



Update

January 17, 2018

Vol. 1, Issue 2

FROM THE EXECUTIVE DIRECTOR

We may have all come on different ships, but we're in the same boat now.

~ Dr. Martin Luther King, Jr.

On Monday we celebrated the life of Dr. Martin Luther King Jr. This year Dr. King's legacy and message have met us where we are as a nation and serve as a reminder for our school of how important it is to value one another.

Here at SSCPS we are very fortunate. We work constantly to improve our school environment to ensure that every child feels valued. We work to send the message that students are not just valued for the present moment, but for all of those moments that constitute a student's history and culture.

In history class our students learn that we are a nation of people from other nations. Students learn how our country was built on a deliberate set of ideologies and how those ideologies have served as a blueprint for founding documents of the Constitution and the Declaration of Independence, but also as a set of ideals that fueled the Labor Movement, the Women's Rights Movement, the Gay Rights Movement and the Civil Rights Movement. Each is connected to the other. Each speaks to rights and freedoms. Each defines an important step on the path that has led us to the present day. One of the greatest privileges of being a teacher is being able to witness a student's realization of those common bonds we all share both in struggle and in liberty.

In our English classes Level IV students begin their vocabulary study with the text *Vocabulary from Classical Roots*. The "A" text begins with the Latin and Greek roots meaning "ONE." Students are given this Latin phrase as an example of usage, *E Pluribus Unum*. Students recognize these Latin words inscribed on the Great Seal of the United States and on United States currency. These are the words, suggested in 1776, which define who we are as a people. As a school we have embraced this ideology and made it our own, we here at South Shore Charter Public School are indeed out of many, one. And we are one from many together.

For many of our students and their families these may be trying times. But no matter what we hear of current events, we will always be out of many, one. Now more than ever it is important for our school to pay attention to our history and to recognize the significant contributions made by African Americans. Dr. King's birthday and the upcoming Black History Month are once again honored in our classrooms and hallways and we look forward to celebrating the many legacies and cultures that make us who we are today.

Alicia Savage - asavage@sscps.org

High School Midyear Exam Schedule

	Wednesday 1/24	Thursday 1/25	Friday 1/26
8:30-10:00	A block	C block	E block
10:00-10:30	Break	Break	Break
10:30-12:00	B block	D block	Make-up exams

Level IV Midyear Exam Schedule

	Wednesday 1/24	Thursday 1/25	Friday 1/26
8:15-8:30	Morning Meeting	Morning Meeting	Morning Meeting
8:30-10:00	7 th Math 8 th English	7 th English 8 th Math	7 th History 8 th Science
10:00-10:30	Break	Break	Break
10:30-12:00	7 th Science 8 th Spanish	7 th Spanish 8 th History	Project Reflection and EOM

Wednesday	01/17	Parents Association Meeting	6:30pm
Thursday	01/18	Enrollment Open House	5:00-7:00pm
Saturday	01/20	Ski Club departs from 100 Longwater Circle	6:30am
Saturday	01/20	Level IV Emily's Project Future City to Boston	
Monday	01/22	High School Mock Trial to Hingham Court House	1:00-4:00pm
Tuesday	01/23	Bullying Presentation for Parents	6:00-7:00pm
Wednesday	01/24	Level III Museum of Science	
Weds-Fri	01/24-01/26	Grades 7-12 Midyear Exams – See schedule above	

ANNOUNCEMENTS

Congratulations to SSCPS students Fionn Pina Parker and Larkin Tanner along with their band “Not Today” on their upcoming first radio performance. Tune into WATD on Monday, January 22 at 9pm!

Not Today live on WATD!
When: Mon 1/22 9-10pm Eastern
Where: <http://southshorelive.com/live/>

Tune in to WATD (95.9) to hear our edition of Almost Famous! We'll perform a 45 minute set, and talk about what it's like to be us! If you won't be near a radio, you can stream it live from their website.
Live stream: <http://southshorelive.com/live/>

FROM THE HEALTH OFFICE

Now that winter and snow is here, this is a reminder that the kids go outside, at 100 Longwater, for recess as long as the weather is above 20 degrees. Please send in appropriate attire to go outside and play in the snow. Also, please have your student keep an extra pair of clothes in their locker for times when they get wet at recess.

