



# 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.jsspto.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. 31

May 3, 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 في بغيرت تنك اذا 587-1315. في سردملا اذاداب لاصتالا يجرى، فيبرعلا اذلالاب ابوتكم ذلاسرلا هذه نم قخسن لولع لوصرحلا في بغيرت تنك اذا.

## MESSAGE FROM MS. AGNA

### NORTHAMPTON PRIDE – TOMORROW!!

As many of you know, next Saturday, May 4, is the annual PRIDE March and Festival, celebrating the rights and lives of our LGBTQ community and families. Every Northampton public school is represented in the march and may walk behind our first ever Northampton Public Schools banner this year. If you've marched with us before, you'll know that JSS has its own banner, made by JSS grad, Kamini Waldman's family. Please join us on Saturday at 11AM – we'll meet behind The Brewery on Hampton Ave. – look for the NPS float and banner!

And our new flag on the flagpole is flying – below the US flag. It's the new version of the rainbow flag, with two stripes added, a black one and a brown one! THANKS SO MUCH to 1st grader, Talisan

### MCAS MATH

Next Tuesday and Wednesday, May 7 and 8 the 5th graders will take Math MCAS

### NEW TEACHER APPOINTMENTS

As always, we had an extraordinary pool of applicants and the decisions were not easy. However, the members of the interview committee and I are very pleased to announce the following offers have been made:

- **Ms. Colleen Taylor**, 3rd grade special education
- **Mr. Alfred Kimani**, 5th grade
- **Ms. Lauren Brown**, 5th grade

More info and bios will be coming!

### CLASS PLACEMENTS

Thanks to all who have filled out the forms describing your child(ren) and their interests and needs. Your input is so important and helpful to us in our process of making the classes for next school year. There are many factors that go into this – the “sending” teachers' roles in making the lists are critical and we work together over time in doing this. We will send the class placements letters home to you in the week after school is out.

Respectfully and affectionately yours,

*Gwen Agna*  
Gwen Agna

## **HOLA**

Classes started Tuesday, April 30, and run six weeks through June 6.

Any questions? [hola@northampton-k12.us](mailto:hola@northampton-k12.us)

## **HOLA is needing donations of items**

Any recycled items that can be upcycled into art- such as cereal boxes, paper towel rolls, packing materials, corks, thread spools, jars with lids, water bottle, coffee cans and yogurt containers and lids, tissue boxes, old CDs and DVDs, string and twine and more (you name it)! Please bring into office, marked for HOLA.

## **THANKS FOR A WONDERFUL SPAGHETTI DINNER - WE RAISED \$1,300 FOR NATURE'S CLASSROOM!**

It was a delicious and festive evening that drew lots of JSS folks, and helped raise important funds for next year's 5th grade to go to Nature's Classroom.

Thanks to all the 4th grade parents who helped, all the people who attended, and a special shout out to Alyssa Richardson who coordinated the whole event.

Our huge thanks to the Elks Club, who sponsored the event, providing the space, staff and food so that all the proceeds could go to Nature's Classroom!

## **THIS COMING WEEK IS TEACHER AND STAFF APPRECIATION WEEK! AND SCHOOL NURSES DAY!**

The week of May 6 - 12 is Teacher/Staff Appreciation Week.

And Wednesday, May 8 is School Nurses Day.

We all know how amazing and hard working our JSS staff is - and we can never thank them enough.

This week is a great time to let them know how much we appreciate them!

On Tuesday, May 7, the PTO will have its annual staff appreciation breakfast in the lobby from 8:00 to 9:00.

And any student or parent who would like to make or send in a card, make a sign, or just tell our teachers, staff and Nurse Rebecca how wonderful they are - that would be great!

Thank you.

## **Eat for Education! - Tuesday, May 7**

All day on Tuesday, May 7, participating Northampton restaurants will donate 10% of sales to Northampton High School!

