



March 2019

- 1 **Mardi Gras Parade @ 2:00**
- 4-8 **MARDI GRAS HOLIDAYS**
- 12 **Fund Raiser Ends**
- 13 **10:00 Playgroup**
- 14 **Begin 4th Quarter**
- 15 **Green Shirt Day 12:35 Early Dismissal**
- 16 **8-3:00 Child Search @ Central Office Arts Fest 10-2:00 PAC**
- 20 **10:00 Playgroup Report Cards Sent Home School Board Meeting @ 6:30**
- 27 **10:00 Playgroup 6:00 K Orientation and Readiness Night**
- 29 **PreK playgroup**

Mission

Allemands Elementary School is committed to building the foundation of life-long learning for all students in a safe, respectful environment.

Principal's Message

It is hard to believe that we are approaching our final quarter of the school year, and we are so excited that we are reaching new heights by working together. Our faculty and staff are continuing to make great things happen at AES! Students are working hard to maximize their learning and demonstrate what they know and can do. It is our top priority to address our students' strengths and challenges as we focus on providing opportunities for all students to experience success.

This month we have a few exciting events. Our Mardi Gras parade is on March 1st, and we would like to thank all of the 1st grade parents who helped decorate the floats for our annual Mardi Gras parade. We are so excited for this event! Another important event in March is the Teacher of the Year banquet. We would like to wish Mrs. Natasha Stoltz good luck at the district competition; we know that she will represent us well. Kindergarten registration will be held from March 11th-15th. Please find the article about Kindergarten registration in the newsletter for specific details. We are asking everyone to share this information with parents of any child in our community who will turn five years old by the end of September. We are hosting a Kindergarten orientation and readiness night on March 27th, and we are encouraging all children kindergarten age to attend with their parents. During this month, we will have an additional parent conference for the parents of students who are in danger of failing. These conferences are designed to discuss ways to work together to provide additional support for these students. Specific letters will be sent home to the specific parents.

Please reinforce how important daily attendance at school is for all students. Continue to encourage your child to attend school daily, be on time, and remain for the entire day. I want to thank all parents for your continued support and cooperation. You are treasured member of our AES family.

Lisa Perrin

Principal

Vision

The faculty of Allemands Elementary School embraces the education of all students as our top priority by providing a positive foundation for success. Our school prepares students to meet the challenges within the changing society of the 21st century while preserving our historical culture. There is a profound commitment from stakeholders to help all students to become college and career ready, creating life-long learners. Our school provides a safe, stimulating atmosphere that is created through respect for self, others, and our environment. Actively engaged students aspire to reach their full potential, reflecting the high expectations among our faculty, families, and community.

Values/Beliefs

At Allemands Elementary School we believe...

-A physically and psychologically safe environment is essential to promote student learning.

-A student's self-esteem is enhanced by positive relationships, open and honest communication, and mutual respect among peers, families, community members and school personnel.

-All students and staff meet high expectations for achievement and success by engaging in challenging and relevant work.

-All children can learn at higher levels when supported daily by a variety of instructional strategies and resources within their school, families, and community.

-Student achievement and teacher effectiveness increase when teachers and students use a variety of questions and/or prompts to advance high level thinking.

-We are...One School, One Team, Making a Difference!

-Excellence is worth the cost.

Kindergarten News

As we continue to grow in our learning, we are becoming more independent. Spring is now approaching and we have begun a new unit on plants! We will continue to practice decoding words with 3 or more sounds. Tricky words are being introduced every day. The stories we are reading nightly from our homework packets are filled with these words. In math, we are composing and decomposing numbers to 10. This is assisting us in becoming more fluent with adding and subtracting numbers. In writing, we are working on personal narratives and informational writings. Our writings should contain: a capitol letter at the beginning of the sentences, spaces between words, and a punctuation mark at the end. We look forward to continuous growth and independence.

First Grade News

First graders have been very busy learning many new things. We would like to thank all of the volunteers for their numerous hours spent preparing for our parade. It would not be possible without you. In guidebooks we have started our last unit on spiders. We will be reading both fiction and nonfiction texts about spiders. Please continue reading daily with your child. After he/she reads ask your child to retell the story. Reading daily is crucial in order to be successful. In math, we have started learning many things about shapes. Homework is another crucial part of your child's success. Math fluency will be coming home Monday through Wednesday as well as a writing assignment on Thursday. Please complete and initial nightly. Thank you for being so involved in your child's education.