Along with the cold comes many virus, like GI bugs and Flu. Please follow these guidelines to keep everyone as healthy as possible at school.

- Students should stay home with any vomiting or diarrhea and may return to school when symptom free for 24 hours
- Students should stay home if they have a fever >100.4. They may return to school when fever free for 24 hours without fever reducing medication like Tylenol/Ibuprofen.
- Students should stay home with severe cold symptoms/cough

If you have any questions, please contact Darcie in the Health Office at 781-982-4202 x104

FROM THE PHYSICAL EDUCATION DEPARTMENT

Just a few reminders during the cold weather. Please help your child to remember to bring sneakers on their P.E day so they are able to participate safely. In addition to sneakers and in an effort to be more "green", the P.E department is encouraging all students who feel they will need a drink during class to bring their own water bottles.

Thank you for your help in making our classes more successful for all.

FROM THE DEVELOPMENT OFFICE



SOUTH SHORE CHARTER
EDUCATIONAL FOUNDATION INC.

There is no better time than now to consider a gift to SSCEF. For the eighth year in a row, an anonymous donor has challenged the SSCPS community to match their very generous gift of \$6,000. All new and increased gifts to the Annual Fund received between now and March 1st will qualify. With your help, we can maintain and enhance our current programs and reach our goal of \$75,000 striving for 100% participation. [All monetary donations are tax deductible](#), and please [check this link](#) to find out if your current employer will match your gift!

We are looking for volunteers to help with our tenth annual Phone A Thon for Wednesday, February 7th from 6-9 pm. Avoid the call and make your donation today!

Contact Laurie Dannison at ldannison@sseps.org for any information. Thank you for your continued support! SSCEF, P.O. Box 512, Accord, MA 02018

2018 YEARBOOK

Order Your 2018 Yearbook!

The 2018 yearbook is now in progress. To order online go to www.coffeepond.com. To login use school password: [bluejaguar](#). **Parents of seniors may submit a special personalized page** that will appear in the back of the book at these rates: **Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50. Due date is March 15th, 2018.** The yearbook staff can help with any design concerns.

SCHOOL MEALS (BREAKFAST AND 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 child(ren) was 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 2017-2018 Meal Benefit application** and return it to Charlene Evans, Food Services Coordinator at SSCPS, UNLESS you have received a notification letter from the school this academic year notifying your family of approval of direct certification of meal benefits. [Click here](#) for the application for free or reduced price meal benefits.

If a your family was notified of free and reduced meal benefit eligibility this academic year, Your family **MUST** still complete a lunch and breakfast order form for each student for each day they wish to accept a meal benefit. You are able to complete meal orders on a weekly or monthly basis.

**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**

SSCPS Middle School Outing Club
Upcoming outings

Friday, January 26, 2018 – Sky Zone Meetup – Kingston Collection

Meet at 5:00 for 60 minutes of jumping with optional dinner after at the Food Court

Cost: an hour of jumping \$16.00, plus pocket money for dinner (parents must complete waiver for students to participate at <https://kingstonstore.skyzone.com/waiver/>)

Transportation: on your own

More information will be coming out regarding Feb. Outings, which are:

Saturday, Feb. 3, 2018 – MIT Science on Saturdays

Cost: \$2.00 contribution to parking costs and pocket money for lunch (suggested \$15.00 – there is a pizza place, Ana's Taqueria and a Dunkin'Donuts for lunch options)

Wednesday, Feb. 7, 2018 (SSCPS Early Dismissal) – New England Aquarium

Leave from SSCPS at Noon dismissal, take the MBTA (Braintree to Aquarium), tour aquarium, have dinner in Boston and return to Braintree T station by 7:00 (pick up at Braintree T)

Cost: no cost for Aquarium entrance, students need pocket money for dinner and T fare (suggestion \$20.00)

Transportation: cars from SSCPS to Braintree MBTA station, then MBTA

Please email sscpsoutingclub@gmail.com with questions!

These are not school-sponsored events

BOKS

Morning Fitness Program
Open to Level I, II, and III

SESSION 2 SIGN-UPS

'BOKS Program, sponsored by Reebok is currently accepting enrollment for next session which is scheduled for January 16th- March 8th.

