REECEVILLE ELEMENTARY SCHOOL

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MRS. CATHERINE VAN VOOREN, PRINCIPAL



January 2014

Reeceville Elementary

School Calendar

JANUARY

- PTA Meeting 7:00 pm PTA School Store
- 9 PTA School Store
- 10 Science Fair
- 13 Science Fair Snow Date
- Family Roller Skating 5-7:00 pm
- 17 District Spelling Bee
- 18 Applebee's Pancake Bfast 8-10 am
- 20 No School
- 21 District Spelling Bee Snow Date

FEBRUARY

- 5 PTA Meeting 7:00 pm
- 7 Dental Sealants, 1st-3rd grade
- 12 PTA School Store
- 13 PTA School Store Valentine's Day Class Parties
- 14 No School—Inservice Day
- 17 No School—President's Day
- 21 Family Dance 5:30-9:30pm
- 28 Dress Down Day (Wear RED) Read Across America Night

SNOWN MAKEUP DAY Wednesday, April 16th.



DR. MARTIN L. KING, JR. DAY

On **Monday, January 20th**, all Coatesville Area Schools will be **closed** in observance of Dr. Martin Luther King Day.

Dr. Martin Luther King, Jr. was the most well known representative of any minority group in the United States. He was an active civil rights leader and spokesman for equal rights. In 1963, he delivered his famous speech, "I have a dream," which stressed freedom and opportunity for all people.

In 1964, he was awarded the Nobel Peace Prize. On April 4, 1968, Dr. Martin Luther King, Jr. was assassinated by James Earl Ray. In 1986, the third Monday in January was set aside as an annual federal holiday to commemorate his birth and life. It is celebrated in schools nationwide through assemblies and units of study pertaining to his work.

OPERATION CHRISTMAS

We are pleased to announce that through the efforts of our Reeceville Family, we surpassed our goal and collected ove<u>r 950</u> items of food for Operation Christmas. The generosity of our school community has always come through. The food items were given to the

Coatesville Food Cupboard where holiday baskets were made for the less fortunate families in our community. Thank you to everyone who participated in this worthwhile endeavor.



KINDERGARTENNEWS

What an exciting (but fast) Holiday season we had in Kindergarten! Trees were painted and decorated (and hung in the hallway), stockings were hung, stories were read and songs were sung. We even had some time for mooing, quacking and oinking during our theme "On the Farm". We were also busy learning our numbers to 31 in Math and we have been busy counting the days until the 100th day of school (sometime in February). Look for our display in the showcases! We had a great winter break and looking forward to all the learning and fun yet to come in 2014! Happy New Year!

We hope everyone had a nice holiday break! Remember to enjoy reading those new books and playing those new board games you received. This is a great way families can help their child improve his or her reading and listening skills.

First graders are doing well on their spellings tests every Friday. Please remember to help your child complete their spelling sentences and return their spelling folder every Friday. We encourage parents to help with the correct spelling of words while writing and we also encourage students to try and add details to their sentences.

Math has been a busy time as we learn about geometric solids and plane shapes. Ask your child to look around your home for these solids and shapes; you'll be surprised how many they can find. As you cook dinner and eat meals together, talk to your child about equal parts as we are learning about fractions too. Our next chapter in math is about time; please start helping your child practice telling time on an analog clock. (An analog clock has the minute and hour hands.) We will learn to tell time to the hour and the half-hour.

While you are riding in the car with your child, use this time to help your child learn their phone number, address, and birth date. Knowing your address and phone number is really a safety issue; you never know when this information could help your child. Also, please make sure your child knows their last name and can spell their last name too! This skill could greatly help them as well. Happy New Year!

SECOND GRADE NEWS

Second grade teachers would like to wish everyone a Happy New Year! January will be a busy month. We will be taking the mid year assessments while continuing to work on our regular curriculum. We ask for your help in preparing your child during the assessment period by making sure he/she is well rested, has a good breakfast and is in school on time each day.

In December, the children and parents had a wonderful time at the Movie Tavern. We saw the movie <u>Frozen</u> while enjoying popcorn and a drink. Thanks to the parents who made this trip a success. We would also like to thank all the parents who participated in the holiday parties. The children had a great time, and we are appreciative of all the effort that went into making it such an enjoyable event.

