



# Newsletter

<https://sites.google.com/a/northampton-k12.us/nps/our-schools/jackson-street-school>

<https://www.facebook.com/pages/Northampton-Public-Schools-Massachusetts/179921372117715>

<https://www.facebook.com/jacksonstreetpto> <http://www.jspspto.org/>

You may also connect with us on Twitter: <https://twitter.com/#!/NPSDistrict>

JSS Office 587-1510

Volume 23 No. 5

September 28, 2018

If you wish to have a copy of this letter written in Spanish, French or Arabic, please contact the school department at 587-1315. Si le gustaria esta carta en Espanol, es posible. Llame 413-587-1315. Si vous voulez une copie de cette lettre en Français, veuillez contacter le Département de l'École 587-1315. في 587-1315 ية سردم لاداب لاصت الال يجرى، يبرعل الة لالاب ةبوت كم ةلاسر لاد هذ نم ةخسن ي لعل لوصح لال ي ف بقرت تنك اذا

## MESSAGE FROM MS. AGNA

### ASSEMBLIES

We have all-school monthly assemblies at JSS. They are at different times of the day so that no one grade loses a special (art, music, PE or library) every month. We have no open periods in our day – it's a tight schedule!

Each grade is assigned to present at one assembly per year – they love doing it and we invite families to join us if they'd like. The assemblies begin with a Moving Meditation by Janet Aalfs, includes a story/read-aloud by me and a song led by Ms. O'. They usually last about 30 minutes.

### PICTURE DAY

This is an annual event JSS and in all the schools. All students will have their photos taken but it is OPTIONAL if you would like to purchase any. The PTO generously pays for every student to have a class photo as a keepsake. Please let me know if your family needs help in purchasing photos. The company provides scholarships.

### SAFETY DRILLS

As you know, we had the first of two (per year) lockdown drills this past week. For the most part, students and staff performed the routine drill without a hitch or concern. If you have heard differently from your child(ren), please let me know. We know that children sometimes wait to share concerns until they get home!

We have a variety of drills in schools now:

- Fire drills
- Lockdown drills
- Stay-in-place drills
- Leaving the classroom drills
- Bus safety drills

We had a bus safety drill also last week – in this one, all students, whether they are bus riders or not, practice, as a class, getting off buses in the event of an emergency. All students at some point will ride a bus – for instance on field trips.

A stay-in-place drill helps students practice remaining in their classrooms until the drill is over. There are stay-in-place orders called over the intercom for a variety of reasons, including if there is a spill in a hallway, a student or staff member needing medical attention (and privacy) or as a way to keep everyone out of hallways until a possible incident is assessed.

“LTC” – Leaving the classroom – drills are relatively new drills. There are times in classroom when the whole class needs to leave with their teacher and go to a different location (a next-door classroom, the library, the gazebo) while another staff member and/or custodian handles a situation in the classroom. This could be a spill or a students or staff member who needs attention.

All drills fall under the category of “SAFETY” and that is how we explain them to students and staff. We make every effort to minimize disruption and concern. We explain what happened when we can. We can't always go into details due to confidentiality but we work hard to emphasize that we are keeping students safe. My experience over the years has shown that our students, for the most part, understand the need for these drills and actual events due to safety. When they do not understand or feeling frightened or worried, we meet with them, as a class or individually, to explain what we can and to reassure. Please ALWAYS let me know if you hear concerns from your child(ren).

On a final note, many staff/faculty members carry walkie-talkie radios. In the past, public safety officers (police and fire) were

the only ones who did – and the custodian and the office in schools. We have found that having more us carry them allows for smoother and speedier communication amongst classrooms and other personnel and therefore increased safety. At our next Code of Conduct meeting with grade levels, I will speak explicitly about this, for those who may be unfamiliar and/or concerned about many staff members having/using them.

As always, if you have questions, please let me know. I will attend next Wednesday's Coffee Hour as well as the October PTO meeting (Wednesday, October 10) to speak to these topics.

## **COUNCIL MEETING**

If you are interested in being on the JSS Council, please try to come to the meeting on OCTOBER 2nd – it's the best way to find out if it's something you want to do! If you decide you would like to be on the JSS Council, please email or call me! 413-587-1512 or [gagna@northampton-k12.us](mailto:gagna@northampton-k12.us).

