Program Review will address the following programs: Special Education, English Language Education, and Civil Rights. After reviewing South Shore Charter Public School's procedures for these programs, a Department team will make its onsite visit, during which it will review individual student records, interview administrators, teachers and paraprofessional staff, survey parents and observe instructional spaces. After the onsite visit it will prepare a report for the Executive Director and the Board of Trustees, with detailed findings for each program.

Using a scale of ratings ranging from "Commendable" to "Not Implemented," the report will rate the implementation of each requirement reviewed by the Department. Where requirements are found not implemented or only partially implemented, South Shore Charter Public School must propose to the Department corrective action to bring those areas into compliance with statutes and regulations. Districts and schools are encouraged to incorporate the corrective action into their district and school improvement plans and professional development plan. The South Shore Charter Public School will be provided with technical assistance from the Department in developing a corrective action plan. Both the Department's report and the corrective action plan are public information and will be available to the public upon request. Program Review Final Reports are also available on the Department's Internet website at <<http://www.doe.mass.edu/pqa/review/cpr/reports/>>.

Any member of the public may request to be interviewed by telephone by a member of the Department's visiting team. Those wishing to be interviewed should call the South Shore Charter Public School at 781-982-4202 no later than October 7, 2016 to leave their name and phone number, or they may call the Department of Elementary and Secondary Education at (781) 338-3737. A member of the visiting team will contact each person desiring an interview within two weeks after the completion of the onsite visit. If an individual is not comfortable communicating in English or requires some other accommodation, the Department will make arrangements to communicate appropriately with the individual.

Translated versions of this notice are available on South Shore Public Charter School's website at www.sscps.org

The Animal Stewardship Workshop is accepting donations for the New England Wildlife Center!



Donation boxes are located at the front desk of both buildings, or contact Lauren in room 7130!

The New England Wildlife Center's wish list can be found at:
<http://www.newwildlife.org/donate/goods-and-services-wish-list/>

SSCPS JAG SWAG!

Show your school spirit with our
SSCPS gear

Cotton t-shirts **\$10**

Long sleeve cotton t-shirts **\$15**

Hoodies **\$35**

Jaguar pj bottoms **\$30**

SSCPS winter hats **\$15**

SSCPS magnets **\$5**



WEAR THEM WITH PRIDE. GO JAGS!

Check or cash payable to SSCPS

Email ldannison@sscps.org





South Shore Charter Public School 08189

Dear Friends,

Our school is participating in A+ School Rewards, a great fundraising program run through our local Stop & Shop! This is an easy way for you to help our school earn CASH each time you shop at any Stop & Shop Store. Please help our school and register your STOP & SHOP CARD to our **SCHOOL ID#08189**.

Here's How You Can Help Beginning September 12, 2016:

- Visit www.stopandshop.com/aplus and select **register your card**, which is located in the red box on the right **for customers**. Follow the prompts to complete your registration. *You will need your 13-digit STOP & SHOP CARD number.*
- OR...call the A+ Hotline at 1-877-Ask-Aplus (**1-877-275-2758**) they can register your card for you! *You will need your 13-digit STOP & SHOP CARD number.*

IF YOU DON'T KNOW YOUR STOP & SHOP CARD NUMBER CALL 1-877-366-2668 OPTION #1

REMEMBER...if you supported our school last year, you DO NOT need to register your card again!

To earn points:

- Use your STOP & SHOP CARD each time you shop at Stop & Shop and you will earn CASH for my school. You can track the number of points you are earning for our school by checking your grocery receipt starting October 7, 2016 through March 16, 2017.
- At the end of each month, your points are calculated and converted to CASH rewards. These CASH rewards for our school are updated monthly on the Stop & Shop A+ website.
- My school will receive one CASH awards check at the end of the program and can use this cash for any of its educational needs.

Our school needs your support! Please take a moment to register your STOP & SHOP CARD today! And don't forget to tell your friends and neighbors to do the same.

Thank you!

Sincerely,
Laurie Dannison, Development Director

BOKS for Levels I, II, and III

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

In order for your child to participate you must fill out the below information as well as the attached application including the doctor information and the release, this is to avoid liability issues. If you have more than one child participating please be sure to complete a separate form for each. Place the completed forms in the envelope at the front desk labeled "BOKS" NO later than **October 3 2016**.

If we have more applications than spots you will be notified by email of non-entry.
The purpose of BOKS is to stimulate the mind by movement before the school day begins.

