

Beaumont's Monthly Newsletter January 2011

Mark Your Calendar!

Thu, 12/23 Holiday Parties

Fri, 12/24 -

Sun, 1/2 NO SCHOOL-

Happy Holidays

Th, 1/13 Cultural Arts Assembly

Fri, 1/14 Pizza Bingo

Mon, 1/17 Martin Luther King Day

NO SCHOOL

Wed, 1/19 Kindergarten Dream Pillows Fri, 1/28 Kindergarten Jammie Party

HSA Meeting Schedule

Feb. 17 at 9:15am March 17 at 9:15am April 21 at 9:15am May 19 at 7pm June 9 at 9:15am

*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.

Next Bear Facts: January 24 Submission Deadline: January 18 Contact: Tory Stagnaro, Editor

Submissions to torystagnaro@yahoo.com

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

Dear Beaumont Families,

Welcome to the holiday and winter season! The cold temps and frosty air have certainly reminded us that winter is here. Speaking of coldness, please remember that it is very important that the students are dressed appropriately for outdoor play. The classes do go outside for recess most days. We monitor the temperatures, wind chill, and amount of sunshine daily as we decide about outdoor or indoor recesses. Coats, gloves, and hats are so handy for colder recess times and bus and carpool lines. Thank you for your help and support with this!

Beaumont has had a busy start to December, and I am happy to share some of the highlights with you.

- The kindergarten students hosted their Gingerbread Tea last week, and even though he ran very fast, the kindergarten students found the gingerbread man during the Gingerbread Man Hunt!
- First grade students have started their work in the geometry and fractions math
 unit and have been enjoying visiting with different first grade teachers in this
 process. First grade is also exploring the country and culture of Japan within
 social studies.
- Presentation of literature boxes is a highlight for second grade this month.
 Students have selected favorite winter or holiday books and have created dioramas to depict characters and events from the story. Each student presents his or her own individual literature box to the class during this month.
- Third grade classes have been working very hard to prepare and present their
 information for Tribal Tribute as a connection to the social studies curriculum.
 Tables in the third grade hallways display many props, clothing, food items,
 housing structures, and other information from selected Native American tribes.
- As an annual community outreach program, the fourth grade chorus performed at
 the Royer Greaves School for the Blind this month. The fourth grade M.A.S.H.
 students collected items during the Ice Cream Social to donate to Royer Greaves
 as another way to support the community partnership. All fourth grade students
 have been hard at work developing, refining, and adding personal touches to their
 Winter Stories

Thank you for your continued support of all of our instructional activities and school programs. The students look forward to the winter parties and the sing-a-long for students next Thursday.

Best wishes for a festive winter break and a happy and healthy new year!

Fondly,

Stephanie Demming

Principal

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Cultural Arts ALL School Assembly

January 13th at 10:15am and 1:45pm

Walnut Street Theater
Presents
"The Boy Who Cried Bully"

Please join us for a play about a typical 3rd grader named Nate! This honest examination of bullying – how it starts, why it happens and what to do to stop it – is a fun theatrical way to deal with this sensitive topic while also showing students the dangers of bending the truth.

Please feel free to contact Connie Egan or Kate McAllister if you have any questions.

PIZZA BINGO IS COMING!!

**Friday, January 14th, 2011 ** Two seatings: 5:30 & 6:30

\$20 per family

Return bottom portion in an envelope labeled "PIZZA BINGO" * Include payment of \$20.00 per family to BEAUMONT HSA *

FAMILY NAM	E:
# OF CHIL	DREN PLAYING BINGO:
WE WILL ATTEND:	
1ST SEATING	5:30-6:00 Dinner, 6:00-6:45 Bingo
2ND SEATING	6:30-7:00 Dinner, 7:00-7:45 Bingo
WE WOULD LIKE:	
	E PIZZA LARGE PEPPERONI PIZZA LEASE CHECK HERE AND INCLUDE AN ADDITIONAL \$10.00
4 DRINKS AF	RE INCLUDED WITH YOUR MEAL:
# OF SODAS:	# OF BOTTLED WATERS:
ADDITIONAL DRINKS	CAN BE PURCHASED AT THE EVENT FOR \$1 EACH
WE WILL:	
IF YOU WOULD LIKE, IN LIEU OF DONA US TO PURCHASE PRIZES FROM 5 B	RIZES (please drop in front lobby starting NOW!) ATING A PRIZE, SMALL DONATIONS WILL BE ACCEPTED TO ALLOW ELOW. YOU MAY INCLUDE THIS WITH YOUR PIZZA PAYMENT.
DONATE A DESSE	RT FOR OUR SEATING (bring to event)
VOLUNTEER during	g the event (KITCHEN OR BINGO)
Email address	
(to be used only if needed	for reservation question or volunteer contact)
For additional information:	http://www.beaumonthsa.org/pizzabingo.php or
cont	act one of the Co-Chairs:

