



THE BEAR FACTS

February 25, 2008

February 2008							March 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	2	3	4	5	6	7	8
3	4	5	6	7	8	9	9	10	11	12	13	14	15
10	11	12	13	14	15	16	16	17	18	19	20	21	22
17	18	19	20	21	22	23	23	24	25	26	27	28	29
24	25	26	27	28	29		30	31					

Mark Your Calendar!

- Feb 28 Class Pictures
- Mar 5-7 Parent Teacher Conferences
1/2 day grades 1-4 (No kindergarten)
- Mar 17-21..... Spring Break
No School
- Mar 30..... Mother-Son Event
- Mar 31 PSSA testing

HSA Meeting Dates

- April 16 @ 7:00pm
(Come at 6:00 for the potluck dinner!)
- May 14 @ 9:15
- June 11 @ 9:15

*all meetings are held in the large group room
 *HSA meeting minutes will be available, for you to view, in the HSA file folder in the main office, on the HSA website, and on the HSA bulletin board in the lobby.

*For those of you who have volunteered, or are considering it, the district "Guidelines for Volunteers" will be in the HSA file folder in the main office for you to look at!

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575 Beaumont Road •Devon, PA 19333

Office: 610-240-1400

HSA Website: www.beaumonthsa.org

District Hotline: 610-240-1970

District Website: www.tesd.net

Hello Beaumont Families!

February has been another great month here at Beaumont! It may be cold and snowy (finally!) outside, but it is warm in the halls of our school! Many thanks to the Cultural Arts Committee for bringing Oni Lasana, to the students of Beaumont. Thank you also to the volunteers from Art Goes to School, for sharing their appreciation and love of art. Their excitement is contagious! Our Book Fair chairs did a wonderful job, yet again, despite what Mother Nature threw at us!

Lastly, I would like to thank the Father/Daughter Dance Committee for making this year's dance a roaring success, and a magical, memorable night for all who attended.

March, along with ushering in Spring, will usher in Parent/Teacher Conferences, the Mother/Son Event, and a week of vacation for the students! It promises to be great!

Don't forget to check out the Beaumont HSA website (beaumonthsa.org). It is a great way to get connected to what we are doing at Beaumont.

As always, thank you for being an important part of our Beaumont community.

Warmest Wishes,
Margaret MacKenzie
 HSA President
 On behalf of the Board

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NEXT BEAR FACTS: March 24, 2008 SUBMISSION DEADLINE: March 17, 2008
 SUBMISSIONS TO: bearfacts@beaumonthsa.org CONTACT: Kerri Martin, Editor



School Board Update



Summary of School Board Committee Meetings Provided by Committee Members

January 2008

Education Committee

submitted by DEBORAH ROLLINS

The Education Committee met on January 8th. The administration presented information on the future of special education including a summary of Individuals with Disabilities Education Act (IDEA), inclusion and least restrictive environment requirements.

Next, the Committee received a review of full-day kindergarten research as well as information about pre-kindergarten programs at near-by school districts. Possible options under discussion by the District include pre-K literacy programs, increased communication with preschools and FLITE initiatives. The Committee also noted that Policy 5111, Age of Admission, was revised by the Policy Committee in February 2007 to remove the Superintendent's discretion to make recommendations outside the parameters of the policy. The policy states that children are eligible to attend kindergarten if they have reached the age of five years on or before September 1.

Facilities Committee

submitted by PETE MOTEL

The Facilities Committee met on November 16th. The Committee heard an update on District construction projects and change orders. Next, the Commission discussed the proposed renovations to the music area and courtyard at T/E Middle School.

Mr. Daley, District architect, presented a summary of the projects scheduled for completion during the summer of 2008.

Sean Moyer, Chairman of the Tredyffrin Sidewalk Committee presented a revised project cost for phase one of the sidewalk project. The Committee discussed the project and agreed that, at this time, it could not commit District funds to the project, but suggested to Mr. Moyer that he attend another Facilities Committee meeting when more information regarding the project is available.

Mr. Daley also presented a preliminary parking plan for the District property currently located on Old Lancaster Road. The plan would provide for a parking lot that could hold approximately 60 vehicles. In addition, Mr. Daley presented a proposal to analyze the available parking spaces at all school properties. Currently three elementary schools are experiencing a shortage of parking. The Committee agreed to allow Mr. Daley to conduct a District-wide parking study.