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

PLEASE PRINT CLEARLY

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

Childs' Name: _____ Pod Teacher: _____

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

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

Preferred Phone (Home / Work / Cell): _____

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

Any medical issues the trainers need to know?



8th Annual Harvest Run

5K AND 5.5 ROAD RACE/WALK

Saturday, October 15, 2016
Wompatuck State Park
Hingham, MA

SSCPS FAMILY REGISTRATION FOR 5K

Family Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone#: _____

Email: _____

For office use only
Cash/Check # \$ Date Received

Waiver Must Be Read and Understood:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release South Shore Charter Educational Foundation, South Shore Charter Public School and the town of Hingham, MA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

Individual Names	Gender M/F	Age on Race Day	Shirt Size *2 shirts included, \$10.00 each additional *Guaranteed to those who register by September 15th*
1.			
2.			
3.			
4.			
5.			

Pre-Race Number and T-Shirt Pick-Up:

Friday, October 14, 2016 2:00—6:00pm
Marathon Sports

Race Schedule:

7:30-8:30am Registration and t-shirt pick-up

9:00: The Harvest Run begins!

Refreshments provided after the race

SSCPS Family Registration \$60
Fee includes 2 t-shirts and up to 4 registrations

\$5.00 per additional family member
\$10.00 per additional t-shirt

All funds raised will benefit the South Shore Charter Educational Foundation

100 Longwater Circle, Norwell, MA 02061 Tel: 781-982-4202 www.sscps.org

Holly Hill Farm & Friends

9/26/2016 FOR IMMEDIATE RELEASE: Contact Info: *Friends of Holly Hill Farm* Holly Hill Farm 236 Jerusalem Road, Cohasset, MA 02025 www.hollyhillfarm.org 781-383-6565 Holly Hill Farm Media contact: jbelberhollyhill@hotmail.com

UPCOMING EVENTS & ACTIVITIES

HOLLY HILL FARM WILL BE OPEN AS USUAL DURING CONSTRUCTION ON JERUSALEM ROAD THIS FALL!

Jerusalem Rd. is about to be closed down for the construction of a new section of the causeway. Holly Hill Farm WILL BE OPEN, but you will have to either:

1. Drive from the ocean end of Jerusalem Rd. or Atlantic Ave. to the farm or....
2. From N. Main St. in Cohasset village, via Beach St. to Atlantic Ave. to Nichols Rd., right on Jerusalem Rd.

Friends of Holly Hill Farm 9th Annual DISCOVER THE WOODS 5K Trail Race at 10:00am and 1 Mile Fun Run at 11:00am, Saturday, October 1, 2016

Woodland 5K trail run along the paths surrounding fields of organic vegetables, flowers and herbs starts at 10am. 1 mile fun run/walk along salt marsh meadows and shady trails starts at 11am. Visit our resident farm animals and enjoy post-race refreshments. Prizes for top finishers! Register by September 30 and you will be entered into a drawing for gift certificates for our Farm Stand. Not running? Discover our 130 acres of woods and explore historic walking trails with many natural features. This race benefits the Frank H. White Scholarship Fund that makes visits to Holly Hill Farm possible for schools field trips and summer campers. Detailed information and sign up online at hollyhillfarm.org 781-383-6565, 236 Jerusalem Road, Cohasset, MA 02025

NEW EVENT! Vintage Farm Tractor Celebration, Saturday, October 15, 2016 from 1:00 to 3:00pm

Holly Hill Farm is home to a collection of unique, vintage tractors – come and learn more about the history of farm tractors and how our tractors are utilized on our organic farm. Free admission. Hayrides and food, modest fees. hollyhillfarm.org 781-383-6565, 236 Jerusalem Road, Cohasset, MA 02025

2nd Annual Garlic Festival: Learn, Plant, Eat! Saturday, October 29, 12:00-3:00pm

Come and learn all the best techniques of growing great garlic, purchase up to 10 garlic heads so you can plant cloves in your home garden. Join us and savor the distinctive, fresh flavors of our organically grown and roasted garlic on hot baked bread. This event is sponsored by Chipotle, who will offer Kids Meal coupons to all Garlic Fest participants. Holly Hill Farm, 236 Jerusalem Road, Cohasset, MA 02025. hollyhillfarm.org 781-383-6565

COHASSET FARMER'S MARKET *The Cohasset Farmer's Market will be extended into early October. Check their website for updates! Thursdays from 2:00- 6:00pm located on Cohasset Common, North Main Street, Cohasset

