



FROM THE EXECUTIVE DIRECTOR

As we approach tomorrow's Thanksgiving holiday there is much to be thankful for here at the South Shore Charter Public School. It seems that everywhere you look great things have been happening all around us.

On Friday, October 28, the South Shore Charter Public School inducted eighteen new members to the school's chapter of the National Honor Society. NHS is a national organization that has been recognizing high achieving students since 1921. Students in our chapter of the NHS have demonstrated exceptional achievement in the areas of Scholarship, Leadership, Service, and Character. These students have become part of an organization that recognizes so much of what we value here at SSCPS, excellence in education and a dedication to service.

The induction ceremony was a wonderful celebration marking the numerous accomplishments of Junior and Senior students who have worked hard and are now being recognized on a national level. Our school community was delighted to honor student accomplishment throughout the ceremony.

For those of you who do not know, the National Honor Society, under the guidance of faculty member Jenny Kostka, plans and executes our Red Cross blood drive in its entirety. This year the blood drive recruited donors throughout the south shore. Organized entirely by students, our gym was once again turned into a blood donation center collecting many pints of blood for those in need.

Congratulations to our newest members of the South Shore Charter Public School Chapter of the National Honor Society. May you continue to do wonderful work for others.

Cassandra Amicangelo
Anastasia Aniagu
Zoe Childs
Ijeoma David
Ryan Gallagher
Jordan Lussier

Katelin Morin
Wariinga Njoroge
Chinaza Orji-Imo
Nicole Rousseau
Mia Strahm
Alison Walsh

Naomi Zorrilla
Courtney Daniels
Daniel Freitas
Emma Goldberg
Zachary Krasnow
Ian Sibbald

Student achievement of a different sort continued into the following week. Last weekend, in addition to a well-attended Open House, the South Shore Charter Public School Players treated the SSCPS community to a wonderful evening and afternoon matinee of *The Wizard of Oz*. What a splendid performance it was! Those of you lucky enough to have seen this show know how terrific the stage actors were and how many students from all Levels rose to the occasion bringing the audience from Kansas to Oz and back. A sincere thank you to all the members of our parent community who worked tirelessly to support our young thespians. A very special thank you to the play's director, Kerry Tondorf, who coached students for months in the great room. Under Kerry's direction, students were able to transform themselves into Dorothy from Kansas, a scarecrow, a cowardly lion, a tin man, two witches, and many, many flying monkeys and munchkins. It was truly an amazing show.

These events remind us all that we have much for which to be thankful. On Friday during Advisory, our high school students took pens to sticky notes and created a stunning mural in the common room. On this "Positivity Wall" each student wrote an affirmative statement, often about a teacher, friend, or someone in their lives, and affixed it to the wall for all to see. This seemingly small event took on a life of its own, quickly meaning much for many. Simple post it notes became a beautiful representation of the power of words and how we value each other every day.

As the events of November wind down, and we look to December and all it holds, it becomes clear that it is the little things our children do that combine to make significant accomplishments. It is the days of reciting lines in the hallway, the nightly studying, and the small efforts to lift up others, each serving as a reminder of all we are as a school and why our work here is so important. It is for these small things that I am truly grateful.

On behalf of the South Shore Charter Public School I would like to wish you a very Happy Thanksgiving and holiday full of fun and laughter.

Alicia Savage – asavage@sscps.org

Wednesday	11/23	Early Release	12:00pm
Thurs-Fri	11/24 &11/25	Thanksgiving Break – No School	
Thursday	12/01	High School Music Workshop Coffee House at the Gym	5:00-7:00pm
Friday	12/02	Level IV Dance at the Gym	4:00-6:00pm
Saturday	12/03	Parents Association Meeting	8:00am

ANNOUNCEMENTS

On behalf of the South Shore Charter Public School community a check in the amount of \$394.31 has been sent to Catholic Relief Services in response to those in Haiti affected by Hurricane Matthew. Thank you for your donations.

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.

FROM THE HEALTH OFFICE

Health Screenings

5th grade students will be screened by the Health Office in December unless they have a current physical exam on file or a parent request not to be screened. The screening consists of height, weight, hearing, near and distance vision screenings. Please contact the Health Office at ex 104 or by e-mail at sdupras@sscps.org with questions or concerns.