We will meet **Tuesday and Thursday** from 7:20am - 8:00am.

Session Dates:

Session 2: January 16th- March 8th

Place the completed forms in the envelope at the front desk labeled "BOKS" NO later than **January 11, 2018**

If you have any questions please email Kay Long at Kaybo.long@gmail.com

We are looking for more parents willing to go through the training and help run sessions/days. You do not need to be athletic to help but you will need an updated CORI with the school.

NEW this year are Virtual Training Sessions!!

Here is the link to sign up for training if you are interested in helping out.

<http://www.bokskids.org/training>

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 2 separate sessions are listed on the attached flyer. You may select any number of sessions from 1 to 2, 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 **January 11, 2018**.

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, please drop your child/children off no later than 7:20.***

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 Session 2

Childs' Name: _____ Pod Teacher: _____

Parent(s)/Guardian(s) Email:

Parent(s)/Guardian(s) Signature:

Preferred Phone (Home / Work / Cell): _____

Any medical issues the trainers need to know?

Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2018

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Find the right milk

Milk alternatives, such as soy, almond, rice, and coconut milk, are widely available today. That's good news for youngsters who can't have dairy. When choosing non-dairy milk, look for unsweetened varieties that are fortified with calcium and vitamin D.

DID YOU KNOW?

Jumping rope builds bone density, improves heart health, boosts balance and motor coordination, and burns calories. Help your child find a book of jump rope rhymes or games at the library or online. Then, try some together, or encourage her to teach them to her friends.



Thrifty kitchen supplies

Kitchen tools and appliances can be expensive. Consider taking your youngster with you to thrift shops and garage sales to stock up on cooking gadgets. This shows him the value of budget-friendly shopping. Good bets for used items include loaf pans, measuring cups, pots, and blenders.

Just for fun

Q: What did one pretzel say to the other pretzel?

A: "Let's twist!"



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Connecting over family meals

Gathering for a meal is about more than just eating—it's also about connecting as a family. Research shows that families who share meals tend to eat healthier foods. Here are ways to encourage together time around the kitchen table.

Eat by candlelight

Eating slowly gives your child's brain time to tell her stomach it's full, reducing her chance of overeating. Try lighting candles to create a relaxed atmosphere—this can encourage everyone to slow down and savor the meal. Plus, your child will feel excited that dinnertime seems "fancy."

Create a conversation box

Everyone will look forward to meals with this idea. Together, think of questions like "If you could travel through time, what decade would you visit?" or "What would happen if kids and parents could trade places for a day?" Let your youngster write the conversation starters on slips

of paper and put them in an empty box. During a meal, she can pull out a question to spark an interesting discussion.

Be flexible

Meals can be at different times of day or in different places. The key is to work with your family's schedule—and even add a touch of fun. One evening, you might eat on a picnic blanket on the living room floor. If everyone can't be home for dinner, have a family breakfast. On warmer days, eat on your patio or at a picnic table at the park. ●



Bento box lunches

A *bento box* is a container with different foods in individual compartments. Many Japanese children use them for school lunch. Try the bento box approach for a weekend lunch tradition:

- What youngster wouldn't love cheese "stars," lean turkey "hearts," or melon "basketballs"? Use cookie cutters or other kitchen tools to cut food into fun shapes. Then, place the shapes in ramekins or small food-storage containers arranged on a plate.
- Turn a small ice cube tray into a bento box by putting bite-sized foods into its sections. Your child might fill them with chopped hard-boiled egg, pineapple chunks, and green beans. Or he may like leftover grilled chicken cubes, whole-wheat crackers, grapes, and edamame. ●



This institution is an equal opportunity provider.

Take a healthy field trip

Nothing beats hands-on learning to spark your youngster's interest in nutritious foods and physical activity. A great way to do this? Plan healthy adventures like these.

Explore food stores. Check out new-to-you health food shops, locally owned markets, or merchants specializing in foods from other countries. Let your child pick out something your regular store doesn't carry, like a loaf of freshly baked bread or an unfamiliar spice blend.



