

Beaumont's Monthly Newsletter November 2010

Mark Your Calendar!

Sa, 11/6
Parent Social
Tu, 11/9
Jimmy BBQ Fundraiser
Th, 11/11
Picture retakes
Tu, 11/16
Fall Music Concert
Kindergarten Feasts

W, 11/17 No School, conferences
Th, F 11/18-19 ½ days, conferences
W-F, 11/24-26 No School, Happy
Thanksgiving!

T, 11/30 Winterfest

HSA Meeting Schedule

Nov. 17 at 9:15am 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.

Contact: Tory Stagnaro, Editor
Next Bear Facts: November 29
Submission Deadline: November 22
Submissions to torystagnaro@yahoo.com

575 Beaumont Road Devon, PA 19333 Office: 610-240-1400

HSA Website: www.beaumonthsa.org

Dear Beaumont Families,

What a lovely fall season it has been at Beaumont! We appreciate the efforts of the parents and students who helped to decorate the front lobby area with beautiful mums, autumn leaves, colorful plantings and spooky pumpkins. The students, staff and parents

have already been very busy this month with a variety of school activities both in the

District Hotline: 610-240-1970

District Website: www.tesd.net

classrooms and outside on the fields.

The Beaumont Fun Run committee sponsored the second annual "Race Back to Beaumont" event. Approximately 87 families participated with nearly 200 children engaging in a variety of activities. Beaumont staff members facilitated relay races and games to involve all age groups. The children enjoyed fun snacks such as yogurt, soft pretzels, and pizza. A special "thank you" is extended to Jodi DePhillipo for chairing the committee, Mrs. McConaghy for leading the relay races and Mr. Ricci, Mrs. Meyer, Miss Senior, Mrs. Capriola and Miss Fogel for their participation.

The Beaumont Health Council met for the first time this year in October. The council consists of parents, teachers, school nurse and district food service staff. This year's health theme is "Whole Grains." Beaumont rotates through five themes every five years. They are: Eat Your Colors, Whole Grains, Water Cycle, Healthy Snacks, and Portion Control/Size Wise. The school will prepare for cafeteria education sessions and a school-wide event day in the spring.

The students and staff look forward to the Book Fair coming up October 25-29 in the large group room. This is a great opportunity for the students to select some wonderful books and for the parents to visit the fair during two special events: October 26 for breakfast treats and October 28 for Family Fun Night.

Coming up in November are Parent/Teacher Conferences scheduled for November 17 (full day 1:00 PM - 8:40 PM), November 18th (half day), and November 19th (half day). We are excited for the Fall Music Concert on November 16th at 2:00.

ERB standardized testing has been completed and all make-ups were scheduled. The classrooms continue to be in full-swing of instructional activities and curricular programs.

As always if you have any questions or ideas, please call me directly at 610-240-1401. Have a wonderful end of October and welcome November's brisk breezes and colorful hues.

All the Best, Stephanie Demming, Principal

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VISIT THE SCHOLASTIC BOOK FAIR AND WITH YOUR HEROES



DATE: OCT 25TH - OCT 29TH

TIME: 8:00 AM—4:00 PM

PLACE: THE LARGE GROUP

ROOM

SPECIAL SOMEONE BREAKFAST

TUE OCT 26TH 7:30-9:00 AM
BRING A GRANDPARENT,
PARENT OR SPECIAL FAMILY
MEMBER TO ENJOY
BREAKFAST WHILE VISITING
THE BOOK FA'









FAMILY NIGHT
THURSDAY, OCT 28TH
5:00—8:00 PM
ENJOY HOT DOGS AND
ICE CREAM
WHILE VISITNG THE
BOOK FAIR!

WE WILL BE USING VOLUNTEERSPOT.ORG TO SCHEDULE BOOK FAIR VOLUNTEERS. LOOK FOR DIRECTIONS ON HOW TO SIGN UP ON THE HSA WEBSITE. www.beaumonthsa.org/bookfair.php

IF YOU ARE ABLE TO DONATE A BREAKFAST ITEM FOR THE SPECIAL SOMEONE BREAKFAST PLEASE CONTACT COURTENAY HOMAN AT THEHOMANS@CHEMSTATION.NET

HEROES BOOK FAIR 10/25-10/29

CLASSROOM VISIT SCHEDULE

Please feel free to visit the book fair when your child's class is visiting.

	Mon 10/25	Tue 10/26	Wed 10/27	Thu 10/28	Fri 10/29
9:15-9:45	Mrs. Joers	Miss Fogel	Mrs. Joers	Miss Baker	
	Miss Simmington		Miss Simmington		
9:45-10:15	Mrs. Lambert	Miss Senior	Mrs. Lambert		
	Mrs. Buchanan	Mrs. Kearns	Mrs. Buchanan		
10:15-10:45	Mrs. Alfano		Mrs. Kearns	Miss Senior	
	Mrs. Kowalski		Mrs. Kowalski		
10:45-11:15	Mrs. Massino		Mrs. Massino		
	Mr. Parrotta		Mrs. Parrack		
11:15-11:45	Mrs. Parrack				Mr. Parrotta
12:15-12:45		Mr. Ricci	Mrs. Meyer		
			Mr. Ricci		
12:45-1:15	Mrs. Alfano	Mrs. Stone			
1:15-1:45	Miss Criss	Mrs. Capriola		Mrs. Capriola	
1:45-2:00		Mrs. Jackson		Mrs. Jackson	
2:15-2:45	Mrs. Meyer	Miss Baker	Miss Fogel		
	Mrs. Pennewill		Mrs. Pennewill		

MIXX IT UP BEAUMONT! Parent Social

MIXX Restaurant and Bar 789 East Lancaster Avenue, Villanova November 6, 2010

7 p.m.

