



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.jspspt.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. 27

March 29, 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 أن يكتب لك هذه الرسالة بلغة أخرى، يرجى الاتصال بالمدارس في 587-1315.

MESSAGE FROM MS. AGNA

SWING INTO SPRING AUCTION!

TONIGHT is the much-anticipated spring party and auction! Having attended these over the years, I can say that it definitely is one of the most fun events we have at JSS and is the only one that is for grown-ups only. I wish/hope that many members of our community could/would attend and would do anything I can to help make that happen. There is NO COST to get in and you do not have to bid on anything! But, of course, if you do, we all will much appreciate it! The money raised by this event funds classroom supplies, field trips, special performances, electronics and so much more!

MCAS – PART II

We start next week – with 3rd grade on Tuesday and Wednesday, April 2nd and 3rd. Please make sure your child gets a good night's sleep and breakfast, either at home or school. You may have heard or know already that we use stress relievers in the form of sugarless chewing gum, mints and Jolly Ranchers. And our mantra is "Just try your best and it will be fine."

CAREGIVERS CAFÉ AND TECH WORKSHOPS!

So sorry for any confusion. The Caregivers Cafes happened already and were from 5:30-7:30PM with pizza and childcare. The Tech Workshops coming up with Susan McNamara are from 6:30-8PM with childcare only. If you are planning to come, please sign up on the tear-off at the end of the newsletter. And the first workshop in the series is on THURSDAY, APRIL 4 (not the 11th!!) – sorry that it still reads the 11th on the tear-off! We know that the JSS Film Festival is on April 11 so we moved the workshop to April 4!!

JSS School Council

AGENDA

The Jackson Street School Council will meet on Tuesday, April 9, 3:30-5:00 pm. The following is the agenda for the meeting. All are welcome to attend.

1. Get settled, Approve March Minutes
2. What is the impact of a 9:20 start time on elementary schools?
3. Look at the Survey results
4. School Improvement Plan (SIP)

FLAGS A' FLYIN'

You may have noticed that along with the USA flag, we fly others, always below the American flag, as is the law. I've tried to mix it up, depending on the time of year or events, though I've been remiss in changing them up. I just asked our custodian to put the flag with the photo of the earth taken from space – as we approach Earth Day. We have the rainbow flag as well and will put it back up in time for May and the Pride March. Since there is currently debate on the MA state flag and how citizens may or may not be represented, I have not put that up. If there are ideas for flags that show respect, fairness, equity and support for all our students and families and our environment, please let me know. Perhaps one day there can be another JSS flag designed and made – we had a beautiful one, designed by 5th graders

a few years ago - for our wooden ship on the playground but it didn't survive a few seasons of winter cold and wind.

Hope to see you later at the auction!

Respectfully and affectionately yours,

Gwen Agna
Gwen Agna

TONIGHT!!

Swing Into Spring 2019 – fun party and exciting auction! This is the JSS PTO's biggest fundraiser and benefits ALL of our students! Doors open at the Garden House at Look Park at 6:30PM for free champagne/sparkling cider, live music, delicious snacks, and an amazing array of items to bid on! Hope to see you there!

Questions about the auction?

Email: jacksonstreetauction@gmail.com

JSS FAMILY SCIENCE NIGHT!

We had a highly successful JSS Family Science Night 2019!!!!

About 250 people (120+ students) explored 28 Science exhibits. Thanks to UMass, Smith College, Mt.Holyoke College, Holyoke Codes, Northampton High School, JFK Middle School, JSS Families and students who spent their time and effort in educating our students on Science

This year we had a raffle drawing for our student science explorers and these 3 students will receive A2Z gift cards

Student 1: **Teddy Bakker Norton**

Student 2: **Frances Slabich**

Student 3: **Jawaher**

Special thanks to **Liz Horn** for unlimited co-ordination and support.

Thanks to **Ms. Agna and Ms. Deirdre** for all the support and teachers for sharing their classrooms.