Second Grade News

As we enter the last quarter of school, it is extremely important to continue supporting your child at home. Be sure to have your child read and retell in sequential order nightly. Require your child to write legibly and to continue practicing math fact strategies when solving facts. Remember to review your child's homework after he or she completes it. Have them proofread their responses for correct spelling, grammar, and punctuation. Attendance is also very important. Please be sure to have your child attend school daily. Valuable instruction is lost when students are absent. In math, students will continue to use math strategies to problem solve and add and subtract using data from graphs. They will use prior knowledge of skip counting to count money using coins and bills. Reading and writing will be integrated during ELA lessons. Students will write opinion and informative pieces related to information from the texts they read. We are excited about observing our students' creativity and overall writing strengths. We've wrapped up our unit on government and now economics is our focus in social studies. We will explore states of matter in science. Working together, we can "march" into a successful month of teaching and learning!

French News

Bonjour! Happy March and Happy Mardi Gras! We are continuing to practice our French song that we will be performing at the March Community Morning Meeting. We will also talk about how Mardi Gras is celebrated in France and in Louisiana. I am looking forward to a great month!



Winter Wear

Please remember to label your children's coats, hats and gloves.



Please donate your gently used school uniforms.



E-Newsletter

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will transition from paper to electronic newsletter delivery. Beginning in October, Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's web page. If you would like a printed copy of the school newsletter, please notify Lakia Butler at Lbutler@stcharles.k12.la.us and a copy will be sent home each month with your child. Thank you.

C.A.R.E.S

Cooperation

I can work with others.

Assertion

I can speak up for myself and others.

Responsibility

I can make smart choices.

Empathy

I can understand others' feelings.

Self-Control

I can think before I speak and act.



Share With FINLEY

Finley would like to hear from parents that might have suggestions for school improvement or have an example of their child showing CARES at home or in the community. Each month we will feature this section. Finley is interested in hearing your input. Please write suggestions, positive comments or concerns and return it with your child. Finley will print a follow up letter in our next monthly issue.

Questions or Suggestions for School Improvement or example of student showing CARES:

Your name (optional) _____

Allemands Elementary School

Kindergarten Registration

March 11-15, 2019

Who: Children who will be 5 years old by September 30, 2019

When: Monday, March 14, through Friday, March 18, 2019

9:00 a.m. until 12:00 p.m. each day

Additional Information:

- Parents or guardians should bring the following documents:
- Certified birth certificate for the child
- Proof of residency (Two utility bills showing physical address. Only gas, water, and/or electricity bills accepted.)
- Social Security card for the child
- Immunization record for the child
- Driver's license for at least one parent that the child resides with

It is not necessary that the child be present at registration.

For more information, call the school at 985-758-7427.

***You can now complete your new student registration paperwork online!**

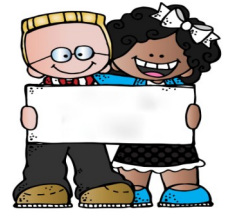
Use the online registration form *if your child will begin attending our schools in August 2019* and does not currently attend St. Charles Parish Public Schools.

This form can be filled out on either a computer or mobile device. It can also be partially completed and saved for later! Begin the online registration process by following this link: <https://goo.gl/pbmq7m> or by scanning the QR code at the bottom of this flyer. *Please always remember to logout before leaving the New Student Registration portal!*



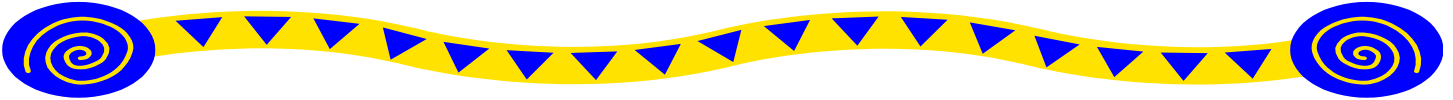
Allemands Elementary Family Center

Together We Can Make a Difference



Dunia Kennedy: dkennedy@stcharles.k12.la.us
Mondays, Wednesdays, and Fridays

Phone: 985-758-7427
Hours: 8:30a.m. – 3:30p.m.