Melissa Acton - <u>actonsilly@verizon.net</u> or 610.256.2123 Heather Giacoio - <u>hegiacoio@yahoo.com</u> or 610.993.2832 Heather Greenberg - <u>bobbyheather@me.com</u> or 610.640.3344

SAVE THE DATE!!

FOR THE FATHER-DAUGHTER DANCE

"Candy Land"



SATURDAY, FEBRUARY 19, 2011 7:00-9:30 PM BEAUMONT ELEMENTARY SCHOOL

Invitations will be sent out late January 2011
Bring your special date - Father, Uncle, Grandfather, Big Brother, etc.
Dress Fun and Fancy

Questions? laurasedor@comcast.net

THEME WEEK 2011 THE HUMAN BODY

Decorating Committee Needed

We are looking for a decorating committee to work with Theme week chair Sandy Weston to bring Beaumont's hallways to life with her vision of the human body. Sandy is really enthusiastic about this topic and has great experience as she is the owner/founder of Weston Fitness.



So pull together some of your friends and let's make this the best body Beaumont has ever seen!

Contact me at pamalbertson@comcast.net if you are interested in helping with theme week.



BEAUMONT GRADE LEVEL NEWS Monthly Report December 2010

Kindergarten

December brought many exciting activities to Beaumont's Kindergarten classrooms. We kicked off the month with a weeklong unit on hibernation. The children learned about animals that hibernate, why they hibernate, and the ways those animals prepare for their long slumber. They created their own "hibernating bears" and added them to a bulletin board display where they will "hibernate" throughout the winter months.

After that we jumped right into our "whimsical" activities with the Gingerbread Man. This theme always brings a certain magical feel to the month of December. We read many versions of the age-old tale about the Gingerbread Man throughout the month. One of our literature-based activities included creating a giant gingerbread man cookie, baking him in the oven, and as usually happens, we ended up chasing that little rascal all over the school. As he left clues to his location, he could be heard chanting, "Run, run as fast as you can, you can't catch me, I'm the Gingerbread Man." Fortunately, we did track him down and then we enjoyed having a little gingerbread snack for all our efforts!

In addition, the children continued with their journal writing using their "gingerbread journal". And in math, through hands-on exploration, we continued to expand our lessons on number sense and graphing.

We culminated the month with our annual Gingerbread Tea. This event extended an invitation to our parents to join us in the classroom

to enjoy a day of creativity. Together with their children, parents created a stuffed gingerbread man using all sorts of fabric and notions to decorate their unique masterpiece. The children then took their creations home as a remembrance of this special event in Kindergarten.

First Grade

We can't believe that 2010 is already coming to a close! First graders have been working on strategies to apply in addition and subtraction. These include always beginning with the larger number, doubles, doubles plus 1, doubles minus one,



using a number line, counting on/up, and fact families. "Additionally," the children are expected to explain through words or pictures why they selected a particular strategy. They extend this skill when solving our weekly word problems, especially the "bonus" problem.

First grade wishes everyone a happy and healthy New Year. We'll see you in 2011!

Second Grade

December is always a crazy month for Beaumont. We have so much going on in second grade alone! We started our study of the ancient culture of China. We are learning about how the early inhabitants of China helped shape the world we live in today. We can't wait to learn all about silk, tangrams, pandas, and The Great Wall!

In Science, we wrapped up our Balancing & Weighing unit with our Circus Day! We learned how to juggle, balance feathers on our fingers, and walk on a "wire". We even culminated the experience with a circus show. Now, we are learning about soil. Soon we will know all about humus, sand, and clay. We are most excited to watch our earthworms make compost!

Those are just a few of the December highlights. We also enjoyed writing to our secret buddies, learning about the different winter holidays, listening to the fourth-graders' holiday stories and of course, our holiday party and sing-along.

Third Grade

This month, the third graders were working hard on our *Tribal Tribute* project. We hope you were able to visit our *Tribal Tribute* last Friday, the 17th of December. If so, we bet you were amazed at what you saw ©



As a math project, the third graders will be working with "Tangrams." We will work on putting the seven tangram pieces together to form the traditional square. After the break we will be using these pieces to build other geometric shapes.