Finance Committee

submitted by BETSY FADEM

The Finance Committee began its January meeting with a discussion of the fact that State has announced that they are ahead of their projections of gaming revenue available under ACT 1 for providing property tax relief. It is expected that when the gaming revenue reaches \$570 million, each PA School District will need to determine if they are going to accept their portion from the State. This topic will be discussed again by the full Board when the State advises us that the gaming money is available.

The Finance Committee approved the recommendation from the Business Office to sell two District-owned buses that are not operational and are not needed. This item will be presented for full Board approval.

The next order of business was to receive information on the changes to the Emergency and Municipal Services Tax (EMST), which was renamed to Local Services Tax. (LST). The District has to withhold that tax for all TESD employees who work in Tredyffrin. Beginning in 2008, this LST will be deducted from wages at a rate of \$2.00 per pay with a total maximum amount for the year of \$52.00.

Further information was provided by Mr. Art McDonnell, Business Manager, on the topic of PSERS. The State has announced the PSER employer contribution rate for 2008-09 at 7.13 %.

The Committee continued to discuss the original Senior Citizen Tax Relief proposal presented in

October. There was much dialogue and some follow up items concerning pending related legislation and the legality of having an option on tax bills for homeowners to contribute funds for property tax rebates for low income senior citizens. Additionally, there was discussion concerning the viability of increasing the transfer tax or determining new revenue streams that could fund a rebate program.

The Committee received a recommendation from the administration on the per Club player fund allocation. The recommendation is approximately \$387 per player up to 60 players per club team. This amount will be reviewed annually and used for budget preparation.

A summary of the December Finance Committee meeting is available on the T/E School District web site at <http://www.tesd.net/schoolbd/submeetings.html>.

Policy Committee

submitted by LIANE DAVIS

The Policy Committee met on January 10th. The Committee recommended Policy 3550, Receiving Goods and Services for a first reading by the full Board at the January 28th regular meeting.

The Committee recommended the following policy for a second reading by the full Board at its next regular meeting: Policy 3440, Management of Escrow Funds.

The Committee discussed the possible impact of Policy 5116, Nonresident Students, on families new to the District and requested that additional information be presented at its next meeting. The policy will be discussed again at the February meeting.

In addition, Policy 3340, Purchase Orders, will be redrafted to incorporate the movement toward paperless purchasing and increased flexibility for meeting student needs during unusual situations. This policy will be reviewed during the February meeting.

Public Information Committee

submitted by PAT WOOD

The Public Information Committee met on January 8. The Committee heard a report from Dr. Marie Slobojan, Director of Curriculum, Instruction, Staff Development and Planning, on the status of the special January Board Talk program on the proposed graduation competency assessment (GCA) proposals

and their impact on the T/E School District. At that time program was in the final stages of editing for showing on TETV and other venues.

Dr. Slobojan discussed with the Committee the impact of the revised set of regulations posted by the State. The revisions address local control of curriculum and assessment. Under the State regulations, T/E's local assessments would have to be approved by the State. This is of significant concern because it would remove our ability to award a Conestoga diploma based on a teacher's assessment of the competency of a student who has satisfactorily completed the approved curriculum course work. Potentially, we could have a significant number of students who could not be awarded a diploma because of a failure on a single paper and pencil State assessment test. It would also significantly narrow the options we now have in when and how the curriculum is taught.

The Committee discussed having literature available for parents at the 1/31 Conestoga curriculum night and for Pattie Littlewood to give to PTO presidents. There was also discussion of possible website information and additional ways to inform our community and legislators of our concerns.

The March Board Talk program will include an introduction of new School Board members and an overview of the Olweus anti-bullying program currently being used in our schools. A Conestoga student will interview new Board members Debbie Bookstaber and Karen Cruickshank. Debbie Bookstaber will interview Jacqui Hickey, assistant principal at VFMS and Andy Phillips, assistant principal at TEMS, for the anti-bullying program segment.

The June Board Talk will focus on the budget with possible information on PSERS (Pennsylvania School Employee's Retirement System) and healthcare costs, which are two significant percentages of the budget.

The winter issue of T/E Insight will include articles on the 2007-08 District Goals, the proposed Pennsylvania Graduation Competency and various student items.

There were a number of suggestion and requests from audience members for additional supplementary draft information to accompany agenda items for committee and/or Board meetings. This additional information might be posted on the website or available for the audience at meetings. These suggestions and requests will be discussed further at a Policy Committee meeting and at another Public Information Committee meeting. The Committee will discuss organization of the District website at the February meeting.