- 2 hours open bar of beer, wine and "Three Olive" vodka cocktails and martinis beginning at 7 p.m.
- Light appetizers
- DJ and dancing
- Silent auction and raffles

\$40 per person/\$45 at the door Checks payable to "Beaumont HSA"

Questions?

Dawn Poeta at 640-4284 or Monique McQuaid 695-6401

The Beaumont HSA proudly announces a Family Dinner Fundraiser!

"What a delicious way to support your school!"

Tuesday November 9, 2010 11:00am - 8:00pm

Print and bring this flyer to JIMMY'S BBQ on Rt. 30 in Malvern and Jimmy will graciously donate 20% of your total order to Beaumont!!

Flyer MUST be presented for Beaumont to recieve donation.

Please share this flyer with friends and co-workers!

This fundraiser is an ALL DAY event and will be honored for eat-in or take-out during both lunch and dinner.

When placing a pick-up order over the phone, please mention that you are supporting Beaumont Elementary School.

Jimmy's BBQ prepares traditional dry-rubbed Memphis style BBQ.
All meats smoked in-house. All menu items made fresh from scratch daily.







JIMMY'S BBO

Westgate Plaza
309 Lancaster Avenue
Malvern, PA 19355
610-879-8805
Visit us online at

www.JimmysBBQ.com!

Stop by and enjoy our genuine, slow-cooked BBQ!

Open 7 days a week

Family Pack and Game Day Specials available Daily!

Jimmy's offers BYOB and Free Wi-Fi as well as fun, unique off site catering options!

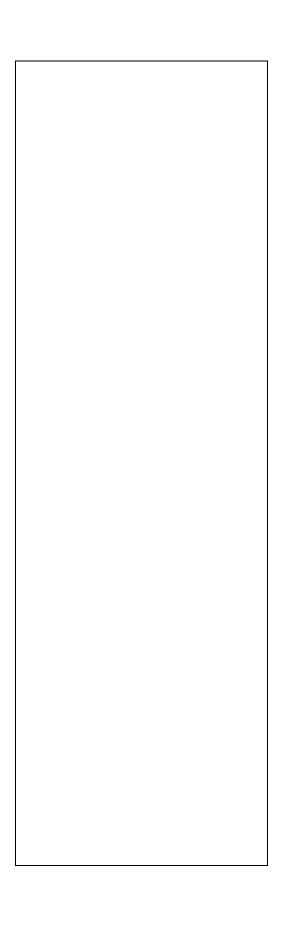
"Come visit us at Jimmy's, where it always feels like summertime!"

FLITE Design a Bookmark Contest

- -The bookmarks will be $(2.5 \times 8.5 \text{ in.})$
- -The artwork will only be on the front side.
- -The message portrayed should have to do with learning, books, kids, music, etc.
- -The logo for FLITE is "Help FLITE Help Kids."
- -The drawings should be handed into Mrs. Cataldi, in the BES art room, by Friday, November 12.

The winner will receive a certificate, will be highlighted through newsletters, and hear their name announced over the intercom. Many copies of the winning bookmark will be available. FLITE, Foundation for Learning in Tredyffrin/Easttown, works in partnership with the Tredyffrin/Easttown School District to help all district students reach their potential. FLITE recognizes that some children do not have the financial, emotional, and environmental support to succeed in school. FLITE aims to invest in helping these students, and thereby invest in the good of our entire community.

http://www.tesd.net/ See reverse side for template



WinterFest is Coming!

Tuesday, November 30th, 6-8 p.m.

THIS YEAR, THE FOCUS IS ON FUN!

This fun family outing will include:

- CHILDREN'S SHOP: Parents can enjoy refreshments while children have their very own holiday shopping experience, supervised by a student from MASH.
- ICE CREAM SOCIAL: Come for dessert and support MASH! Ice cream will be dished up by MASH students.
- CRAFTS: Children can make cute winter decorations that also make great gifts! Tickets will be presold, while supplies last.

 Watch for your form in The Blast.
- REFRESHMENTS: Parents can enjoy complimentary coffee and tea, refreshments will be sold for everyone's enjoyment.

Volunteers needed!

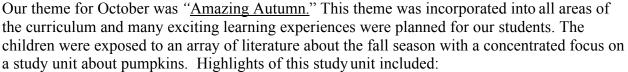
For info, contact Kate McAllister at katemcallister01@gmail.com, 484-318-7606 or Susan Cantando at susancantando@verizon.net or 610-647-4623.





BEAUMONT GRADE LEVEL NEWS OCTOBER 2010

Kindergarten



- A culminating field trip on October 18th, to Sugartown Strawberries where the children were able to tour a working family owned farm, ride the hay wagon out to the fields to pick their own pumpkin and maneuver their way through the corn maze
- Pumpkin Extravaganza, on October 21st, was an interactive math event which engaged the children in 4 learning stations that involved measuring pumpkins, comparing and contrasting pumpkins, surveying pumpkins, and recording our results on a graph.

This month was also <u>Fire Prevention Month</u> - we learned about fire safety throughout the month and a fire truck visited Beaumont on October 13th.



First Grade

Happy fall from First grade! In first grade, we have been very busy. We have settled into our routines very nicely. In Social Studies, we have begun our study of maps. We started with our community - each student researched a place in our community and created a power point that explained why that place is important to our community. We will start our study of maps of the United States and study the compass rose. We will begin our study of world maps as well. We want the children to locate North America and our neighbors. In math and science, we have

completed our study of measurement. We have measured with rulers, objects around our classroom and the science lab. We also used scales to weigh many different things. We measured cups, pints and gallons. Ask your child about Mr. G! We will begin our study of the Solar System this month. As always, thanks for your continued help and support! ©

Second Grade

Second Grade has enjoyed digging into the wonderful experiences presented them since the start of the school year. This month the children have had many informative lessons.