Please remember that it is winter and your children need to come to school dressed to go outside for recess. They should have a winter coat, a hat and gloves so that they can enjoy themselves and stay warm at the same time. Thank you!

Third grade is moving along at a fast pace. Hard to believe that we will soon be half-way through the school year. In math, we are beginning to work on regrouping of addition and subtraction of larger numbers; we are also going to be starting work with concepts of time and multiplication. In Reading we continue to use the UNRAAVEL strategy to develop reading comprehension and test taking-skills in preparation for the upcoming PSSA. In Social Studies we are learning about the many different landforms that make up the earth. Who knew there were so many??!!

During the month of January, the students will be taking the mid-year test for MAP (Mapping Academic Progress) and GRADE. Fall testing reports went home with your student's report card in December.

Boy, has it ever gotten cold this first week of January!! Remind your children that when they come to school in the morning they should be dressed appropriately for <u>outside</u> weather, with a coat, hat and gloves or mittens. Since the temperature in the classrooms fluctuates, if students want to wear a lightweight and/or short sleeved shirt to school, they should bring along a sweater (uniform colors, please) to keep in their cubby in case they get chilled.

Thank you to all the students who brought in gloves, hats, and scarves for our Giving Trees. We were able to donate quite a few items to help other children in the community be a little warmer during the winter months.

This is a good time to check with your child to see what, if any, school supplies need to be replenished. Your child should always have a couple of pencils, an eraser, a box of crayons or colored pencils, and a glue stick in school to use when completing classwork.

FOUNT

NEWS

As January arrives, the wintry winds begin to blow bringing ice and snow. However, inside the rooms of Reeceville School we are warm and dry and filling our heads with knowledge. In January, 4th grade begins preparation for PSSA testing with a vengeance. We are practicing responding to open-ended questions using the UNRAAVEL technique. If you are not familiar with this technique, ask your 4th grader to tell you what it stands for.

We continue to enjoy our Story Town Readers and all the supplemental reading we've been able to incorporate. Videos through the Discovery Network have added a significant piece to supporting instruction and the building of background knowledge. We're looking forward to venturing into the next few stories in our anthology and the exciting things we're going to be learning.

Our math lessons continue to be a challenge as we concentrate on one and two digit multiplication, geometry and measurement, as well as beginning fractions. Take a minute to check up to see how your child is doing mastering their math facts.

We also continue to diligently prepare for PSSA testing through our CORE groups. The children are having the opportunity on a rotating basis to meet with the other teachers in the grade. The fresh change for all of us is a great thing. New voices, new faces, and new challenges are making our learning more exciting.



December has been a busy month for fifth graders.

Students who are participating in the Adopt a Grandparent program at the Coatesville VA Medical Center have been very active this month. They decorated gift bags to be used for gifts for the veterans. On bag decorating day, students were treated to hot chocolate, cupcakes, and candy canes. Students also enjoyed playing bingo with the veterans. When the students won, they gave their prizes to the veterans. Veterans can use these gift certificates to purchase snacks and other items at the canteen. At school, students made holiday crafts and cards to send to their buddies at the VA.

Of course, December is the time for our annual holiday program. The students put a lot of time and effort into making the program a great one. Judging by the audience reaction, this year's program was a big success. December is also the month of our annual spelling bee. Several preliminary rounds were held in each homeroom to determine seven finalists from each homeroom. The fifth grade bee took place on Monday, December 17. Nicole Wuertz (1st place), Terryonna White (2nd place), and Neidra Phillips (alternate) will represent Reeceville

fifth grade at the district spelling bee on January 7.

In all, we closed out 2013 on a busy, active note.

REECEVILLE ELEMENTARY SCHOOL—HONOR ROLL

GRADE 3

☆ Mariah Colon Pevton Edkin Devon Green Madison Lammey ☆ Connor Monaghan ☆ Paris Navarro-Terry Semaj Thompson 🚡 Paige Smoyer ☆ Victor Smith Sha'nya Simpson Jennifer McNally

公

27 公

☆ Jalen Jones Nathaniel DelSantro 🚡 Drew Domurat ☆ Dalton Jason ☆ Robert Marcucci Richon Nero 🔓 Linwood Smith ☆ Herute Zamor Rebekah Hallenbeck Michael Kennel ☆ Carli Kummerer ☆ Mary McNabb Francesca Bell Chloe Domurat ☆ Sean Brady