### **Agenda October 2, 2018 3:30-5:00 Jackson Street School Council**

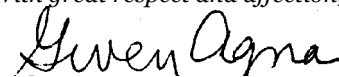
1. Meet, Get Settled, Approve minutes from 6.18.18 (5-10)
2. NEF(5)
3. Cell phone pledge (KAT) (5-10)
4. Family Dinners (5)
5. Lockdown (10)
6. Elections/ Current membership/ open house (10)
7. SIP (30)

## **OPEN HOUSE!**

If you've never been, you're in a for a treat! It's busy, sometimes chaotic, and always happy and fun! We open our doors at 5:30PM for Family Photos and everything else that is offered (see article below in the PTO News section) in the cafeteria. CLASSROOMS ARE OPEN FROM 6-7PM ONLY. Please make your arrangements around the 6-7PM as the classroom visiting time. In the classrooms, there will be a sign-up sheet for the upcoming family/teacher conferences – please make sure you sign up to get your preferred day/time! I look forward to seeing everyone next THURSDAY, OCTOBER 4!

Have a good weekend!

*With great respect and affection,*

  
Gwen Agha

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## **Jackson in Action! News from Physical Education @ JSS**

Ms. Janis Totty/Ms. Jordan Owen

WELCOME TO PHYSICAL EDUCATION AT JSS! (Pssst! Did you know it's not called "gym class?")

Happy 2018-19 school year from Physical Education! Our "PE" program has gotten off to a great start in the first two months of school! All students at JSS receive Physical Education classes twice each week. Each class is 40 minutes long. PE class is so important! When we ask students why it's important, they say things like: It's an activity break in school. / It's fun! / It's a chance to get your energy out. / It's healthy and we learn about being healthy. / We can learn new ways to move / Etc.

As Physical Education Specialist Teachers, we have this to say: Physical Education is a unique chance to provide students with differentiated learning experiences that support them to develop in "physical literacy." These learning experiences sup-

port students to: 1) develop enduring understandings relating to the importance of physical activity to health and wellness; 2) explore and appreciate the skill development that can result from work in a movement discipline or art; 3) gain insight into the semantic and expressive value of movement in our lives, including the ways that movement is connected to culture; 4) explore the ways our physical selves can help us to self-regulate and find social-emotional "balance" throughout the experiences of any given day; and 5) help us grow in appreciation for and understanding of what it means to be part of team - whether that team is a classroom, a group playing a game, a school community, and more. It is an exciting, interesting, and deeply meaningful adventure to work as Physical Education specialists. We are so grateful for the students, families, and colleagues of every sort that together make Jackson Street School a great place to teach and learn.

This year, we have welcomed **Ms. Owen** as a teacher in our PE program. Ms. Owen previously taught Physical Education in Washington State. Students in Mr. Strouse's first grade, Mrs. Reed's kindergarten, and Ms. Jen Reed's kindergarten all have Ms. Owen for PE this year. The other 15 classrooms at JSS have Ms. Totty. Go, students! Go, teachers and staff! Go, families!

## **CALLING ALL SNEAKERS!**

Many students are coming to PE class on most PE days wearing sneakers - yay! We're ready for action when class begins! That is fantastic news to report. We are asking adult caregivers at home to know these things:

1. If a student does not own sneakers, we are happy to lend them until that student has their own. Please send socks to wear when borrowing shoes.

2. When students wear their own sneakers, they are usually more comfortable, and more of their time in PE is spent being active.

3. We don't wear light-up shoes in PE. This was decided a number of years ago, in consult with the school nurse. Flashing lights can trigger a variety of health issues. They can also create distraction and overstimulation. Your support of our effort to keep flashing shoes out of PE is appreciated. Some shoes can be "turned off," but not all, and the mechanism doesn't always work. Again, shoes can be borrowed if a student does not own a different pair.

## **TRAVERSING WALL AT OPEN HOUSE!**

We have a special "climb across" wall at JSS, called a traversing wall. We will open the wall during Open House. Students may have 1 turn on the wall, and must come with an adult into the PE classroom. Stay tuned for the times the wall will be open during Open House. We hope to see you there!

THANKYOU & STAY TUNED! We will share more about PE class in other newsletters. Please do not hesitate to contact us for any reason! .

## **PRE-ORDER PIZZA FOR YOUR DINNER AT OPEN HOUSE!**

Jackson Street School Open House is Thursday, October 4, and the PTO is offering families the opportunity to save time and guarantee dinner by pre-ordering whole pizzas from The Pizza Factory in Florence for just \$10.00!

There will be a limited amount of pizza sold by the slice at Open House, but it does sell fast! Guarantee your family's dinner and save time by preordering by Monday October 1.

You can return the form attached to this newsletter, or just email your order to [elhorn@mindspring.com](mailto:elhorn@mindspring.com).

You can choose cheese or pepperoni, and each pizza is \$10. You can submit a check or cash with your order form or pay at Open House. Please make checks payable to JSS PTO.

## **PLEASE COME CHECK YOUR DIRECTORY LISTING AT OPEN HOUSE!**

We've been compiling information for the school directory from the forms you've filled out. Please come by at Open House (we'll have a table right when you walk in the cafeteria) and take a look to make sure your information is correct before we print it! I sometimes misinterpret handwriting or just plain make mistakes, so please come make sure we've got it right for your family.

And if you meant to get in your directory listing but forgot, please come at Open House and write it in so we can include it.

## **WEDNESDAY, Oct. 3 IS WALK/BIKE TO SCHOOL DAY!**

All walkers/bikers (and those who scooter, run, jog, hop!) are invited to gather at the flag pole from 8:20 to 8:45 for lemonade and trinkets! Come celebrate a beautiful fall day and a fun, healthy way to get to school.

## **FAMILY CENTER COFFEE HOUR ON WED., OCT. 3**

Please join other parents and guardians for our bi-weekly Coffee Hour on Wed., Oct. 3 from 9:00 to 10:00 am in the Family Center (across from the cafeteria).

Every other Wednesday morning, parents, guardians, younger children (we have toys and crayons!) and staff are warmly welcome to gather for (free) coffee, tea and treats. Ms. Agna often drops by to join the conversation.

It's a great chance to catch up with other parents.

Please join us!

(Coffee hour is the first and third Wednesday of the month - check the newsletter for any changes!)

## **CORI FORMS - IMPORTANT REMINDER!**

As you know, we are required to have CORI forms for anyone who volunteers at JSS. Thanks to so many of you have filled out CORI forms - we are so glad and appreciative that you want to volunteer!

To process the CORI form, we need a photo of the front and back of your driver's license (or other official i.d.). I'm afraid they won't process the CORI check without this, and many of you who submitted your CORI had just the form, not the copy of your i.d.

If you have easy access to a photocopier, you can copy the front and back of your license and send it in to school.

It may be easier to take a picture of both sides of the license with your phone and email or text it to me - I can print it out and submit it with the paperwork you already did. Please write your name in the email or text.

Thanks so much for doing this, and please let me know if you have any questions.

- Liz Horn, Volunteer Coordinator, [elhorn@mindspring.com](mailto:elhorn@mindspring.com), cell: 646-234-8805

## VINS

What is VINS? VINS is a non-profit founded in 1981, and our mission is to provide volunteers in Northampton's public schools. VINS volunteers are community members, students, parents, and grandparents. We encourage people of all ages to volunteer! Volunteer participation enriches the offerings of our Northampton teachers and significantly increases the quality of education in our schools.

Candice Tauscher, Coordinator

Volunteers in Northampton Schools, Inc.

c/o RK Finn Ryan Road School

498 Ryan Road Florence, MA 01062

Office Hours are M-Th 8:30am-2:00pm

413-587-1332

Visit our website Find us on Facebook

## REMINDER FOR GARDEN EVENTS

Here is the JSS Garden plan for the fall:

JSS Harvest Week, Oct. 15 – Oct. 19. We will celebrate the fall and harvest season as a school:

- Farmer Day (Tues., Oct. 16)– staff and children dress up as farmers to celebrate the school garden and local farming (hats, bandanas, overalls/blue jeans, etc.).
- “Whole foods for a whole week” - teachers promote healthy snacks in classrooms, and offer snacks from our garden for students.