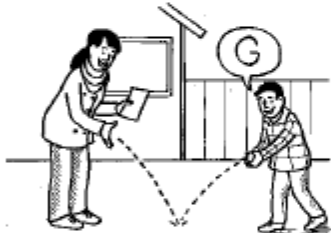
Try a gym. Many community centers, YMCAs, gyms, and rec centers offer free day passes or trial classes. Call around to find one. You and your youngster could swim, play tennis, or perhaps attend a parent-child class like yoga or karate.

Visit a farm. Search online for nearby farms and farmers' markets that are open in winter. Your child can choose fresh local vegetables to sample or to add to a dinnertime salad. A farm tour might also allow him to get exercise by climbing hay bales or rope ladders. ●

ACTIVITY CORNER

Bounce and spell

Put an active twist on your child's next spelling test study session. Get his word list and a tennis ball, then find a space indoors or go outside to play a few rounds of Spelling Bee Bounce.



Stand about 6–12 feet from your youngster, say a word from his list, and bounce the ball to him. As he says each letter, he bounces the ball to you and then you bounce it back to him. If he gets a letter wrong, say, "Oops, try again!" and he starts the word over.

Get creative in this game. He could spin around before bouncing the ball, or he could pretend to shoot it to you like a basketball free-throw.

Before you know it, he'll have mastered his entire spelling list—and gotten exercise along the way! ●

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
800-394-5032 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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O&A Bedtime snacks

Q: My daughter always wants a snack before she goes to bed. What should I give her?

A: A bedtime snack can help stave off hunger until morning, especially if your family eats dinner on the early side.

The recommendations for bedtime snacks are the same as those for snacks your child eats any time of day: Stick to small portions, limit sugar, and choose proteins and whole grains.

Good options include oatmeal, whole-wheat toast topped with a sliced banana, or whole-grain pita pockets stuffed with hummus and shredded carrots. On the other hand, you'll want your youngster to stay away from less healthy items like cookies, cupcakes, and chips.

Tip: Avoid giving your child a snack in the hour before bedtime, since digesting food can make it harder for her to fall asleep. ●



IN THE KITCHEN

Kid favorites: Baked, not fried

Chicken nuggets and french fries are popular with children—and they can be nutritious if they're not actually fried. Rethink these favorites with the following healthy twists.

Chicken nuggets

Cut $\frac{1}{2}$ lb. boneless, skinless chicken breasts into bite-sized pieces, and brush lightly with olive oil. In a bowl, mix $\frac{1}{2}$ cup whole-wheat bread crumbs, 2 tbsp. grated Parmesan cheese, and 1 tsp. Italian seasoning. Roll chicken in mixture to coat. Cook on a lightly

greased baking sheet at 425° for 12–15 minutes, flipping halfway through, until chicken is fully cooked.

French fries

Cut 3 medium russet potatoes into strips. Lightly coat two baking sheets with cooking spray. In a bowl, combine potatoes with 2 tbsp. olive oil, 1 tsp. chili powder (optional), $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Arrange on baking sheets, and place in a 400° oven for 30 minutes (turning over after 15 minutes) or until crispy. Spread fries on a paper towel-lined plate to soak up excess oil. ●



Holly Hill Farm & Friends

1/16/2018 FOR IMMEDIATE RELEASE:

Contact Info: *Friends of Holly Hill Farm*, 236 Jerusalem Road, Cohasset, MA 02025 www.hollyhillfarm.org 781-383-6565

UPCOMING EVENTS & ACTIVITIES

Walking Trails are open to the public at HOLLY HILL FARM every day!