Health and Fitness News

From the T/E Physical Education Department



March 2008: National Nutrition Month

Bagels as big as frisbees. Muffins the size of flower pots. Bowls of pasta so deep, your fork can barely find the bottom.

It's not surprising that waistlines of kids and adults have been expanding over the last few decades. Part of the problem is undoubtedly what families eat — too much saturated fat, too much sugar, and not enough nutrients. But another part has as much to do with quantity as quality. Are our plates simply piled too high?

Portion Distortion

Portion sizes began to increase in the 1980s and have been skyrocketing ever since. Our perception of portions has become so distorted over time that, research shows, it's hard for us to recognize what a normal portion looks like.

Take bagels, for example. Twenty years ago, the average bagel had a 3-inch diameter and 140 calories. Today, bagels have a 6-inch diameter and 350 calories. Eat one and you've just consumed three servings of grains — that's half the recommended number of grain servings for the entire day.

In fact, we've become so desensitized to "big food" that we don't bat an eye when restaurants offer us things like never-ending pasta bowls, bottomless fries, or 52-ounce mugs of soda. And we don't think it's strange that, in some cafes, we can't even order a "small" anymore — just variations of big, bigger, and biggest. No wonder car manufacturers had to start building bigger cup holders!

The price we pay for such overabundance is high. Kids and adults who consistently overeat are at risk for developing weight problems and the medical problems associated with being overweight, including high blood pressure, high cholesterol, [type 2 diabetes](#), bone and joint problems, breathing and sleeping problems, and even depression. Later in life they are at greater risk for heart disease, heart failure, and stroke.

This information is a compilation of resources and can be viewed at the following websites:

www.keepkidshealthy.com
www.kidshealth.org

It's a scene that plays out daily in homes everywhere. Kids come in from school and head straight to the kitchen looking for something to eat. How can you make sure your child gets nourished but still has room for a healthy dinner?

Read on.

Though kids need less frequent snacks as they get older, it's not surprising that most are hungry after school. Many kids eat lunch early — 11:30 or even before — and then have an afternoon of classes and maybe even an after-school activity before their next chance to eat. It's no wonder the snack food vending machine looks so appealing at the end of the day.

Depending on your child's age and after-school routine, you may not always be able to control what he or she eats in the late afternoon. But don't throw in the towel just yet. Take these steps to guide your child to good after-school snacks that will be satisfying and still leave room for a nutritious dinner.

Figure Out the Timing

Put yourself in your child's shoes and consider his or her eating schedule on a normal weekday. Some younger kids may have a mid-morning snack, but most older school-age kids will not. Get the answers to these questions: When is lunchtime? What and how much does your child eat at lunch? Does your child ever skip lunch? Does your child get a snack at his or her after-school program? This will help you figure out how hungry will your child be when he or she gets home.

You'll also want to think about what time you normally serve dinner. A child who gets home famished at 3 and eats a large snack probably won't be hungry if dinner is at 5:30. Likewise, it may not be reasonable to expect a child whose parents work late to go until 7:30 with nothing to eat since lunch. Think about your child's schedule and plan accordingly.

Create a List of Healthy Options

Next, talk about which snacks your child would like to have at snack time. Come up with a list of healthy options together and be sure to include a variety of fresh fruits and vegetables. While a slice of cake or some potato chips shouldn't be forbidden foods, such low-nutrient snacks shouldn't be on the everyday after-school menu.

If you can, take your child along to the grocery store and spend some time reading the nutrition facts labels and comparing products. Pay attention to the amounts of protein, fiber, calcium, and other important nutrients, and don't miss the chance to talk about portion sizes. Together, choose snacks that are low in sugar, fat, and salt. Being involved in the process makes it more likely that your child will learn to make healthy food choices.

The nonprofit group Center for Science in the Public Interest has released a list of unhealthy snacks that are commonly served in vending machines in schools, which are often 'filled with soda, candy bars, cookies, chips and other low-nutrition foods,' plus a list of more healthy choices.

Another big problem is that many kids use these vending machines and 'snacks' as an alternative for lunch.