Fourth Grade

December seems to be one big blur in 4th grade! The 4th graders returned from Thanksgiving break and were immediately introduced to their next big project - the traditional Winter Stories. The hard work began with coming up with a creative idea, writing the rough draft, proofreading and finally beginning the "fun" stage of writing the final draft in a large book filled with lots of pictures, colors, and of course glitter! The 4th graders are looking forward to sharing these stories with K-3rd grades on December 22nd. In social studies, classes are finishing up the study of colonization and we will be introducing the next unit, The American Revolution, after the holidays. In science, the students

are immersed in the new unit Electricity. They have created circuits, learned about light bulbs and will be constructing houses and wiring them. We know after this busy month of December that students and teachers will truly enjoy the winter break. May this holiday season bring everyone lots of joy and peace. We wish you a very happy and healthy New Year!

Special Areas & Support Areas

ESL

ESL has been working hard! We have been discussing all of the wonderful traditions and holidays celebrated around the world this time of year. The students have been eager to share their particular customs including their favorite foods, traditions, and events that are unique to their home country. We have been incorporating wonderful literature stories into our lessons while making festive decorations such as gingerbread people and snowflake patterns. It is wonderful to hear and share stories of traditions from around the world. We are lucky to have such diversity at Beaumont as it reminds us of the traditions that make us unique!

We are also enjoying our new Reading series as it helps the students learn new vocabulary connected to the English language. Have you heard of Tofurkey? We enjoyed learning about all of the wonderful food associated with Thanksgiving while discussing the story of the Pilgrims and Native Americans. The students shared what they are most thankful for including their homes, good health, families, pets, and teachers. We are excited about continuing to learn key ESL concepts while discussing traditions that ring in the New Year. Felicidades!

Applied Technology

Kindergarten students are learning how to use tools in Hyperstudio and general computer skills. First grade students have been exploring map skills using cardinal directions and learning a variety of computer skills. Second grade students have just finished learning about grid coordinates. They are starting to explore the concepts of township, county, state, country, continent, and hemisphere in their map skills exploration of the world in the project titled "Where in the World Are You?" Third grade students are researching Native Americans and creating a Native American region map of the US. They are also learning how to create path animation on their maps. Fourth Grade learned map skills focusing on four types of directions: 1) compass directions, 2) scale and distance, 3) grid coordinates, and 4) symbols. After practicing using each type of directions students were challenged to create a mystery with clues using the various types of directions. Mysteries included roving aliens, hidden treasure, lost pets, and even missing cheeseburgers. Students played each others mysteries after completing their own mystery.

Library

Kindergarten will finish reading folktales before the winter break. In January they will hear some of our new literature. If you have a first grader, ask them about Kamishibai stories from Japan. Second grade will continue hearing Chinese folktales. Third graders will finish their dictionary unit in early January. After

using both print and internet sources to complete their Pickle questions, fourth graders picked their animals for a research unit. This unit will last about six teaching cycles. These lessons are designed to help get your fourth grader ready to work on their PAL project in the spring.

The Beaumont 100 Book Club sheets are coming into the library. The "Reading Tree" continues to have personalized leaves added to its limbs. Our first drawing for the bigger prizes will be just before Winter Break. If you need a new beginning sheet, just ask in the library and we will gladly provide one.

Music

Students in music class have been learning about the Russian composer, Piotr Tchaikovsky. Kindergarten, first, and second grade students have been experiencing Tchaikovsky's music from the well known "Nutcracker" ballet, while the third and fourth graders are studying some of Tchaikovsky's other great works, such as "Swan Lake", "Sleeping Beauty", and the "1812 Overture".

The band, chorus, and orchestra students are also continuing to make beautiful music. Parents should check the music calendar weekly, located on the Beaumont Elementary School website to know exactly when rehearsals and lessons take place. Any 4th grade student who is not currently in chorus but would like to join for the Spring Concert is welcome to start attending rehearsals in January. To sign up your child for chorus, please send Miss Hoover an e-mail with your child's name, teacher, and your contact information.

"Music is not illusion, but revelation rather. Its triumphant power resides in the fact that it reveals to us beauties we find nowhere else, and that the apprehension of them is not transitory, but a perpetual reconcilement to life."

