



FROM THE EXECUTIVE DIRECTOR

Over the past ten days I have written to our school community regarding changes in our school's administration. Here at school we are looking forward to seeing the changes we have undertaken move us throughout this academic school year. We are excited about the direction our school is headed for the rest of this year and for the years that will follow.

It is hard not to be excited about what the future holds. At the Enrollment Open House on Saturday, November 18 many families came to visit our school to meet students, members of the faculty, and to take a tour of our buildings. Open House provides the opportunity for prospective families and students to get to know what a charter school is and what makes the South Shore Charter Public School so unique among district public schools and other public charter schools. At these events, our best representatives have always been our students. Thank you to all students who attended and gave informative tours to many prospective new families. Our next Open House will be on Thursday, January 18 from 5:00 – 7:00. Please let us know if you or your child is interested in volunteering for this very special evening.

I would like to again thank the Parents Association Special Election Committee for all of their tireless work over these past weeks. On Monday evening all families should have received an email with an attached document including summaries of the nominees. It is included below. At last night's Parents Association meeting there was a special meet and greet for the candidates running for offices in the upcoming election. . Our Parents Association is an essential component of our school's governance model and it is heartening to see how supportive parents have been in ensuring the success of the upcoming elections.

-Alicia Savage asavage@sscps.org

Thursday	12/07	Winter Concert for Grades 5-12 Hingham High School	6:00pm
Wednesday	12/13	2nd Quarter Warnings Mailed	
Thursday	12/14	Winter Concert for Grades K-4 Hingham High School	6:00pm
Thursday	12/14	Board of Trustees Finance Committee	7:30pm 7:00pm

ANNOUNCEMENTS

2017-18 Family Directory

Don't miss your chance to be included (or opt-out) of this year's Directory! This is a wonderful resource for staying connected in our school community.

Follow this link to answer a few short questions:

<http://bit.ly/2zWZVGW>

You must take action by December 15, 2017, to be included in the Directory or your family's information will be withheld. Please fill out the survey even if you are opting out!

We are hoping to reach every family to ensure that our Directory is complete and ready for print in January.

Email Carolyn & Noreen at directory@sscpsclubs.org with any questions.

PHYSICAL EDUCATION DEPARTMENT

Just a few reminders as the colder weather approaches. 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!

PARENTS ASSOCIATION

You can find detailed Roles & Responsibilities for each PA position by following this path of clicks on the school website:

[SSCPS.ORG](#) > [FAMILY RESOURCES](#) > [PARENT ASSOCIATION](#)> [PARENT ASSOCIATION BY-LAWS](#)

(http://www.sscps.org/apps/pages/index.jsp?uREC_ID=309592&type=d&termREC_ID=&pREC_ID=579516)

- All nominees indicate that they read and understand, prior to self-nominating.
- Our goal is to induct election winners at the January 17th PA Meeting at 6:30 pm.
- Questions about the Special Election Process can be sent to the Special Election Team here: SSCPSPAELECTION@gmail.com

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?



The Cultural Diversity Workshop has collaborated with the United States Foundation for the Children of Haiti in an effort to share their cultural experiences with a sister school in Haiti. Students created and designed beautiful greeting cards to send over to the students at the School of the Good Sower.



The Cultural Diversity Workshop students presented cards and gifts of granola bars to Terri Fortin; a representative of the Foundation to take back to students at the Good Sower School. Students also raised money by having a Thanksgiving Lunch Sale which was quite successful. We hope that the students at the Good Sower School will enjoy their wonderful treats.



By (Amy) Ifunanya Onwuka

ATHLETICS

Basketball Practice Schedule up to Winter Break

Date	Day	Plymouth River Elementary (pick up at SSCPS at 6) 3:15-5:45pm	SSCPS (pick up at PE Space) 3:30pm-5:30pm
11/28	T	HS Boys Tryouts	7-12 Girls
11/29	W	7-12 Girls	MS Boys
11/30	TH	7-12 Girls	HS Boys (ends at 5:00)
12/1	F	HS Boys Tryouts	MS Boys
12/4	M	7-12 Girls	MS Boys
12/5	T	Varsity Boys	7-12 Girls
12/6	W	EARLY RELEASE	NO PRACTICE
12/7	TH	Varsity Boys	7-12 Girls
12/8	F	Varsity Boys	JV Boys
12/11	M	7-12 Girls	MS Boys
12/12	T	Varsity Boys	7-12 Girls
12/13	W	MS Boys	JV Boys
12/14	TH	Varsity Boys	MS Boys
12/15	F	JV Boys	MS Boys
12/18	M		MS Boys
12/19	Tr	7-12 Girls	Varsity Boys
12/20	W	Varsity Boys	7-12 Girls
12/21	TH		MS Boys
12/22		EARLY RELEASE	NO PRACTICE
12/23 - 1/4		WINTER	BREAK