☆ DISTINGUISHED

☆ William McLorie

Robert Porreca

Stephanie Franco-Rea Shaun Thomas Spencer Ferguson Makaylah Conover Riley Battin Kathryn Borthwick ☆ Scarlett Shaeffer Alanah Smith Erin Whiteman

GRADE 4

Dinero Washington Lacey Bickert Leslie Reves Luke Wilson Pha'dae Beckett Ulises Maldonado Wayne Henhoeffer Aidan Tansy Tyler McNeal Faith Owen Parker Sipprell Jaedon Waterman Charlotte Weir Mya Wilson Altre Villicana Peyton Smith Grace Mei Michael Estes **Emily Dimpter** Rodrigio Castaneda Aunedra Caldwell Sophia Crum

DISTINGUISHED

Auriol Azzara Allison Rinasdorf Charbel Doumit David Kelly Hannah Speiser Jaqueline Escobar Jennifer Pedroza Makai Jones Michael McNally Taylor Montoro Tyler Bagent Matthew Bendowski Josie Bover

Scott Bria Sophia Given Alex Kuehn Elizabeth Kutteh Xavier McGraw Brian Taylor Bryn Wolf Jan Loaeza

Lillian Hoover Dominic Findora Gavin Homnack Brianna Barron

GRADE 5

Victoria Arqueta Miles Bryant Cecily Quackenbush Lauren Murihead Wyatt Williams Halle-Selassie Ferguson

Denise Leyva Jimmy Mendiola Sophia Murphy Samantha Raby Abigail Rossi

Shayonna Simpson Ava Stanziani Seth Tackett Na'Shaan Young Brady Frankland Anthony Abarca Davin Domurat Thomas Fitzpatrick Gabrielle Glemser Frank Johnson Alden Law

Dasani Peoples Ariadna Romero Abarca Genevieve Seese Messiah Washington Tiaira Wilkerson Idris Shawell Wayne Bailey Samuel Ben Ali Julie Brown

Anthony Buchanan Ethan Glemser Brennan Hoover Christopher Leyva Mya Marlow Sarah McManamon

Shakiya Navarro-Moses Lonnie White Benjamin Tompkins Tiyana Twyman Isaiah Washington

DISTINGUISHED

AIDAN BRADY **EMILY CHUNG**

IVY REN JORDAN SHIELDS VICTORIA CLARK MYA HOPE Rebraun Scott-Hicks

Counselor's Corner

Now that the excitement of the holidays has past and the expectations of students have increased, in many homes the homework battle often becomes more intense. Our students are asked to sit in a classroom for many hours and then asked to complete more work when they get home. Although homework is essential for students to master the skills that are required of them, it still can cause much frustration for not only the children but their parents as well. If you find yourself in this battle, here are some suggestions to try and ease some of the stress caused by daily homework.

- Determine what time of night works best for your child. Some children do homework best as soon as they get home from school when they are still focused; however, other children need some time to decompress. Determine a set amount of time that your child can play before he/ she has to begin his/her homework. If he/she knows what to expect, there is often a less chance of an argument.
- Every child has different strengths and weaknesses. Prioritize the subjects in the order of difficulty for the child and start with the most difficult subject. This will allow him/her to complete the most challenging homework before he/she gets tired.
- Some children need frequent breaks. Set a reasonable amount of time for the child to do homework and then allow for a short break. For example, a child may do 15 minutes of homework and then have a 5 minute break. Use a timer!! Using a timer tells your child exactly when he/ she gets his/her breaks and when it is time to get back to work.
- Cover up all the problems except the one your child is working on. Some students get overwhelmed by the number of problems. If they just focus on one at a time, this often reduces some of this stress.

Kathy Doherty **School Counselor**

MUSIC NOTES.....

The children in the Reeceville Band and Chorus had a wonderful performance on December 12th at the Winter Concert. Thank you to everyone who helped make our program a success.

If anyone else has pictures or video from the concert, we would be happy to have a copy here at school. Please send it with your student or contact the school office or one of the music teachers.

And finally, as the saying goes "Spring is just around the corner". Please circle Thursday, May 15th on your calendar and plan to join us for the Reeceville's Spring Concert.