-Piotr Ilyich Tchaikovsky, Russian composer



Tredyffrin/Easttown School District

ActionLine

A Recap of the November 22, 2010 Regular Board Meeting

At the November 22nd meeting, the Board approved the following personnel actions:

Routine Personnel Actions

Resignations/Retirements

Christine Colon, paraeducator, TEMS, effective 12/24/10

Janet Fell, paraeducator, VFMS, effective 10/29/10

Cynthia Galloway, general kitchen worker, VFMS, effective 6/17/11

Mary Jones, general kitchen worker, CHS, effective 1/4/11

Christine McLaughlin, paraeducator, CHS, effective 1/7/11

David Purdie, Sr., custodian, NEES, 10/29/10 Lindsay Sbarbaro, substitute teacher, District, effective 10/15/10

Theresa Teti, general kitchen worker, CHS, effective 1/4/11

Uta Trogele, substitute teacher, District, effective 10/25/10

Elizabeth Whittingham, general kitchen worker, CHS, effective 1/4/11

Leave of Absence

Kathie Balog, general kitchen worker, NEES, effective 11/17/10—1/3/11

Appointments

Patrick Boyle, CHS, additional responsibilities Thomas Brown, security, District

Sherri Criss, after school program teacher, BES Alicia Desrosiers, substitute paraeducator, District

Tara Donnelly, after school program teacher, DES

Ashley Earle, after school program teacher, DES Lesley Fogel, after school program teacher, BES

Sandi Foster, general kitchen worker, change in location to HES

Taylor Hiller, after school program aide, NEES Reginald Holmes, homebound tutor, District Mary Kolenda, general kitchen worker, TEMS Debra McManus, Long Term Substitute, NEES Sarah Polasky, after school program teacher, BES

Pete Ricci, after school program teacher, BES Zachary Schettone, after school program aide, BES

Alexandra Solov, Long Term Substitute, CHS Shama Tinaikar, paraeducator, CHS Heather Wituschek, substitute teacher, District

Probationary Period Wage Adjustment

Sandy Foster, general kitchen worker, HES

Volunteer Report

The Board acknowledged with appreciation the contributions of more than 500 parent and community volunteers in our schools.

Under Priority Discussion, the Board received the following information.

Update on the Conestoga High School Schedule

Mr. Gusick provided an overview of Education Committee recommendations regarding the high school schedule and high school staffing.

Beginning in the 2011-2012 school year, CHS students may schedule a maximum of 42 periods per six day cycle. Exceptions are limited to support classes, co-curricular activities, laboratory sessions, experiential learning opportunities, and extenuating circumstances related to individual graduation timelines. Also, additional teachers at the high school will be assigned a sixth class or fifth laboratory class.



Under the Consent Agenda, the Board approved the following:

Minutes of October 25, 2010 Regular Meeting

Financial Report

Contracted Services

Athletic Position Recommendations for the 2010-2011 Winter Season

Successful Bids

The Board awarded contracts to the following successful bidders:

Arrell & Snow Electrical Constructions, Inc. and All States Mechanical, LTD for replacement of CHS boiler #3, hot water heater and gas service

Berwyn Glass for replacement windows and door glass

Blanski, Inc. for boiler cleaning and/or associated repair services

Colonial Electric Supply for electrical supplies Fels Supply Co. for installation of Venetian blinds and solar shades

Intellicom Systems, Inc. for intercom and sound systems repairs/installation

Dean Harley & Son for repair/refinishing hardwood floors

Waste Management of Pennsylvania, Inc. for trash disposal

Acceptance of 2009-2010 Audit Report

The Board accepted the Annual Financial Audi Report for the period 7/1/09—6/30/10 submitted by the independent auditing firm of Mallie, Falconiero & Co.

Unreserved Fund Balance Monies of the General Fund—Designations

The Board approved a schedule for designation of \$29,561,816 of the General Fund Balance.

Proposal for Phase I—Part 1 Wireless and Network Services Upgrade

The Board approved Phase I/Part 1 of a proposal from Teranet Consulting Services to survey the net-

work, develop a project plan, and establish specs for support and services needed to implement the wireless and network services upgrades recommended by the administration. This first phase of the project was approved at a not to exceed cost of \$11,625.

Educational Services Agreement for Nontraditional Placement

Policies, Second Reading

- Revised Policy 5227, Graduation Requirements
- Draft Policy 4022, Addressing Employee Concerns and Criticism

Under Other Recommended Action, the Board approved the following policies on a first reading basis, as ready for adoption at the next regular meeting.