Holly Hill Farm offers fresh, organically grown produce at the Cohasset Farmer's Market. Seasonally available produce such as tomatoes, salad greens, pea shoots, Swiss chard, head lettuce, squashes, green beans, eggplants, garlic and Jean's floral bouquets including sunflowers! Many other vendors, local crafts, live music and pony rides. Cohassetfarmersmarket.com

HOLLY HILL FARMSTAND in the MAIN BARN

OPEN on Wednesdays, Saturdays and Sundays from 10:00-5:00pm featuring seasonally available organic produce such as our tomatoes, summer squashes, pea shoots, Swiss chard and garlic. For weekly notification of specific produce and other delicious offerings in the Farm Stand, send your email address to friendsofhollyhillfarm@gmail.com. Holly Hill Farm, 236 Jerusalem Rd., Cohasset 781-383-6565. Hollyhillfarm.org

SCITUATE FARMER'S MARKET, WEDNESDAYS FROM 3:00-7:00

Holly Hill Farm is at the Scituate Farmer's Market! If you can't make it to our Farmstand or the Cohasset Farmer's Market, stop by the Scituate Farmer's Market located in St. Mary's Church parking lot at 1 Kent Street, Scituate. Selling produce freshly harvested from our fields.

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

The Fall Farm to Food Pantry Program is for teenagers aged 13-18. The fall program will begin September 7th and 9th from 3:00-5:00pm and every Wednesday and Friday through Thanksgiving. Complete your community service requirements this fall at Holly Hill Farm, growing, harvesting and delivering produce to local food pantries. Contact Education Director, Jon Belber at 781-383-6565 or jbelberhollyhill@hotmail.com

SCHOOL FIELD TRIPS TO HOLLY HILL FARM

As it is the harvest season and almost seed saving time, please consider booking your grade level field trip to Holly Hill Farm. 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 Holly Hill Farm teachers have been welcoming Fall with harvesting potatoes at the Cushing School in Scituate. After harvesting, with plenty of autumn sunshine still ahead, the 3rd graders then sowed lettuce and spinach seeds. Soon the farm teachers will visit the Wompatuck School, also in Scituate, to harvest and plant with 1st graders. Plenty of time to tend and grow.

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, October 8, 2016

1:00 – 4:00 pm

Cost: \$40 per person

Location: SSMC 143 Longwater Dr. Norwell

Register Now!!

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



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, October 8, 2016

9:00 – 12noon

Cost: \$40 per person

Location: SSMC 143 Longwater Dr. Norwell

Register Early!!

Call: 781-681-1363

Or email: southshoresafety2@gmail.com

South Shore
Medical Center

Fall Camping Weekend!!
When: October 21-23, 2016
Where: Boston Cape Cod KOA
**Deal: 10% and Kids camp for free for any SSCPS
Family and Faculty!**
**Call: [\(508\) 947-6435](tel:5089476435) or email boston@koa.net and
ask for Moe and let him know you are with the
SSCPS camping weekend!!**



Breakfast Order Form

Breakfast for the Month of October, 2016

Due to the office by 3:00 pm, ***Tuesday**, October 4, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

~~Week of _____ [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday~~
~~10/3 – 10/7~~

Week of [X] Monday [] Tuesday [X] Wednesday [] Thursday [] Friday
 10/10 – 10/14

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
 10/17 – 10/21

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
 10/24 – 10/28

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
 10/31 – 11/4

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 October, 2016

Due to the office by 3:00 pm, ***Tuesday**, October 4, 2016

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>
10/3 – 10/7	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10/10 – 10/14	NO SCHOOL	Reg or Salad	NO SCHOOL	Reg or Salad	Reg or Salad

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10/17 – 10/21	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10/24 – 10/28	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10/31 – 11/4	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad

- Option A = Regular Lunch Choice
- Option B = Salad Lunch Choice
- Can only choose 1 (one) option

Number of **Regular Lunches (A)** ordered _____ X \$3.40

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

Less credit due _____

Total Amount Enclosed


\$ _____

Cash or Checks may be made out to SSCPS.