Testing is used in schools for two main purposes. One is to find out how well an individual student is learning in the classroom. For instance, teachers can test how well a child is responding to reading instruction by using assessments that measure specific skills necessary for fluent reading. The other purpose is to find out how well the school is meeting local and national benchmarks for student achievement.

Parent Tips:

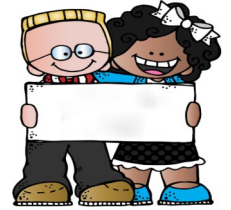
- Make sure that your child attends school regularly.
- Meet with your child's teacher to discuss his progress.
- If you have concerns about the test or testing situation, talk with your child's teacher.
- Provide a quiet, comfortable place for studying at home.
- Make sure that your child is well-rested and eats a well-balanced diet.
- Encourage your child.

Parent Portal

Reminder: You may monitor your child's progress on a regular basis through PowerSchool. Please contact the office if you have not yet created an account. The portal is unavailable each Wednesday evening beginning at approximately 8:30pm due to scheduled maintenance.

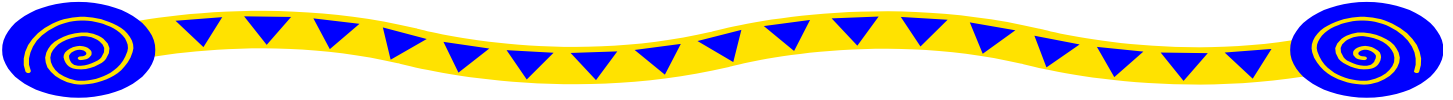
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Las escuelas usan las pruebas con dos fines principales. Uno es averiguar cuánto aprende un estudiante individual en la clase. Por ejemplo, los maestros pueden evaluar qué tan bien responde un hijo a las instrucciones de lectura usando evaluaciones que miden las destrezas específicas necesarias para la lectura fluida.

Consejos para padres:

- Asegúrese que su hijo asista regularmente a clase.
- Reúnase con el maestro de su hijo para dialogar sobre su progreso.
- Si tiene alguna inquietud acerca de la prueba o la situación de prueba, hable con el maestro de su hijo.
- Provea un lugar callado y cómodo para que su hijo estudie en casa.
- Asegúrese de que su hijo descanse bien y tenga una dieta equilibrada.
- Anime a su hijo.

On March 28, 2019 the Allemands Cajun dancers will perform alongside Amanda Shaw for the 2019 Wetland Watcher Celebration. Allemands participates annually for this Important learning opportunity. Be sure to let us know if you would like to be a chaperone for this event!

"The LaBranche Wetland Watchers is a nationally recognized school-based service-learning project that involves a core group of 200 sixth, seventh, and eighth grade students in a variety of service activities to improve their local habitat and community."

"Two-way communication and feedback are important to our schools and the district as we identify opportunities to improve. Parents are being asked to participate in a survey between March 11-22 as one method of gaining feedback from all stakeholders. The survey results will enable our school leaders to identify areas of improvement focused on student achievement and school and district effectiveness.

The online parent survey can be accessed at <https://eprovesurveys.advanc-ed.org/surveys/#/action/95508/p1814>.



Be AWARE that...

- **Act 581** prohibits smoking within **200 feet** of public or private K-12 school grounds. Violators of the law will be **fined \$25** on a **first offense**, **\$50** on a **second offense** and **\$100** on a **third** or subsequent violation.
- **School Zone Cell Phone Ban**-Motorists can no longer use any type of hand held wireless communications device while traveling through school zones during posted hours. The law includes use of a cellular/wireless device for engaging in a voice call, accessing, reading, or posting to a social networking site, and/or writing, sending, or reading a text-based communication. However, while in school zones, the following exceptions can be made. You can use your handheld cell phone (without penalty) ...

to report an emergency

if you are using the cell phone in a hands-free manner

if your vehicle is legally parked

Upon the **first violation** of the school zone ban, the fine is **\$175**. **Subsequent violations can be up to \$500**, and if a crash occurs during the time of the violation, fines can be increased.

- **LA Litter Law**-Cigarettes and cigarette butts cannot be tossed out of car windows. The fine for a **first offense** increases to **\$300 with 8 hours of community service** in a litter abatement program, **second offense** to **\$700 with 16 hours of litter abatement**, and a **third** and subsequent **offense** to **\$1500 with 80 hours of service** in a litter abatement program.