- Policy 5406: Administration of Medication to Students, First Reading
- Policy 1120: Communications with the School Board, First Reading
- Policy 2110: Superintendent as Executive Officer, First Reading
- Repeal of Policy 2630: Review of Administrative Decisions, First Reading. The language of this policy has been moved to Policy 2110.

Public Comment

The Board received comments from two members of the public regarding the following:

- Proposed cap of 42 classes per six day cycle for high school students
- Student stress

Adjournment

The meeting was adjourned at 9:11 p.m.

Board business meetings are video recorded and broadcast on TETV Comcast Channel 14 and Verizon Channel 20. Please visit the District web site for program schedules.



Meeting schedules, agendas and minutes for Board business and committee meetings are available on the District web site:

Web Site: www.tesd.net

Board Meeting and Committee Dates

Monday, December 6, 2010, Board Reorganization Meeting, 7:30 p.m. in TEAO meeting room 200, 940 West Valley Road, Suite 1700, Wayne, PA.

Monday, January 3, 2011, Special Board Meeting to consider the 2011-2012 budget, 7:30 p.m. in TEAO meeting room 200.

Board Committee Meeting Schedule

- Education Committee, January 11, 2011, 12:00 noon, TEAO Room 200.
- Facilities Committee, January 14, 2011, 7:30 a.m., TEAO Room 200
- Finance Committee, December 13, 2010, 7:30 p.m., TEAO Room 200
- **Policy Committee**, January 5, 2011, 6:30 p.m., TEAO Room 200
- **Public Information Committee**, January 11, 2011, 9:00 a.m., TEAO Room 200

Updated information on meeting dates, locations and cancellations is available by contacting the

T/E Information Hotline: 610-240-1970

To enroll in the T/E email notification program, send email to:

notification1@tesd.net



Tredyffrin/Easttown School District

ActionLine

A Recap of the December 6, 2010 Board Reorganization Meeting

At the December 6 Board Reorganization Meeting, the Board took the following actions:

Board Reorganization

The Board elected Karen Cruickshank as President and Betsy Fadem as Vice President for the year 2011.

Under the Consent Agenda, the Board approved the following:

Resignations/Releases/Retirements

Patricia Fulton, secretary, TEAO, retirement, effective 2/4/11

Thomas Quinn, teacher, CHS, resignation, effective 1/1/11

Appointments

Julia Falasco, general kitchen worker, CHS
Tara Kerrigan, paraeducator, TEMS
Erin Power, Long Term Substitute, NEES
Julie Prichett, paraeducator, NEES
Kristen Rantanen, general kitchen worker, VFES
Lizette Raspa, substitute paraeducator, District
Ellen Shea, general kitchen worker, VFMS
Nancy Shultz, substitute teacher, District
Christianne Switucha, general kitchen worker,
TEMS

Minutes of the November 22, 2010 Regular Meeting

Preliminary Authorization of Accounts Payable and Payroll

Authorization of Signatures

The Board authorized Wachovia Bank and PA Local Government Investment Trust to change signature cards for District accounts to indicate the signatures of the newly elected Board President and Vice President.

Acceptance of Gifts

The Board accepted with appreciation the following donations:

- •Science supplies from Garnet Industries to the CHS Science Department
- •A computer cart and decorative flags for the parking lot to BES from its HSA.

Contracts with Foundations Lifeworks Academy and with The Pathway School for Mandated Special Education Supports and Services

Student Adjudication

The Board adopted the findings and conclusions of law contained in the appointed hearing officer's proposed adjudication in the matter of a nonresident student.

Public Comment

Board members heard comments from 2 members of the public regarding the following:

- •Middle School Latin Language Program
- •Congratulations to newly elected Board officers
- •Board, District and community support for T&E Care

Adjournment

The meeting was adjourned at 7:55 p.m.

Special Board Meeting

There will be a special meeting of the Board for Board members to consider the preliminary 2011-2012 school year budget on Monday, January 3, 2011 at 7:30 p.m. in the TEAO, 940 West Valley Road, Suite 1700, Wayne.



For current Board and Committee meeting information, including dates, times, locations and agendas please visit the District Web Site:

www.tesd.net

or call the District Information Hotline:

610-240-1970

To receive the *ActionLine* and weekly email updates from the District please sign up for the District email notification program at:

notification1@tesd.net

Meetings of the Board of School Directors

Regular Board Meetings

All regular meetings of the Board are held at 7:30 p.m. in Room 200 of the TE Administration Offices, 940 West Valley Road, Suite 1700, Wayne.

