



Update

December 13, 2017
Vol. 12, Issue 2



Happy Chanukah

FROM THE INTERIM K-12 PRINCIPAL

The next week and a half are busy with events as students and teachers wrap up in preparation for a well-deserved break. Students are excited but there is a great deal of teaching and learning that needs to happen before we close the door on 2017. That teaching and learning is particularly rich in the arts as students have opportunities to share their work with the community across our buildings.

Last week was our winter concert for students in grades 5 through 12. Our Level III, Level IV, and High School students did a wonderful job of showcasing the work that they have done in music during the first part of the year. Tomorrow night our K-4 students will be performing. The concert begins promptly at 6:00 pm at Hingham High School. Please be sure that children are in the auditorium ready to perform at that time. Kindergarten students should sit with their families until they are called up to sing. We are asking that students in grades 1 and 2 sit together in the auditorium seats front left of the stage and that students in grades 3 and 4 sit together front right. Keeping the children together helps us to move them on and off the stage efficiently and safely. Parking at Hingham High School is limited so please plan accordingly.

Next Friday is busy on our campus. Our high school students will attend the tenth annual Fashion Walk. We are celebrating a decade of this event that so beautifully exemplifies project-based learning. At the Fashion Walk students in the Art Workshop will present a fashion piece they have constructed out of unconventional materials in the spirit of the show *Project Runway*. This is one of two Exhibitions of Mastery for these students. In keeping with the popular runway show, there will be outside judges, music, and even a runway coach. Every year the art department adds new elements to this highly anticipated event.

Students in grades K-8 will spend much of December 22nd engaged in Craft Day, a tradition with roots in the early days of our school. On craft day students complete a variety of crafts that they are able to take home to enjoy or use as gifts for members of their families. Craft Day is only possible because of the hard work of parent volunteers who provide materials and help students with the activities. We are hoping to have many families involved in this event that students so enjoy each year. As our community has grown the event has gotten richer with a wider variety of craft choices and cultural traditions highlighted. Please contact your child's teacher if you are willing to come and volunteer on that day.

As always, please do not hesitate to contact me with questions, concerns, or celebrations. I wish everyone in our community a joyful holiday season.

-Angie Pepin apepin@sscps.org

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.

Fashion Walk

The annual fashion walk will be held at the **PE Space on December 22nd**. The show is hosted by the high school **Art Workshop**, accompanied by the **Music** and **Strings** Workshop. Please join us for the festivities to see what the art students have designed this year by incorporating flagging tape and zip ties. Seating for the show is at 10:45-11 for the general public. (start time 11:15). **Parking is at 700 Longwater Drive only**. All are invited. If you are interested in securing a seat or have any questions please call Marianne 2 781-982-4202, x304 or email at mbuckleycurran@sscps.org.

FROM THE DEVELOPMENT OFFICE

December is the time of year to celebrate the people and things you cherish - including SSCEF. Your generosity right now will help our school.

All money raised pays for operating expenses in our K-12 school! We thank you for your ongoing support. We hope you will consider making an impactful gift in support of our critical initiative to raise \$75,000. We have raised over \$9500 to date! [Make your tax deductible donation year-end gift today!](#)

Contact ldannison@sscps.org or call 781-982-4202, ex207. Make sure to link your Amazon account for all holiday purchase. [See this link to register!](#)

Your support makes all the difference. Thank you and enjoy the holiday season!

Laurie Dannison at ldannison@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.

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

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

2018 YEARBOOK

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From the GUIDANCE DEPARTMENT



Over the past three weeks, we have had 16 seniors accepted to a college, two successful “On-The-Spot” Admission events with Salem State University and Curry College, and our students have received over \$300,000 in Merit Scholarship!

Great job Class of 2018!

To keep the momentum up, here is a list of the upcoming “On-the-Spot” Admission events:

Nov 30th Western New England University

Dec 5th Mt Ida College

Dec 7th UMass-Dartmouth

Dec 12th Fitchburg State University

Dec 14th Ana Maria College

Students must email Mary Carter mcarter@sscps.org at least 2 days before the Admission On-the-Spot event, so the appropriate documents can be ready and we can schedule an appointment with the Admission Representative.

Remember to complete your Financial Aid forms by January 1st. FAFSA and CSS Profile.

Financial Aid: [FAFSA](#) and [CSS Profile](#) are open for completion. Seniors should check their college websites for dates and deadlines for financial aid. If families need assistance completing either form, please contact American Student Assistance

[ASA College Planning Center](#) or Massachusetts Finance Authority, [MEFA](#) .

Keep up the good work! We have 3 weeks before Winter Break, so please be mindful of January 1st deadlines.

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**

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).

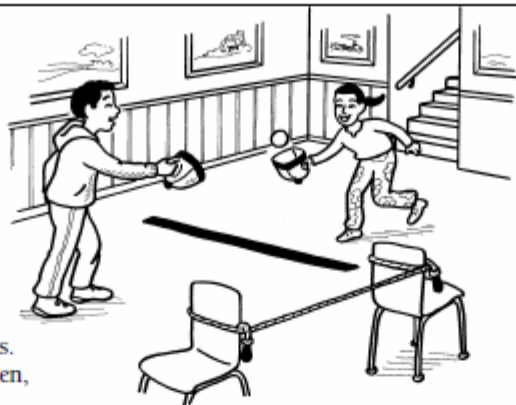
The last note should tell players where to find the “treasure”—perhaps a container of syrup with a note that says, “Head indoors for a pancake brunch!” ●



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

12/12/2017 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 - LAST FARM STAND OF 2017!

Come to our warm greenhouse on Saturday, December 16 to shop for fresh produce and have a cup of hot coffee and freshly baked scones from Geppetto's Confections! Our Chef Katie Callahan will have her fabulous Winter Squash Bisque available by the cup to enjoy while you shop and by the quart to go. Freshly grilled Brown Boar sausage rolls and Grilled Cheese Sandwiches will also be available. Fresh spinach and kale grown at Holly Hill, our own raw honey, great gourmet gift items, plus fair trade coffee and chocolates from Dean's Beans. Give the gift of organically grown produce by purchasing a Holly Hill Farm Gift Certificate – the perfect gift for anyone on your list (teachers, neighbors, friends, etc.). **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
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Hanover Mall, 1775 Washington Street, Hanover, MA 02339; 781-826-6060

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”