One such lesson was presented from the Berwyn Fire Company. Have you discussed



the answers to such questions as...Are your smoke detectors working? Do you have a meeting place outside your home in case of an emergency? Also, the Tooth Lady came to discuss the care and importance of brushing teeth correctly. Do you know that names of all of your teeth? The author, Alan Katz delighted the children with poems that still have the children laughing. October ended with the first of our Home and School yearly Book Fairs. What a way to encourage reading!

Speaking of "digging into", we hope that by now our Beaumont Paleontologists have shared the treasures they found after digging into our dinosaur pit. Words such as, grid, sector, coordinates and fossils are just a few new ones that have been added to their vocabulary. One thing they all seemed to agree on is that being a paleontologist is a lot of hard work.

And yes, we also hope that you know the vocabulary word of the week! To date we've learned establish, decipher, perplex, exquisite, frugal, jubilant, repercussion and recruit.

In science, second grade completed the unit on "Changes" and are now starting a new topic, "Balancing and Weighing." A fun filled day of circus activities will be shared later in December.

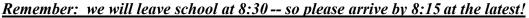
Last, but not least, information on the Holiday Literature project will be arriving on November 1st. Please read all of the information very carefully before starting. We hope that once the project is completed your child will see just how much fun reading and sharing a book can be.

Thank you for all of your help and support.



Third Grade

The third grade has concluded our Maps and Globes Unit with the creation of a physical relief map made of candy —what a fun activity!!! Did you know that there are two major mountain ranges in the United States? We have begun our study of Pennsylvania History, which includes learning about the Lenni Lenape tribe, also known as the Delaware Indians, and William Penn. Did you know that Pennsylvania is named after William Penn's father, Admiral Penn? Pennsylvania means "Penn's Woods." On Tuesday, November 16th we will be traveling to William Penn's home, Pennsbury Manor, which sits on the Delaware River.





Halloween is just around the corner, which means it's time for Pumpkin Math. Please ask your child on Friday, October 29th, what they did in math that day. Be safe trick-ortreating!!!

Fourth Grade

4th Grade has had a great start to the year. The students have been studying Ecosystems in Science, which includes building an aquarium and terrarium and studying how the organisms and plants need one another and the affect of pollutants. In Social Studies we started the year by reviewing geography of the World and more specifically, The United States. Our next unit will be the study of colonization. As part of our reading program the students are working on a book show project at home that will be displayed for the whole school to view. Don't forget projects are due, Friday, November 12th.

Special Areas & Support Areas

Applied Technology

Third and fourth grade classes began working on Map Skills learning about directions, symbols, grid coordinates, scale and distance. Additionally, third grade continued learning basic typing skills. Second grade classes are working on their first research paper on dinosaurs. Kindergarten and first grade classes are working on basic computer skills and learning and exploring basic functions of HyperStudio, a multi-media program.

<u>Art</u>

Kindergarteners created autumn trees using their hands as the trees and demonstrating the understanding of leaf rubbing. First graders completed their Mayan suns. Classes will continue with the theme of Mexico in an exploration of Frida Khalo. They will be creating portraits. Second grade completed their Matisse dinosaur paper cut-outs and will start learning about the Lascaux caves. Using simplistic methods students will create their own cave paintings. Third graders have been learning about Leonardo DaVinci and how he created inventions. Students were able to create their own inventions and make them look older by tea dying paper. Fourth grade has been working on their choice of either frontal view portrait or a threequarter view portrait. Classes will be placing their faces inside of a dollar bill that they will also design.

Library

Kindergarteners began the year by learning about how we take care of library books. We are now in our unit of fairy tales and folktales. First graders went over taking care of their books and heard some of the books that have been nominated for Pennsylvania Young Reader's Award before beginning our Japanese literature unit. In second grade, we went over library behavior, learned how to choose the "just right book," and read new books, as well as wrote class Halloween stories. Third graders reviewed using our automated system and have learned the "Trash and Treasure" form of note taking. They have just begun our dictionary unit. Fourh graders began the year examining our library and how it is set up. They have just finished the first unit in our new Media Literacy curriculum.

Music

There's music in the air! In music class the students have been learning about the Classical composer Johann Strauss Jr. Through various singing, movement, and listening activities, they have been able to experience his music. In addition, the 3rd and 4th grade classes have begun learning to play the recorder. The music doesn't stop there! The 3rd and 4th grade students who elected to participate in the orchestra and band have been practicing their instruments, as well as the chorus students who rehearse weekly before school.

"Where words fail, music speaks" - Hans Christian Anderson

Physical Education

Last month, we started with our team building and cooperative unit. This unit uses indoor and outdoor activities that promote problem solving and team building within the class. This is always a great way to start the year! Next we went right into oursoccer unit. During the soccer unit, students learn basic soccer skills and a variety of games and activities that challenge kids to use these skills in a fun and low competitive environment. We are currently in our recess games unit. During this unit, students will learn a variety of outside games, such as four square and bearball that they can play outside at recess with their peers. These games allow kids to work on hand eye coordination and also positive social interactions with their friends

Important Information from the School Nurses

Birthday and party season is in full swing with cupcakes, brownies and various yummy treats being passed out in the classrooms. Please keep in mind that some of our children at Beaumont Elementary have life-threatening allergies to peanuts, peanut products, tree nuts (pecans, walnuts, almonds, filbert/hazelnuts, macadamia, hickory, pine nuts, pistachios and cashews), milk, eggs, fish and red food dye.

<u>Please do not use these items in baked goods or send them to school in any form for shared treats.</u>

Remember to read labels on pre-packaged foods and baking mixes carefully to make sure they do not contain these allergens or are made on equipment that may be contaminated with peanuts and/or tree nuts. No one particular brand can be considered safe. From time to time companies change the facility where a product is made or the equipment they use. Please check the label every time.