Among the **'Worst Vending Options'** are: Chips Ahoy!, Oreo and other fatty cookies; Chocolate whole or 2% milk; Coca-Cola, Pepsi and other soda; Fruitopia, FruitWorks, and other "fruit" drinks; Hostess HOHOs and other snack cakes; Keebler Club & Cheddar Sandwich Crackers; Kit Kat Big Kat, Snickers and other candy bars; Starburst Fruit Chews and other sugary candies

Are there better options for snacks at school? Sure. The CSPI offers these **'Better Vending Options'**: Applesauce cups (unsweetened); Bottled water; Chex Mix, Traditional; Dole or Del Monte fruit cups; Low-fat or fat-free milk; Nature Valley Crunchy Granola Bars, Oats 'N Honey; Orange juice (100%); Raisins and unsweetened dried fruit



Student Drop Off

When dropping off students for school in the morning, please drop them off in the Kindergarten circle area. Please do NOT drop them off on the sidewalk by the bus lane. While in the car pool line in the morning or afternoon, please be sure to continuously move the cars along so as not to block or delay those behind you. Thank you for your support and consideration.

Volunteer Rewards!!



As a thank you to all of our parent volunteers, the HSA is having a raffle! Any time you volunteer for an HSA committee or event, stop by and put your name in our PRIZE RAFFLE BOX! The box is located at the greeters' desk. The more you volunteer, the more times you can enter, and the more chances you have to win! We will announce the winners at our June HSA meeting!



THANK YOU!!!!

A **big thanks** to all of the mothers, fathers, and Beaumont Staff who helped prepare for and run the Father Daughter Dance.

We really appreciate all your hard work and effort.

We couldn't have done it without you!

Sincerely,

Audrey Kese & Colleen Bacskai



BEAUMONT
Home & School Association

In an effort to reduce paper waste, we are moving towards email delivery of the “Bear Facts” monthly newsletter. You will receive an email with a link to the newsletter online. Please add bearfacts@beaumonthsa.org to your address book to ensure delivery in your inbox.

To receive the “Bear Facts” notification by email, please complete the tear-off below and return to the school office.

In the (hopefully near) future, we would like to offer this option to include other HSA communications (e.g., event flyers, event reminders). Please indicate if you do not want to be included on this mailing list.

TO: HSA WEBSITE COORDINATOR

Yes, I would like to receive email notification when the “Bear Facts” is available online!

Parent’s Name(s): _____

Email(s): _____

Child(ren)’s Name/Grade: _____

CHECK ONE:

Yes, include me on the email list for other HSA communications

No, do not include me on the email list for other HSA communications

Signature: _____ Date: _____

Questions?

Contact Jeanne Dechiaro at Jeanne@beaumonthsa.org or 610-647-4692

ur invitD 2 a ParNt Wkshop on Teens, Specifically comms btw Teens n Adults

Monday, March 3, 2008

7:00 - 9:00 p.m.

Conestoga High School

*The text message above translates to “You are invited to a Parent Workshop on Teens,
Specifically Communications between Teens and Adults”*

T/E is addressing Teen Issues as a Community... Last November, more than 120 parents gathered for a presentation on “Communicating with Teens”. That event was the first in a series of sessions that will bring TESD parents together for education and dialogue about communicating with teens and overall teen concerns.

The series continues on Monday, March 3, 2008, with another two-hour, evening session. Once again, the event will be held at Conestoga High School. And, Thom Stecher – a nationally recognized leader in parent training – will guide the event.

- ★ **The March 3rd meeting will address THREE Main Concerns:** (1) Stress and Mental Health, (2) Drug and Alcohol Use, Abuse, and Addiction, *and* (3) At-Risk Sexual Conduct and Sexual Harassment. Participants will choose to attend one of three workshops based on the Three Main Concerns. Each workshop will have one professional facilitator (from Thom Stecher Associates), as well as, two teenagers participating in the conversation.
- ★ **The meeting will provide:** time-proven and research-based skills and practices, inspiring personal stories, AND an opportunity for dialogue and community building.
- ★ **Who should attend?** Dads, Moms, Caregivers, and all adults with an interest in the teenagers in our community.
- ★ **Conestoga High School** Staff is partnering with **CAPCO** (*Conestoga After Prom Celebration Organization*) and **ARCH** (*Area Residents Caring & Helping -- Working to Keep Kids Alcohol & Drug Free*) to bring parents and caregivers together to talk, learn, and listen.
- ★ **If you are attending, please RSVP to** CHS Student Services at 610-240-1045 or e-mail HALLT@TESD.NET

Upcoming Events at the Paoli Library

Friday Evening, March 7th from 7-8PM Paoli Library will host a **"Sight-Word" Book Bingo** event perfect for families with children in K-2 grades. Family bingo will follow two rounds of Sight-Word Bingo.

Children will win books, magazines and videos. Please register for this event by calling Paoli Library at 610-296-7996 or by emailing Elektra Greer at egreer@ccls.org.