Cold and Flu Season

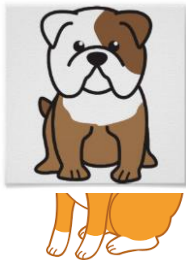
Please remember that the school policy states that all students must be **symptom free for 24 hours** before returning to school. Please contact the Health Office if you have concerns about your child attending or missing school. Absences will be excused as necessary to prevent the spread of these illnesses.

WHAT'S HAPPENING IN WORKSHOPS AND PROJECTS?

Global Graphic Project on Level IV is holding a **NEW** winter clothing drive for Rosie's Place, a women's shelter in Boston Massachusetts. There is a collection box in the Front lobby at 100 Longwater Circle labeled "Rosie's Place". The **NEW** winter clothing that we are looking for are: Hats, Gloves, Socks, Scarves, Jackets, Sweatshirts,

Sweatpants, and Earmuffs (larger sizes are appreciated, but all sizes welcome). We thank you for your time and we hope you donate for this good cause.

Level II Paws for a Cause Project - There is a new project this year called Paws for a Cause on Level II. We are looking for the following donations to give to the Scituate Animal Shelter.



- Dog/Cat Food
- Cat Litter
- Dog Poop Bags
- Dog/Cat Toys
- Dog/Cat leashes and collars
- Pet Cages (dog, cat, bird)
- Money

Donation boxes can be found at the front desk, Levels I, II, III, IV, and also at the High School. **Please make sure all donations are unopened for the safety of the animals.** Every little bit helps! Thank you in advance for your generous support!
Level II Project, Paws for a Cause

The Art Store - Every year the high school art students and the department bring **The Art Store** live to our front lobby. It is an opportunity for our staff and art students to offer their creative pieces for sale. **GREAT PLACE TO CHECK OUT HOLIDAY GIFTS** A portion of the proceeds will go to the high school art program. So, **CHECK US OUT** between Thanksgiving and Christmas. Questions? See Marianne, x304.

ATHLETICS UPDATE

Basketball Conditioning and Tryout Schedule

High School Boys

Coaches: Joe Kay (jkay@sscps.org), Terry Lynch (tlynch@sscps.org)

Monday- 11/28 - Conditioning/Tryouts 3:30-5:30 @ 100 Longwater Dr.

Tuesday- 11/29 - Conditioning/Tryouts 3:30-5:30 @ 100 Longwater Dr.

Wednesday- 11/30 - Conditioning/Tryouts 3:30-6:00 @ 100 Longwater Dr.

Thursday- 12/ 1- Conditioning/Tryouts 3:30- 6:00 @ 100 Longwater Dr.

Girls Basketball (Grades 6-12)

Coach: Damian Sullivan (dsullivan@sscps.org)

Tuesday 11/29- Conditioning/Tryouts 3:30-5:30 @ 100 Longwater Dr.

Wednesday 11/30- Conditioning/Tryouts 3:30-5:30 @ 100 Longwater Dr.

Thursday- 12/1- Conditioning/Tryouts 3:30- 5:30 @ 100 Longwater Dr.

Middle School Boys

Coach: Matt Goodell (mgoodell@sscps.org)

Monday 12/5 - Conditioning/Tryouts 3:30-6:00 @ 100 Longwater Dr.

Tuesday 12/6 - Conditioning/Tryouts 3:30-6:00 @ 100 Longwater Dr.

Wednesday 12/7 - Conditioning/Tryouts 3:30-6:00 @ 100 Longwater Dr.

All forms must be turned in to be eligible to tryout. Forms can be found in the great rooms of Level IV and the High School. Any previous unreturned uniforms or unpaid athletic fees, deems the student as ineligible for the upcoming basketball season. Please see your anticipated coach to see if your eligibility is in question. Please contact any coaches with specific questions for that team.

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

Thanksgiving is a day to give thanks. Black Friday and Cyber Monday are days to get shopping deals. On **Tuesday, November 29**, people and organizations around the world come together for one common purpose: to celebrate generosity and to give. Please consider making a donation of any amount to support the South Shore Charter Educational Foundation, Inc. this [Giving Tuesday](#). Thank you for your support and have a wonderful holiday.