Farm Stand will be open in the Greenhouse, Sunday, January 21, 10:00 – 2:00pm

Holly Hill Farm is a tranquil destination for a Sunday stroll in the woods and a visit with our farm animals. Property maps are available for purchase in the Greenhouse (\$3.) While you are here, stop by our warm greenhouse to see what the farmers have available on SUNDAY, JANUARY 21 FROM 10:00 – 2:00pm. Restock your pantry with Holly Hill Farm's own bottled raw honey, Dean's Bean's fair trade coffee beans. **Place your order in advance for BROWN BOAR pork products and pick up between 11-12pm. Email Meaghan for price list: Meaghan.swetish@brownboarfarm.com** Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565 hollyhillfarm.org

NEW EVENT! WEDNESDAY MORNINGS AT THE FARM, WEDNESDAYS BEGINNING JANUARY 24, 10:00 – 11:00am

Come walk, explore and enjoy Holly Hill Farm in winter. Parents, caregivers and youngsters will enjoy the Farm. Dress for some time outdoors and then enjoy a healthy snack and story time in our warm greenhouse. No fee, but donations to the Farm are suggested. Pre-register if you plan to attend one or all of the sessions. Wednesdays, January 24, 31, February 7 & 14. Please call or email in advance. **Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565 hollyhillfarm.org jbelberhollyhill@hotmail.com**

NEW EVENT! WINTER VACATION FUN AT HOLLY HILL FARM, Tues. – Thurs., Feb. 20-22, 9:00-noon

Come join us for vacation exploration at Holly Hill Farm. For one, two or all three days, children ages 7-10 can discover who lives on the farm, what lies beyond the barnyard and what the farmers do in Winter. Tuesday will be a day to learn about and visit with the animals. Wednesday will be a day explore the woods and look for Winter tracks in the snow. Thursday will offer the chance to sow seeds and work with the soil in the warm greenhouse. Children can bring a peanut-free snack and have a great time enjoying the farm in this cool season. Ages 7-10; Minimum of four students, maximum of 12. Tuesday, February 20th; Wednesday, February 21st; Thursday, February 22nd from 9-12 noon each day. FHHF Members: \$36/day; non-members: \$42 /day. Consider becoming an annual member with the Friends of Holly Hill Farm with year-round discounts. **Pre-register by contacting Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 jbelberhollyhill@hotmail.com, hollyhillfarm.org**

MONTHLY WINTER FARM STAND 2018

Check our website in January for dates! Hollyhillfarm.org Send email to friendsofhollyhillfarm@gmail.com for weekly news from our farm stand and other farm events and programs!

NEW EVENT! FARM TO FOOD PANTRY COMMUNITY SERVICE INFO SESSION ON THURSDAY, JANUARY 25, 5:00 – 7:00 pm Paul Pratt Library, Cohasset

Come learn about and celebrate our Farm to Food Pantry Program. This important Community Service opportunity for teenagers helps teach students about the importance of providing healthy organic produce to those in need. Hear stories from the teens who have gained an understanding of the value of this program. Paul Pratt Library, 35 Ripley Road, Cohasset, MA 02025. For more information, contact Jon Belber, Education Director, Holly Hill Farm, 781-383-6565 hollyhillfarm.org Email: jbelberhollyhill@hotmail.com

WINTER NEWS ON THE FARM TO FOOD PANTRY TEEN COMMUNITY SERVICE PROGRAM AT HOLLY HILL FARM

The *Farm to Food Pantry Program* is a unique opportunity for teenagers aged 13-18. Even though the fall schedule has come to a close, we welcome teen farmers who want to plan ahead for early spring chores or would like to help out on a limited basis during the winter months. If students need community service hours, please consider coming to the farm, as the Winter work never ceases. Please contact Jon Belber if you wish to plan your community service requirements at Holly Hill Farm while learning valuable growing and harvesting skills to last a lifetime. For further information and to register, contact Education Director, Jon Belber at 781-383-6565 or jbelberhollyhill@hotmail.com

Breakfast Order Form

Breakfast for the Month of January, 2018

Due to the office by 3:00 pm, ***Tuesday, January 16, 2018**

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
 1/29 – 2/2

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

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

Week of Monday Tuesday Wednesday Thursday Friday
 1/29 – 2/2 **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad**

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

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

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

Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.