Saturday, March 15th 11AM-12:30PM, **St. Patrick's Day Festival** with Live Music, games, stories and crafts from the Emerald Island. Please register for this event by calling Paoli Library at 610-296-7996 or by emailing Elektra Greer at egreer@ccls.org.

Friday Evening, March 28th from 6-7PM **Live Music show with Miss Scherling**. Perfect for children in grades K-2. Milk and Cookies follow the show. Please register for this event by calling Paoli Library at 610-296-7996 or by emailing Elektra Greer at egreer@ccls.org.

Saturday, April 19th from 4-6PM. **Earth Day Family Collage Art Workshop**. Perfect for families with children in K-5. Please register for this event by calling Paoli Library at 610-296-7996 or by emailing Elektra Greer at egreer@ccls.org.

Friday Evening, April 25th from 5-8PM. **Anime Fest**. A showing of Anime favorites, discussion of Anime and Manga. Snacks provided. Perfect for children 10+. Please register for this event by calling Paoli Library at 610-296-7996 or by emailing Elektra Greer at egreer@ccls.org.



720 First Avenue, Berwyn, Pa., 19312
(610) 644-0138 • www.easttownlibrary.org

Easttown Library's spring 2008 youth programs

To register for programs, visit the library's circulation desk or call (610) 644-0138. Easttown Library on the Web: www.easttownlibrary.org.

For Families:

Healthy Lunches, Happy Kids

Sun., May 4, 2 p.m.

For families with children grades K-5

Sheri Lynn DeMaris, M.Ed., a holistic health counselor and guidance counselor at Valley Forge Middle School, will discuss how to pack a healthy school lunch for elementary school children. Parents and their children are invited to attend to learn how to put together healthy (and tasty!) snacks and lunches. Sample snacks will be provided, along with menus and recipe handouts. Ms. DeMaris is also an adjunct professor in the Alternative Health Program for medical students at Hahnemann University, and she hosts, produces and directs an alternative health show, *Tea with Sheri*. On the Web: www.teawithsheri.com. **Registration begins Mon., March 3.**

For Teens:

Teen Job Fair

Ages 14+

No registration necessary.

Thurs., March 13, 7-8 p.m.

Acme Markets, Inc. (in Devon and Paoli), Barnes & Noble Booksellers, Paoli Hardware Center, Staples, Upper Main Line YMCA, Braxton's Animal Works and Easttown Library are a few of the area employers who will be interviewing teens seeking jobs. Bring your resume and dress for success!

For Youth:

Fiction to Film: Youth Book Club

For readers ages 8-12

Mon., March 24, 4-4:45 p.m., *The Spiderwick Chronicles: Book 1*

Mon., April 21, 4-4:45 p.m., *The Chronicles of Narnia: The Lion, the Witch, and the Wardrobe*

Mon., May 19, 4-4:45 p.m., *Bridge to Terabithia* (grade 5)

This book club is for those who want to read and discuss novels that have recently been made into feature films. Please register for each of the book discussion times you wish to attend. For more information, please call Youth Services Assistant Jess Marine at the library or e-mail her at jmarine@ccls.org.

Registration begins Mon., March 3.

For Youth:
Continued

National Poetry Month Object Poetry Exhibit

Thurs., April 1-Wed., April 30

Stop by the children's and teen areas of the library during the month of April to participate in the Object Poetry Program. Poems and corresponding objects will be placed around the room for you to read and examine. Those who fill out a participation card while enjoying the display may turn it in upon completion for a small prize. Please enjoy this celebration of poetry!

Chess Club

Youth K and up

Mondays, April 7-May 5, 4-4:45 p.m.

Beginners and all levels of players are welcome. **Registration begins Mon., March 3.**

Parent/Child Workshop

Infants through age 3 with parent or caregiver

Four-week session: Thurs. June 5, 12, 19 and 26, 10-11 a.m.

You are welcome to attend the workshop even if you have previously attended. **Registration begins Mon., May 5.**

Story Times:

Story time programs for children and parents/caregivers will be held Mon., April 7, through Fri., May 9. No registration necessary.

Family Story Time

(infants-6 years)

Mon. 7 p.m.

Join us for a traditional story time sprinkled with a new way of telling stories using digital resources.

Wee Readers

(infants-18 months)

Tues. 10 a.m.

Toddler Time

(ages 1-2)

Wed. 9:30 a.m. and 10:15 a.m.

Tales for Twos and Threes

(ages 2-3)

Thurs. 9:30 a.m. and 10:15 a.m.