January 24, 2011 February 28, 2011 March 21, 2011 April 25, 2011 May 9, 2011 June 13, 2011

There will be a Special Meeting of the Board on Wednesday, June 1, 2011 in the TE Administration Offices, at a time to be determined, to approve the list of 2011 CHS graduates and such other business as may come before the Board.

Board Committee Meetings

The Finance Committee will meet on December 13, 2010 at 7:30 p.m. in TEAO Room 200.

This is an important meeting as the Committee continues to encourage public input in its consideration of options regarding the 2011-2012 budget. The Committee will consider which of three options it will recommend to the Board at a Special Meeting on January 3, 2011. These options, proposed in order to close the anticipated budget gap, include 1) to certify that the District will stay at or below the Act 1 index, 2) to apply for exceptions to a voter referendum under Act 1 and pass a preliminary budget, or 3) to seek a voter referendum to tax above the Act 1 index.

The Policy Committee will meet on January 5, 2011, at 6:30 p.m. in Room 200 of the TE Administration Offices.

The Public Information Committee will meet on January 11, 2011, at 9:00 a.m. in TEAO Room 200.

The Education Committee will meet on January 11, 2011, at 12 noon in TEAO Room 200.

The Facilities Committee will meet on January 14, 2011, at 7:30 a.m. in TEAO Room 200.

Parents - We Need Your Current Email Address

It is important that the school has a current parent email address on file for each child. The school and the District will be using email to communicate important information throughout the school year including school newsletters, special announcements and the school calendar. If you have not previously submitted an email address or need to change your email address, please visit the T/E School District web site at www.tesd.net and click on "Parents Click Here to Add or Update Your Email Address".



Thank you for helping us to communicate efficiently and conserve resources.

FLITE BOOKMARK CONTEST

A big thank you to the 83 students who participated in the FLITE bookmark contest. BES staff voted and the results are in: Honorable mentions go to Ellie M. and Andrew K. Second Runner up goes to Jenny U. and our FLITE Bookmark Contest winner is Lindsay J. Congratulations Lindsay!





Dear Parent,

Please put this sneaker reminder on the refrigerator so that you can remember when we have Physical Education class. Just circle the day your child has class, and make sure that your child is wearing socks, sneakers and play clothes on those days (winter boots or "Uggs" cannot be accepted).

Thank you very much!

Mrs. McConaghy Physical Education Teacher

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6





DON'T WAIT -----VACCINATE NOW

FOR ATTENDANCE IN ALL GRADES SCHOOL REGULATIONS in 2011/2012 children need the following:



- 4 doses of tetanus*
 (1 dose on or after the 4th birthday)
- 4 doses of diphtheria*
 (1 dose on or after the 4th birthday)
- 3 doses of polio
- 2 doses of measles**
- 2 doses of mumps**
- 1 dose of rubella (German measles)**
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) vaccine or history of disease

*Usually given as DTP or DTaP or DT or Td **Usually given as MMR

Children ATTENDING 7th grade in 2011/2012 need the following:

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap) (if 5 years has elapsed since last tetanus immunization)
- 1 dose of meningococcal conjugate vaccine (MCV)

These requirements allow for medical reasons and religious beliefs.

If your child is exempt from immunizations,

He/she may be removed from school during an outbreak.

Pennsylvania's school immunization requirements can be found in 28 PA.CODE CH.23 (School Immunization)

Contact your health care provider or 1-877 PA HEALTH for more information





JANUARY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
			8:00 <i>C</i> horus	
Day 4	Day 5	Day 6	Day 1	Day 2
10	11	12	13	14
		8:00 4 th Grade Orchestra	8:00 <i>C</i> horus	5:00 - 8:00 Pizza Bingo
		8:00 Band	10:15 & 1:45 Cultural Arts	
			Assembly - Walnut Street	
			Theater	
Day 3	Day 4	Day 5	Day 6	Day 1
17	18	19	20	21
NO SCHOOL		8:00 Band	8:00 <i>C</i> horus	8:00 4 th Grade Orchestra
		9:30 & 1:00 Kindergarten		4 th Grade - A Day in the
		Dream Pillows		Life of a Continental Soldier
	Day 2	Day 3	Day 4	Day 5
24	25	26	27	28
3:30-4:30 2 nd Grade	3:30-4:30 3 rd Grade Sports	8:00 Band	8:00 <i>C</i> horus	9:30 & 1:00 Kindergarten
Sports	and the second second	1 st & 2 nd grade Cultural Arts	3:30-4:30 Science	Jammie Party
		Assembly - Master Cheng -	Explorers	, , , , , , , , , , , , , , , , , , ,
		paper cutter	'	
	Day 1	3:30-4:30 4 th Grade Sports		Day 4
Day 6		Day 2	Day 3	·
31		>		
<u> </u>	l .			