Harvest Festival and Garden Work Day, Thursday Oct. 18, 3:15-6:00 p.m. (rain date Friday Oct. 19th 3:15-6:00 p.m.). We will get the garden ready for winter from 3:15 to 6:00 while enjoying harvest foods, including soup, salads, breads, drinks and desserts. Classes are invited to make soup, muffins, etc. for the potluck.

Class visits with School Sprouts. Garden outings with Hope Guardenier will continue again this year. Each visit is 40 minutes per class, three times in the fall and four times in the spring!

## JSS WALKING PROGRAM!

The JSS Walking Program is about to start up for the new school year!

This is a wonderful program that takes place during recess - students (1st through 5th grade) can choose to walk (or hop, skip, etc.) a course during their outdoor recess time, and each student receives a card to mark their progress. As the miles build up, students may receive special trinkets - and even a shout-out over the morning announcements! Some students participate regularly, some occasionally, but all are welcome, and many students find it fun, relaxing and good exercise.

We rely on our great parent volunteers to make this program run. If you are interested in helping, please email Liz below to let us know what day(s) you are available - we will show you everything you need to do. This is so much fun, and such a great part of our school - please consider helping, even if you can't do every week.

Thank you!

- Liz Horn, Volunteer Coordinator [elhorn@mindspring.com](mailto:elhorn@mindspring.com)

## IN THE NEWS

☞ The School Local Carnival was featured in an article and in many photographs in the Daily Hampshire Gazette. From JSS, kindergartner, **Lucy Houle**, 1st grader, **Phoebe Chapman**, and 4th grader **Yhazir Rodriguez**, as well as JSS grad, **Nicholas Ang** were photographed and 5th grader, **Charlie Ames**, and JSS parent (and organizer of the carnival!!) were quoted.

## COMMUNITY NEWS

### SCI-TECH CAFÉ

Event location: Union Station, 125A Pleasant Street, Northampton MA. Light appetizers are available while supplies last, and food is available to order.

Time: 6:00pm

Save The Dates / Upcoming Speakers!

10/22/18: Megan Dobro, Hampshire College (Biology)

12/3/18: Ken Colodner, Mount Holyoke College (Neuroscience)

1/28/19: Katie Mack, NC State University (Astrophysics)

2/25/19: Kaca Bradonjic, Hampshire College (Physics)

3/25/19: Jesse Mager, UMass Amherst (Vet Science)

4/22/19: Bosiljka Glumac, Smith College (Geology)

6/3/19: TBA

# **MARK YOUR CALENDAR - We're always adding new dates so keep checking. PLEASE check the Northampton Public Schools website for district calendar updates.**

Parents Hour in the Family Center every other Wed. from 9-10AM, beginning Wed. Sept. 6.

Walking School Bus – Ms. Agna alternates on Fridays around 8:10AM between the bike path (starting behind Stop and Shop) and Hampshire Heights, starting at the bottom of the hill near the CVS plaza.