Mrs. Bernard, and Mr. Brackin





Emergency School Closings

During the school year it may be necessary to closed school early in case of an unexpected or weather-related emergency. Conditions such as power failure, no water, etc. could force an emergency closing of school.

If an emergency closing would occur, you would be contacted via our automated telephone system. An announcement would also be made over local television stations. Parents are urged to discuss with your child what to do in case of an emergency school closing.

************IMPORTANT INFORMATION*********

One-Hour Delay

Buses Run 1 Hour Later. School Doors open at 9:25

Two-Hour Delay

Buses Run 2 Hours Later. School Doors open at 10:25

We remind you to listen to the major news stations or visit the district's website at www.coatesville.k12.pa.us for any weather-related delays or closings.

Third grade teachers would like to send a BIG "Thank You!" to the 3rd grade students and their families who generously donated over 70 scarves, hats, and pairs of gloves and mittens to our 'Giving Trees.' These items will be donated to area children who will use them to help keep warm during this cold winter season. The spirit of giving is truly alive and well in our 3rd grade classrooms!

"If you don't know where you're going, any road will take you there." - Lewis Carol (Alice in Wonderland)

Dress Down Day

The last Friday of every month is dress down day at Reeceville. Students are not required to wear their uniforms on this day. Most dress down day will have a theme such as Favorite Sports Team, Favorite Hat, etc. This will be announced at the beginning of that week.

Spring Pictures

Please mark your calendar for Spring Pictures. The Spring Portrait Date is April 10, 2014. Uniforms are not required for these pictures.



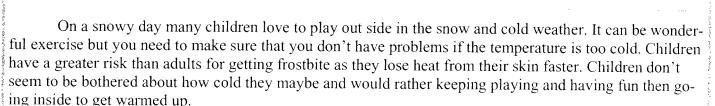
UPDATED TELEPHONE NUMBERS

We have found quite a few of our phone numbers are incorrect. If your emergency information has changed, please return this to the office. Thank you!!

Student's Name:	Grade:
Teacher:	
Address:	
Phone Numbers:	
• Home:	
• Work:	
• Cell:	
Emergency Contacts:	
Name:	Phone #:
Name:	Phone #:

News from the Nurse's Office...

Frostbite and Hypothermia Prevention



Frostbite occurs when the skin is not covered and is exposed for an extended period of time. It can occur when skin is exposed to temperature below 28F. Wind also can increase the risk to frostbite. The areas of the body most susceptible are the hands, feet, nose, ears, and cheeks of the face.

Frostbite in its early stage is whiten/pale or waxy in appearance. The area may feel cold and numb. As the area warms up it may become red and painful.

Knowing how to prevent Frostbite is important:

- Pay attention to the weather conditions (temperature and wind).
- Wear a hat, mittens/gloves, scarf and boots. Try not exposing any skin if conditions are severe.
- Dress warmly and in layers that will help you from getting cold & wet.
- Change your clothes if you get wet. You need to stay dry & warm.
- Go inside if you can't feel any body part or if it feels tingly and tell an adult.

Resources: www.chp.edu/besafe/kids/01frostbite.php www.chp.edu/besafe/adults/02frostbite.php www.childrens.com/patients_families/healthinfo/ondex.cfm

Flu Season

As we approach the winter flu season, please review the following guideline as to when your child should stay home from school. Keep your child at home when he/she has the following:

Fever, chills, vomiting, diarrhea, unusual skin rash, sore throat, enlarged glands, abdominal pain, runny or inflamed eyes

A child should be free of fever/vomiting/diarrhea for 24 hours before returning to school. Your cooperation will help us control the spread of these conditions in the classroom.













>>>>>>>>>>SPELLING BEE WINNERS<



Congratulations to the following Spelling Bee winners and alternates who will be representing Reeceville Elementary at the District Spelling Bee on Friday, January 17th at Rainbow Elementary School.

1st Samantha Raby

- → 2nd Wyatt Williams
- → 3rd Isiah Washington

















School Board Recognition Month

Did you know...January is School Director Recognition Month?

You may be ignoring an important segment of your school community; School directors who contribute many volunteer public service hours to school-related duties and responsibilities. You are encouraged to congratulate, support and salute your local school directors throughout the month of January. Such recognition can be a "bright spot" in an otherwise difficult year for board members, who need to feel appreciated.