Library News

Coca-Cola Fundraiser



We're excited to share that our school is part of the Coca-Cola Give program. This opens up Allemands to new funding opportunities to help purchase more library books.

The best part? Donations don't come out of your own pocket. When you make Coca-Cola purchases, you simply enter the product codes here: <https://us.coca-cola.com/give/schools/> and our school receives a donation.

Allemands Elementary make the most of this program and learn more at Coke.com/give.

Monthly Reading Program

"Reading is Where it's Hat" reading logs are beginning to trickle in. Any books, whether from school or home, can be written on the logs. Students that turn in completed logs will have their names announced during morning announcements and receive a reading certificate and a pencil. Be sure to turn your logs in to get credit for all of the reading I know you are doing!

"The more that you read, the more things you will know. The more you learn, the more places you'll go." — Dr. Seuss

STAKEHOLDER ACTION GROUP

The January meeting of the Stakeholder Action group was held on January 4th. Attendees discussed ways to work with the community organizations to boost attendance. We also reflected on fall semester activities and discussed spring semester activities. Our next meeting has been scheduled for May 2nd at 10:00. All parents and community members are invited to attend.

How Much Sleep Do We Really Need?

Sleep needs vary across ages and are especially impacted by lifestyle and health. Thus, to determine how much sleep you need, it's important to assess not only where you fall on the "sleep needs spectrum," but also to examine what lifestyle factors are affecting the quality and quantity of your sleep such as work schedules and stress.

| How Much Sleep Do You Really Need? | |
|------------------------------------|----------------|
| Age | Sleep Needs |
| Newborns (0-2 months) | 12-18 hours |
| Infants (3 to 11 months) | 14 to 15 hours |
| Toddlers (1-3 years) | 12 to 14 hours |
| Preschoolers (3-5 years) | 11 to 13 hours |
| School-age children (5-10 years) | 10 to 11 hours |
| Teens (10-17) | 8.5-9.25 hours |
| Adults | 7-9 hours |

Source: National Sleep Foundation



Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
 - Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
 - Make child's bedroom conducive to sleep – dark, cool and quiet.
 - Keep TV and computers out of the bedroom.
- Avoid caffeine.

Melissa Schexnaydre, R.N.
School Nurse

Allemands Elementary yearbooks are on sale!
Please place your pre-paid yearbook order by
April 10th.



Dismissal/Transportation



All bus changes / car rider request need to be submitted in writing by 2:30 on a full day and 10:30 on an early dismissal day to aesbus@stcharles.k12.la.us. Bus changes need to include the student's name, teacher's name, bus number or animal (if known) and the physical address of where the student will be dropped off. Car rider request need to include the name of the student, teacher name, and the person who will be picking him/her up. Please try to keep your child's schedule as consistent as possible.

DRESS CODE



The following guidelines have been established and are included in the Code of Conduct Handbook. Any apparel for males or females should be worn as designed, i.e. belts, pants at waist, shoestrings tied, etc. All students must conform to the official dress code guidelines below:

Shirt - Collared white or navy blue dress/oxford or polo-type shirt. The official PTA school spirit shirt is allowed every day of the week. If a child has another AES school event or spirit shirt, they may wear it on Fridays only if it is white or navy blue. Please contact Mrs. Perrin if you have questions.

Pants/Shorts/Skirt/Skort/Jumper - Navy or Khaki (no shorter than 2' above the center of the kneecap).

We encourage all students to show their school pride by wearing spirit shirts with jeans on Fridays; however, the jeans must be solid blue, without tears and decorations.



March

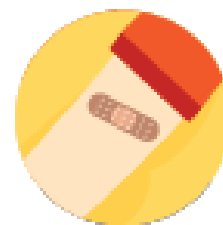
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--------------------------|---|-----------------------------|--|---|
| | | | | | 1 Mardi Gras Parade 2:00 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Mardi Gras Holidays (March 4 through March 8) | | | | | |
| 10 | 11 | 12 Fundraiser Ends | 13 10:00 Playgroup | 14 4th Quarter Begins | 15 Green Shirt Day 12:35 Early Dismissal | 16 8-3:00 Child Search @ CO Arts Fest 10 -2:00 @ PAC |
| 17 | 18 | 19 | 20 10:00 Playgroup Report Cards Sent Home | 21 | 22 | 23 |
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| 31 | | | | | | |



Flu Information

The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- Flu vaccine can prevent your child from dying from flu. A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- Flu vaccination also may make your illness milder if you do get sick.
- Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish or gray skin color

- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash



Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit
www.cdc.gov/flu
 or call 800-CDC-INFO



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Elementary Menus March 2019

St. Charles Parish Public Schools

This institution is an equal opportunity provider. Menus are subject to change.