Great Starts

(ages 3 and older)

Fri. 10 a.m.

*MUSIC IN OUR
SCHOOLS MONTH*



MARCH 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 AM Band Rehearsal 3:30 - 4:30 4 th Grade Sports 3:30 - 4:30 Art Club 3:30 - 5:00 Cub Scouts	4 3:30 - 4:30 Troop 1849	5 1/2 Day Conferences 8:00 AM Chorus Rehearsal 3:30 - 4:30 Troop 1086	6 1/2 Day Conferences 8:00 AM Orchestra Rehearsal	7 1/2 Day Conferences 3:30 - 4:30 Troop 4247
10 8:00 AM Band Rehearsal 3:30 -4:30 Troop 171 3:30 - 4:30 Art Club 3:30 - 4:30 Cuisine Club	11 3:30 - 5:00 Cub Scouts 3:30 -4:30 Art Club Make Up	12 7:30 AM Chess Club 8:00 AM Chorus Rehearsal Kindergarten Moon Dance 3:30 - 4:30 Troop 41897	13 8:00 AM Orchestra Rehearsal 3:30 - 4:30 Science Explorers	14
17	18	19	20	21
<p>← NO SCHOOL SPRING BREAK →</p>				
24 8:00 AM Band Rehearsal 3:30 - 4:30 Troop 161	25 Kindergarten Chick Hatching 3:30 - 4:30 Troop 1849	26 7:30 AM Chess Club 8:00 AM Chorus Rehearsal 3:30 - 4:30 Troop 1086	27 8:00 AM Orchestra Rehearsal 3:30 - 4:30 Science Explorers	28 <i>Sunday, March 30</i> <i>Mother-Son Event</i> →

Tredyffrin Easttown School District

Elementary Lunch Menu

March 2008

All lunches include a choice of skim, 2% white or low-fat chocolate milk.

Please include Pin #'s and your child's name with all pre-payments.

Paid Lunch \$2.10
Reduced Lunch \$.40

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
DR. SEUSS BIRTHDAY A. ABC, 123 Chicken Nuggets B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat Oven Baked French Fries Chilled Fresh and Canned Fruit	A. Sloppy Joe on a Bun B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Green Beans Chilled Fresh and Canned Fruit	School Conferences 1/2 Day	School Conferences 1/2 Day	School Conferences 1/2 Day
10	11	12	13	14
A. French Toast Sticks w/Syrup & Turkey Sausage Patty B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat Potato Wedge -Baked Chilled Fresh and Canned Fruit	A. Cheeseburger w/Lettuce, Tomato B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Mixed Vegetables Chilled Fresh and Canned Fruit	A. Pasta w/Meat sauce B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Carrot Sticks w/Dip Chilled Fresh and Canned Fruit	A. Chicken Nugget w/ Whole Wheat Dinner Roll B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Whipped Potatoes Chilled Fresh and Canned Fruit	A. French Bread Pizza B. Hot Dog w or w/o Sauerkraut C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter Tossed Garden Salad Chilled Fresh and Canned Fruit
17	18	19	20	21
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL GOOD FRIDAY
24	25	26	27	28
A. Chicken Patty on a Bun B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat Carrot Coins Chilled Fresh and Canned Fruit	A. Toasted Cheese Sandwich B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tomato Soup Chilled Fresh and Canned Fruit	A. Meatball Sandwich on a Sub B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tossed Garden Salad Chilled Fresh and Canned Fruit	A. Soft Taco w/Shredded Cheese, Tomato, Lettuce, Salsa B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Corn Chilled Fresh and Canned Fruit	A. Pepperoni Pizza B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter Green Beans Chilled Fresh and Canned Fruit
31				
A. Chicken Quesadilla B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat Honey Glazed Carrots Chilled Fresh and Canned Fruit	<p><i>Review accounts and make payments on-line at www.paypams.com</i></p> <p>We welcome your comments and suggestions. Please feel free to contact Food and Nutrition Services at:</p> <p>E-Mail: prestond@tesd.k12.pa.us, or telephone (610)-240-1956 or 1955.</p> <p>Dave Preston, Food and Nutrition Services Supervisor Desiree Cook, Food and Nutrition Services Admin Support</p>			<p>Did you know?</p> <p>We do not fry any food items on the elementary menu. All items are baked or steamed. Every day we offer three fruit choices with at least one being fresh fruit. We continue to increase the number of whole grain selections and fresh vegetables offered to students.</p>