JAN



1/1	200	🥉 A MINIMUM OF OI	NE FRESH AND ONE (CANNED FRUIT AVAIL	ABLE DAILY WITH EA	CH MEAL
	3 600	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Popcorn Chicken w/ Dipping Sauce	Penne Pasta w/ Spaghetti Sauce ▼	Cheesesteak Sandwich on a Bun	Homemade Chili & Beans w/ Cornbread	French Bread Pizza ▼
	rotei	Cheeseburger	& Meatballs Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
_	β -	on a WW Bun	on a WW Bun	on a WW Bun	on a WW Bun	on a WW Bun
¥	o sea	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad
WEE	Entrée (Bread/ Protein)	on <i>WW</i> Bread <i>WW</i> PBJ Sandwich ▼	on <i>WW</i> Bread <i>WW</i> PBJ Sandwich ▼	on <i>WW</i> Bread <i>WW</i> PBJ Sandwich ▼	on <i>WW</i> Bread <i>WW</i> PBJ Sandwich ▼	on <i>WW</i> Bread <i>WW</i> PBJ Sandwich ▼
5	En En	BBQ Chicken (1970) Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken (IIII) Confetti Salad
			Tanana Tanana	ad Recipes on the We	b at: www.tesd.net!!	
	Veg	Garden Salad ▼	Garden Salad ▼	Garden Salad ▼	Garden Salad ▼	Garden Salad ▼
		Baked Beans ▼	Green Beans ▼	Baked Potato Puffs ▼	Whole Baby Carrots	Seasoned Corn ▼
	^	MONDAY Cheese Breadsticks w/	TUESDAY Oven Toasted Cheese	WEDNESDAY Meatball Sub w/	THURSDAY Pancakes ▼ and	FRIDAY Pizza Slice ▼
	ej.	Marinara Sauce ▼	Sandwich ▼	Mozzerela Cheese	Turkey Sausage	1 IZZa Olice V
N	Prot	Baked Chicken	Baked Chicken	Baked Chicken	Baked Chicken	Baked Chicken
	ad/ I	Nuggets Sliced Turkey and	Nuggets Sliced Turkey and	Nuggets Sliced Turkey and	Nuggets Sliced Turkey and	Nuggets Sliced Turkey and
Щ	Bre	Cheese Wrap	Cheese Wrap	Cheese Wrap	Cheese Wrap	Cheese Wrap
WEEK	rée (WW PBJ Sandwich ▼	<i>WW</i> PBJ Sandwich ▼	<i>WW</i> PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼
	E I	BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
	_	Garden Salad ▼	Garden Salad ▼	Garden Salad ▼	Garden Salad ▼	Garden Salad ▼
	Veg	Baked Potato Puffs ▼	Tomato Soup ▼	Carrot Coins ▼	Sliced Cucumbers ▼	Corn ▼
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Α	Apple Cinnamon	Baked Ziti w/ Meatsauce*	Veggie Burger w/ Cheddar Cheese &	Soft Turkey Taco w/ Shredded Cheese,	Whole Grain Double Stuffed Crust Pizza ▼
	Entrée (Bread/ Protein)	Dippers and String Cheese ▼		Salsa on a Bun ▼	Tomato, Lettuce	
8	/ P	Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog
X	ead	Hummus Bite(Veggies Strg. Cheese, Pita	Hummus Bite(Veggies Strg. Cheese, Pita	Hummus Bite(Veggies Strg. Cheese, Pita	Hummus Bite(Veggies Strg. Cheese, Pita	Hummus Bite(Veggies Strg. Cheese, Pita
WEEK	e (B	Wedge) ▼	Wedge) ▼	Wedge) ▼	Wedge)▼	Wedge) ▼
5	intré	<i>WW</i> PBJ Sandwich ▼	<i>WW</i> PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼
	<u> </u>	BBQ Chicken	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and	
		Salad Platter Garden Salad ▼	Garden Salad ▼	Garden Salad ▼	Granola ▼ Garden Salad ▼	Confetti Salad Garden Salad ▼
	Veg	Fresh Baby Carrots ▼	Green Beans ▼	Baked Beans ▼	Corn ▼	Broccoli w/ Dip▼
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Ē</u> A	Chicken Nuggets w/	Nachos ▼ w/ Beef,	Toasted Turkey Ham &	Oven Baked BBQ	Pizza Slice ▼
_	rotein)					
4 4	d/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun	Pizza Slice ▼ Grilled Chicken on a Bun
EK 4	Sread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a WW	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a
VEEK 4	ée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun	Pizza Slice ▼ Grilled Chicken on a Bun
WEEK 4	(Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken
WEEK 4	Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼
WEEK 4	Entrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Pizza Salad Platter Garden Salad ▼ Black Bean Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼
WEEK 4	S Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼
WEEK 4	Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Pizza Salad Platter Garden Salad ▼ Black Bean Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼
WEEK 4	Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagle w/ Lettuce and Tomato Cheeseburger	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger
5 WEEK 4	Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun
WE	Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagle w/ Lettuce and Tomato Cheeseburger	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz
WE	Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers,	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers,	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers,	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers,
EK 5 WE	Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese,	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese,	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagle w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese,	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese,