Here is the list of Volunteers who offered their enthusiastic support to make this event successful. (Apologies to those we are missing)

Lisa Clauson, Jessica Terry, Lilianna Milani, Tracey Adamski, David Lukens, Jude Almedia, Dan Mason, Mike Zink, Rose Boulay, Alexis Kumar, Aiswerya Samath, Jaya Shankar, Marisha Marks, Llama Maynard, Balaji Belur and many others who joined our hands. A big shout out to all the volunteers.

Also special thanks to **Custodian Carol** for helping us with setup and tear down.

Thanks to JSS students for their wonder, curiosity and their willingness to explore Science.

*With Gratitude, Pallavi and Andrea
Science Night Committee*

And thank YOU, **Pallavi and Andrea**, for organizing and making wonderful Family Science Night happen again this year!!

JSS FILM FESTIVAL

A reminder that the JSS Film Festival has been re-scheduled for Thursday, April 11th, 6:30-7:30pm in the JSS Library!

We still have room for entries! Please contact Stan and Halle's mom Jodi Shaw (jodishaw@mac.com) for more info on how to submit.

WORKSHOP SERIES – MARK YOUR CALENDARS

First one is next Thursday, April 4!

Balancing The Use Of The Screen Technologies With Your Family Values

Thursday, April 4, 2019 (NOTE DATE CHANGE!)

Navigating choices around the ever-changing world of the screen technologies and our children can be extremely confusing and overwhelming. This leaves many parents uncertain about what to say yes and no to regarding the use of the devices with their children.

When we have the time to get clear about what matters most to us, the issues of if, when and where around the devices and our children becomes easier to decide on. This evening is an opportunity for parents to explore getting clearer using the practice of mindfulness to help identify personal values and common sense solutions and strategies that you may have the family life you always dreamed of.

Exploring What It Is That Children Really Need In The Age Of Technology

Thursday, May 16, 2019

Peer and societal pressures, along with the time and energy constraints many parents face leave families without the necessary resources and reference points to more fully understand the impact that the screen technologies are having in the day to day life of their children.

Stepping beyond expert opinion and “ten-easy-step solutions,” this evening offers caretakers support and strategies for understanding the real needs of their children.

Creating A People-Centered Home VS. A Screen-Centered Home

Thursday, June 6th

The basis for everything that children need to be successful in the world, communication skills, self-care, self-worth, team building, lifelong habits, beliefs, and more, all begin at home. Unfortunately, many of our homes focus more on our electronics than on the real needs of people.

This evening's workshop offers parents the time and support to develop practical solutions to the dominant role that the screens occupy in our homes. That same role that often ignores and denies important things like downtime, connection, quiet, and peaceful mealtimes.

Presenter:

Susan McNamara, M.A., CHHC, is a Certified Holistic Health Counselor who is trained in Mindfulness-Based Stress Reduction, and holds a Masters Degree in Counseling Psychology. Susan is an adjunct professor at Westfield State University where one of the topics she explores with her students is the impact technology is having on their health and well-being.

For almost twenty-five years, Susan has been contemplating, researching, and most importantly living the questions around technology and children with her own family and others. She has just finished her first book, *Remembering What Matters Most: A Contemplative Approach To Children & Technology*.

Susan can be reached at 413-527-2230 or thefarmatavalon@hotmail.com. Check out the article in a recent Daily Hampshire Gazette by Susan, entitled "Pandora's phone – and what to do when your child has seen something she can't unsee online". The link for this is: <https://www.gazettenet.com/Kids-and-screens-23738686>.

JSS GARDEN NEWS

GARDEN VISITS

In early March classes started visiting the garden educator Hope Guardenier from School Sprouts working mostly in the greenhouse. It was so warm in the greenhouse on a chilly and windy March day that students were able to take off their coats and enjoy the warmth during their garden time. There is already lettuce, kale, peas sprouting in the greenhouse! The greenhouse will be fully operational (hooked up to electric power so the fans will run!) by the middle of April. It's so exciting to see this amazing project in action!