Notes: 82.7% of all Pennsylvania school directors have post-high school education.

34% of all school directors are female.

53.2% of public school funding comes from local support.

The Pennsylvania School Boards Association is the first school board group in the nation, founded in 1895.

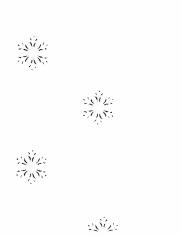


Coatesville Christmas Parade



The 2013 Coatesville Christmas Parade marched down Lincoln Highway in Coatesville on Saturday, December 7, 2013 with over 150 entries escorting Santa Claus to town. This is the largest parade in Chester County. kicking off the holiday season.

Reeceville Elementary School had many students from Girls on the Run, Stride and the Reeceville Running Club participate in the race prior to the parade. We are proud of all our students for all their hard work.



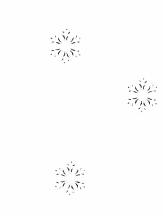


















NEWS FROM THE ART ROOM.....



There has been a lot of intricate and multi layered projects in the art room this month. The fourth grade has just began an interesting multi step graphic design and sculpture project.

The third grade will be coming home with a value drawing that is very well done. The still life that they rendered uses value and shading skills to create a believable three dimensionality. The work that they produced borders on a middle school level. If you know one of these students commend them on their tremendous effort.

Kindergarten is working to study Joseph Albers and the theories behind color mixing. This project will be very interesting as they will be creating a project using primary, secondary, and limited tertiary colors.

The portraits created in second grade show some of the dynamic and amazing personalities that we have in Reeceville. These students used the study of Rembrandt, facial proportions, and oil pastels to create their art. Some of these made it onto the wall at the Barnes and Noble book night.

The study of geometric shapes and collage kept our first grade busy. They used triangles, squares, pentagons, hexagons, and octagons to create castles in a beautiful landscape.

Finally, it's that time of year again. The fifth grade students will begin working on their project for the yearbook covers. Each student will have an opportunity to create a front cover for the book and the option to create a back cover. Wish these students luck and urge them to give the back cover a try.

Mr. Jaskot

News From the Reading Department

Happy New Year Reeceville families. We hope you all had a joyful holiday season and are looking forward to the months ahead. January will be a busy month for the Reading Department as we will be administering District Assessments to all of our students as well as hosting guest author Chrysa Smith.

Throughout the month of January, students in grades K-5 will be reassessed in Reading and Math. The results of these tests not only help us to monitor student progress but also aids our teachers as they plan their lessons. Please encourage your children to always try their best. A good night's sleep and a healthy breakfast will also keep them alert and focused.

On Tuesday January 21st, Reeceville will welcome Chrysa Smith. Chrysa is the author of <u>The Adventures of the Poodle Possee Series</u>. This series is suggested for readers in grades 2-4 and dog lovers of all ages. Our teachers will be sharing some of Chrysa's stories over the next few weeks. Parents will also be given the opportunity to purchase books prior to her visit. A preorder form is included in this newsletter and one will also be sent home with your children. All forms should be returned by Wednesday January 15th along with a check for the books ordered.

Own the Court This Winter – The Physical and Mental Health Benefits of Basketball

The cold months can steal your motivation. If you're a fan of college or professional basketball, you may find that watching the games in-person or on television gives you the urge to get out and play! Don't let the cold weather shake those urges! Gather up a group of your friends and head on over to an indoor court! If you don't have a membership at a local gym, many organizations offer day passes for \$5 or less! You may even find local community organizations that have indoor facilities that may allow you to play for free.

Basketball is a great way to get fit and improve your overall physical and mental health. Just one hour of playing basketball can burn up to 700 calories, depending on how much and how hard you're running up and down the court. Don't forget that when you're trying to "school" your friend, those moves you're taking by dribbling, passing and shooting help to increase your calorie burn while also helping to improve your coordination – not to mention it helps to tone those ab, leg and arm muscles! Finally, the effort you put into participating in the sport allows your body to release endorphins



in your brain which helps you to feel better emotionally (not to mention the other emotional and personal skills you're building, such as teamwork).

So don't fret the cold. Grab your pals and head over to an indoor court closest to you and get moving! For tips and information on basketball best practices, check out: http://www.livestrong.com/basketball/!