EK 5 WE	Entrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers,	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼
EK 5 WE	Entrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagle w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼
EK 5 WE	Entrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼
EK 5 WE	Entrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots
EK 5 WE	S Entrée (Bread/ Protein) S Entrée (Bread/ Protein C H D H D H D H D H D H D H D H D H D H	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round
EK 5 WE	S Entrée (Bread/ Protein) S Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato,	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY
EK 5 WE	S Entrée (Bread/ Protein) S Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Cheeseburger on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and Cheese Burrito	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato, Lettuce	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼
6 WEEK 5 WE	S Entrée (Bread/ Protein) S Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and Cheese Burrito Chicken Patty on a Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato, Lettuce Chicken Patty on a Bun	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun
6 WEEK 5 WE	S Entrée (Bread/ Protein) S Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Ham & Cheese	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and Cheese Burrito Chicken Patty on a Bun Ham & Cheese	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagle w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato, Lettuce Chicken Patty on a Bun Ham & Cheese	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Ham & Cheese
WEEK 5	S Entrée (Bread/ Protein) S Entrée (Bread/ Protein	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and Cheese Burrito Chicken Patty on a Bun Ham & Cheese on a Sub Roll	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato, Lettuce Chicken Patty on a Bun Ham & Cheese on a Sub Roll	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll
6 WEEK 5 WE	ntrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w' Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ BBQ Chicken BBQ Chicken	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and Cheese Burrito Chicken Patty on a Bun Ham & Cheese	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato, Lettuce Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Fruit Salad, Yogurt and	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Chicken
6 WEEK 5 WE	Entrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and Cheese Burrito Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagle w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato, Lettuce Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼
6 WEEK 5 WE	ntrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and Cheese Burrito Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Crispy Taco Salad Garden Salad ▼ Susandwich ▼ Crispy Taco Salad ▼ Sandwich ▼ Crispy Taco Salad	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato, Lettuce Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Fruit Salad, Yogurt and Granola ▼ Fruit Salad, Yogurt and Granola ▼ Fruit Salad, Yogurt and Granola ▼ Fruit Salad, Yogurt and Granola ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Garden Salad ▼ Garden Salad ▼ Garden Salad ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Poscoli W PBJ Sandwich ▼
6 WEEK 5 WE	Entrée (Bread/ Protein)	Chicken Nuggets w/ WW Dinner Roll Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Whipped Potatoes ▼ MONDAY Wheat French Toast ▼ w/ Sausage* Patty Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ BBQ Chicken Salad Platter Garden Salad ▼ Sliced Cucumbers ▼	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a WW Bun Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼ Baked French Fries ▼ WEDNESDAY Sausage, Egg and Cheese Burrito Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Crispy Taco Salad Garden Salad ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Herbed Wild Rice ▼ THURSDAY Italian* Hoagie w/ Lettuce and Tomato Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Baked Beans ▼ THURSDAY Soft Beef Taco w/ Cheese, Tomato, Lettuce Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Garden Salad ▼ Fruit Salad, Yogurt and Granola ▼ Garden Salad ▼ Garden Salad ▼ Corn ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on a WW Bun WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Fresh Carrot Sticks ▼ FRIDAY Pepperoni* Pizza Cheeseburger on a WW Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Ham & Cheese on a Sub Roll WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Chicken Patty On Bun Ham & Cheese On a Sub Roll WW PBJ Sandwich ▼ Chicken Confetti Salad Garden Salad ▼ Round Friday Chicken Confetti Salad Garden Salad ▼