GARDEN WORK DAY

Thursday, April 25th, from 3 p.m. – 5:30 p.m. Our school community is inviting all volunteers to get the school garden and our new greenhouse ready for the season! Work that afternoon will include: weeding and raking; rebuilding and repairing the garden beds; turning the compost; refreshing garden paths with wood chips; trimming trees; cleaning the perennial gardens; and sweeping and organizing the garden shed and greenhouse. We can use many hands, including people handy with a hammer and drill. If you have questions, contact Katharine Walmsley, second grade teacher, kwalmsley@northampton-k12.us. (Rain date is Friday, April 26 th, from 3:00-5:30).

Materials you might bring if you can: compost; edgers; hammers, screwdrivers, drills, nails, clippers,; loppers (for tree trimming); work gloves; steel garden rakes (not leaf rakes); tape measures; and string. See you in the garden!

The JSS Garden Committee

News From Nurse Rebecca

After April vacation, I will be teaching a short lesson to each 4th and 5th grade class about the developmental changes related to puberty and hygiene. This is something I look forward to doing each year. I use a district wide, co-ed curriculum developed by teachers and nurses here in Northampton. There are plenty of chances for students to participate and ask questions. Please contact me if you have questions. Thanks, Nurse Rebecca

HELP WANTED!!

• FROM A FORMER JSS PARENT: *Hello - we are looking for a half time front office/billing person for our office. I wanted to share this in case you know any JSS parents/families who might be interested. We need a Spanish speaker to help greet clients and answer questions in person and on the phone. Email Dan, dhb@cbkimmigration.com*

• FROM A FORMER JSS PARENT AND TEACHER AT NHS: *We are looking for a part-time babysitter for a one year old – days and evenings. Please contact Suzanne Strauss: sstrauss@northampton-k12.us*

JUST TRYAN IT is Kids Helping Kids - KIDS TRIATHLON


PIONEER VALLEY, MA - SEPT 29, 2019


Ages 6-14. All abilities welcome! Funds raised to benefit families battling childhood cancer in our local area.

Racers will have an opportunity to race in honor (or memory) of individuals with cancer. For more information: (<https://justtryanit.com/pioneervalley/>),

- Rachel Currie-Rubin, parent of 2nd grader Lea

IN THE NEWS

 We were thrilled to host **Ms. Jane Sapp**, former resident of the Valley, now of Georgia, who is a well-known anti-racist activist and gospel singer/pianist, for a "mini-residency" last week. She sang and played for and taught Mr. Slattery's 5th grade music class, with Ms. O', as well as joined the KDG/1st grade sing-along. The Gazette printed a photo of her as well as posted photos online at <https://www.gazettenet.com/-You-are-beautiful-24335716>

 – check them out! Ms. Sapp also accompanied the Amandla (now call Fiery Hope) Chorus in a concert on Saturday night - our own **Maria Garcia** is a member of the chorus.

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!

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 – on the first and third Wednesday of the month, 9-10AM.

TONIGHT!! Fri. Mar. 29 JSS SWING INTO SPRING AUCTION!

Thurs. Apr. 4 Balancing The Use Of The Screen Technologies With Your Family Values 6:30-8PM

Thurs. Apr. 11 HOLA ENDS!

ASSEMBLY DATES

JSS Film Festival – new date!! 6:30PM JSS Library

Thurs. Apr. 25 All-school assembly 1st grade presents 9:10AM

Apr. 25 – 1:30PM 1st grade

GARDEN WORK DAY 3:30-5:30PM (raindate is Fri. Apr. 26)

May 30– 2:00PM KDG - JSS Grads

Fri. May 3 GRADES K, 1 & 2 CONCERT 1:30PM in the gym

June 12 – 10:30AM Ms. Agna Fine Fine School

Wed. May 8 JSS COUNCIL & PTO meeting with Chip Wood, consultant – Details TBA

Fri. May 10 Alex Smith Trio RETURN ENGAGEMENT – stay tuned for details!

Thurs. May 16 Exploring What It Is That Children Really Need In The Age Of Technology

Thurs. May 30 All-school assembly WELCOME BACK JSS/HIGH SCHOOL GRADS – KDGners are hosts 2PM

Thurs. June 6 Creating A People-Centered Home VS. A Screen-Centered Home

Wed. June 12 All-school assembly FINE FINE SCHOOL

Jackson Street School MCAS Schedule

ELA

MATH

3rd Grade	Tues April 2	Wed April 3	Make Up Apr 4	4th Grade	Tues April 30	Wed May 1	Make Up May 2
4th Grade	Mon April 8	Tue April 9	Make Up Apr 10	5th Grade	Tues May 7	Wed May 8	Make Up May 9
5th Grade	Tues April 23	Wed April 24	Make Up Apr 25	3rd Grade	Tues May 14	Wed May 15	Make Up May 16

YES I/we would like to attend the following:

1. Caregiver Café – Thursday, April 4 5:30-7:30PM

2. Balancing The Use Of The Screen Technologies With Your Family Values-

Thursday, April 11, 2019 6:30-8PM

3. Exploring What It Is That Children Really Need In The Age Of Technology -

Thursday, May 16, 2019 6:30-8PM

4. Creating A People-Centered Home VS. A Screen-Centered Home,

Thursday, June 6th 6:30-8PM

Name: _____

Number of adults: _____ Number of children who need childcare _____

Please return to the school office or your child's teacher.

Menús para Abril de 2019

**Bridge Street School
Leeds Elementary
Jackson St School
RKF Ryan Road School**

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



NUTRITION TO GO

Los expertos recomiendan que comamos al menos de 20 a 30 gramos de fibra al día, pero la mayoría de los estadounidenses consume menos de la mitad de esa cantidad. Los granos, las frutas, las verduras y los frijoles son buenas fuentes de vitaminas. Comprueba las etiquetas en alimentos, como el cereal de desayuno favorito. Algunos cereales proporcionan diez o más gramos de fibra por tazón, pero intenta consumir al menos tres.



A QUICK BITE FOR PARENTS

Disponibles 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.

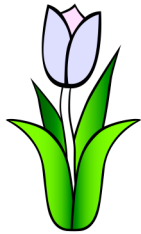
Ahora ofrecemos "My School Bucks" un portal de internet conveniente y seguro para hacer pagos y de información para padres. Vaya a www.myschoolbucks.com para inscribirse en una cuenta gratis.
Precios de comida
 Desayuno: \$1.25; Almuerzo: \$2.75
 La compra de leche sin comida es de \$0.50, independientemente de la calificación de beneficios de comida

lunes, abril 1	martes, abril 2	miércoles, abril 3	jueves, abril 4	viernes, abril 5
<p>desayuno Pastelillo y palitos de queso</p> <p>almuerzo Hamburguesa / Hamburguesa Con Queso, Patatas Fritas Al Horno, Frijoles Al Horno</p>	<p>desayuno Bagel con queso crema o crema solar y yogur de</p> <p>almuerzo Martes de tacos Elección de carne sazónada o pollo, Servido con lechuga, salsa, queso y crema agria, frijoles pintos refritos, arroz sazónado</p>	<p>desayuno Postre helado de fruta y yogurt con granola</p> <p>almuerzo Pasta con salsa marinara o carne Ensalada de broccoli Nudo de ajo</p>	<p>desayuno Palito de queso y pan de frutas</p> <p>almuerzo Tazón De Pollo De Palomitas De Maíz, Puré De Patatas, Maíz, Salsa, Rollitos De Cena</p>	<p>desayuno Rollo de patata dulce de yogurt de</p> <p>almuerzo Pizza Brócoli cocido al vapor, Ensalada Lateral Con Aderezo Surtido</p>
lunes, abril 8	martes, abril 9	miércoles, abril 10	jueves, abril 11	viernes, abril 12
<p>desayuno Pastelillo y palitos de queso</p> <p>almuerzo Sopa de tomate y queso a la parrilla Patatas fritas de Hadley recién cortadas</p>	<p>desayuno Bagel con queso crema o crema solar y yogur de</p> <p>almuerzo Quesadilla de pollo o queso Frijoles negros Maíz al vapor</p>	<p>desayuno Postre helado de fruta y yogurt con granola</p> <p>almuerzo Tostada francesa caliente y salchicha zanahorias al vapor Palitos de apio con salsa</p>	<p>desayuno Palito de queso y pan de frutas</p> <p>almuerzo Pastel de pastores Rollitos De Cena</p>	<p>desayuno Rollo de patata dulce de yogurt de</p> <p>almuerzo Pizza, Brócoli cocido al vapor, Mezcla de verduras frescas con hummus o rancho</p>

LOCAL

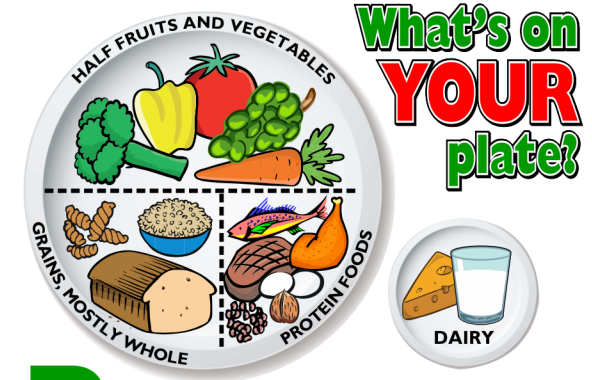
SPRING

BREAK



Último día de clases:
**Viernes,
12 de abril**

Las clases
de reanudan el:
**Lunes,
22 de abril**



lunes, abril 22

desayuno
Pastelillo y palitos de queso

almuerzo
Sándwich de pollo
Papas Fritas
Judías verdes

martes, abril 23

desayuno
Bagel con queso crema o crema solar y yogurt de

almuerzo
Ensalada de taco
Carne de Taco, Lechuga, Tomate, Queso, Salsa, Crema Agria
Frijoles Negros

miércoles, abril 24

desayuno
Postre helado de fruta y yogurt con granola

almuerzo
Tazón De Pollo De Palomitas De Maíz, Puré De Patatas, Maíz, Salsa, Rollitos De Cena

jueves, abril 25

desayuno
Palito de queso y pan de frutas

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

viernes, abril 26

desayuno
Rollo de patata dulce de y yogurt de

almuerzo
Pizza, Brócoli cocido al vapor, Mezcla de verduras frescas con hummus o rancho

lunes, abril 29

desayuno
Pastelillo y palitos de queso

almuerzo
Pollo y waffles Picaduras de pollo sin hueso Mini WG Waffles Smiley
Fries Frijoles al horno

martes, abril 30

desayuno
Bagel con queso crema o crema solar y yogurt de

almuerzo
Sandwich de pavo de cara abierta
Puré De Patatas
Salsa de arándanos
Palitos de zanahoria

CALENTAMIENTO.

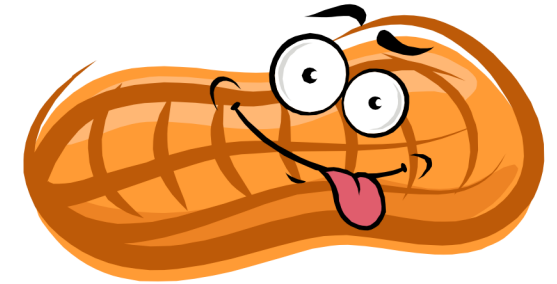


Una de las mejores formas de no hacerse daño al hacer deporte, en la clase de gimnasia e incluso en el patio de recreo es estirarse un poco primero y empezar lentamente antes de ir al máximo.



**COME, JUEGA, VIVE, Y APRENDE MEJOR
¡LA SALUD ES UNA FORMA DE VIDA!**

P: ¿Qué es lo más MONO de un "MANÍ"?



R: "Maní" es otro nombre para "cacahuete", y lo más mono de un cacahuete es que es un frijol que crece bajo tierra y que les gusta mucho a los monos.

Aprende más en www.CHOOSEMYPLATE.gov o www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119

Menus for April 2019

Bridge Street School
Leeds Elementary
Jackson St School
RKF Ryan Road School

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



NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS



MASSACHUSETTS
FARM TO SCHOOL

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 ~25gm available as an alternate to daily breakfast option.

Questions or Comments, Please Call the Food Service Office at (413) 587-1487

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



Monday, April 1

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Hamburger/
Cheeseburger 25gm
Oven Fries 20gm
Bandit Baked Beans 35gm

Tuesday, April 2

Breakfast
Bagel ~25gm w/
cream cheese or
sunbutter and yogurt 19gm

Lunch
Taco Tuesday 10gm
Seasoned Group Beef or Beans
Served with lettuce, salsa, cheese & sour cream
Refried Pinto Beans 10gm
Seasoned Rice 20gm

Wednesday, April 3

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

Lunch
WG Pasta 43gm with marinara or meatsauce 25gm
Broccoli Salad 18gm
Garlic Knot 16gm

Thursday, April 4

Breakfast
WG Fruit Bread 43gm and Cheese stick

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

Friday, April 5

Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
Pizza
Steamed Broccoli 6gm,
Side Salad with Assorted Dressing 3-14gm

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

Monday, April 8

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Grilled Cheese 40gm and Tomato Soup 20gm
Fresh-cut Hadley Fries 20gm

LOCAL

Tuesday, April 9

Breakfast
Bagel ~25gm w/
cream cheese or
sunbutter and yogurt 19gm

Lunch
Chicken 37gm or
Cheese Quesadilla 39gm
Seasoned Black Beans 20gm and
Steamed Corn 16gm

Wednesday, April 10

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

Lunch
Brunch
French Toast Sticks 48gm
Sausage
Steamed Carrots 7gm
Celery Sticks and Sunbutter Dip 10gm

Syrup: 30gm

Thursday, April 11

Breakfast
WG Fruit Bread 43gm and Cheese stick

Lunch
Shepard's Pie 60m
WW Dinner Roll 17gm

Friday, April 12

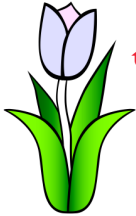
Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
Pizza
Steamed Broccoli 6mg,
Fresh Veggie Medley with Hummus 8gm or
Ranch Dip 4gm

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

SPRING

BREAK



Break begins at the end of classes: Fri., April 12

Classes resume: Mon., April 22



What's on YOUR plate?



Monday, April 22

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Crispy Chicken Sandwich 35gm
Sweet Potato Fries 19gm
Steamed Green Beans 4gm

Tuesday, April 23

Breakfast
Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm

Lunch
Taco Salad 30gm
Seasoned Beef or beans, lettuce, salsa, cheese and sour cream with Tortilla Chips

Wednesday, April 24

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

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

Thursday, April 25

Breakfast
WG Fruit Bread 43gm and Cheese stick

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

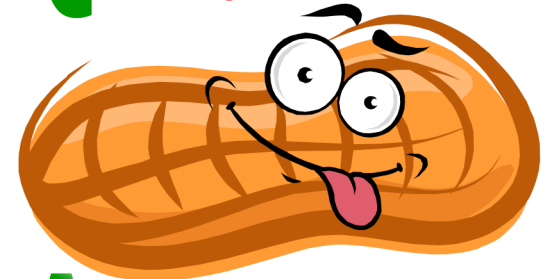
Friday, April 26

Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
Pizza
Steamed Broccoli 6gm,
Fresh Veggie Medley with Hummus 8gm or Ranch Dip 4gm

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

Q: What's the GOOFIEST thing about a GOOBER?



A: "Goobar" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 29

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Chicken & Waffles
Boneless Chicken Bites 15gm
Mini WG Waffles 37gm
Smiley Fries 25gm
Bandit Baked Beans 35gm

Tuesday, April 30

Breakfast
Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm

Lunch
Open Faced Turkey Sandwich 45gm
Mashed Potatoes 17gm
Cranberry Sauce 26gm
Carrot Sticks and Dip

YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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