I am the letter



insect

Like to read?



Don't keep it under your hat!

March 1 is "Read Across America" Day in honor of Dr. Seuss's Birthday (March 2)

AVAILABLE DAILY

With all meals:

Low Fat White Milk

Fat Free Flavored Milk

At Lunch:

Sandwich Choice

MARDI GRAS BREAK

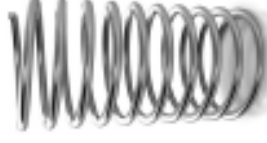


Monday, March 4
Through
Friday, March 8

See you next week!



Spring Forward



Sunday,
March 10

SCHOOL BREAKFAST!

START YOUR ENGINES!

Kids! Join us March 11-15 for
National School Breakfast Week 2019

Monday, March 11

Breakfast
Dutch Waffles
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Red Beans & Rice w/Sausage
Seasoned Mustard Greens
Steamed Carrots
Cornbread
Applesauce

Tuesday, March 12

Breakfast
Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Crunchy Tacos
Pinto Beans
Taco Salad Cup
Salsa & Shredded Cheese
Apple Wedges

Wednesday, March 13

Breakfast
Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Chicken/Sausage Jambalaya
Steamed Broccoli
Garden Salad
Garlic Bread
Banana

Thursday, March 14

Breakfast
Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Baked Chicken
Mashed Potatoes
Green Beans
WW Roll
Pineapple Tidbits w/Cherries

Friday, March 15

Breakfast
Pancake/Sausage on a Stick
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Bosco Sticks (2)
Marinara Sauce Cup
Carrot & Celery Sticks
w/Ranch Dip
Orange Wedges

Friday, March 1

Breakfast
Egg & Cheese Wrap
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Breaded Chicken Sandwich
Lettuce/Tomato/Pickle
Crinkle Cut Fries
Baked Beans
Orange Wedges



MARCH 17

Follow a Rainbow to a Pot o' Gold!

**What's on
YOUR
plate?**



**What can you
do with a
Q: LEEK?!**

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D — none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sautéed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 18

Breakfast

Grits & Eggs
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Oven Fried Chicken
Loaded Mashed Potatoes
Steamed Baby Carrots
WW Roll
Tropical Fruit

Tuesday, March 19

Breakfast

Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Nachos w/Chicken Taco Meat
Pinto Beans, Salsa
Taco Salad Cup
Apple Wedges

Wednesday, March 20

Breakfast

St Charley Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Vegetable Soup
Grilled Cheese Sandwich
Garden Salad
Banana

Thursday, March 21

Breakfast

Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Orange Tangerine Chicken
Steamed Rice
Stir Fry Veggies
Asian Chopped Salad
Pineapples w/Cherries

Friday, March 22

Breakfast

French Toast Sticks
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Fresh Hot Cheese Pizza
Garden Salad
Marinara Sauce
Fruit of the Month

Monday, March 25

Breakfast

Confetti Pancakes
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Red Beans & Rice w/Sausage
Seasoned Mustard Greens
Steamed Baby Carrots
Cornbread
Applesauce

Tuesday, March 26

Breakfast

Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

St. Charley's Chili
Tortilla Chips
Shredded Cheese, Salsa
Garden Salad
Apple Wedges

Wednesday, March 27

Breakfast

St Charley Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Pork Stew w/Rice
Candied Yams
Steamed Cabbage
Brownie
Banana

Thursday, March 28

Breakfast

Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Beef Pot Roast
Mashed Potatoes
Steamed Corn
WW Roll
Pineapple Tidbits

Friday, March 29

Breakfast

Egg & Cheese Wrap
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Grilled Cheese Sandwich
Crinkle Cut Fries
Baked Beans
Orange Wedges

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**