Breakfast Order Form
Breakfast for the Month of February, 2018
Due to the office by 3:00 pm, ***Tuesday**, January 30, 2018

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 2/5 – 2/9 Monday Tuesday Wednesday Thursday Friday

Week of 2/12 – 2/16 Monday Tuesday Wednesday Thursday Friday

Week of 2/19 – 2/23 Monday Tuesday Wednesday Thursday Friday

Week of 2/26 – 3/2 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$1.85

Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form

Lunch for the Month of February, 2018

Due to the office by 3:00 pm, *Tuesday, January 30, 2018

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 2/5 – 2/9	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Early Release	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 2/12– 2/16	<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 2/19 – 2/23	<u>Monday</u> * * *	<u>Tuesday</u> W I N T E R	<u>Wednesday</u> V A C A T I O N	<u>Thursday</u> A T I O N	<u>Friday</u> * * *
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Week of 2/26 – 3/2	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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- Option A = Regular Lunch Choice
- Option B = Salad Lunch Choice
- Can only choose 1 (one) option

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

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

Less credit due _____


Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.



SOUTH SHORE CHARTER SCHOOL
FEBRUARY, 2018

BREAKFAST

Monday		Tuesday		Wednesday		Thursday		Friday	
5	Frosted Flakes Crackers Fruit 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	3.6 oz. WG Banana Muffin Fruit Juice Milk
12	Golden Grahams WG Grahams Fruit Orange Juice Milk	13	3.6 oz. WG Banana Muffin 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		V A		C A		T I		O N	
26	Cereal Graham Crackers Fruit Orange Juice Milk	27	WG Croissant w/Jelly Fruit Juice Milk	28	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	March 1	WG Apple Roll Fruit Orange Juice Milk	2	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
FEBRUARY, 2018

LUNCH Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 A Oven Baked Chicken Bites Potato Wedges & WG Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	6 A Tuna Salad on WG Roll Chickpea Salad w/Carrots B Salad w/Crunchy Chicken & WG Pita Bread Milk	7 EARLY DISMISSAL	8 A Herbed Baked Chicken Green Beans Whole Grain Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	9 A Cheese Pizza Carrots & Broccoli B Salad w/ Crunchy Chicken & WG Pita Bread Milk
12 A Hamburger on WG Bun Baked Beans B Salad w/ Turkey & WG Pita Bread Milk	13 A Grilled Chicken Breast Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	14 A Sloppy Joe on WG Bun Green Beans B Salad w/Turkey & WG Pita Bread Milk	15 A Chicken Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	16 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
19 	V A	C A	T I	O N
26 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	27 A Ham & Cheese on WG Bun Chickpea Salad B Salad w/Tuna & WG Pita Bread Milk	28 A Chicken Parmesan Sandwich Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	March 1 A Ziti & Meatballs Broccoli B Salad w/Tuna & WG Pita Bread Milk	2 A Cheese Pizza Carrots & Corn B Salad w/Tuna & WG Pita Bread Milk

* All Meals include Choice of 1% or Skim Milk.

Circle a Milk Choice

1%

Skim

All Meals Include Fruit

* Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE***Before placing your order, please inform the school if you have a food allergy!*****"This institution is an Equal Opportunity Employer"***

Grade: _____

Room: _____

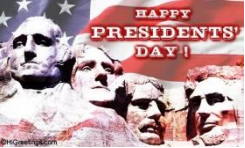


No. of Lunches: _____

Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12
FEBRUARY, 2018

LUNCH Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 A Oven Baked Chicken Bites Potato Wedges & WG Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	6 A Tuna Salad on WG Roll Chickpea Salad w/Carrots B Salad w/Crunchy Chicken & WG Pita Bread Milk	7 EARLY DISMISSAL	8 A Herbed Baked Chicken Green Beans Whole Grain Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	9 A Cheese Pizza Carrots & Broccoli B Salad w/ Crunchy Chicken & WG Pita Bread Milk
12 A Hamburger on WG Bun Baked Beans B Salad w/ Turkey & WG Pita Bread Milk	13 A Grilled Chicken Breast Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	14 A Sloppy Joe on WG Bun Green Beans B Salad w/Turkey & WG Pita Bread Milk	15 A Chicken Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	16 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
19 	V A	C A	T I	O N
26 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	27 A Ham & Cheese on WG Bun Chickpea Salad B Salad w/Tuna & WG Pita Bread Milk	28 A Chicken Parmesan Sandwich Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	March 1 A Ziti & Meatballs Broccoli B Salad w/Tuna & WG Pita Bread Milk	2 A Cheese Pizza Carrots & Corn B Salad w/Tuna & 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"***