For a complete list of restaurants, please visit <https://www.facebook.com/northampton.high.pto/>

## **MAY PTO MEETING - WED. MAY 8 at 6:30 PM – COMBINED WITH THE SCHOOL COUNCIL**

Please come to the May PTO meeting, on Wednesday, May 8 at 6:30 pm in the library.

Lots of fun events and plans to discuss. Chip Wood will check in again for the first 30-45 minutes of the meeting, about the transition to a new principal.

As always, everyone is warmly welcome, and we'll have snacks and free childcare.

Please join us!

## **MAY COFFEE ORDERS DUE!**

May orders for delicious Jackson Street School coffee, tea and hot chocolate are due this Monday, May 6 by 9:00 am.

Locally roasted/blended, fair trade and organic. And all profits go to JSS!

You can submit a paper order in the office or email me anytime to get an order form or place an order. If you have a standing monthly order, thank you and you are all set.

Orders will be delivered on Friday morning, May 10.

Thanks so much. - Liz Horn, [elhorn@mindspring.com](mailto:elhorn@mindspring.com)

## **NEF PLANT SALE on SAT., MAY 11 at SMITH VOC**

Saturday, May 11 is the Northampton Education Foundation's SOS (Support Our Schools) annual Plant & Flower Sale at Smith Vocational High School from 9:00 am to 1:00 pm. Great plants and flowers for sale, proceeds buy books for all our schools!

## **WORKSHOP SERIES – MARK YOUR CALENDARS**

The next one in the series is:

### **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.

Then the Caregivers Café is back by popular demand! It will be on THURSDAY, MAY 23, 5:30-7:30PM, with pizza and childcare. Signs up on the tear-off below!

## **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, entitle “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>.

## **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

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.

- TODAY, Fri. May 3**      **GRADES K, 1 & 2 CONCERT 1:30PM in the gym**
- Sat. May 4**      **NORTHAMPTON PRIDE – all Northampton Public Schools will be marching the annual LGBTQ Pride March. Meet in the parking lot behind the Brewery restaurant at 11AM.**
- Wed. May 8**      **JSS COUNCIL & PTO meeting - Chip Wood, consultant guiding the transition to a new principal, will meet from 6:30-7:15PM. PTO meeting till 8PM**
- Fri. May 10**      **Alex Smith Trio RETURN ENGAGEMENT**
- Thurs. May 16**    **Exploring What It Is That Children Really Need In The Age Of Technology – workshop 6:30-8PM**
- Thurs. May 23**    **Caregivers' Café 5:30-7:30PM**
- Thurs. May 30**    **All-school assembly WELCOME BACK JSS/HIGH SCHOOL GRADS – KDGners are hosts 2PM**
- Thurs. June 6**    **HOLA ends!  
Creating A People-Centered Home VS. A Screen-Centered Home – workshop 6:30-8PM**
- Fri, June 7**      **FIELD DAY!**
- Mon., June 10**    **RAIN DATE for Field Day**
- Wed. June 12**    **All-school assembly FINE FINE SCHOOL  
JSS FAMILY PICNIC and GOODBYE to Mrs. Malynoski, Ms. Cowley, and Ms. Russell**
- Thurs. June 13**    **5th GRADE GRADUATION 1:30PM in the gym**
- Fri. June 14**      **LAST DAY OF SCHOOL – dismissal at 12:20PM (unless we have another snow day!)**

## ASSEMBLY DATES

May 30– 2:00PM KDG - JSS Grads  
June 12 – 10:30AM Ms. Agna Fine Fine School

## Jackson Street School MCAS Schedule

### MATH

5th Grade	Tues May 7	Wed May 8	Make Up May 9
3rd Grade	Tues May 14	Wed May 15	Make Up May 16

### SCIENCE

5th grade Science/Technology MCAS will be on Tues. May 21 and Wed. May 22

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## YES I/we would like to attend the following:

- 3. Exploring What It Is That Children Really Need In The Age Of Technology -  
Thursday, May 16, 2019 6:30-8PM** \_\_\_\_\_
- 3.5. Caregivers' Café – Thursday, May 23, 5:30-7:30PM** \_\_\_\_\_
- 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.



Menus for

**May  
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.

LOCAL AND HUMANELY  
RAISED BEEF FROM  
INDEPENDENTLY  
OWNED FARMS IN  
NEW ENGLAND!

**REMINDER**

We kindly remind you to resolve any unpaid meal balances before the school year comes to an end.

Log onto  
[myschoolbucks.com](http://myschoolbucks.com) or call our  
office at (413) 587-1487 to  
determine what is owed.

*Thank you!*

**SCHOOL LUNCH  
HERO DAY  
MAY 3RD**



**AND SCHOOL  
NUTRITION  
EMPLOYEE  
APPRECIATION  
WEEK  
MAY  
6-10**

**NUTRITION TO GO**

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

**A QUICK BITE FOR PARENTS**

**Wednesday, May 1**

**Breakfast**  
Fruit & Yogurt 30-60gm  
Parfait w/ Granola 15gm  
**Lunch**  
**Brunch!**  
Mini Maple Pancakes 38m & Sausage Steamed Corn 16gm Celery Sticks with Dip 10gm

**Thursday, May 2**

**Breakfast**  
WG Fruit Bread 43gm and Cheese stick  
**LOCAL**  
**Lunch**  
Farm Fresh Burger 25gm  
Fresh-cut Hadley Fries 20gm  
Cucumber Wheels 3gm & Dip 8gm

**Friday, May 3**

**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

**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/>  
Breakfast: \$1.25  
Lunch \$2.75

**Monday, May 6**

**Breakfast**  
WG Muffins 25gm and Cheese stick  
**Lunch**  
WG Mozzarella Cheese sticks 16m with marinara sauce 5gm  
Spicy Curly Fries 21gm

**Tuesday, May 7**

**Breakfast**  
Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm  
**Lunch**  
Teriyaki Chicken over seasoned brown rice 20m  
Yummy Carrots 7gm  
Four Bean Salad 12gm

**Wednesday, May 8**

**Breakfast**  
Fruit & Yogurt 30-60gm  
Parfait w/ Granola 15gm  
**Lunch**  
Chicken Tenders and Dip 15m  
Green Beans 5gm  
Oven Fries 20gm  
WG Dinner Roll 17gm

**Thursday, May 9**

**Breakfast**  
WG Fruit Bread 43gm and Cheese stick  
**Lunch**  
Hot Dog on a WG Bun 20gm  
Baked Beans 35gm  
Sweet Potato Fries 19gm  
(Pre-K: Grilled Cheese Sandwich)

**Friday, May 10**

**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, May 13

**Breakfast**

WG Muffins 25gm and Cheese stick

**Lunch**

Hamburger/  
Cheeseburger 25gm  
Baked Fries 25gm  
Bandit Baked Beans 35gm

Tuesday, May 14

**Breakfast**

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

**Lunch**

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

Wednesday, May 15

**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, May 16

**Breakfast**

WG Fruit Bread 43gm  
and Cheese stick

**Lunch**

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

Friday, May 17

**Breakfast**

Sweet Potato Roll 22gm  
and Yogurt 19gm

**Lunch**

1/2 Day  
Bagged Lunches  
Available



What's on  
**YOUR**  
plate?

**Q:** Where do we get most of the tomatoes we eat?

**A:** The average American eats

close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.



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, May 20

**Breakfast**

WG Muffins 25gm and Cheese stick

**Lunch**

Turkey & Cheese Sandwich on a WG Croissant 28gm  
Roasted Chickpeas 14gm  
Carrot & Cucumber wheels with Dip 4gm

Tuesday, May 21

**Breakfast**

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

**Lunch**

Chicken 37gm or  
Cheese Quesadilla 39gm  
Served with salsa &  
sour cream  
Steamed Corn 16gm

Wednesday, May 22

**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, May 23

**Breakfast**

WG Fruit Bread 43gm  
and Cheese stick

**Lunch**

WG Mozzarella Cheese sticks 16gm  
with marinara sauce 5gm  
Spicy Curly Fries 21gm

Friday, May 24

**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, May 27



Tuesday, May 28

**Breakfast**

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

**Lunch**

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

Wednesday, May 29

**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, May 30

**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, May 31

**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

**FIELD DAY**

Leeds: May 30th  
Bridge: June 7th  
Ryan: June 7th  
Jackson: June 7th

**Menu:**

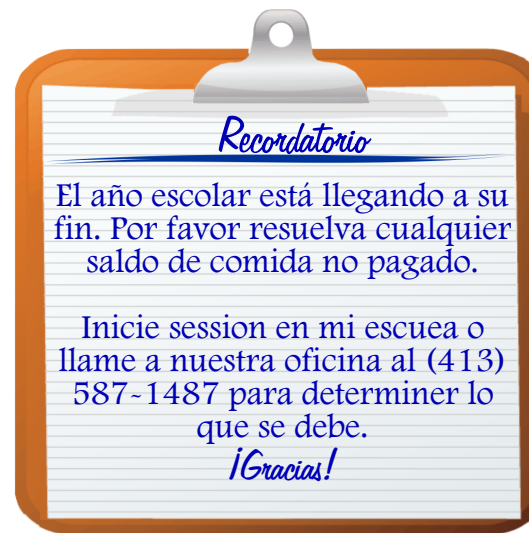
Choice of: Hot Dog, Hamburger or Sunbutter & Jelly. Comes with Fruit, Veggie, WG Goldfish and Milk



**Menús para Mayo 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.

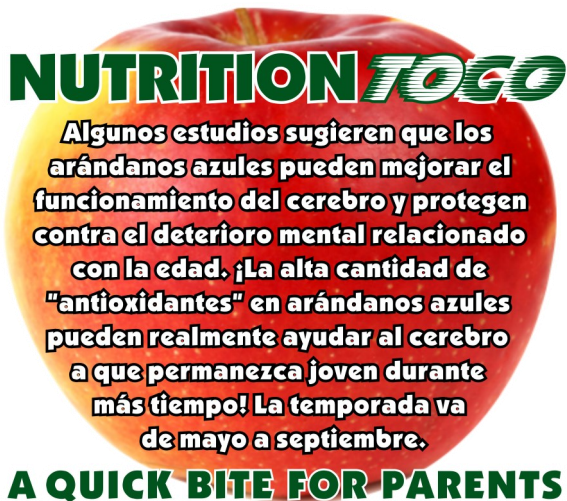


*Recordatorio*

El año escolar está llegando a su fin. Por favor resuelva cualquier saldo de comida no pagado.

Inicie sesión en mi escuela o llame a nuestra oficina al (413) 587-1487 para determinar lo que se debe.

*¡Gracias!*



**NUTRITION TO GO**

Algunos estudios sugieren que los arándanos azules pueden mejorar el funcionamiento del cerebro y protegen contra el deterioro mental relacionado con la edad. ¡La alta cantidad de "antioxidantes" en arándanos azules pueden realmente ayudar al cerebro a que permanezca joven durante más tiempo! La temporada va de mayo a septiembre.

**A QUICK BITE FOR PARENTS**

**Miércoles, Mayo 1**

**Desayuno**  
Fruta y Yogurt 30-60gm  
Parfait con Granola 15gm

**Almuerzo**  
*¡Tipo Brunch!*  
Mini Panqueques de Maple 38m  
Embutido  
Maíz al vapor 16gm  
Palitos de Apio con Salsa 10gm

**Jueves, Mayo 2**

**Desayuno**  
Pan integral de frutas 43gm y Palito de Queso

**Almuerzo**  
Dunkers Italianos  
Pan de Queso 17gm con salsa Marinara 5gm  
Habichuelas verdes 4gm  
Rodajas de Pepino 3gm con Salsa 8gm

**Viernes, Mayo 3**

**Desayuno**  
Rollito de Batata 22gm y Yogurt 19gm

**Almuerzo**  
Pizza  
Brócoli al vapor 6mg, Vegetales "Medley" con Hummus 8gm o con Salsa Ranch 4gm

Redondas: 39gm; Pan Francés: 33gm; Rectángulo: 35gm; Corteza rellena: 35gm



**Disponible a Diario**

Sándwich de Sunbutter y Jalea, Queso Grillé, Sándwich de Queso, o Ensalada como entrante (servida con pan o rollo integral) disponibles como alternativa a la opción diaria de comida.

Todas las comidas servidas con frutas variadas 15-30gm y leche 13-24gm.

Cereal Integral ~25gm disponible como una alternativa a la opción diaria del desayuno.

Preguntas o Comentarios, por favor llame a la Oficina de Servicio de Comidas al teléfono (413) 587-1487

**Menús disponibles en nuestro sitio web:**

**Monday, May 6**

**Desayuno**  
Panecillo integral tipo "Muffins" 25gm y Palito de Queso

**Almuerzo**  
Palitos integrales de Queso Mozzarella 16m con salsa Marinara 5gm  
Papas fritas rizadas con especias 21gm

**Martes, Mayo 7**

**Desayuno**  
Bagel ~25gm con queso crema o sunbutter y yogurt 19gm

**Almuerzo**  
Pollo "Teriyaki" 8gm sobre Arroz integral sazonado 20m  
Zanahorias Sabrosas 7gm  
Ensalada de Cuatro Frijoles 12gm

**Miércoles, Mayo 8**

**Desayuno**  
Fruta y Yogurt 30-60gm  
Parfait con Granola 15gm

**Almuerzo**  
Masitas de Pollo 15m y Salsa 16gm  
Habichuelas verdes 5gm  
Papas fritas al horno 20gm  
Panecillo integral 17gm

**Jueves, Mayo 9**

**Desayuno**  
Pan integral de frutas 43gm y Palito de Queso

**Almuerzo**  
Perro Caliente en pan integral 20gm  
Frijoles Horneados 35gm  
Batatas fritas 19gm

(Pre-K: Sándwich de Queso derretido)

**Viernes, Mayo 10**

**Desayuno**  
Rollito de Batata 22gm y Yogurt 19gm

**Almuerzo**  
Pizza  
Brócoli al vapor 6mg, Ensalada chica con varios aderezos 3-14gm

Redondas: 39gm; Pan Francés: 33gm; Rectángulo: 35gm; Corteza rellena: 35gm

Lunes, Mayo 13

**Desayuno**

Panecillo integral tipo "Muffin" 25gm y Palito de Queso

**Almuerzo**

Hamburguesa/Hamburguesa con Queso 25gm Papas fritas horneadas 25gm Frijoles Horneados Bandit 35gm

Martes, Mayo 14

**Desayuno**

Bagel ~25gm con queso crema o sunbutter y yogurt 19gm

**Almuerzo**

Martes de Taco 10gm Con Carne sazónada o Frijoles Servido con lechuga, salsa, queso y crema agria

Miércoles, Mayo 15

**Desayuno**

Fruta y Yogurt 30-60gm Parfait con Granola 15gm

**Almuerzo**

Pasta integral 43gm con salsa Marinara o de carne 25gm Ensalada de Brócoli 18gm Nudo de Ajo 16gm

Jueves, Mayo 16

**Desayuno**

Pan integral de frutas 43gm y Palito de Queso

**Almuerzo**

Tazón de Pollo tipo "Popcorn" 15gm Puré de Papas 17gm Maíz 8gm Salsa espesa Panecillo integral 17gm

Viernes, Mayo 17

**Desayuno**

Rollito de Batata 22gm y Yogurt 19gm

**Almuerzo**

1/2 Día Bolsas de Almuerzo Disponibles



What's on YOUR plate?



**P:** ¿De dónde sacamos la mayoría de los tomates que comemos?

**R:** ¡El estadounidense promedio come casi 30 libras de tomates al año, y todos ellos empezaron en una tomatara! No obstante, menos de la mitad de los tomates que comemos son frescos. Obtenemos la mayoría de los tomates en formas procesadas, de una botella de ketchup, en salsa de pizza o en varias formas de tomates enlatados.



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)

Lunes, Mayo 20

**Desayuno**

Panecillo integral tipo "Muffin" 25gm y Palito de Queso

**Almuerzo**

Sándwich de Pavo y Queso en un Croissant Integral 28gm Garbanzos Asados 14gm Rodajas de Zanahoria y Pepino

Martes, Mayo 21

**Desayuno**

Bagel ~25gm con queso crema o sunbutter y yogurt 19gm

**Almuerzo**

Quesadilla de Pollo 37gm o de Queso 39gm Servida con salsa y crema agria Maíz al vapor 16gm

Miércoles, Mayo 22

**Desayuno**

Fruta y Yogurt 30-60gm Parfait con Granola 15gm

**Almuerzo**

Tipo "Brunch" Palitos de Tostada Francesa 48gm Embutido Zanahorias al vapor 7gm Palitos de Apio y Sunbutter 10gm Sirope: 30gm

Jueves, Mayo 23

**Desayuno**

Pan integral de frutas 43gm y Palito de Queso

**Almuerzo**

Palitos integrales de Queso Mozzarella 16m con Salsa Marinara 5gm Papas fritas rizadas condimentadas 21gm

Viernes, Mayo 24

**Desayuno**

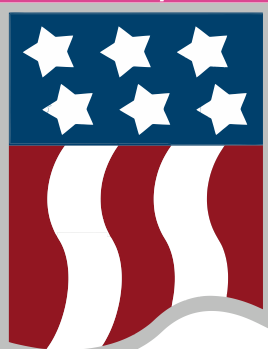
Rollito de Batata 22gm y Yogurt 19gm

**Almuerzo**

Pizza Brócoli al vapor 6gm, Ensalada pequeña con aderezos variados 3-14gm

Redondas: 39gm; Pan Francés: 33gm; Rectángulo: 35gm; Corteza rellena: 35gm

Lunes, Mayo 27



DÍA DE CONMEMORACIÓN DE LOS CAÍDOS HOY NO HAY CLASES

Martes, Mayo 28

**Desayuno**

Bagel ~25gm con queso crema o sunbutter y yogurt 19gm

**Almuerzo**

Sándwich de Pollo Crujiente 35gm Batatas fritas 19gm Habichuelas Verdes al vapor 4gm

Miércoles, Mayo 29

**Desayuno**

Fruta y Yogurt 30-60gm Parfait con Granola 15gm

**Almuerzo**

Tazón de Pollo tipo "Popcorn" 15gm Puré de Papas 17gm Maíz 8gm Salsa espesa Panecillo integral 17gm

Jueves, Mayo 30

**Desayuno**

Pan integral de frutas 43gm y Palito de Queso

LOCAL

**Almuerzo**

Barra de Papa Horneada 40gm Servida a escoger con chile 10gm, queso 14gm, crema agria, broccoli 6gm Pretzel integral horneado 14gm

Viernes, Mayo 31

**Desayuno**

Rollito de Batata 22gm y Yogurt 19gm

**Almuerzo**

Pizza Brócoli al vapor 6gm, Vegetales frescos "Medley" con Hummus 8gm o con Salsa Ranch 4gm

Redondas: 39gm; Pan Francés: 33gm; Rectángulo: 35gm; Corteza rellena: 35gm

**FIELD DAY**

Leeds: May 30th  
Bridge: June 7th  
Ryan: June 7th  
Jackson: June 7th

**Menu:**

Choice of: Hot Dog, Hamburger or Sunbutter & Jelly. Comes with Fruit, Veggie, WG Goldfish and Milk