TODAY, Friday, September 28	WALKING SCHOOL BUS – Ms. Agna, Mr. Strouse and Jackson walk through Hampshire Heights– 8:10AM.		
Tues. Oct. 2	PICTURE DAY - School Pictures taken – OPTIONAL individual photos can be purchased for families but we will have class photos for all, thanks to our amazing PTO! JSS COUNCIL MEETING – 1st of the year! 3:30-5PM in the library. All are welcome!		
Wed. Oct. 3	International Walk (Bike, Scoot, Skate) to School Day – meet at the flagpole for cider and trinkets! Ms. Agna will walk with Jackson on the Bike Path. Coffee Hour in the Family Center 9-10AM Teacher Work (Half) Day		
Thurs. Oct. 4	JSS OPEN HOUSE 5:30 Doors open for Family Photos and displays in cafeteria, School Council election, among other things! 6-7PM Classrooms are open		
Mon. Oct. 8	NO SCHOOL – Columbus Day/Indigenous People's Day Holiday		
Tues. Oct. 9-Fri. Oct. 12	NATURE'S CLASSROOM for 5th graders – details to follow...		
Wed. Oct. 10	International Walk to School Day Coffee Hour in the Family Center 9-10AM		
Mon. Oct. 15-Fri. Oct. 19	HARVEST WEEK in the JSS Garden		
Wed. Oct. 17	Coffee Hour in the Family Center 9-10AM		
Thurs. Oct. 18	Garden Work Day 3:15-6PM (rain date is Friday, Oct. 19)		
Mon-Fri. Oct. 23-27	Parent/Teacher Conferences – half-days in the elementary schools (Evening conferences on Oct. 24 & 25). Dismissal every day at 12:20PM		
Thurs. Nov. 1	5th grade Family Dinner	<u>ASSEMBLY DATES</u> Oct. 25 – 9:10AM – Ms. Agna Nov. 30 9:50AM – 4th grade Dec. 20 – 2:15PM 2nd grade Winter Solstice Jan. 11 –10:30AM 3rd grade MLK, Jr. Feb. 27 – 1:30PM 1st grade Mar. 29 – 9:50AM – Ms. Agna Apr. -25 – 9:10AM 5th grade May 30– 2:00PM KDG - JSS Grads June 12 – 10:30AM Ms. Agna Fine Fine School	
Mon. Nov. 5	4th grade Family Dinner		
Tues. Nov. 6	NO SCHOOL – ELECTION DAY		
Wed., Nov. 7	3rd grade Family Dinner		
Thurs. Nov. 8	2nd grade Family Dinner		
Mon. Nov. 12	NO SCHOOL – Veterans Day		
Tues. Nov. 13	PICTURE RETAKE DAY 1st grade Family Dinner		
Thurs. Nov. 15	KDG Family Dinner		
Wed. Nov. 21	Thanksgiving Break begins at 12:20PM		
Wed. Dec. 5	Teacher Work (Half) Day		
Fri. Dec. 22-Tues. Jan. 2 (first day back)	NO SCHOOL – December Holiday Break		
Fri. Mar. 15	ALL-SCHOOL CONCERT – Stomp(ish) Part II 9:30AM in the gym (YES, we know it's a half-day –dismissal is at 12:20PM, plenty of time for the concert!)		

HOLA DATES!

Tues. 10/2, 10/9, 10/16, 10/30, 11/13, 11/20 Wed. 10/10, 10/17, 10/31, 11/7, 11/14, 11/28 Thur. 10/4, 10/11, 10/18, 11/1, 11/8, 11/15

Questions? hola@northampton-k12.us

# Arcadia Folk Festival

## Special Event

### September 30, 2018

Signature Sounds and Mass Audubon are excited to announce the first-ever Arcadia Folk Festival!

This outdoor fall musical event will bring the community together around music in the heart of the Pioneer Valley to celebrate 75 years of Arcadia Wildlife Sanctuary.

Admission \$40 Adult (13+) • \$15 Child (6-12) • Free for age 5 & under

Tickets can be purchased in-person at Arcadia Wildlife Sanctuary from Monday through Saturday, 9:00 am-12:00 pm.

You can also purchase tickets online through Signature Sounds: <https://www.eventbrite.com/e/arcadia-folk-festival-tickets-48034568688>

### Schedule & Performances

Gates open at 10:00 am

The event is family-friendly! There will be a kid's stage with music playing between the Main Stage sets, plus kids activities, face painting, and nature hikes happening throughout the day.

Main Stage

Kids Tent	Claire Dacey (11 am)	Kids activities, face painting, & nature hikes (all day)
	Rani Arbo & Daisy Mayhem (11:45 am)	Little Roots (10:30 am)
	The Niels (12:50 pm)	Little Roots (12:30 pm)
	Heather Maloney (1:55 pm)	Surprise! (1:35 pm)
	Birds of Chicago (3:05 pm)	The Niels (2:45 pm)
	Darlingside (4:45 pm)	Rani Arbo & Daisy Mayhem (4:20 pm)

Local food vendors include Little Truc, Riff's, Galaxy, The Coffee Mill, and Crooked Popsicle. And don't forget to browse the items on sale from local craft and art vendors!

### Getting to the Festival

It's easy to bike to Arcadia! A bike valet service will be available for the whole day. Keep an eye out for details on group rides to the festival.

Plus, everyone who bikes will have a chance to win one of the following prizes: two tickets to an upcoming Signature Sounds show; an Arcadia Folk Festival t-shirt (2 prizes); an Arcadia Folk Festival poster (5 prizes); or a \$25 gift certificate to Arcadia Wildlife Sanctuary, good for programs or the gift shop. (2 prizes)

If traveling by car, please carpool! Free parking will be available in two locations. While the festival is within walking distance from each site, there will also be shuttles between both sites and the festival.

**Accessible Parking:** Accessible parking is available in the sanctuary's main parking lot.  
201 East Street

**Parking:** If arriving via East Street, please park in the Tri-County Schools parking lot (201 East Street, Easthampton, MA 01027). Walk to the festival by following the bike path along Fort Hill Road/Combs Road (1 mile) Note: This is the only paved parking option

## **Add'l Parking**

525 Old Springfield Road: If arriving via Clapp Street or Old Springfield Road, please park at the Arcadia Meadows (525 Old Springfield Road, Northampton, MA 01060).

Walk to the festival by following Old Springfield Road to Combs Road (0.6 miles)

## **About Arcadia**

Arcadia is an ecological gem and an environmental education innovator. Since 1944, Arcadia staff have been protecting important habitat, connecting people of all ages to nature, and advocating for sound environmental policies.

This event will raise funds to help expand the reach of our programs through the Arcadia Climate Action Center, engage more people with Arcadia's mission, and celebrate the community's tremendous support over the last 75 years.



# Northampton Public Schools

octubre 2018 Menús para Escuela Primarias

1 <u>Pollo con Waffle</u> Nuggets de Pollo Waffle Maíz Frijoles	2 <u>El Sándwich de Pollo Caesar</u> Zanahorias	3 <u>Medio día en bolsas de almuerzos disponibles!</u>	4 <u>Italian Dunkers</u> Pan con Queso Salsa de Marinara Pepino con Salsa	5 <u>Pizza Variedad</u> Ensalada
8 <u>No escuela día columbus</u>	9 <u>Pollo de Teriyaki</u> Arroz Integral Zanahorias Ensalada de Cuatro Frijoles	10 <u>Tres tiras de Pollo con Salsa</u> Judías Verdes Papas Fritas Pan Mante Quilla	11 <u>Superhero Sloppy Joes (Sándwich de Carne Picada Mezclada con Salsa de Tomate Picante Calabaza</u>	12 <u>Pizza Variedad</u> Una Mezcla de Vegetales Frescos con Humus o Aderezo Ranchero
15 <u>Ravioli de Queso</u> Ravioli Salsa de Marinara Brocolí GE Pan	16 <u>Nacho Martes</u> Carne de Taco, Lechuga, Tomate, Queso, Salsa, Crema Agria Frijoles Negros	17 <u>El Pollo Popcorn</u> El Pollo Popcorn Puré de Papas & Maíz con Salsa Pan	18 <u>Hamburguesa con o Sin Queso Pancito</u> Lechuga y Tomate Pan Batatas Fritas Horneadas Frijoles	19 <u>Pizza Variedad</u> Ensalada
22 <u>Medio día en bolsas de almuerzos disponibles!</u>	23 <u>Medio día en bolsas de almuerzos disponibles!</u>	24 <u>Medio día en bolsas de almuerzos disponibles!</u>	25 <u>Medio día en bolsas de almuerzos disponibles!</u>	26 <u>Medio día en bolsas de almuerzos disponibles!</u>
29 <u>Pollo BBQ con Pan Plano</u> Ensalada de Cuatro Frijoles Papas Fritas	30 <u>Taco Martes</u> Un Taco Crujiente de Pavo Lechuga, Tomate, Queso, Salsa y Crema Agria Frijoles Refritos	31 <u>Penne y Albóndigas</u> GE Pasta con Salsa Marinara Judías Verdes Pan de Ajo		

El menu está sujeto a cambios.

Hay leche disponible cada día - 1% blanca, descremada de chocolate.  
Hay fruta fresca todos los días.

USDA es una agencia que ofrece igualdad de oportunidades en el empleo y en la prestación de servicios.

### Opciones alternativas de escuelas primarias:

Crema de maní y mermelada (Escuela Jackson Street)  
Sunbutter y mermelada (Escuelas sin maní)  
Sándwich de queso a la plancha  
Sándwich de queso  
Ensalada

Zanahorias y ensalada de tres frijoles disponibles todos los días.

### Opciones alternativas de escuelas media v superior:

Crema de maní y mermelada  
Sunbutter y mermelada  
Varias alternativas también se ofrecen cada día

Hay desayuno disponible para TODOS los estudiantes de Escuelas Públicas de Northampton

Escuelas primarias sirve el desayuno de 8:30 am a 9:00 am

#### Escuelas Primarias:

lunes: Pastelillo  
martes: El Sándwich de Jamón y Huevo  
miércoles: Pastel  
jueves: Pan de Calabaza  
viernes: Pan de Batatas

Una variedad fruta y leche disponible cada día a desayuno. Una reducido azúcar cereal es disponible cada día a desayuno como un alternativas.

Ahora ofrecemos "My School Bucks" un portal de internet conveniente y seguro para hacer pagos y de information para padres. Vaya a [www.myschoolbucks.com](http://www.myschoolbucks.com) para inscribirse en una cuenta gratis. Use esta cuenta para ver las compras de su niño(a). Si desea, puede hacer un pago en línea.

**\$2.49 por transacción**

Un niño que califica para el programa de comida reducido o gratis puede seleccionar una leche para ser parte de una comida completa. Si un niño que califica desea una leche sin una comida completa, el niño debe pagar el precio completo de la leche. El precio de la leche es cincuenta centavos.



This institution is an equal opportunity provider. Menus are subject to change.



# Elementary Menus for OCTOBER 2018

**Available Daily**

Sunbutter & Jelly Sandwich, Grilled Cheese, Cheese Sandwich or Entrée Salad (served with WG Bread or roll) available as an alternate to the daily meal option

*Meal Prices:*  
Breakfast: \$1.25; Lunch \$2.75;  
Milk purchase only \$0.50

*All meals served with assorted fruit and milk*



**Monday, October 1**

**Breakfast**  
Whole Grain Muffin

**Lunch**  
*Chicken & Waffles*  
Boneless Chicken  
Drummies  
Mini WG Waffles  
Steamed Corn  
Bandit Baked Beans

**Tuesday, October 2**

**Breakfast**  
Egg & Cheese Sandwich

**Lunch**  
Chicken Caesar Wrap  
Steamed Carrot Coins

**Wednesday, October 3**

**Breakfast**  
Whole Grain Crumb Cake

**Lunch**  
*1/2 Day Bagged Lunches Available*

**Thursday, October 4**

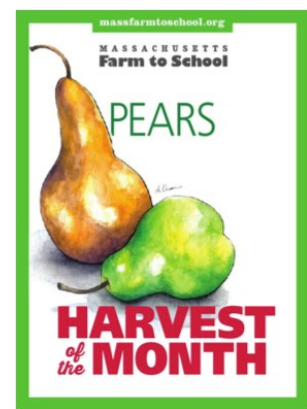
**Breakfast**  
Whole Grain Pumpkin Bread

**Lunch**  
Italian Dunkers  
Cheesy-bread with marinara dipping sauce  
Cucumber Wheels & Dip

**Friday, October 5**

**Breakfast**  
Sweet Potato Roll

**Lunch**  
Pizza Variety Day  
Side Salad with Assorted Dressing



Local Pears will be featured in our cafeterias for the month of October

**Monday, October 8**

**No school**  
*Columbus Day/ Indigenous Peoples' Day*

**Tuesday, October 9**

**Breakfast**  
Egg & Cheese Sandwich

**Lunch**  
Teriyaki Chicken over Seasoned Brown Rice  
Steamed Carrots  
Four Bean Salad

**Wednesday, October 10**

**Breakfast**  
Whole Grain Crumb Cake

**Lunch**  
Chicken Tenders and Dip  
Green Beans  
Smiley Fries  
WG Dinner Roll

**Thursday, October 11**

**Breakfast**  
Whole Grain Pumpkin Bread

**Lunch**  
*Superhero Sloppy Joes*  
Ground Beef in a tomato based sauce served on a WG Bun  
Butternut Squash

**Friday, October 12**

**Breakfast**  
Sweet Potato Roll

**Lunch**  
Pizza Variety day  
Fresh Veggie Medley with Hummus or Ranch Dip

## TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!

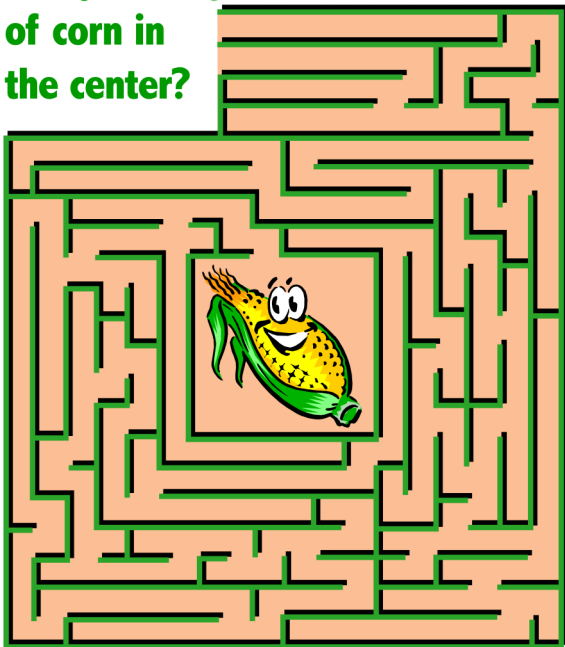


**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



## Can you solve the Amazing Maze o' Maize?

Another name for corn is "maize," and although this may not be the biggest maize maze in the world, it's still FUN! Can you find your way to the delicious ear of corn in the center?



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, October 15**

**Breakfast**

Whole Grain Muffin

**Lunch**

Rockin' Cheese Ravioli in Marinara Sauce  
Steamed Broccoli  
WG Dinner Roll

**Tuesday, October 16**

**Breakfast**

Egg & Cheese Sandwich

**Lunch**

*Taco Tuesday*  
Crunchy Turkey Taco with lettuce, salsa, cheese & sour cream  
Refried Pinto Beans

**Wednesday, October 17**

**Breakfast**

Whole Grain Crumb Cake

**Lunch**

*Popcorn Chicken Bowl*  
Mashed Potatoes  
Corn  
WG Dinner Roll

**Thursday, October 18**

**Breakfast**

Whole Grain Pumpkin Bread

**LOCAL**

**Lunch**

*Farm Fresh*  
Cheeseburger or Hamburger  
Sweet Potato Fries  
Bandit Baked Beans

**Friday, October 19**

**Breakfast**

Sweet Potato Roll

**Lunch**

Pizza Variety Day  
Side Salad with Assorted Dressing

**Monday, October 22**

**Breakfast**

Whole Grain Muffin

**Lunch**

*1/2 Day Bagged Lunches Available*

**Tuesday, October 23**

**Breakfast**

Egg & Cheese Sandwich

**Lunch**

*1/2 Day Bagged Lunches Available*

**Wednesday, October 24**

**Breakfast**

Whole Grain Crumb Cake

**Lunch**

*1/2 Day Bagged Lunches Available*

**Thursday, October 25**

**Breakfast**

Whole Grain Pumpkin Bread

**Lunch**

*1/2 Day Bagged Lunches Available*

**Friday, October 26**

**Breakfast**

Sweet Potato Roll

**Lunch**

*1/2 Day Bagged Lunches Available*

**Monday, October 29**

**Breakfast**

Whole Grain Muffin

**Lunch**

BBQ Chicken Flatbread  
Four Bean Salad  
Oven Fries

**Tuesday, October 30**

**Breakfast**

Egg & Cheese Sandwich

**Lunch**

*Nacho Tuesday*  
Seasoned Beef, shredded lettuce, cheese, salsa & sour cream served with crunchy tortilla chips  
Seasoned Black Beans

**Wednesday, October 31**

**Breakfast**

Whole Grain Crumb Cake

**Lunch**

Meatballs & Pasta  
Yummy Green Beans  
Warm Garlic Knot

**DON'T 4 GET!**



... and at least three of the five items total so your meal counts as a complete lunch!