



Update

January 24, 2018

Vol. 1, Issue 3

FROM THE K-12 INTERIM PRINCIPAL

Last night I had the opportunity to present information about bullying, cyberbullying, and social media use to a group of about a dozen parents. I am hoping to reach a wider audience through the Update. I am including a brief synopsis of my presentation below as well as a link to my handout and some additional resources on the topic.

Bullying is an abuse behavior and is different from conflict, drama, or being mean. Conflict is a normal part of human relationships. Learning how to deal with conflict is an important developmental task of childhood. Bullying is repetitive behavior that is intentional and emotionally impactful. It occurs in situations when there is a power imbalance between the children and results in fear. Today most bullying behaviors are not obvious and physical. Children are generally well supervised both at school and at home making physical aggression fairly rare. Instead, children engage in social cruelty. Most of the bullying that occurs today is the accumulation of many small behaviors like whispering, ignoring, eye rolling, and giving dirty looks. Children are aware of the school rules and are careful not to break them. These behaviors fall into a gray area. They are obvious to the target but can be difficult for adults to detect.

When concerns about a potential bullying situation are raised by a teacher, parent, or student we investigate the situation using the parameters in the definition. What the research tells us is that labels are not particularly important. What is important is that students feel listened to and that there is a response. Our teachers are trained to consistently and immediately respond to overt behaviors. Teachers make it clear with their quick responses that socially cruel behaviors are not acceptable at our school. We want our students to understand that we expect them to behave in a reasonably civilized and considerate manner at all times, even if they're mad, having a bad day, their feelings are hurt, or someone is being annoying. Our faculty consistently communicates this expectation to students.

The internet further complicates the social worlds of children and teens. Children have a high level of comfort with technology and increasingly feel that they must be in constant communication. Being away from social media can make many adolescents incredibly anxious. They are afraid that they will miss something online, often losing sleep in order to keep up. They have difficulty understanding privacy and security and often inadvertently put themselves at risk not just for cyberbullying, but for becoming the victims of predators online. Many young children are using social media despite the age limits set on the apps. Owning a smartphone is the biggest risk factor for elementary school aged cyberbullying.

With older children in school bullying almost always has an online component. Often a minor conflict in school can escalate into a major conflict online. Being online makes people bolder. When adolescents get upset and go online it is easier for them to belittle and bully as they cannot see the face of the other person and the impact of their words. Being online also changes the social power structure.

What children and teens are doing online changes constantly. Generally once adults are aware of a trend it is on its way out. That being said, [this list](#) provides some guidance as to what types of apps are currently popular with adolescents.

The good news is that students are highly aware of bullying and cyberbullying and are increasingly responsive. Research shows that the best intervention is peer intervention. Even a quick comment like, “just ignore him,” from a peer can make a world of difference for a child that feels targeted. Our role as parents and educators is to support students as they learn to do this for each other. Parents are critical, particularly when it comes to what happens online. They have a vital role in monitoring the digital lives of their children.

While bullying awareness is important and has helped to reduce relational aggression, far too many behaviors are being labeled as bullying. Children know that using the word “bullying” gets everyone’s attention. It can be easier for a child who is avoiding working on friendship skills to say that they are being bullied so that adults will handle their social conflicts for them. Often children believe they will get in less trouble for their role in a conflict if they blame bullying. Forming relationships is the central developmental task of the school years. This is a challenging process that will include conflict and hurt feelings. Just because something is not classified as bullying doesn’t mean that it isn’t important and doesn’t mean that children do not need help dealing with it. Never hesitate to reach out to adults at school for help with social issues whether they can be classified as bullying or not.

The [Massachusetts Aggression Reduction Center](#) and [Common Sense Media](#) are excellent resources for more information about this topic. This is an area that is in constant flux. I welcome your questions, concerns, and ideas.

Angie Pepin – aepin@sseps.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

Thursday	01/25	7-12 Midterm Exams	
Friday	01/26	7-12 Midterm Exams	
Saturday	01/27	Ski Club to Ragged Mountain	6:30am
Wednesday	01/31	High School Mock Trial to Hingham Court House	1:00-4:00pm
Wednesday	01/31	Level IV Healthy You to Gillette	
Thursday	02/01	School Council	3:30pm

WHAT'S HAPPENING IN PROJECTS & WORKSHOPS?

Level IV's Future City Project went to the Mass Department of Transportation this past Saturday to participate in the Regional Finals of the Future City Competition hosted by the Boston Society of Civil Engineers. Each year, as part of the competition, students are asked to design a city 100 years in the future with a particular theme. This year's theme was building an age friendly city, where students had to engineer two solutions to keep senior citizens independent and healthy. Our team designed road sensors that read health vitals through special microchips in the cars, where the road can then call for help in a medical emergency. The team's second solution was an Elderly Playground, with equipment that is user friendly and motivating for aging bodies.



At the competition, the team presented different aspects of their city to "special area" judges, which won them the award of Most Innovative Infrastructure.

While the team was not selected as a finalist out of the thirteen models seen that day, they learned a lot and worked hard bringing it all together.

Level IV Project - A Healthy You is hosting a Level I and Level II Can Food Drive. It will run through January 30th. The pod with the most cans wins a pizza party. All food will be donated to a local food pantry.

FROM THE HEALTH OFFICE

We will begin BMI (height and weight) screenings this week for Grades 1, 4, 7, and 10. Students in Grade 8 will also receive hearing and vision screening. If for any reason you would not like your child to be screened, please send a letter to the Health Office.

Here are a few reminders regarding viruses such as GI bugs and the 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 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 phone 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@sscps.org for any information.

Please Save the Date for our 23rd Annual Auction to be held at Atlantica in Cohasset! Stay tuned for more information.

Thank you for all you do to support the South Shore Charter Educational Foundation.

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.

COMMUNITY SERVICE OPPORTUNITY

Join the 27th Annual Walk for Hospice – Saturday, March 24

SSCPS mom Kate Youngclaus, and her children Avery, grade 5, Sadie grade 2 and Maggie in kindergarten are participating in the 27th Annual Walk for Hospice of the South Shore taking place on Saturday, March 24, 2018. Each year the Walk for Hospice helps provide necessary funds for end-of-life care for hundreds of patients, and bereavement services for their family and friends. Supporting the Walk ensures that no patient is ever turned away, regardless of his or her ability to pay.

Please consider joining our team, South Shore Charter Public School!

http://giving.southshorehealth.org/site/TR/SignatureEvent/TeamRaiserWorkshop?team_id=1511&pg=team&fr_id=1090

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**



VOLUNTEERS!

“You’re A Good Man, Charlie Brown”

We need student and parent volunteers interested in working on the SSCPS spring musical in the following areas:

Stage Crew
Props
Make Up & Hair
Costumes
Props
Concessions
Box Office
Ushering
Stage Management

For some positions, you may be required to attend one rehearsal and the tech rehearsal in addition to a performance(s).

Please contact Colleen Leonard sscleonard@gmail.com if you are interested in volunteering. In addition to being a lot of fun, it's great experience for college applications and resumes. Hours worked on the spring production count as community service too!



Middle School Meetup

Who: Middle School Students, Grades 5-8

When: Friday, January 26, 2018

Where: Sky Zone – Kingston Collection

Details: Meet at 5:00 for 60 minutes of jumping with optional dinner after at the Food Court (transportation not being arranged – create your own carpool!)

Cost: an hour of jumping \$16.00, plus pocket money for dinner

Note: Parents must complete waiver for students to participate either in person or at <https://kingstonstore.skyzone.com/waiver/> for those who are sending kids in a carpool



This is not a school sponsored event.