Let me share my love of words with your child!

— Chrysa Smith, author of *The Adventures of* the Poodle Posse series

I've had a lifelong love for words - from blue book essays and school newspapers to a stint as magazine editor for HBJ, a communications manager for a Fortune 500 company and over two dozen years as a freelance feature writer for national and regional magazines. It's all gone to the dogs, as my joy of turning a good phrase merged with my desire to see a little fun in most everything, resulting in my *The Adventures of the Poodle Posse*; an award-winning juvenile fiction series with a third release just n time for Halloween.

One of the great, unexpected joys in writing for children has not only in the rewarding feed-back from young readers and writers, but in being able to engage them with my books—students in PA have helped preview and edit two of the three books now; adding a new dimension to classroom instruction.

I'd love to encourage everyone to play with words. But until then, I'll keep encouraging them with mine.

A NYC born and bred city gal; I've grown to love my suburban PA setting for two decades now, where I live with my husband, son and own poodle posse (pictured above).

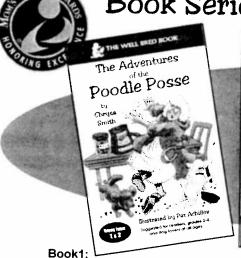
- Chrysa Smith

Author/Publisher

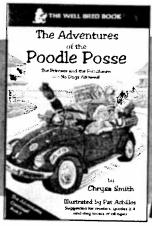


For further information on The Poodle Posse Books, my upcoming visits and tips for children on writing, visit my website www.wellbredbook.net.

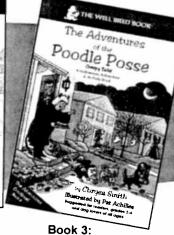
The Adventures of the Poodle Posse Book Series Order Form



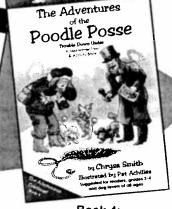
The Case of the Missing Steak Bone/ Who Let the Dogs Out?



Book 2: The Princess & the Frenchmen/ No Dogs Allowed!



Book 3: Creepy Tails! A Halloween Adventure & Activity Book



Book 4: Trouble Down Under: A Midwinter Tale & Activity Book

FOUR BOOKS — FOUR WAYS!

Now you can order one, two, three or all four books at a discount over retail price, as you like them.

One book: \$7. Any two books: \$13/pair. Any three books: \$19. Any four books: \$24.

(over four books, consider four + a single, or multiple sets of two, three or four)

Payable by check to: The Well Bred Book.

Books will be ready for pick up at the set of the set of two picks.

Books will be ready for pick-up at your event, with a handwritten dedication to your child/gift recipient.

THE POODLE POSSE in PRINT

	# of copies		Dedicated to:	
Book 1				
Book 2				
Book 3				
Book 4				
Total # o	FQUADS (A	Any 4 books/\$24)	x \$24 = x \$19 =	
Total # o	f PAIRS (Ai	ny 3 books/\$19) ny 2 books/\$13)	x \$19 = x \$13 =	And the state of t
Total Sin	gles (Any 1	book/\$7)	x \$7 =	
Total am	ount enclo	sed	\$	***************************************
STUDEN	T NAME: _			CLASS/GRADE
		40400		

Calling All 2nd – 5th Grade Artists at

Reeceville Elementary!

Art Partners Studio is coming to YOU

We are looking for **12** *very interested* students who want to be a part of a fun and creative after-school art class

When: Wednesdays, February 19th - April 9th

After school, 3:30-5:00 pm

\$50 for 8 weeks!*

Come make art and bring home your very own stories and projects to share!

*Art is for everyone!

Scholarships are available.

How: To enroll, call Art Partners Studio at 610-384-3030 or email teresa@artpartnersstudio.org

fes, vacation is over, but we're happy to see you — and it won't be too long until Spring Break!

Welcome Back!