Thank you for your cooperation and assistance in keeping our students safe.

Mary McCann, RN Claire Robl, RN



Health and Fitness News

From the T/E Elementary Physical Education Department



Eat more

Whole grains!

When parents think about whole grains, they usually just think about whole wheat bread.

And their kids likely think yuck.

It is important to eat whole grains though. In fact, according to the food pyramid, at least half of the grains your kids eat should be whole grains.

Eating whole grains have many health benefits, including reducing the risk of heart disease, constipation, and obesity.

To get your kids to eat more whole grains, it can first help to learn which foods count as whole grains, including:

- brown rice
- oatmeal
- popcorn
- many whole grain breakfast cereals
- whole wheat bread
- whole wheat pasta
- whole wheat tortillas

These and some other foods that have 'whole wheat,' '100% whole wheat,' or 'whole oats,' etc. as the first ingredient are whole grain foods.

White bread, white rice, corn tortillas, flour tortillas, and pasta, are made with refined grains, which have much of the fiber, vitamins and nutrients removed. Although some of the vitamins are then added back in, the fiber isn't, and these enriched grains still aren't as healthy as whole grains.

To get your kids used to eating whole grains, start early, introduce a few at a time, and keep trying.

Quote

Children are one third of the population and all of our future.

-Select panel for the promotion of child health

FALL ALLERGIES

Although many people often think that seasonal allergies are only bad in the spring, autumn can be just as bad, or worse, when ragweed and mold counts are high. Other common triggers for fall allergies include cedar elm and other weeds and flowers.

Symptoms of fall allergies are just like those caused by other types of seasonal allergies, and can include:

- A runny nose
- congestion
- itchy and watery eyes
- itchy or scratchy throat because of postnasal drip
- cough, which is often worse at night and in the morning

One of the biggest problems with fall allergies, is that typical allergy symptoms, such as a runny nose and cough, are often confused with having a cold or sinus infection.

Unlike an infection, people with allergies usually do not have fever or muscle aches. Also, the runny nose from a cold can start out clear, but it then often turns yellow and green. And allergy symptoms usually linger through the whole season, while cold symptoms generally go away in a week or two.

It can also help to avoid mold and ragweed pollen by monitoring your local pollen counts and staying indoors as much as possible on days when pollen counts are high. Also, avoid going outdoors in the early morning, when pollens are being released into the air. Finally, keep windows at home and in the car shut to decrease your child's exposure to things that might trigger his or her allergies.

RESOURCES

www.keepkidshealthy.com www.kidshealth.org

www.about.com

COMMUNITY SERVICES

Is Collecting for "Little Smiles"

Students can help brighten the days for patients at CHOP by making get well cards, donating new activity books, and making friendship bracelets. There is a collection box in the lobby. We are also currently collecting little girl fancy dresses in all sizes for a fun outing for patients of CHOP.

"Little Smiles" is a non-profit 501(c)3 organization that reaches out to children in local hospitals, hospices and shelters. They are local, immediate, and hands on; and our Board of Directors is comprised of all volunteers.

The mission of Little Smiles is to help children escape their everyday pain and allow them to be a kid again, even if it's for a short period of time. We respond to the needs of the children and provide whatever we can to make their day a little brighter. We help put a smile back on the faces of children who need it most.

If you would like to help, please send in an activity book, have your child make a card or picture, or even a friendship bracelet. Kids will also be able to make things during a rainy day recess.

Walking Club

Volunteers Needed

Enjoy the fresh air while promoting a healthier outlook for our Beaumont students.

Walking Club is a fun and easy way to become involved with Beaumont students.

(All you need to do is mark students' cards as they complete laps around the playground.)

We are looking for people who can work an hour shift once a week/once every other week. We will have two shifts on **Mon.**, **Wed.** and **Fri.**

First Shift - 1st & 2nd grade 11:35 - 12:25

Second Shift - 3rd & 4th grade 12:35 - 1:25

If you are interested in helping, please contact Sue Moody at smoody17@comcast.net and let her know. what days will work for you, if you can work every week, or every other week, and what shift you would like. (If you have kids in both shifts we can try to alternate your shifts.)

Thanks!

SUPPORT BEAUMONT WHILE YOU SHOP

- Use your TARGET VISA it's a win/win shopping trip
 - You save 5% on every TARGET purchase
 - o TARGET donates 1% of your purchase to Beaumont!
 - You need to select Beaumont ID #91445 when enrolling your TARGET
 VISA in the Take Charge of Education program
- Support the BOX TOPS FOR EDUCATION program
 - Buy participating GENERAL MILLS products and clip the BOX TOPS
 COUPONS and send into school
 - Shop stores like Nordstrom, Lands End, Walmart, and lots more at the Marketplace at www.boxtops4education.com
- Enroll your GENUARDI'S CARD at http://www.escrip.com/merchants/identity/genuardis/index.jsp and select Beaumont Elementary HSA to receive the percentage contribution.

REMINDER- Check the On-Line School Calendar Often!

As you know, the District activities calendar has gone digital! Please remember to check the on-line District calendar and your school's on-line calendar frequently, as this will be the fastest way to find out about calendar changes and additions.



To access the District calendar, visit www.tesd.net and click on "Calendar" at the top of the page. To access your school's calendar, visit www.tesd.net, click on "Schools" and select the name of your school. From your school's home page, click on "Calendar" at the top of the page.

BEAUMONT BEAR GEAR ONLINE STORE OPEN OCTOBER 25 - NOVEMBER 11



Place your order NOW for holiday delivery!

Visit our school store at the Beaumont HSA website www.beaumonthsa.org/beargear and follow the links

Select Beaumont School under "Schools/Teams" & pay by credit card!

Online store is open from Monday, September 25th until Thursday, November 11th. Items will arrive at Beaumont the week of November 29th.

If you would like item(s) to be a gift or have any questions email aynnedebeer@hotmail.com 603-986-4235 or contact the Bear Gear Chair Alexis Bové alexiswvbove@gmail.com 610-725-8111

D E L T A (Districts Educating and Learning Through the Arts)

comprised of the PTO Cultural Arts Committees of **Radnor**, **Tredyffrin-Eastown** & **Great Valley** Elementary & Middle Schools **Dresents**

TWO!

High energy juggling like you've never seen before!

Friday, November 5 at 7:30 T/E Middle School Auditorium

Tickets: \$10

Go to www.artsdelta.net or use the form below

Check it out! www.TwoShow.com





A THEATRE WORKS Production of

The Lion, the Witch and the Wardrobe

Friday, March 18, 2011 at 7:00pm Radnor Middle School Auditorium

Tickets: \$10

Go to www.artsdelta.net or use the form below

Check it out! www.twusa.com

TICKETS:	TWO! Juggling like you've never seen	
IIVILI I I	The Lion, the Witch and the Wardrobe	persons x \$10 per =
	☐ Both shows! (\$16 for Two and LWW!)	persons x \$16 per =
	TOTAL	enclosed:
Name	Email Phone	Teacher
Return th	nis form to school office in envelope marked "DELTA shows-PTO Use this form or go to www.artsdelta.net and click on '	



Stoga Showcase of Sound Sponsored by Conestoga High School Music Department and the Cavalcade of Bands Association

Performances by 12 High School Marching Bands from PA & NJ

SATURDAY, NOVEMBER 6, 2010 5:00 - 10:00 PM ON

TEAMER FIELD
CONESTOGA HIGH SCHOOL
200 IRISH ROAD, BERWYN

ADULTS \$10- STUDENTS & SENIORS \$8 AT THE GATE ADVANCED DISCOUNT TICKETS AVAILABLE ONLINE

AT WWW.STOGAMUSIC.COM

For more information: Call 610-240-1022 or visit **WWW.STOGAMUSIC.COM**

T/E Administration Offices West Valley Business Center 940 West Valley Road, Suite 1700 Wayne, PA 19087

Meeting Dates and Possible Topics for the 2010-11 School Year 7:00 – 9:00 p.m. TE Administration Offices, Room 200

Meeting Date	Possible Meeting Topic	School Reporter
9/15/10	Introductions and Planning	
10/13/10	Graduation Requirements HS Schedule/Staffing ESC Facility	TEMS/VFMS
11/10/10	Evolution of District Communication Budget World Languages Plan Highway Safety Classes	CHS
1/12/11	Professional Evaluation System Extended Learning Opportunities	HES/DES
2/9/11	Student Achievement FLITE	VFES
3/9/11	Enrollment, Staffing and Facilities Special Ed Update	BES/NEES
4/13/11	Grade 7/8 Program Implementation Status Report Strategic Plan Update	

Parents

ARCH invites you to

A presentation discussing YOUR influence as a protective factor in your child's life... especially during the adolescent and teen years.

Thursday, November 11, 2010 Valley Forge Middle School ~ 7pm

Results from the **2009 Pennsylvania Youth Survey** will be released and reviewed at the event. Immediately following, speaker and consultant **Jim Campain** will discuss the role of "**Parents as a Protective Factor**" for teens and adolescents.

All TESD parents are invited to attend.

- The Pennsylvania Youth Survey (PAYS) is administered every other year to Chester County public school students in grades 6, 8, 10, & 12. The most recent survey was administered in Sept 2009. Conestoga also surveys grade 9.
- PAYS measures student behaviors, attitudes and knowledge concerning alcohol, tobacco, other drugs and violence.
- The survey also gauges protective and risk factors influencing your students.
- Visit <u>www.ARCHcares.org</u> to see 2007 and 2005 PAYS results.

Speaker Biography... Jim Campain is the owner of Red Truck, LLC, a training, consulting and management firm. Along with his wife and co-owner, Jan, they have assisted over 60 communities across 20 states implement school and community-based prevention strategies. He is co-founder of ACTUALITY®, a strategy used to implement social norms campaigns. Jim is a faculty consultant in the School of Social Work at Colorado State University, assisting graduate students during their internship placements. Jim served as Student Assistance Coordinator for the Poudre School District for 30 years, where he led the District's mental health team, crisis response efforts and ATOD prevention programs. As a licensed clinical social worker, he maintained a private practice specializing in family and couples therapy, as well as conducting child custody evaluations for family court. Jim is currently on the board of the National Student Assistance Association and an adviser to the boards of TEAM Fort Collins and Boys and Girls Clubs of Larimer County, CO.

ARCH Mission: We are a coalition of parents, educators, and community members committed to promoting the well being of youth in Tredyffrin and Easttown Townships. We serve as a resource to families as they help their children form a positive self-image, make healthy choices, and reduce the use of alcohol, tobacco and other drugs (ATOD).





Conestoga High School

Hobson C. Wagner Auditorium

November 18 - 7:30 pm

November 19 - 7:30 pm

November 20 - 2:00 pm &

7:30 pm

Follow Alice through the looking glass with director and producer Nicole Gerenyi in this remarkable production based on the 1932 stage adaption of Lewis Carroll's books <u>Alice in Wonderland</u> and <u>Through the Looking Glass</u>. The story's mixture of fun, irony, sense and nonsense will appeal to young and old alike—children will love the whimsy and adventure while more mature viewers will realize the wit and wisdom of Carroll's bizarre caricatures.

All seats reserved - \$10. Special discounts - \$8 for Students (age 19 & under) Seniors (62+) & TESD Staff, \$6 for Groups of 15 or more.