If you have any questions contact your child's coach:

7-12 Girls Basketball Coach - Damian Sullivan at dsullivan@sscps.org

Middle School Boys Coach - Matt Goodell at mgoodell@sscps.org

JV Boys Basketball Coach - Jhonneris Mendez at jmendez@sscps.org

Varsity Boys Basketball Coach - Joe Kay at jkay@sscps.org

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.

COMMUNITY SERVICE OPPORTUNITY

TIME TO CLEAR OUT THOSE BOOKCASES FOR THE HOLIDAY!

Shannon Daly is collecting slightly used or new books for children, ages 2 to 14, whose parents are students at the Adult Learning Center in Brockton. Each year, all the adult learners and their children are invited to come and choose books that they can take home to create an at home library. The Learning Center relies on donations from community members to make this give-away possible, a lot of the time this is the only way they receive books. The collection box is located outside in the front lobby at the front desk at 100 Longwater and any donations would be greatly appreciated. For larger donations 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

December 2017

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Cookbooks for free

Find healthy new recipes for your family and encourage your child to read at the same time. How? Visit the library together to check out cookbooks. You could explore healthy dessert ideas, winter favorites, or recipes from different countries. At home, take turns reading recipes aloud to each other, and choose a few to make for dinner this week.

Wake up, warm up

Start your day with physical activity—and help your sleepyhead wake up!



Ask your youngster to create an active morning routine. For example, she might do 10 shoulder shrugs, 10 big arm circles, 6 lunges, and 5 toe touches before getting dressed. In the kitchen, she could do 10 jumping jacks and run in place for 1 minute before breakfast.

DID YOU KNOW?

If your child eats just one medium sweet potato, he gets more than enough vitamin A and about half of the vitamin C he needs for the entire day. Substitute sweet potatoes for white ones in his favorite potato dishes like mashed potatoes and french fries. This is one sweet you can happily say yes to.

Just for fun

Q: What did the banana say to the monkey?

A: Nothing. Bananas can't talk!



Now starring...vegetables!

Many meals feature meat as the main attraction, with vegetables playing a “supporting role.” Why not switch things up? By letting veggies take center stage, you can encourage your youngster to eat more of them. Try these ideas.

Plan around a vegetable

Ask your child, “What vegetable should we have for dinner?” Then, build your entire meal around her choice. Say your youngster picks carrots as the main attraction. Talk about how to prepare them (slices or sticks, roasted or steamed) and what would taste good with them (noodles and tofu).

Put vegetables front and center

The way you serve dinner can give vegetables the spotlight. Have your child place a big bowl of veggies in the middle of the table, perhaps fajita vegetables (green peppers, onions), with side dishes like corn tortillas, black beans, and brown



rice. *Tip:* Encourage family members to take a bigger portion of veggies and smaller amounts of everything else.

Add vegetables to favorites

Serve burgers on lettuce leaves instead of buns. Stir cooked peas and diced tomatoes into macaroni and cheese. While you eat these creations, brainstorm fun names for them. Who knows—maybe “leaf-burgers” or “polka-dot mac” will become famous household names. ●

An outdoor treasure hunt

Get a workout while searching for hidden “treasure” in your yard.

Number 10 sticky notes, and write an active clue on each, telling family members where to find the next one—and how they will move to get to it. To begin, you might stick a note on the front door that says, “Gallop to the place we get letters and cards” (mailbox). Then on the mailbox, you could put a clue that says, “Run to the tree that we see when we are eating” (outside the kitchen window).

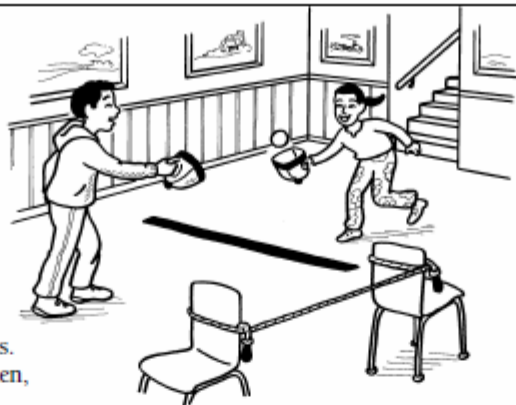
The last note should tell players where to find the “treasure”—perhaps a container of syrup with a note that says, “Head indoors for a pancake brunch!” ●



Make your own fitness gear

Your family doesn't need expensive gym equipment to exercise indoors. Use these common household items for fun workouts.

Catcher's scoop. Wash two empty plastic milk jugs and cut each in half, keeping the top parts with the handles. Cover sharp edges with duct tape. Then, play catch using a foam ball.



Balance beam. Ask your youngster to stick a line of duct tape or masking tape on the floor. Family members can walk forward and backward, tumble, and hop along the "beam."

Hockey goal. Turn a laundry basket on its side, and place it against a wall. Players use a pool noodle to shoot crumpled waste-paper into the goal.

Limbo. Tie opposite ends of a jump rope to two chairs, and separate the chairs so the rope is stretched tight. Play "limbo" by going under the rope without touching it. Slide the rope down a little on each round—how low can you go? ●

chairs so the rope is stretched tight. Play "limbo" by going under the rope without touching it. Slide the rope down a little on each round—how low can you go? ●

ACTIVITY CORNER Graph family favorites

What kind of bagel is most popular in your house? Which fruit or nut do family members like best? Your child can find out by taking a survey and graphing the results.



Have your youngster choose three foods for family members to sample—at least one should be unfamiliar. *Examples:* grapefruit, pear, persimmon. Then, he could conduct a blind taste test by having everyone try each food without looking.

Encourage your child to graph everyone's favorites. He can list choices on the left side of a sheet of paper, write each person's name across the bottom, and draw one piece of fruit to represent each vote. Let him share his findings at dinner. Do this activity regularly, and you've got an easy way to motivate your youngster to taste different foods and practice creating graphs. ●

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
 800-394-5052 • 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 1035-4630

Q&A Healthier holiday baking

Q: I love baking holiday treats with my daughter, but I'd like to make them more nutritious this year. Any ideas?

A: You can boost the nutrition simply by swapping in some healthier ingredients.

Try using unsweetened applesauce in place of sugar or butter in recipes for muffins and cakes. For every cup of sugar, substitute 1 cup applesauce. Or replace half of the butter with applesauce. For cookies, dried cranberries and chopped dried apricots are colorful alternatives to chocolate chips (choose varieties with no added sugar).

Your treats will still taste delicious, and you'll feel better about enjoying them together! ●



IN THE KITCHEN "Souper" recipes

A bowl of hearty yet healthy soup makes a perfect winter dinner.

● **Creamy broccoli.** Sauté 1 tbsp. crushed garlic in 1 tbsp. olive oil in a large pot over medium-high heat. Add ½ tsp. salt and ¼ tsp. pepper. Cook until soft, stirring constantly. Add 4 cups vegetable broth, 2 lbs. chopped broccoli, and 1 cup fat-free evaporated milk. Simmer 20 minutes or

until the broccoli is tender. Transfer to a blender, and puree until thick.

● **Chicken and spinach tortellini.** In a large pot, bring 28 oz. low-sodium chicken broth to a boil. Add a 9-oz. package of refrigerated cheese tortellini, and cook 7–9 minutes. Reduce heat to medium, and stir in 3 cups shredded cooked chicken and 6 oz. fresh baby spinach. Cook until spinach is wilted. ●



Travel Sized Toiletry Drive for Father Bill's Place



My name is Joshua Barone and I am a 10th grader at SSCPS. I recently volunteered and toured the Father Bill's Place and learned that new travel size toiletries are in high demand. I would like to try to help them out and would appreciate your support. I have put a box in the lobby at 700 and at 100 to collect these items and will be collecting until 12/15. I am told travel sized items are ideal because the homeless carry everything they own around with them and this makes it less bulky and easier for them to carry.

Some suggested items are: shampoo, small bars of soap, toothpaste, dental floss, chap stick, deodorant, tampons, maxi pads, lotion and toothbrushes.

Any donation would be greatly appreciated.

Holly Hill Farm & Friends

12/5/2017 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

HOLLY HILL FARM STAND IN THE GREENHOUSE, SAT., DECEMBER 16, 10:00 – 2:00pm

Come to our warm greenhouse on Saturday, December 16 to shop for fresh produce and have a cup of hot soup made by Chef Katie Callahan! Fresh spinach and kale grown at Holly Hill, our own raw, filtered honey, root crops from other organic farms plus coffee from Dean's Beans and more. Fresh cut holiday swags with festive red bows available for purchase. 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

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!

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

SAVE THE DATE: NEW YEAR'S DAY WOODLAND WALK, Mon., Jan. 1, 2018, 1:00-3:00pm

Plan ahead for New Year's Day! Bundle up, bring family and friends and make new friends as we welcome 2018 with a woodland walk. Explore and discover the diversity of flora throughout the 130 acres of Holly Hill Farm's trails. Your choice of a family hike with Cindy Prentice for those who would like a faster paced guided walk or a stroll with Steve Ivas, who will tell us about nature's signs of winter in the woods. Hot cocoa to warm you up after your hike! No need to pre-register, free event (donations accepted to support our educational programs). RAIN OR SHINE. Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565 hollyhillfarm.org

Hello Friend of Storybook Cove,

CHILDREN'S EVENT

COME JOIN US -- JANET IS TAKING HER STORY TIME ON THE ROAD TO LAURA'S CENTER FOR THE ARTS, [97 Mill Street, Hanover, MA](#) at 12:30 to 1:00 PM!

FINAL READING - featuring
Don't Wake the Tiger by Britta Teckentrup

[LINK to info.](#)



JOINT CHILDREN'S EVENT WITH SOUTH SHORE CHILDREN'S MUSEUM:

Wednesday, December 13 -

Please join us for a joint reading and craft!. Check in at the South Shore Children's Museum by 10:15 am and then join us at Storybook Cove for the 10:30 am reading of *How the Grinch Stole Christmas*. You will return to the Museum after the reading to do the related craft. [LINK](#) to more info.

GROWN-UP EVENT

Join us for book signing by Isabella Rose, one of the contributing authors of **THREE** inspirational/spiritual books that will be sure to inspire you and a loved one! ISABELLA ROSE will be at Storybook Cove on Saturday, December 16TH at 2:00 P.M. [LINK](#) to more info.



PEN TO PAPER YOUTH CREATIVE WRITING (AGES 8-11) WRITING WORKSHOPS WITH LAURA LOVETT - Session for boys & girls at 11:30 AM to 1:00 PM with a second session at 1:00PM if needed because of number of participants. December sessions: 12/2, 12/9, and 12/16. [LINK TO DETAILS.](#)

25% OFF Any Item – Coupon is available at www.storybookcove.com

Janet Bibeau jbcove@bibeau.us
Storybook Cove www.storybookcove.com
An "Indie Bound" Independent Bookstore
SNACK * NAP * READ * Raising Passionate Readers
Hanover Mall, 1775 Washington Street, Hanover, MA 02339; 781-826-6060

Order Form

Month of December, 2017

Due to the office by 3:00 pm, *Tuesday, December 12, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

BREAKFAST

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

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
12/18 – 12/22

Number of Breakfasts ordered _____ X \$1.85

Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.

LUNCH

Please circle **one** choice per each day.

Week of 12/18 – 12/22 Monday **Reg or Salad** Tuesday **Reg or Salad** Wednesday **Reg or Salad** Thursday **Reg or Salad** Friday **Early Release**

- 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 January, 2018

Due to the office by 3:00 pm, *Tuesday, December 19, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 1/1 – 1/5 Monday Tuesday Wednesday Thursday Friday

Week of 1/8 – 1/12 Monday Tuesday Wednesday Thursday Friday

Week of 1/15 – 1/19 Monday Tuesday Wednesday Thursday Friday

Week of 1/22 – 1/26 Monday Tuesday Wednesday Thursday Friday

Week of 1/29 – 2/2 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 January, 2018

Due to the office by 3:00 pm, ***Tuesday, December 19, 2017**

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 1/1 – 1/5	<u>Monday</u> NO SCHOOL	<u>Tuesday</u> NO SCHOOL	<u>Wednesday</u> NO SCHOOL	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 1/8– 1/12	<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 1/15 – 1/19	<u>Monday</u> NO SCHOOL	<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 1/22 – 1/26	<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 1/29 – 2/2	<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 _____ X \$3.40

Less credit due _____

Total Amount Enclosed \$_____

Cash or Checks may be made out to SSCPS.