The South Shore Charter Educational Foundation has officially kicked off the Annual Fund Giving Campaign. Revenues raised through our Annual Fund allow us to enhance our library, music, athletics and vital educational programs that benefit our entire student body. We thank you for considering a donation to SSCEF. We will have envelopes at both 100 and 700 Longwater if you want to drop off a check. Thank you for your support.

The holidays are around the corner! Get a heads start and dress your child in the SSCPS apparel. Pick up some new SSCPS mechanical pencils, pens, and lip balm. Both 100 and 700 have limited inventory but check it out! Ryan's Marketing Workshop is handling high school purchases, while Donovan's School Store Project is selling the pens, pencils and lip balm.

The Stop and Shop A+ rewards program is ongoing, so please make sure you have registered your card and our school will get quarterly monetary incentives. Also make sure to link your Amazon account through the Amazon Smile program and .05% of your purchases will benefit the South Shore Charter Educational Foundation, Inc. [See this link to register!](#)

Thank you for all your support. Laurie Dannison ldannison@sscps.org

COMMUNITY SERVICE OPPORTUNITIES

Collection for 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. Former Cadet Tom Lentini deployed in Okinawa, SPC Jacob Hultman, Deployed in Kuwait and an Air Force Squadron deployed in Afghanistan, and their fellow 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 don't have people from home to motivate and support them. Shannon and CAP want to send as many boxes as possible before the Holidays, which is a tough time to be away from home. This is an [awesome](#) opportunity for us to show our gratitude for their service!

There is a list of their needs and requests 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

**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**

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2016

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Road trip activity

Planning a road trip over winter break? Take along a soccer ball or a Frisbee. Your child



could use these to let off steam—and get in some physical activity—during rest stops. Or teach her a few stretches to do on the way. For example, to loosen tight shoulders, slowly roll them forward 10 times and then backward 10 times.

DID YOU KNOW?

You can increase the whole grains your family eats by using white whole-wheat flour in recipes. This unbleached flour is milled from a type of wheat that is as nutritious as traditional whole wheat but milder in flavor. Replace up to half of the flour in your recipes with the white whole-wheat variety—without noticing a difference.

Healthy apps

Try using free apps to help reach your family's health and fitness goals. Look for kid-friendly ones that let your youngster run and jump while he solves puzzles and plays games. Or find ones that let you track calories, create an exercise routine, or assemble an upbeat playlist to dance to.

Just for fun

Q: Why did the turkey cross the road?

A: It was the chicken's day off!



Nutrition label reading 1-2-3

Help your youngster take charge of her health from the start by making healthy choices at the grocery store. Learning how to read the nutrition labels on food packages is as easy as 1-2-3!

1. Compare serving sizes

Have your child read the single-serving size on various cartons and bags. Does she think it's realistic? For example, a small package of chips may contain three servings. If she eats all of it, she has eaten three times the calories and salt shown. Help your youngster remember to check out serving sizes—and do the math!

2. Know your nutrients

Talk about where to look for higher or lower numbers on nutrition labels. For instance, healthier foods will be high in *fiber, vitamins, or minerals* and low in *sugar, sodium, or saturated fat*. Encourage your child to locate foods with 20%



or more Daily Values from the first group and 5% or less from the second group.

3. Read the ingredients

Ask your youngster to find the ingredient list, and then read it together. Point out that the items are listed in order from biggest to smallest amount by weight. Then, can she find foods with five or fewer ingredients? (Those tend to be healthier.) How about foods with sugar in the first few ingredients? (Those are less healthy.)

Pinpointing the right sport

How do you find a sport or activity your child will love? Consider these suggestions.

Ask for input. Talk to your youngster about what activity interests him. He may already have one in mind from what he has enjoyed on the playground, watched older siblings play, or seen on TV.

Match your child's personality. An outgoing youngster might like a team sport, such as soccer, basketball, or hockey. A quieter one may prefer something that relies more on individual effort, like ice-skating, gymnastics, or swimming.

Find a supportive coach. Check out the instructors or coaches. The best ones are focused on developing skills, encouraging teamwork, and having fun. Coaches who emphasize competition and winning are probably not a good fit at this age.