SOUTH SHORE CHARTER SCHOOL
OCTOBER, 2016

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 2 oz. Cereal Fruit Juice Milk	4 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	5 WG Cinnamon Roll Fruit Orange Juice Milk	6 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	7 Cinnamon Toast Crunch Fruit WG Grahams Orange Juice Milk
10 COLUMBUS DAY 	11 2 oz. Cereal Fruit Juice Milk	12 NO SCHOOL	13 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	14 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk
17 Cereal Graham Crackers Fruit Orange Juice Milk	18 WG Bagel w/Jelly Fruit Orange Juice Milk	19 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	20 WG Cinnamon Roll Fruit Juice Milk	21 WG Bagel Fruit Orange Juice Milk
24 Cheerios Graham Crackers Fruit Orange Juice Milk	25 2 oz. Cereal Fruit Orange Juice Milk	26 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	27 Cinnamon Toast Crunch Fruit WG Grahams Orange Juice Milk	28 WG Cinnamon Roll Fruit Juice Milk
31 Cereal WG Grahams Fruit Juice Milk	NOV. 1 WG Waffle Snackers Fruit Juice Milk	2 WG Croissant w/Jelly Fruit Juice Milk	3 2 oz. Cereal Fruit Juice Milk	4 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

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
OCTOBER, 2016

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	4 A Tuna Salad on WG Bun Broccoli B Salad w/Turkey & WG Pita Bread Milk	5 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	6 A Stuffed Shells Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	7 A Cheese Pizza Carrots B Salad w/Tuna & WG Pita Bread Milk
10 COLUMBUS DAY 	11 A Grilled Chicken over Veggie Pasta Salad B Salad w/Tuna & WG Pita Bread Milk	12 NO SCHOOL	13 A Chicken Quesadilla Carrots B Salad w/Tuna & WG Pita Bread Milk	14 A Cheese Pizza Potato Wedges Broccoli B Salad w/Tuna & WG Pita Bread Milk
17 A Meatball Sub Potato Wedges B Salad w/Hummus & WG Pita Bread Milk	18 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Hummus & WG Pita Bread Milk	19 A Ziti & Meatballs Broccoli B Salad w/Hummus & WG Pita Bread Milk	20 A Herbed Baked Chicken Rice Green Beans B Salad w/Hummus & WG Pita Bread Milk	21 A Cheese Pizza Potato Wedges Carrots B Salad w/Hummus & WG Pita Bread Milk
24 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WG Pita Bread Milk	25 A Ham & Cheese Sandwich Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	26 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Grilled Chicken & WG Pita Bread Milk	27 A Chicken Parmesan on Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	28 A Cheese Pizza Potato Wedges Carrots B Salad w/Grilled Chicken & WG Pita Bread Milk
31 A Tortilla Chicken Broccoli B Salad w/Turkey & WG Pita Bread Milk	NOV. 1 A Sloppy Joe on WG Bun Baked Beans B Salad w/Turkey & WG Pita Bread Milk	2 A American Chop Suey Carrots Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	3 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	4 A Cheese Pizza Green Beans B Salad w/Turkey & 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
OCTOBER, 2016

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	4 A Tuna Salad on WG Bun Broccoli B Salad w/Turkey & WG Pita Bread Milk	5 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	6 A Stuffed Shells Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	7 A Cheese Pizza Carrots B Salad w/Turkey & WG Pita Bread Milk
10 COLUMBUS DAY 	11 A Grilled Chicken over Veggie Pasta Salad B Salad w/Tuna & WG Pita Bread Milk	NO SCHOOL	13 A Chicken Quesadilla Carrots B Salad w/Tuna & WG Pita Bread Milk	14 A Cheese Pizza Potato Wedges Broccoli B Salad w/Tuna & WG Pita Bread Milk
17 A Meatball Sub Potato Wedges B Salad w/Hummus & WG Pita Bread Milk	18 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Hummus & WG Pita Bread Milk	19 A Ziti & Meatballs Broccoli B Salad w/Hummus & WG Pita Bread Milk	20 A Herbed Baked Chicken Rice Green Beans B Salad w/Hummus & WG Pita Bread Milk	21 A Cheese Pizza Potato Wedges Carrots B Salad w/Hummus & WG Pita Bread Milk
24 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WG Pita Bread Milk	25 A Ham & Cheese Sandwich Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	26 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Grilled Chicken & WG Pita Bread Milk	27 A Chicken Parmesan on Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	28 A Cheese Pizza Potato Wedges Carrots B Salad w/Grilled Chicken & WG Pita Bread Milk
31 A Tortilla Chicken Broccoli B Salad w/Turkey & WG Pita Bread Milk	NOV. 1 A Sloppy Joe on WG Bun Baked Beans B Salad w/Turkey & WG Pita Bread Milk	2 A American Chop Suey Carrots Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	3 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	4 A Cheese Pizza Green Beans B Salad w/Turkey & 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”