Cheese Stick w/Cin. Sugar w/Goldfish Crackers Fresh Fruit Choice or Yogurt Delights **Buttered Noodles** Breakfast Chicken Sticks Milk Variety Cereal Variety Green Beans Baby Carrots Lunch

or I/2 PB&J/String Cheese

Milk Variety

Thursday, January 3 Maple Mini Pancakes Fresh Fruit Choice Milk Variety **Breakfast**

w/Wheat Dinner Roll & Crackers French Toast Sticks w/Sausage or Salad w/Turkey & Cheese or I/2 PB&I/String Cheese w/Goldfish Crackers unch

Orange Halves **Baby Carrots** Fresh Apple **Tator Tots**

w/Wheat Dinner Roll & Crackers or Salad w/Turkey & Cheese Milk Variety/Cereal Variety or I/2 PB&J/String Cheese w/Goldfish Crackers Fresh Fruit Choice Friday, January Graham Crackers Sliced Cucumber Fruited Yogurt Fruit Cocktail Baby Carrots Breakfast Lunch

Friday, January II

Fresh Apple

and cream, among others) is unhealthy in the large at any level. That's why the meals doses that many of us eat, and trans fat isn't safe Saturated fat (in foods like meat, butter, cheese,

Fresh Fruit Choice

Milk Variety

Cereal Variety

Graham Crackers

Sausage Breakfast Pizza

Breakfast

Fresh Fruit Choice

Milk Variety

Fruited Yogurt

we serve average 10% or less contains zero grams of calories from saturated fat, and every item

trans fat per serving.

w/Wheat Dinner Roll & Crackers

Side Salad w/Dressing

Baby Carrots

Apple Slices

Milk Variety

or Salad w/Ham & Cheese

or I/2 PB&J/String Cheese

4x6 Pizza

Lunch

w/Goldfish Crackers

Tuesday, January 8

Rice Krispies-Cereal Bar Fresh Fruit Choice

Cereal Variety

Lunch

Milk Variety

Breakfast

Fresh Fruit Choice Banana Muffin Cereal Variety Breakfast Milk Variety

Cheese Rayioli Lunch

w/Wheat Dinner Roll & Crackers or I/2 PB&J/String Cheese or Salad w/Ham & Cheese w/Goldfish Crackers Baby Carrots Fresh Apple

or Salad w/Tuna Salad w/Crouton or Yogurt Delights Chicken Nuggets Wheat Dinner Roll Three Bean Salad Orange Halves Baby Carrots **Brown Rice** Peaches

Wednesday, January 9

Thursday, January 10

Plain Bagel w/Cream Cheese Fresh Fruit Choice Cereal Variety **Breakfast** Milk Variety

or I/2 PB&J/String Cheese or Salad w/Ham & Cheese w/Goldfish Crackers sloppy Joe Lunch

or Salad w/Tuna Salad & Croutons.

Wheat Dinner Roll

Baby Carrots Fresh Grapes

or Yogurt Delight

Spaghetti & Meatballs

Ench

w/Wheat Dinner Roll & Crackers Baby Carrots Fruit Cocktail Fresh Apple Milk Variety Braccoli

Orange Halves

Milk Variety

uesday, January 15

Milk Variety

Milk Variety

Fresh Fruit Choice

Milk Variety

Cherry Frudel

Choc., Choc., Chip Muffin

Breakfast

Fresh Fruit Choice

Milk Variety

Cereal Variety

Lunch

Breakfast

Cin. Raisin Bagel w/Cream Cheese Fresh Fruit Choice **Breakfast** Milk Variety

Hot Dog w/Bun or I/2 PB&J/String Cheese Goldfish Crackers

w/Wheat Dinner Roll & Crackers Baby Carrots Spiral Fries

Wednesday, January 16

Cereal Variety Lunch Peaches

or Chef Salad

Fresh Apple Hilk Variery

Friday, January 18 Thursday, January 17 **Cereal Variety** Fresh Grapes Baby Carrots Milk Variety Lunch Fiesta Mac

or Chef Salad w/Wheat Dinner Roll Pizza Dippers w/Marinara Dippin' Pears/Fresh Apple/Milk Variety or I/2 PB&J/String Cheese Fresh Fruit Choice Graham Crackers Goldfish Crackers Steamed Broccoli Fruited Yogurt **Cereal Variety** Breakfast Milk Variety & Crackers Lunch Belgian Waffle Sticks w/Syrup Cup Croutons & Wheat Dinner Rol or Salad w/Turkey & Cheese Fresh Fruit Choice Cin. Baked Apples or Yogurt Delight Seasoned Peas Refried Beans Milk Variety



Croutons & Wheat Dinner Roll

Pineapple Chunks

#/Wheat Dinner Roll & Crackers

fornato Soup Fruit Cocktail Caesar Salad Baby Carrots

or Chef Salad

Seasoned Peas

Orange Halves

Baby Carrots

or Salad #/Turkey & Cheese

or I/2 PB&I/String Cheese Toasted Cheese Sandwich

w/Goldfish Crackers

Popcorn Chicken or Yogurt Delight

Lunch

School will be

closed on Monday, commemorate the birthday of

fanuary 21 to Martin Lutber King, Jr.