Ordering meals for kids, not kids' meals

Eating out is fun, fast, and convenient for many parents. The challenge is finding child-sized menu options that are both nutritious and appealing to your youngster. Use these strategies.

● **Request smaller portions.** Ask to order a half-size portion off the main menu—some restaurants will be willing to oblige. Or let your child make a healthy



appetizer into a meal by choosing soup, salad, shrimp cocktail, or turkey sliders.

● **Share an entree.** Think about splitting an entree with your youngster. Today's large portions mean that a single entree may be enough for both of you. *Tip:* Have your server bring an empty plate so you each have your own.

● **Look for updated kids' menus.** More fast-food restaur-

ants are swapping out fried foods for grilled items, French fries for fruit, and soda for water or nonfat milk. Check around for the ones doing this, and make those your go-to places. You'll be able to take advantage of smaller portions at lower prices—without sacrificing nutrition. ●

ACTIVITY CORNER **Jump rope games**

Jumping rope is great exercise and improves coordination. Here are two fun games to play.

Snake in the grass

Stretch a jump rope along the floor, and have a player hold each end. They shake the rope so it wiggles like a snake. The other players take turns running toward the rope and jumping over it. Anyone whose feet touch the rope is out. Play until two kids are left—they become the next "snake holders."



In and out

Two people begin turning a jump rope in full circles. One by one, players run in, jump once, and run out. Next round, everyone jumps twice. Continue adding another jump for each round. If you don't jump enough times or you touch the rope, you're out. The last player remaining is the winner. ●

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



Q&A **Get through the holidays**

Q: *As much as I love the holiday season, I worry about my family gaining too much weight. How can we prevent that?*

A: Enjoying the holidays without going overboard on its goodies is a challenge—but not impossible. One strategy is to avoid grazing. Encourage your children to eat only when they're sitting down. Also, keep healthy snacks on hand, such as fruit and nuts, to help everyone resist the temptation to nibble on holiday treats.

Then, avoid skipping meals to "save up" calories and splurge at holiday meals or parties. This can set a model that you don't want your children following. Going a long time without eating puts your metabolism in starvation mode. At that point, they might lose the ability to sense when they're full until after they've eaten more calories than they had saved! ●



IN THE KITCHEN **Celebrate National Sandwich Day**

The Englishman John Montagu, the fourth Earl of Sandwich, is believed to have invented the sandwich. In honor of his birthday November 3, give these recipes a try.

Caprese grilled cheese. Brush a little olive oil on two slices of bread. Place one slice oil-side down, and layer with mozzarella cheese, a tomato slice, and fresh basil leaves. Top with the other slice of bread, oil-side up. Grill in a preheated pan for 10 minutes, turning once to brown each side.



Turkey and cranberry sauce. Spread cranberry sauce on one slice of whole-wheat bread. Add leftover Thanksgiving turkey, shredded romaine lettuce, and another slice of bread.

Roast beef and cheddar wraps. Cover a spinach tortilla with 2 tbsp. cream cheese, leaving a 2-inch border. Add deli roast beef slices, shredded cheddar cheese, grated carrot, and fresh spinach leaves. Roll tightly, tucking in the sides as you go. ●

LIST 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/2 IN ONE SHAMPOO, ETC).
- MORALE BOOSTERS (CURRENT MAGAZINES, BOOKS/PUZZLE BOOKS, DVD'S, BOARD GAMES, LETTERS/MAIL, ETC.).
- PAST TIMES (FRISBEES, SPORTS EQUIPMENT, PLAYING CARDS, POCKET GAMES, ETC.).
- BLANK GREETING CARDS TO SEND HOME, RETRACTABLE PENS, ETC.
- HALLOWEEN CANDY.
- LETTERS FROM EVERYONE ARE ALWAYS WELCOME!

Something that will remind
them of home!