To purchase TICKETS & for more information visit www.stogatheatre.com or call 610.240.1022



It's never too early to begin planning for summer, so mark your calendar for Wednesday, January 26th, 2011. It's the 24th Annual Main Line Camp Fair at Conestoga High School. Representatives from approximately 100 preschool, day, residential, academic, and travel/adventure camps will be available to discuss their programs in detail. Prospective campers can explore various opportunities through video presentations and brochures. Admission and Parking are free. Families with children ages preschool thru 18 are encouraged to attend. Whether you are interested in a day camp, overnight camp, preschool or a travel program, whether you are looking for a camp with an academic, sports, or other leisure activity focus, you will find it at the 2011 Main Line Camp Fair.

Sponsored by the Devon Elementary School PTO.

Wednesday, January 26, 2011 5:30-8:30 pm

Conestoga High School

200 Irish Road Berwyn, Pennsylvania (Snow Date: February 2, 2011)

For more information and a list of participating camps visit www.mainlinecampfair.org



CAPCO PRESENTS...

BAGEL CERTIFICATES

Support CAPCO by purchasing coupons for
Bagel Factory Bagels (a bakers dozen)
For the same price as in the store!
Purchase coupons for \$8.00 each
The proceeds go to the
Conestoga After Prom Celebration Organization (CAPCO)
Coupons can be redeemed at any Bagel Factory store for 13 bagels
Of your choice & CAPCO makes \$4.00 on each coupon!

Please use the form below to place orders Questions?? Call or E-mail Heather Hill 610-640-3805 or globularclusters@yahoo.com Thanks for your Support!!!

._____

BAGEL COUPON ORDER FORM

Please mail Factory bag	Bagel certificates for a baker's dozen of Bagel gels at \$8.00 each to:
Name:	
Address:	
Phone #:	
Email:	
Enclosed is	\$ for certificates at \$8.00 each.

Please mail to Heather Hill, 120 Sugartown Rd, Devon, Pa. 19333 Please make checks payable to CAPCO. Thank you!



NOVEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8:00 Orchestra	3:30-4:30 3 rd Grade Sports	8:00 Band	8:00 <i>C</i> horus	
3:30-4:30 2 nd Grade Sports	3:30-4:30 Lego Club	3:30-4:30 4 th Grade Sports	3:30-4:30 Lego <i>C</i> lub	Saturday
3:30-4:30 Lego <i>C</i> lub	_	3:30-4:30 Lego <i>C</i> lub	3:30-4:30 Science Explorers	Parent Social
		3:30-4:30 Global Kids Club	·	
Day 5	Day 6	Day 1	Day 2	Day 3
8	9	10	11	12
3:30 - 4:30 2 nd Grade Sports	8:00 Orchestra	8:00 Band	8:00 <i>C</i> horus	
3:30-4:30 Lego Club	3:30-4:30 3 rd Grade Sports	9:15 HSA Meeting	11:00 - 1:00 Picture Retakes	
_	3:30-4:30 Lego Club	3:30-4:30 4 th Grade Sports	3:30-4:30 Lego <i>C</i> lub	
		3:30-4:30 Lego Club	3:30-4:30 Science Explorers	
		3:30-4:30 Global Kids Club	·	
Day 4	Day 5	Day 6	Day 1	Day 2
15	16	17	18	19
3:30 - 4:30 2 nd Grade Sports	8:30 3 rd Grade to Pennsbury	NO SCHOOL	1/2 Day	1/2 Day
3:30-4:30 Lego Club	10:45 & 12:45 Kindergarten	Conferences	Conferences	Conferences
	Feast			
	2:00 Fall Music Concert			
	3:30-4:30 3 rd Grade Sports			
Day 3	Day 4		Day 5	Day 6
22	23	24	25	26
3:30 - 4:30 2 nd Grade Sports	3:30-4:30 3 rd Grade Sports	NO SCHOOL	NO SCHOOL	NO SCHOOL
7:30 School Board Meeting				
Day 1	Day 2			
29	30			
3:30 - 4:30 2 nd Grade Sports	3:30-4:30 3 rd Grade Sports			
	6:00-8:00 PM Winterfest	Samuel Mr.	W W W W W W W W W W W W W W W W W W W	S A
Day 3	Day 4			

TREDYFFRIN EASTTOWN SCHOOL DISTRICT

Elementary Cycle
Lunch Menu
September 2010 December 2010
Keeping it Green!

Lunch Prices
Paid Lunch: \$2.35
Reduced Lunch: \$.40

Point of Sale Payment can be made by check or cash, please include your child's name and pin # with all prepayments. You may also pay on line (www.paypams.com) There is a \$10 per student registration fee per year and fees may apply to on-line deposits.

Calendar Legend

Follow the calendar and color key to our six week cycle menu.

No School Elem.

1	4
2	5
3	6

SEPT						
М	Т	W	T	F		
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6	7	8	9	10		
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27	28	29	30			

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29	30			

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20	21	22	23	24		
27	28	29	30	31		

					CHOOL DISTRI		
				D" Available Daily			
	_		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ह	Α	Homemade Macaroni & Cheese ▼	Bean & Cheese Burrito w/ Salsa/Sour Cream ▼	Cheesesteak Sandwich on a Bun	Chicken Stir-Fry Vegetables over Rice	French Bread Pizza ▼
	Entrée (Bread/ Protein)	В	Cheeseburger on a	Cheeseburger on a	Cheeseburger on a	Cheeseburger on a	Cheeseburger on a
7	rée (Bre Protein)	-	Whole Wheat Bun	Whole Wheat Bun	Whole Wheat Bun	Whole Wheat Bun	Whole Wheat Bun
뽔	Pro Pro	С	Chicken Salad in a	Chicken Salad in a	Chicken Salad in a	Chicken Salad in a	Chicken Salad in a
WEEK	Eu		Whole Grain Pita	Whole Grain Pita	Whole Grain Pita	Whole Grain Pita	Whole Grain Pita
3		Ε	Tuna Salad Platter	Chicken Caesar Salad	Garden Salad ▼	Fruit Salad w/ Yogurt ▼	Western Salad
	Fruit	t	Mandarin Oranges ▼ Fresh Apple ▼	Sliced Peaches ▼ Fresh Orange ▼	Sliced Pears ▼ Fresh Kiwi ▼	Pineapple Chunks ▼ Fresh Grapes ▼	Mixed Fruit ▼ Fresh Banana ▼
	<u> </u>		Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼
	Veg		Stewed Tomatoes ▼	Seasoned Corn ▼	Baked Potato Puffs ▼	Stir Fry Vegetables ▼	Green Beans ▼
	•		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Α	Chicken Nuggets w/	Oven Toasted Cheese	Meatball Sub	Pancakes & Turkey	Pizza Slice ▼
	Entrée (Bread/ Protein)		Wheat Dinner Roll	Sandwich ▼		Sausage	
2	rée (Bre Protein)	В	Veggie Burger & Cheese on a Bun ▼	Veggie Burger & Cheese	Veggie Burger & Cheese on a Bun ▼	Veggie Burger & Cheese on a Bun ▼	Veggie Burger & Cheese on a Bun ▼
¥	ee o	٦	Sliced Turkey and	on a Bun ▼ Sliced Turkey and	Sliced Turkey and	Sliced Turkey and	Sliced Turkey and
Щ	ᄩ	ľ	Cheese Wrap	Cheese Wrap	Cheese Wrap	Cheese Wrap	Cheese Wrap
WEEK		Е	Tuna Salad Platter	Garden Salad ▼	Chicken Caesar Salad	Fruit Salad w/ Yogurt ▼	Western Salad
	Frui		Mandarin Oranges ▼	Sliced Peaches ▼	Sliced Pears ▼	Orange Juice ▼	Applesauce ▼
	i iui		Fresh Apple ▼	Fresh Orange ▼	Fresh Grapes ▼	Fresh Pear ▼	Mango ▼
	Veg		Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼
			Whipped Potatoes ▼ MONDAY	Tuespay	Carrot Coins ▼ WEDNESDAY	Cucumber Slices ▼	Corn ▼
		ĪΛ	Apple Cinnamon	TUESDAY Baked Ziti w/ Sausage	Veggie Burger w/	THURSDAY Soft Chicken Taco w/	FRIDAY Whole Grain Double
	_	ľ	Dippers ▼ & String	Dakeu Zili w/ Sausage	Cheddar Cheese &	Shredded Cheese,	Stuffed Crust Pizza ▼
	Entrée (Bread/ Protein)		Cheese ▼		Salsa on a Bun	Tomato, Lettuce, Salsa	
n	rée (Bre Protein)	В	Turkey Hot Dog w/ Bun		Turkey Hot Dog w/ Bun	Turkey Hot Dog w/ Bun	
X	rée Pro	C	Hummus Bite (Fresh	Hummus Bite (Fresh	Hummus Bite (Fresh	Hummus Bite (Fresh	Hummus Bite (Fresh
WEEK	_ E		Veggies, Strg. Cheese, Pita Wedge) ▼	Veggies, Strg. Cheese, Pita Wedge) ▼	Veggies, Strg. Cheese, Pita Wedge) ▼	Veggies, Strg. Cheese, Pita Wedge) ▼	Veggies, Strg. Cheese, Pita Wedge) ▼
3		lΕ	Tuna Salad Platter	Garden Salad ▼	Chicken Caesar Salad	Fruit Salad w/ Yogurt ▼	Western Salad
	F	_	Sliced Apples ▼	Sliced Peaches ▼	Sliced Pears ▼	Pineapple Chunks ▼	Mixed Fruit ▼
	Frui	τ	Fresh Grapes ▼	Fresh Orange ▼	Fresh Tangerine ▼	Fresh Apple	Fresh Banana ▼
	Veg		Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼	Tossed Salad ▼
	J		Fresh Baby Carrots ▼ MONDAY	Green Beans ▼ TUESDAY	BBQ Baked Beans ▼ WEDNESDAY	Corn ▼ THURSDAY	Snap Peas w/ Dip ▼ FRIDAY
		Δ					
	ad/	Α	Whole Wheat French Toast w/ 8oz Yogurt ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼	Toasted Turkey Ham & Cheese Sandwich	Oven Baked BBQ Chicken	Pizza Slice ▼
	3read/ in)		Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a	Nacho's ▼ w/ Beef,	Toasted Turkey Ham & Cheese Sandwich	Oven Baked BBQ	
4	e (Bread/ rotein)		Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun	Nacho's ▼ 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	ntrée (Bread/ Protein)		Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on Whole
EEK 4	Entrée (Bread/ Protein)	В	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun	Pizza Slice ▼ Grilled Chicken on a Bun
WEEK 4	Entrée (Bread/ Protein)	В	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun
WEEK 4	HEntrée (Bread/ E. Protein)	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼
WEEK 4	Fruit	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼
WEEK 4		B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼
WEEK 4	Fruit	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼
WEEK 4	Fruit Veg	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY	Pizza Slice ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼
WEEK 4	Fruit Veg	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ TUESDAY	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY
WEEK 4	Fruit Veg	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a
S WEEK 4	Fruit Veg	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun
S WE	Fruit Veg	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz
S WE	Fruit Veg	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun
WE	Fruit Veg	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼
S WE	Fruit	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad
S WE	Fruit Veg	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Tesh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼
S WE	Entrée (Bread/ Protein)	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad
S WE	Entrée (Bread/ Protein)	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Fresh Grapes ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼
S WE	Entrée (Bread/ Protein)	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Fresh Grapes ▼ Tossed Salad ▼ Baked French Fries ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY
S WE	S Entrée (Bread/ Protein)	B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round
WEK 5 WE	S Entrée (Bread/ Protein)	B C E t	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese,	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY
S WE	S Entrée (Bread/ Protein)	B C E t	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese, Tomato, Lettuce, Salsa	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Fresh Grapes ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an English Muffin)	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/ Broccoli & Cheese ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼
K 6 WEEK 5 WE	S Entrée (Bread/ Protein)	B C E t	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese,	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Fresh Grapes ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an English Muffin)	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/ Broccoli & Cheese ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round
EK 6 WEEK 5 WE	ad/ Sa La Entrée (Bread/ Protein) Sa La Entrée	B C E t A B C	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese, Tomato, Lettuce, Salsa Chicken Patty on a Bun Turkey Ham & Cheese on a Bun	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Fresh Grapes ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an English Muffin) Chicken Patty on a Bun Turkey Ham & Cheese on a Bun	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/ Broccoli & Cheese ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun
K 6 WEEK 5 WE	S Entrée (Bread/ Protein)	B C E t A B C	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Tuna Salad Platter	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese, Tomato, Lettuce, Salsa Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Garden Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an English Muffin) Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Fruit Salad w/ Yogurt ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/ Broccoli & Cheese ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Chicken Caesar Salad	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Western Salad
EK 6 WEEK 5 WE	S Entrée (Bread/ Protein)	B C E t A B C E	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Tuna Salad Platter Mandarin Oranges ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese, Tomato, Lettuce, Salsa Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Garden Salad ▼ Apple Slices ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an English Muffin) Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/ Broccoli & Cheese ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Chicken Caesar Salad Pineapple Chunks ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Western Salad Mixed Fruit ▼
EK 6 WEEK 5 WE	La Entrée (Bread/ Protein) 6 Entrée (Bread/	B C E t A B C E t	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Carrot Coins ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Tuna Salad Platter	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese, Tomato, Lettuce, Salsa Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Garden Salad ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an English Muffin) Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Fruit Salad w/ Yogurt ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/ Broccoli & Cheese ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Chicken Caesar Salad	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Western Salad
EK 6 WEEK 5 WE	Entrée (Bread/ Protein) A La Entrée (Bread/ Protein) G Lintée (Bread/	B C E t A B C E t	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ TUESDAY Mandarin Orange Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese, Tomato, Lettuce, Salsa Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Garden Salad ▼ Apple Slices ▼ Fresh Orange Smiles ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an English Muffin) Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Mango ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/ Broccoli & Cheese ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼
EK 6 WEEK 5 WE	La Entrée (Bread/ Protein) 6 Entrée (Bread/	B C E t A B C E t	Whole Wheat French Toast w/ 8oz Yogurt ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Tuna Salad Platter Warm Sliced Apples w/ Cinnamon Fresh Banana ▼ Tossed Salad ▼ Baked Potato Puffs ▼ MONDAY Cheese Breadsticks w/ Marinara Sauce ▼ Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Carrot Coins ▼ MONDAY Lasagna Roll-ups w/ Spaghetti Sauce ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Fresh Apple ▼ Tossed Salad ▼ Tuna Salad Platter Mandarin Oranges ▼ Fresh Apple ▼ Tossed Salad ▼ Fresh Apple ▼	Nacho's ▼ w/ Beef, Cheese ▼ & Salsa ▼ Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Black Bean Salad ▼ Black Bean Salad ▼ Chicken w/ Rice Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Garden Salad ▼ Sliced Peaches ▼ Fresh Orange ▼ Tossed Salad ▼ Peas ▼ TUESDAY Soft Beef Taco w/ Shredded Cheese, Tomato, Lettuce, Salsa Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Garden Salad ▼ Apple Slices ▼ Fresh Orange Smiles ▼ Fresh Orange Smiles ▼ Fresh Orange Smiles ▼	Toasted Turkey Ham & Cheese Sandwich Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Garden Salad ▼ Applesauce w/Cinnamon ▼ Fresh Orange ▼ Tossed Salad ▼ Sliced Cucumbers ▼ WEDNESDAY Sloppy Joe on a Bun Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Chicken Caesar Salad Sliced Pears ▼ Tossed Salad ▼ Baked French Fries ▼ WEDNESDAY Breakfast Sandwich (Ham,Egg,Cheese on an English Muffin) Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Mango ▼ Tossed Salad ▼ Cucumber Slices ▼	Oven Baked BBQ Chicken Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Fruit Salad w/ Yogurt ▼ Sliced Peaches ▼ Fresh Apple ▼ Tossed Salad ▼ Herbed Wild Rice ▼ THURSDAY Turkey Sub w/ Lettuce & Tomato Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Fruit Salad w/ Yogurt ▼ Pineapple Chunks ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot/Celery Sticks ▼ THURSDAY Baked Potato Bar w/ Broccoli & Cheese On a Bun Chicken Caesar Salad Pineapple Chunks ▼ Fresh Grapes ▼ Tossed Salad ▼ Fresh Grapes ▼	Grilled Chicken on a Bun Tuna Salad on Whole Wheat Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Carrot Sticks ▼ FRIDAY Pepperoni Pizza Cheeseburger on a Whole Wheat Bun Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼ Western Salad Mixed Fruit ▼ Fresh Tangerine ▼ Tossed Salad ▼ Peas & Carrots FRIDAY Individual Round Pizza ▼ Chicken Patty on a Bun Turkey Ham & Cheese on a Bun Western Salad Mixed Fruit ▼ Fresh Pear ▼ Tossed Salad ▼ Fresh Pear ▼ Tossed Salad ▼ Fresh Pear ▼