Breakfast Bosco Apple Stick resh Fruit Choice **Cereal Variety** Milk Variety

Chicken Patty Lunch

Penne Pasta w/Tomato Sauce Croutons & Wheat Dinner Roll or Salad w/Turkey & Cheese Peaches/Orange Halves or Yogurt Delight Baked Beans Baby Carrots

Plain Bagel w/Cream Cheese Fresh Fruit Choice Milk Variety

w/Wheat Dinner Roll & Crackers or I/2 PB&J/String Cheese or Salad w/Ham & Cheese */Goldfish Crackers Sweet Potato Fries Hamburger on Roll

Croutons & Wheat Dinner Roll or Salad w/Ham & Cheese Fresh Grapes Apple Slices



What kind of opens a

It's obvious -- a MON-KEY, of coursel But, really, all opening bananasi of us should be They're loaded with potassium that's good for and lots of other stuff

us. And we're not monkeying around about that!

banana? Cocoa Krispies Cereal Bar Fresh Fruit Choice **Cereal Variety** Chicken Sticks Milk Variety Breakfast Lunch

or Salad w/Turkey Ham & Cheese Croutons w/Wheat Dinner Roll or Yogurt Delight **Suttered Noodles** Baby Carrots **Green Beans** Milk Yariety

Learn more at www.CHOOSEMYPLATE., http://kidsheath.org/kid/stay healthy/tood/pyram

Wednesday, January 30

Thursday, January 3

Breakfast

Plain Bagel w/Cream Cheese Fresh Fruit Choice Milk Variety <u>Lunch</u> Mini Maple Waffles w/Sausage or I/2 PB&J/String Cheese w/Goldfish Crackers

or Salad w/Turkey Ham & Cheese Croutons w/Wheat Dinner Roll

Refried Beans

Baby Carrots Fresh Grapes

or Yogurt Delight Chicken Fajitas

> Wheat Dinner Roll & Crackers or Salad w/Turkey & Cheese Orange Haives/Fresh Apple **Baby Carrots** M K Variety Tator Tots

Cereal Variety Breakfast

Fresh Fruit Choice

Apple Frudel

Milk Variety

Lunch

better in class and score better

on tests. So PUMP IT UP!

balanced, nutritious meals do

Potato Wedges Baby Carrots

Fresh Fruit Choice or Yogurt Delight Milk Variety Mini Cinnis Lunch

Milk Variety

Thursday, January

Baby Carrots Pears

Cereal Variety Fresh Apple Lunch

Wednesday, January 23

Milk Yariety

Breakfast

Tuesday, January 29

ord *≠ t* **™**onth well-round ec

developed; comprehensive 3. Not imited or too narrowly focused interests and abilities 2. fully

w/Wheat Dinner Roll & Crackers

Peaches/Fresh Apple

Baby Carrots Caesar Salad Milk Variety

or Salad w/Turkey & Cheese

w/Wheat Dinner Roll & Crackers

w/Ranch Dressing Mandarin Oranges

Baby Carrots

Fresh Celery

or 1/2 PB&J/String Cheese w/Goldfish Crackers

Sauce

or 1/2 PB&J/String Cheese or Salad w/Ham & Cheese W/Goldfish Crackers

4x6 Pizza

Max Sticks w/Marinara Dippin'

Lunch

Breakfast Blueberry Muffin

riday, January 25

Breakfast Graham Crackers

Fresh Fruit Choice

Fruited Yogurt Milk Yariety **Cereal Yariety**

resh Fruit Choice

Cereal Variety Milk Variety

adj. 1. having a broad range of

Breakfast

at school every day. And research shows that kids who regularly eat

Kids give their brains a workout

Get in touch with us today to learn more abou free and reduced-price meals in our district: