



# 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.jspto.org/>

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

Ms. Alessi's website: <https://sites.google.com/northampton-k12.us/mindfulnessatjss>

JSS Office 587-1510

Volume 23 No. 16

January 4, 2019

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. Llama 413-587-1315. Si vous voulez une copie de cette lettre en Français, veuillez contacter le Département de l'École 587-1315. إذا رغبت من أن يكتب لك هذه الرسالة بلغة أخرى، فيرجى الاتصال بالمدارس في 587-1315.

## MESSAGE FROM MS. AGNA

PLEASE see date corrections in the calendar below for the MLK, Jr. All-School Assembly and for the MLK Jr. Holiday (no school)!! Our assembly will be on Friday, January 18 and the holiday on Monday, January 21.

### CROSSWALK SAFETY – PART II

Based on the “near-misses” and an accident before the holidays, I have written to the Mayor, the Superintendent, the Police Chief, and the City Planning and Dept. of Public Works departments to express my/our concerns about safety and traffic. I have had positive responses and hope that we will meet soon to discuss. This is a problem across the city – the crossing guard on Bridge St. was hit by a car this past week (all OK). We all have been witness to reckless and texting-while-driving behavior. If you are able to write down license plate numbers, please pass them along to me or just call the Northampton Police Dept. I will let you know any further updates. Thank you for your attention to this.

### ROAD CLOSED

As I said in the robo call this past week, there are barriers on the driveway next to the KDG playground. These barriers are visual cues to let you know that the driveway is closed now for the remainder of the winter and early spring, due to ice and snow and the challenge of plowing/sanding. Since my call, we have noticed people walking around the barriers. You need to know that you do so at your own risk – there will be ice and someday snow and it won't be sanded or plowed.

### DOOR REMINDERS – AGAIN

Please remember that we ask ALL visitors to our school – known AND unknown – to enter through the front door and check in at the office. Staff has reported to me that some family members have not been happy when asked to do this. We have to be consistent and fair – and safe – and we cannot make exceptions for some and not for all. If you have concerns about this, please see or call me. Thank you.

### VISITING DAYS

Welcome to Visiting Days season! All the elementary schools have designated days on which families – new and current – can visit the schools. We are proud to show you what our school and classrooms are about. As I wrote before, because we have given you so much notice about these dates, we encourage you, if you want to visit, to do so on the Wednesdays in January and February between 9:30 and 11AM. From the month of March onwards we only schedule visits for families who have moved to the area or are given an open enrollment of school choice slot (these are given out in April and May). Thank you for your understanding and cooperation.

### LOST AND FOUND

To the dismay of some, our big collection of lost items was donated to the Survival Center over the holiday break. I am very sorry that I did not remind you that we clear it out during the holiday breaks. As you know, if you've seen it, it is an overflowing collection of stuff. Again, I encourage to call us or just come in to check if you know that your child has lost something – we are happy to check the table if you're not able to come in yourself! But I do apologize again for not reminding you that we do this.

### GIVING TREE

It's still up! We keep it up for the month of January to make sure the Northampton Survival Center's shelves are well-stocked after the holidays. Please send in boxed/canned goods as well as mittens, gloves, hats and scarves. THANKS!!

## BUDGET SEASON

We, the school administrators, are in the process of developing the district and schools' budgets for next year. As we proceed, I check in with our school's staff and faculty as well as members of the JSS Council who have parent/family reps as well as staff/faculty ones. Our parent/family reps are Marc Lussier, Nicole Walsh, David Lukens, Tricia Loomis and Nunia Mafi Silver. Please contact them if you'd like updates and/or suggestions for the budget(s). ALL voices are important to be heard and critical to the process! Thank you!

TO ALL WHO CELEBRATE, A VERY HAPPY THREE KINGS DAY to you!!

*Peace to you and all,*

  
Gwen Agna

## IMPORTANT DATE CHANGE!!

The JSS PTO meeting – at which the JSS Council members will be – will be on WEDNESDAY, JANUARY 16 (NOT Jan. 9). The reason for the move of date is so that staff and families may attend the MTA-sponsored “FUND OUR FUTURE COMMUNITY FORUM” on Jan. 9 from 6-7:30PM. It will be held in the Community Room, Eastworks, 116 Pleasant St., Easthampton, sponsored by the Easthampton Education Association. The forum will provide critical information on how the state funds our schools in MA. and the shortfall in funding that has occurred for many years. Our PTO and Council encourage all families to attend – there will be childcare and pizza!!

## HOLA NEWS

HOLA class confirmation forms went home earlier this week, email or call 587-1510 extension 3775 if you didn't get your child's form.

There are a few more slots open in some classes:

- \*Tuesday's (one slot open) Yo-Yo for 3-5
- \*Wednesday's Social Justice Club for 4-5
- \*Thursday's (one slot open) Mythical Monsters for k-2
- \*Thursday's Zumba for k-2
- \*Thursday's Legos for k-2
- \*Thursday's JSS Singers for 3-5

Email or call 587-1510 extension 3775 if you are interested in any of these classes. First come first served.

Thank you, MS. BG [hola@northampton-k12.us](mailto:hola@northampton-k12.us)

## MINDFULNESS WEBSITE

An Invitation From Ms. Alessi:

Please visit the Mindfulness at JSS web site. There are yoga moves, special breathing techniques, and even a section for Jackson - coming soon.

Just go to the Northampton Public Schools site, click on “schools”, find Jackson Street and...get green!

## PARENT CAFÉ SERIES FLYER!

Kindergarten families – check your child's backpack for a flyer about a series of gatherings for preK and KDG families on Thursdays during the month of January! If you did not receive the flyer, please call the school office and we'll make sure that you get one!

## JANUARY COFFEE, TEA AND HOT CHOCOLATE ORDERS DUE MONDAY, JAN. 7

Just a reminder that orders for delicious JSS coffee, tea and hot chocolate (it is now definitely the season!) are due this Monday, Jan. 7 by 9:00 am.

Please submit your orders in the office by Friday, or email them anytime until Monday morning. . Orders will be delivered on Friday, Jan. 11.

If you have any questions, need an order form or want to place an order, please contact Liz Horn at [elhorn@mindspring.com](mailto:elhorn@mindspring.com)

Thank you for supporting JSS!

## THE VARIETY SHOW IS COMING!

This year the JSS Variety Show has been scheduled for Saturday, February 9th at 4PM. Yes you read that correctly, this wonderful event has been moved to winter and will now be a weekend event for families and friends to enjoy.

The JSS Variety show is an opportunity for the students of Jackson Street School to showcase what brings them joy. In the past students have shared amazing magic tricks, mad yo-yo skills, multilingual puppets, collaborative dance routines, feats of acrobatics, instrumental duos, hoola hooping, poetry, jokes and an array of other talents on our stage in the gymnasium.

We invite all students to share with our community; all grade levels and all skill levels. Students can perform alone or with friends, but there are a few things to keep in mind. In order to ensure that the show ends at a reasonable time, all acts must be under two minutes and students can be in a maximum of two acts. Performers also need to attend the following rehearsal dates.

If your child is interested in participating, please bring them on one of the two following days to show us their act, January 14 or 15 at 3:00 in the school library. This will be a time where they can practice their act and the volunteer team can figure out what each performer will need on stage; gymnastics mats, background music, etc. We will also hold rehearsal for all performers after school in the gym on January 28th and a dress rehearsal on February 6th. The show will take place on February 9th, with a snow date of February 10th.

On the evening of the 9th we will also make time to highlight skills that cannot easily be demonstrated on stage by sharing photographs of students during intermission. So if your child finds joy in painting pictures, building with Legos, babysitting their cousin, building fairy houses in the woods, or any other talent, those will be celebrated too at our Variety Show. Details will be sent out in January about how to submit photos for the intermission slideshow.

This event is great fun for our community and it takes a lot of support.

There are many ways to get involved; in ways large and small, from technical support on stage, printing programs, working at a food table at the event, to organizing students on a rehearsal date. If you are interested in helping out or have any questions please email me, Nicole Walsh, (mom of 4th grader Maceo Golossi and 2nd grader Maylyn Golossi) at nicolewalsh16@gmail.com

## 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!

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

## MASS AUDUBON

We are fortunate to have an Audubon sanctuary on the border with Easthampton. Opportunities abound for vacation camps, nature walks, etc. Call 584-3009 for information and to register.

Here are a few upcoming events:

### Winter Solstice Celebration- rescheduled Friday, January 4 5:30 - 8:30pm

This FREE event is open to adults and families with children of all ages.

Bring the family to Arcadia to celebrate the Winter Solstice, the shortest day of the year and a time we welcome the longer days ahead. As with cultures the world over, we will celebrate the early dark with light. This year, we'll have a small bonfire and a magical luminary trail through the winter woods (weather permitting). Our festive event will include face painting and joyous live music. (Please bring a nonperishable food item for the Food Bank of W. MA).

### Tracking Fun for Families

Saturdays, Jan. 5; Feb. 2/ 10:00- 11:30am

Adults \$8 members \$10 non-, Children same

Your child will love this magical shadow puppet presentation of Jane Yolen's classic book *Owl Moon* while learning about the seven native owl species in MA. After the show, we'll take a walk in the winter woods to call for owls. After the walk, we will return indoors to warm up with a cup of hot chocolate and a snack. (Dress to be outdoors).

### Intro to Arcadia and 75th Birthday Party

January 12, 2019 (Saturday) 10:00am - 1:00pm

Arcadia Wildlife Sanctuary, Easthampton MA

Audience: All (suitable for children 3 & up) Fee: Free

Come celebrate Arcadia's 75 years of inspiring nature heroes - with the community that makes it possible!

Join Sanctuary Director Jonah Keane for a talk at 10am on what makes Arcadia such a special place and how you can get involved. The talk will be followed at 11:30am with a small celebration including birthday cake, wish making art, and savory snacks. The whole family is welcome. Kids activities throughout so you can enjoy the talk while the kids have fun. The event is free but please register. 413-584-3009

### Owl Moon

January 19, 2019 (Saturday) 5:00pm - 7:00pm

Audience: Family (suitable for children 5 - 10 years)

Members: Adult \$8.00, Child \$8.00 Nonmembers: Adult \$10.00, Child \$10.00 Nonmembers can join today during checkout and take immediate advantage of member prices.

Come see a magical shadow puppet presentation of Jane Yolen's classic book "Owl Moon," and learn about the seven native owl species in Massachusetts. After the show, we'll take a walk in the dark, brisk winter woods to call for owls. We can't guarantee that we will see or hear owls, but we will certainly have fun trying. After the walk, we'll return indoors to warm up with a cup of hot chocolate and a snack.

Registration Required: 413-584-3009

# **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.

- Tues. Jan. 8** HOLA STARTS
- Wed. Jan.9** "Fund Our Future" – MTA hosts a Community Forum 6-7:30PM. Free childcare and free pizza
- Wed. Jan. 16** JSS PTO meeting – with the JSS Council 6:30-8PM
- Fri. Jan. 18** All-school Martin Luther King Jr. assembly 3rd grade presents 10:30AM
- Mon. Jan. 21** NO SCHOOL – MLK, Jr. Holiday
- Fri. Jan. 25** NO SCHOOL for students – Teacher Work Day
- Thurs. Feb. 14** HOLA ENDS
- Wed. Feb. 27** All-school assembly 1st grade presents 1:30PM
- Fri. Mar. 15** GRADES 3,4 & 5 CONCERT 9:30AM in the gym (YES, we know it's a half-day –dismissal is at 12:20PM, plenty of time for the concert!)
- Thurs. Apr. 25** All-school assembly 5th grade presents 9:10AM
- Fri. May 3** GRADES K, 1 & 2 CONCERT 1:30PM in the gym
- Fri. May 10** Alex Smith Trio RETURN ENGAGEMENT – stay tuned for details!
- Thurs. May 30** All-school assembly WELCOME BACK JSS/HIGH SCHOOL GRADS – KDGners are hosts 2PM
- Wed. June 12** All-school assembly FINE FINE SCHOOL

## **ASSEMBLY DATES**

- Jan. 18 –10:30AM 3rd grade MLK, Jr.**
- Feb. 27 – 1:30PM 1st grade**
- Apr. -25 – 9:10AM 5th grade**
- May 30– 2:00PM KDG - JSS Grads**
- June 12 – 10:30AM Ms. Agna Fine Fine School**

## **VISITING DAYS**

- Wednesdays 9:30-11AM**
- January 9, 16, 23, 30**
- February 6, 13, 27**

# Menús para Enero de 2019



Esta institución es un proveedor de igual oportunidad. Los menús están sujetos a cambios.

**NUTRITION TO GO**

¿Pueden los chips ser parte de una comida saludable? Depende. ¿Es tu comida una bolsa grande de chips? Eso no es saludable. Una comida que incluya una bolsita de chips, un sándwich de pavo con lechuga y tomate, una manzana fresca crujiente y un vaso de leche con poca grasa es bastante nutritiva y también deliciosa.

**A QUICK BITE FOR PARENTS**

**miércoles, enero 2**

**desayuno**  
pastelillo

**almuerzo**  
Hamburguesa con o sin queso  
Batatas fritas horneadas  
maize

**jueves, enero 3**

**desayuno**  
Pan de calabaza

**almuerzo**  
*Italian Dunkers*  
Pan con Queso  
Salsa de Marinara  
Pepino con Salsa

**viernos, enero 4**

**desayuno**  
Pan de batatas

**almuerzo**  
*Pizza Variedad*  
Ensalada

**lunes, enero 7**

**desayuno**  
pastelillo

**almuerzo**  
*Palos de Queso*  
Salsa de Marinara  
Brocolí  
panecillo

**martes, enero 8**

**desayuno**  
El sandwich de jamón y huevo

**almuerzo**  
*Pollo de Teriyaki*  
Arroz Integral  
Zanahorias  
Ensalada de Cuatro Frijoles

**miércoles, enero 9**

**desayuno**  
pastel

**almuerzo**  
Tiras de polo  
Judías verdes  
Smiley Fries  
panecillo

**jueves, enero 10**

**desayuno**  
Pan de calabaza

**almuerzo**  
Hot perrito caliente en un bollo  
Frijoles al horno  
calabaza

**viernos, enero 11**

**desayuno**  
Pan de batatas

**almuerzo**  
*Pizza Variedad*  
*Una Mezcla de Vegetales Frescos*  
*con Humus o Aderezo Ranchero*

## Disponible a diario

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  
Ensalada

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

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.

Precios de comida  
Desayuno: \$1.25; Almuerzo: \$2.75  
La compra de leche sin comida es de \$0.50, independientemente de la calificación de beneficios de comida

El menu está sujeto a cambios.



**LOCAL**



**MASSACHUSETTS FARM TO SCHOOL**

**lunes, enero 14**

**desayuno**  
pastelillo

**almuerzo**  
Hamburguesa con o sin queso  
Batatas fritas horneadas  
maíze

**martes, enero 15**

**desayuno**  
El sandwich de jamón y huevo

**almuerzo**  
*Taco Martes*  
Un Taco Crujiente de Pavo  
Lechuga, Tomate, Queso,  
Salsa y Crema Agria  
Frijoles Refritos  
Arroz sazonado

**miércoles, enero 16**

**desayuno**  
pastel

**almuerzo**  
*Ravioli de Queso*  
Ravioli  
Salsa de Marinara  
Brocolí  
GE Pan

**jueves, enero 17**

**desayuno**  
Pan de calabaza

**almuerzo**  
El pollo popcorn  
Puré de papas & maíz con salsa pan

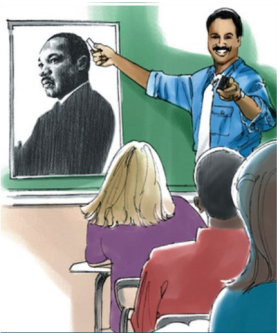
**viernes, enero 18**

**desayuno**  
Pan de batatas

**almuerzo**  
*Pizza Variedad*  
Ensalada



**P** • ¿Cómo puede saber si sus frijoles necesitan una ducha?



La escuela estará cerrada el lunes 21 de enero en honor del cumpleaños de Martin Luther King Jr.

**martes, enero 22**

**desayuno**  
El sandwich de jamón y huevo

**almuerzo**  
Tazó de burrito de pollo  
Ensalada de frijol negro y maiz

**miércoles, enero 23**

**desayuno**  
pastel

**almuerzo**  
*El Desayuno Para El Almuerzo*  
Panqueque  
Salchicha  
Maíz  
Tallos de apio

**jueves, enero 24**

**desayuno**  
Pan de calabaza

**almuerzo**  
Macarrones de hamburg  
Brocolí

**viernes, enero 25**

**Escuela Cerrado hoy**



**R:** Los frijoles secos en un tarro como estos no necesitan una ducha, aunque a algunos cocineros les gusta remojarlos. No obstante, los frijoles en lata tienen mucha sal añadida, por lo que es mejor enjuagarlos rápidamente antes de cocinarlos. Los frijoles frescos, secos o en lata son una increíble y económica fuente de proteína, además tienen muy poca grasa, están cargados de vitaminas y minerales, y son una de las mejores fuentes de fibra que puedes encontrar. ¡Come más frijoles!

Aprende más en [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) o [www.kidshealth.org/kid/stay\\_healthy/food/pyramid.html#cat119](http://www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119)



**Mira Esto...**

En colaboración con *Grow Food Northampton* y *MA Farm to School*, presentamos recetas compartidas de los talleres de cocina en clase que se realizan en nuestras escuelas!

**LOCAL**

**lunes, enero 28**

**desayuno**  
pastelillo

**almuerzo**  
*Manzana de jamón y espinacas*  
Smiley Fries  
Judías verdes

**martes, enero 29**

**desayuno**  
El sandwich de jamón y huevo

**almuerzo**  
*Nacho Martes*  
Carne de Taco, Lechuga, Tomate, Queso, Salsa, Crema Agria  
Frijoles Negros

**miércoles, enero 30**

**desayuno**  
pastel

**almuerzo**  
Pasta y albóndigas  
Mezcla de vegetales  
Nudo de ajo

**jueves, enero 31**

**desayuno**  
Pan de calabaza

**almuerzo**  
*Papa Asada*  
Con Una Selecció de Chili, Queso, Crema Agria y Brocolí  
Ensalada de Zanahorias y Pasa  
Pretzel al horno

**Elementary  
Menus for  
January  
2019**



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

**NUTRITION TO GO**

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

**A QUICK BITE FOR PARENTS**

|  |  |  |
|--|--|--|
| <p><b>Wednesday, January 2</b></p> <p><b>Breakfast</b><br/>WG Muffin 25gm</p> <p><b>Lunch</b><br/>Hamburger/Cheeseburger 25gm<br/>Sweet Potato Fries 19gm<br/>Steamed Corn 8gm</p> | <p><b>Thursday, January 3</b></p> <p><b>Breakfast</b><br/>WG Pumpkin or Banana Bread 43gm</p> <p><b>Lunch</b><br/><i>Italian Dunkers</i><br/>Cheesy Bread 17gm w/ marinara dipping sauce 5gm<br/>Cucumber Wheels 3gm &amp; Dip 8gm</p> | <p><b>Friday, January 4</b></p> <p><b>Breakfast</b><br/>Sweet Potato Roll 22gm</p> <p><b>Lunch</b><br/>Pizza Variety Day<br/>Side Salad with Assorted Dressing 3-14gm</p> <p>Rounds: 39gm; French Bread: 33gm;<br/>Rectangle: 35gm; Stuffed Crust 35gm</p> |
|--|--|--|

**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

All meals served with assorted fruit 15-30gm and milk 13-24gm.  
WG Cereal available as an alternate to daily breakfast option.

**Meal Prices:**  
Breakfast: \$1.25; Lunch \$2.75;  
Milk purchase without a meal is \$0.50 regardless of meal benefit qualification

Pay for school meals at [www.myschoolbucks.com](http://www.myschoolbucks.com)  
Questions or Comments, Please Call the Food Service Office at (413) 587-1487

Menus also available on our website:  
<http://www.northamptonschools.org/project/food-services/>

|   |   |   |   |   |
|---|---|---|---|---|
| <p><b>Monday, January 7</b></p> <p><b>Breakfast</b><br/>WG Muffin 25gm</p> <p><b>Lunch</b><br/>Mozzarella Cheese sticks 21gm with marinara sauce 7gm<br/>Steamed Broccoli 6gm<br/>WW Dinner Roll 17gm</p> | <p><b>Tuesday, January 8</b></p> <p><b>Breakfast</b><br/>Egg &amp; Cheese Sandwich 20gm</p> <p><b>Lunch</b><br/>Teriyaki Chicken 8gm over seasoned brown rice 12gm<br/>Yummy Carrots 7gm<br/>Four Bean Salad 12gm</p> | <p><b>Wednesday, January 9</b></p> <p><b>Breakfast</b><br/>WG Crumb Cake 48gm</p> <p><b>Lunch</b><br/>Chicken Tenders 15gm and Dip 16gm<br/>Green Beans 5gm<br/>Smiley Fries 25gm<br/>WG Dinner Roll 17gm</p> | <p><b>Thursday, January 10</b></p> <p><b>Breakfast</b><br/>WG Pumpkin or Banana Bread 43gm</p> <p><b>Lunch</b><br/>Hot Dog on a WG Bun 20gm<br/>Baked Beans 35gm<br/>Butternut Squash 15gm</p> <p>(Pre-k Grilled Cheese Sandwich)</p> | <p><b>Friday, January 11</b></p> <p><b>Breakfast</b><br/>Sweet Potato Roll 22gm</p> <p><b>Lunch</b><br/>Pizza Variety Day<br/>Fresh Veggie Medley with Hummus 8gm or Ranch Dip 4gm</p> <p>Rounds: 39gm; French Bread: 33gm;<br/>Rectangle: 35gm; Stuffed Crust 35gm</p> |
|---|---|---|---|---|



**LOCAL**



**MASSACHUSETTS FARM TO SCHOOL**

Monday, January 14

**Breakfast**

WG Muffin 25gm

**Lunch**

Hamburger/Cheeseburger 25gm  
Sweet Potato Fries 19gm  
Bandit Baked Beans 35gm

Tuesday, January 15

**Breakfast**

Egg & Cheese Sandwich 20gm

**Lunch**

*Taco Tuesday 10gm*  
*Choice of Seasoned Beef or Chicken*  
Served with lettuce, salsa, cheese & sour cream  
Refried Pinto Beans 10gm  
Seasoned Rice 12gm

Wednesday, January 16

**Breakfast**

WG Crumb Cake 48gm

**Lunch**

Rockin' Cheese Ravioli in Marinara Sauce 15gm  
Steamed Broccoli 5gm  
WG Dinner Roll 17gm

Thursday, January 17

**Breakfast**

WG Pumpkin or Banana Bread 43gm

**Lunch**

Popcorn Chicken Bowl 15gm  
Mashed Potatoes 17gm  
Corn 8gm  
Gravy  
WG Dinner Roll 17gm

Friday, January 18

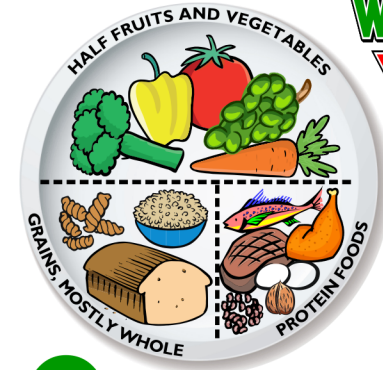
**Breakfast**

Sweet Potato Roll 22gm

**Lunch**

Pizza Variety Day  
Side Salad with Assorted Dressing 3-14gm

Rounds: 39gm; French Bread: 33gm;  
Rectangle: 35gm; Stuffed Crust 35gm



What's on YOUR plate?

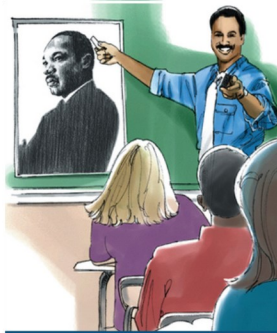


**Q** • How can you tell if your beans need a shower?!



**A:** Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

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



School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 22

**Breakfast**

Egg & Cheese Sandwich 20gm

**Lunch**

Chicken Burrito Bowl 39gm  
Brown rice, seasoned chicken, cheese and salsa. Served with tortilla wrap  
Black Bean and Corn Salad 9gm

Wednesday, January 23

**Breakfast**

WG Crumb Cake 48gm

**Lunch**

*Brunch*  
WG Pancakes 26gm  
Sausage  
Steamed Corn 8gm  
Celery Sticks and Sunbutter Dip 10gm

Thursday, January 24

**Breakfast**

WG Pumpkin or Banana Bread 43gm

**Lunch**

American Chop Suey ~40gm  
Elbow macaroni cooked in a tomato based meat-sauce topped with cheese  
Steamed Broccoli 6gm

Friday, January 25



No School Today



Check this out...

In collaboration with Grow Food Northampton and MA Farm to School we are featuring recipes shared from in class cooking workshops happening in our schools!

LOCAL

**Breakfast**  
WG Muffin 25gm

**Lunch**  
Local Apple, Ham and Spinach Wrap 35gm  
Smiley Fries 25gm  
Green Beans 5gm

Monday, January 28

**Breakfast**

WG Muffin 25gm

**Lunch**

Local Apple, Ham and Spinach Wrap 35gm  
Smiley Fries 25gm  
Green Beans 5gm

Tuesday, January 29

**Breakfast**

Egg & Cheese Sandwich 20gm

**Lunch**

Nacho Tuesday 15gm  
Grilled chicken or Ground beef, lettuce, salsa, cheese and sour cream  
Seasoned black beans 20gm

Wednesday, January 30

**Breakfast**

WG Crumb Cake 48gm

**Lunch**

Penne and Meatballs with Marinara Sauce ~40gm  
Steamed Mixed Veggie 12gm  
Garlic Knot 16gm

Thursday, January 31

**Breakfast**

WG Pumpkin or Banana Bread 43gm

LOCAL

**Lunch**

Baked Potato Bar 40gm  
Served with your choice of chili 10gm, cheese 14gm, and sour cream  
Steamed Broccoli 6gm  
WG Baked Pretzel 14gm