SSCPS Outing Club



What: New England Aquarium
Boston

Who: SSCPS students in grades 5-8

When: Wed. Feb. 7, 2018 - Depart SSCPS gym area at 12:15 pm (it is a short Wednesday!)
Return to Braintree T station 7:00pm

Transportation: Parent Carpool from SSCPS to Braintree T/ MBTA to Aquarium
Student pick up will be at the Braintree T station

Cost: \$15-20 for T tokens and pocket money for dinner

Questions: sscpsoutingclub@gmail.com (Parent organizing: Kate Doyle)

Please complete and return your form [by Friday 2/2/18](#) to front desk at 100 Longwater Circle. (all money should be the responsibility of your child on the day of the trip)

Please note there is a limit of students and chaperones on this trip to 25 students/4 chaperones. First come, first served.

This is not a school sponsored event



New England
Aquarium

Protecting the blue planet

New England Aquarium Outing
February 7, 2018
Middle School Outing Club

Student name: _____ grade _____ age _____

Print Parent/guardian name(s):

Phone #: _____

Email contact: _____

Person/number to call in case of emergency: _____

Choose one:

I am willing to help with transportation and chaperoning and can drive # _____ of students in my vehicle.

please assign a carpool for my child to attend the outing.

_____ will pick student from SSCPS at 7:00 PM at the Braintree T station.

Any special concerns that chaperones need to know (allergies, etc.):

I acknowledge that this a parent-organized event and give permission to parent volunteers to chaperone and transport my child as indicated, above.

Parent signature: _____

PLEASE RETURN THIS FORM BY Friday, February 2, 2018. No late sign ups will be accepted. Thank you for understanding.

This is not a school sponsored event

SSCPS Outing Club



What: MIT “Science on Saturdays” (Topic: Materials with Magical Properties)

Massachusetts Institute of Technology - Kresge Auditorium
48 Massachusetts Ave
Cambridge, MA 02139

.....and lunch in the city!

Who: SSCPS students in grades 5-8

When: Feb. 3, 2018, meet to carpool at 8:30am at Barnes and Noble in Braintree; pick up at 1:30

Transportation: Carpool to/from Barnes and Noble in Braintree

Cost: \$2 contribution to cover parking and send pocket money (\$10-15) with your child for lunch
Lunch options: Pizza, Dunkin’ Donuts, Ana’s Taqueria

Questions: sscpsoutingclub@gmail.com (Parent organizing: Kate Doyle)

Please complete and return your payment and the bottom of this form by 2/1/18 to front desk at 100 Longwater Circle to participate. (Cash only please!)

This is not a school sponsored event

MIT Science on Saturdays December 2, 2017
Middle School Outing Club

Student name: _____ grade _____ age _____

Print Parent/guardian name(s): _____

Phone #: _____

Email contact: _____

Person/number to call in case of emergency: _____

Choose one:

_____ I am willing to help with transportation and chaperoning and can drive # _____ of students in my vehicle.

_____ I will need help arranging carpooling for my child to attend the outing.

_____ I am arranging my own carpool to include (list student names and driver):

_____ will pick student from Barnes and Noble at 1:30 PM.

Any special concerns that chaperones need to know (allergies, etc.):

I acknowledge that this a parent-organized event and give permission to parent volunteers to chaperone and transport my child as indicated, above.

Parent signature: _____

PLEASE RETURN THIS FORM BY Feb. 1, 2018

This is not a school sponsored event

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!"



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. ●

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.

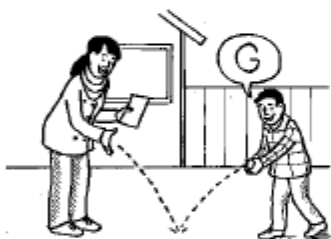
Visit a farm. Search online for nearby farms and farmers' markets that are open in winter.

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.
ISSN 1935-4630

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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. ●



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> C 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

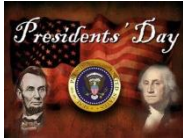
\$ _____

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	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
	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: _____

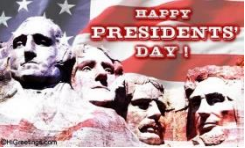


No. of Lunches: _____

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"***