For more information contact Shannon Daly in the
High School
Email: shandewi@hotmail.com



Holly Hill Farm & Friends

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

#GIVING TUESDAY, November 29, 2016, 9:00-noon

If you are looking for a way to celebrate Giving Tuesday on November 29th, come and join us for late season farming such as planting garlic, making compost or harvesting vegetables! Weather permitting; there are always ways to be a Farmer here at Holly Hill Farm. Questions, call 781-383-6565. If you would prefer to make an end of year tax deductible donation which would help us continue providing fun and educational programs for dozens of schools on the South Shore and Boston, please go to our website for details. Holly Hill Farm, 236 Jerusalem Road, Cohasset, MA 02025. hollyhillfarm.org

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 ends at Thanksgiving, but please contact us for early spring participation. Complete your community service requirements 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

NEW EVENT!! 8th ANNUAL HOLLY DAY FAIR, Saturday, December 3rd from 10:00 – 3:00pm

Unique gifts for holiday giving, wreath making workshop and seasonal cheer! Join the festivities at Holly Hill's annual, traditional Holly Day Fair – create your own personalized evergreen wreath on site using freshly harvested holly and greens from the woodlands of Holly Hill Farm. Wreath workshop: \$20 for Members/\$25 for Non Members (bring last year's grapevine base if you saved it). Festive bows \$5. Brown Boar Farm will be serving hot, grilled sausages and we will have hot beverages. Our Greenhouse will be bursting with gorgeous gift items, created by noted, local artisans. Come and find the perfect creation for your loved ones. Fine jewelry by Sage, handmade pottery by Helen Najarian, West Elm Farm soaps, candles and wools, Sommers Bounty jams, fine art, upcycled leather goods and so much more. Weather permitting, the farmers will take visitors on a hayride pulled by one of our trusty tractors! Bring your friends and family for our annual holiday tradition! Holly Hill Farm, 236 Jerusalem Road, Cohasset, MA 02025. hollyhillfarm.org 781-383-6565

HOLLY HILL FARMSTAND in the MAIN BARN. This week will be **OPEN Wednesday, Friday, Saturday and Sunday from 10:00-5:00pm** featuring seasonally available organic produce featuring our ARUGULA, pea shoots, Swiss chard, kale, potatoes, onions and garlic! Brussels sprouts on the stalk, red cabbage and wonderful winter squashes. Holly Hill's own honey in 1-1/2 lb. jars for \$20. Freshly baked breads from The Breadbasket of Hull on Saturday and Sunday mornings. Fresh and dried, organically grown cranberries. 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

SCHOOL FIELD TRIPS TO HOLLY HILL FARM

As it is the harvest season and 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 – A WEEKLY SNAPSHOT

Recently, the farm teachers at Holly Hill have been enjoying the mild November weather and planting garlic at schools in Hull, Scituate, Cohasset, Marshfield, Norwell, Quincy, Weymouth and Hingham. The roots have time to grow before the Winter settles in with more cold, frost and snow. The students at each garden pop the garlic bulbs so as there is a seed for each student. The students then tuck in the garlic and provide mulch with shredded leaves and seaweed. And now that the colder weather has arrived, the farm teachers will move inside at the Old Colony Montessori and other schools to save seeds, dry herbs and give thanks for the harvest and the growing season.

Boston Sensory Solutions, LLC

Announcing Indoor Winter play for kids ages 4- 12 years!

Wondering how to keep your busy kids
moving during these cold winter months?

Join us each Saturday from 12:30- 1:20 for
some great sensory play.

Kids 4-6 years old will be in one small group
while kids ages 7-12 years old will be in
another small group.

\$50/ month or \$15/ drop in session with pre-
registration.

Email Bridget@BostonSensorySolutions.com
to register.

Breakfast Order Form
Breakfast for the Month of December, 2016
Due to the office by 3:00 pm, *Tuesday, November 29, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 12/5 – 12/9 Monday Tuesday Wednesday Thursday Friday

Week of 12/12 – 12/16 Monday Tuesday Wednesday Thursday Friday

Week of 12/19 – 12/23 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 December, 2016

Due to the office by 3:00 pm, *Tuesday, November 29, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 12/5 – 12/9	<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> Early Release
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Week of 12/12– 12/16	<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 12/19 – 12/23	<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> Early Release
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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
DECEMBER, 2016

BREAKFAST

Monday		Tuesday		Wednesday		Thursday		Friday	
28	Cereal WG Grahams Fruit Juice Milk	29	WG Waffle Snackers Fruit Orange Juice Milk	30	WG Croissant & Jelly Fruit Orange Juice Milk	DEC. 1	2 oz. Cereal Fruit Orange Juice Milk	2	3.6 oz. WG Banana Muffin Fruit Orange Juice Milk
5	WG Cinnamon Raisin Bagel Fruit Orange Juice Milk	6	2 oz. Cereal Fruit Juice Milk	7	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	8	3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	9	WG Cinnamon Bun Fruit Orange Juice Milk
12	Cereal Graham Crackers Fruit Orange Juice Milk	13	WG Bagel w/Jelly Fruit Orange Juice Milk	14	3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	15	WG Cinnamon Roll Fruit Juice Milk	16	WG Bagel Fruit Orange Juice Milk
19	Cheerios Graham Crackers Fruit Orange Juice Milk	20	2 oz. Cereal Fruit Orange Juice Milk	21	3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	22	3.6 oz. WG Blueberry Muffin Fruit Juice Milk	23	WG Waffle Snackers Fruit Orange Juice Milk
26		27		28		29		30	
<p align="center">Happy Holidays!</p>									

* 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
DECEMBER, 2016

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 A BBQ Chicken on WW Bun Sweet Potato Fries B Salad w/Turkey & WG Pita Bread Milk	29 A Tuna Salad on WG Bun Chickpea Salad B Salad w/Turkey & WG Pita Bread Milk	30 A Stuffed Shells Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	DEC. 1 A Cheeseburger Mac Broccoli Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	2 A Cheese Pizza Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
5 A Hamburger on WG Roll Baked Beans B Salad w/Tuna & WG Pita Bread Milk	6 A Grilled Chicken over Veggie Pasta Salad B Salad w/Tuna & WG Pita Bread Milk	7 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Tuna & WG Pita Bread Milk	8 A Chicken Quesadilla Carrots B Salad w/Tuna & WG Pita Bread Milk	9 EARLY DISMISSAL
12 A Meatball Sub Potato Wedges B Salad w/Hummus & WG Pita Bread Milk	13 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Hummus & WG Pita Bread Milk	14 A Ziti & Meatballs Broccoli B Salad w/Hummus & WG Pita Bread Milk	15 A Sloppy Joe on WG Bun Green Beans B Salad w/Hummus & WG Pita Bread Milk	16 A Cheese Pizza Carrots B Salad w/Hummus & WG Pita Bread Milk
19 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WG Pita Bread Milk	20 A Ham & Cheese Sandwich Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	21 A American Chop Suey Broccoli & Carrots Whole Grain Roll B Salad w/Grilled Chicken & WG Pita Bread Milk	22 A Cheese Pizza Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	23 EARLY DISMISSAL
26	27	28	29	30

* 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
DECEMBER, 2016

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 A BBQ Chicken on WW Bun Sweet Potato Fries B Salad w/Turkey & WG Pita Bread Milk	29 A Tuna Salad on WG Bun Chickpea Salad B Salad w/Turkey & WG Pita Bread Milk	30 A Stuffed Shells Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	DEC. 1 A Cheeseburger Mac Broccoli Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	2 A Cheese Pizza Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
5 A Hamburger on WG Roll Baked Beans B Salad w/Tuna & WG Pita Bread Milk	6 A Grilled Chicken over Veggie Pasta Salad B Salad w/Tuna & WG Pita Bread Milk	7 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Tuna & WG Pita Bread Milk	8 A Chicken Quesadilla Carrots B Salad w/Tuna & WG Pita Bread Milk	9 EARLY DISMISSAL
12 A Meatball Sub Potato Wedges B Salad w/Hummus & WG Pita Bread Milk	13 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Hummus & WG Pita Bread Milk	14 A Ziti & Meatballs Broccoli B Salad w/Hummus & WG Pita Bread Milk	15 A Sloppy Joe on WG Bun Green Beans B Salad w/Hummus & WG Pita Bread Milk	16 A Cheese Pizza Carrots B Salad w/Hummus & WG Pita Bread Milk
19 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WG Pita Bread Milk	20 A Ham & Cheese Sandwich Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	21 A American Chop Suey Broccoli & Carrots Whole Grain Roll B Salad w/Grilled Chicken & WG Pita Bread Milk	22 A Cheese Pizza Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	23 EARLY DISMISSAL
26 	27	28 <i>Happy holidays</i> 	29	30 

* 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"