SOUTH SHORE CHARTER SCHOOL
JANUARY, 2018

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			4 Rice Krispies Graham Crackers Fruit Juice Milk	5 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk
8 Frosted Flakes Crackers Fruit Juice Milk	9 2 oz. Cereal Fruit Juice Milk	10 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	11 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	12 3.6 oz WG Banana Muffin Fruit Juice Milk
15 MARTIN LUTHER KING DAY	16 Golden Grahams WG Crackers Fruit Orange Juice Milk	17 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	18 WG Cinnamon Roll Fruit Juice Milk	19 WG Bagel Fruit Orange Juice Milk
22 Cheerios Graham Crackers Fruit Orange Juice Milk	23 2 oz. Cereal Fruit Orange Juice Milk	24 3.6 oz WG Banana Muffin Fruit Orange Juice Milk	25 3.6 oz WG Apple Muffin Fruit Juice Milk	26 WG Apple Roll Fruit Juice Milk
29 Cereal Graham Crackers Fruit Orange Juice Milk	30 WG Croissant w/Jelly Fruit Juice Milk	31 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	Feb 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. * 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
JANUARY, 2018

LUNCH Circle A or B
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			4 A Meatballs on WG Sub Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	5 A Cheese Pizza Carrots Potato Wedges B Salad w/Tuna & WG Pita Bread Milk
8 A Oven Baked Chicken Bites Potato Wedges & WG Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	9 A Tuna Salad on WG Roll Chickpea Salad w/Carrots B Salad w/Crunchy Chicken & WG Pita Bread Milk	10 EARLY DISMISSAL	11 A Herbed Baked Chicken Green Beans Whole Grain Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	12 A Cheese Pizza Carrots & Broccoli B Salad w/ Crunchy Chicken & WG Pita Bread Milk
15 MARTIN LUTHER KING DAY	16 A Grilled Chicken Breast Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	17 A Sloppy Joe on WG Bun Green Beans B Salad w/Turkey & WG Pita Bread Milk	18 A Chicken Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	19 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
22 A Pancakes & Sausage Potato Wedges B Salad w/String Cheese & WG Pita Bread Milk	23 A Buffalo Chicken Wrap Chickpea Salad w/Veggies B Salad w/String Cheese & WG Pita Bread Milk	24 A American Chop Suey Broccoli & WG Roll B Salad W/ String Cheese & WG Pita Bread Milk	25 A Hamburger on WG Bun Sweet Potato Puffs B Salad w/ String Cheese & WG Pita Bread Milk	26 A Cheese Pizza Green Beans & Potato Wedges B Salad w/ String Cheese & WG Pita Bread Milk
29 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	30 A Ham & Cheese on WG Bun Chickpea Salad B Salad w/Tuna & WG Pita Bread Milk	31 A Chicken Parmesan Sandwich Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	FEB 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%, Fat Free Choc. or Skim Milk.

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
JANUARY, 2018

LUNCH Circle A or B
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			4 A Meatballs on WG Sub Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	5 A Cheese Pizza Carrots Potato Wedges B Salad w/Tuna & WG Pita Bread Milk
8 A Oven Baked Chicken Bites Potato Wedges & WG Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	9 A Tuna Salad on WG Roll Chickpea Salad w/Carrots B Salad w/Crunchy Chicken & WG Pita Bread Milk	10 EARLY DISMISSAL	11 A Herbed Baked Chicken Green Beans Whole Grain Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	12 A Cheese Pizza Carrots & Broccoli B Salad w/ Crunchy Chicken & WG Pita Bread Milk
15 MARTIN LUTHER KING DAY	16 A Grilled Chicken Breast Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	17 A Sloppy Joe on WG Bun Green Beans B Salad w/Turkey & WG Pita Bread Milk	18 A Chicken Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	19 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
22 A Pancakes & Sausage Potato Wedges B Salad w/String Cheese & WG Pita Bread Milk	23 A Buffalo Chicken Wrap Chickpea Salad w/Veggies B Salad w/String Cheese & WG Pita Bread Milk	24 A American Chop Suey Broccoli & WG Roll B Salad W/ String Cheese & WG Pita Bread Milk	25 A Hamburger on WG Bun Sweet Potato Puffs B Salad w/ String Cheese & WG Pita Bread Milk	26 A Cheese Pizza Green Beans & Potato Wedges B Salad w/ String Cheese & WG Pita Bread Milk
29 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	30 A Ham & Cheese on WG Bun Chickpea Salad B Salad w/Tuna & WG Pita Bread Milk	31 A Chicken Parmesan Sandwich Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	FEB 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% , Fat Free Choc. or Skim Milk.

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”