



December 2019

- 3 Kindergarten Artsperience
- 4 Playgroup @ 10 PTA Board Mtg. 1:00
- 5 Teddy Cares Dress Down \$1 AES Christmas Play @ 6:00
- 6 Saints Shirt Day
- 11 Playgroup @ 10
- 12 Rotary Club Lighting
- 16 Saints Shirt Day
- 17 Literacy Night 6:00
- 18 Playgroup @ 10:00
- 20 PJ Day Early Dismissal 12:15 Community Morning Meeting @ 9:15

Christmas Holidays

December 23, 1920 - January 3, 2020

Mission

Allemands Elementary School is committed to building the foundation of enthusiastic life-long learners in an equitable, safe, and respectful environment.

Principal's Message

It's amazing that the holidays are here already! December is one of my favorite times of the year. It is a time to enjoy families and friends and refresh as the New Year approaches. This is also the time of year that we reflect upon the first semester of school. Many great things have happened at our school, and we are truly working to swim into the ocean of success. Our faculty and staff are committed to meeting the needs of our students, and we work hard to make AES a wonderful and caring place where all students succeed.

Please take time during the holidays to support our efforts to increase our students' achievement in all areas. Consider setting aside a time each day to read to your children. Talk about the stories, characters, and events and have your child retell you the story orally and in writing. Make time for a review of math facts and practice with flash cards. We would also like to encourage our students to write! A holiday journal would be a great idea. Your child could write about the special times during the holidays, and you could respond to your child in this journal. They could also write about plans for the New Year and set goals for the next semester. These ideas are great ways to keep the learning going during the holiday break.

We would like to wish all of our families a joyous and peaceful holiday season. We appreciate your continued help and support. Your cooperation truly makes a difference in our school. Thank you for being an essential part of our team. This month contains many activities. Please make sure to review the calendar and plan for these special events.

You and I ... We are St. Charles Parish Schools!

Lisa Perrin

Principal



Vision

The faculty of Allemands Elementary School embraces the education of all students as a top priority by providing a positive foundation for success to prepare students to meet the challenges within the changing society of the 21st century. There is a 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, family 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.
- all students are given opportunities to engage in quality experiences focusing on science, technology, engineering, art and mathematics.
- 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

We hope that everyone had a restful Thanksgiving break. We have three more weeks until our Christmas break and the end of the second quarter. We have completed our study of sound and letter formation of all lowercase letters. Sound identification has helped us write and read decodable words. Tricky words are an important part of our learning when reading and writing. Please practice identifying these nightly. We have been working on writing an opinion writing. We will continue to discuss, draw, and write about how we feel about a given topic. Our writings are becoming more legible. In math, we will compare numbers using the words more than and less than. We will also show one more than and one less than a given number. Make sure to continue to practice during the Christmas holidays.

First Grade News

Welcome back to school! We hope that you enjoyed your Thanksgiving break. First grade students had a wonderful time at Fall Fest. The first grade teachers and students want to thank the parents that made Fall Fest such a great success. First graders are continuing to use learning to read strategies that are helping them read grade appropriate texts. Students are learning to retell stories, ask and answer questions, and identify the setting and major events in a story. In math, students are learning about measurement and graphs. Throughout this wonderful holiday season, remember to read with your child and review homework each night. Make sure to continue to practice these skills during the Christmas holidays.

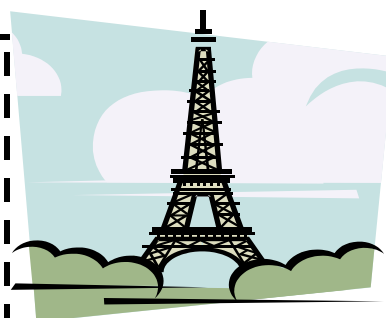
Second Grade News

'Tis the season to celebrate the joy of learning. Check out The Legend of the Poinsettia by Tomie dePaola or a timeless classic like How the Grinch Stole Christmas by Dr. Seuss. Second graders are making reading more enjoyable by analyzing the plot in stories. When reading, students should use a variety of reading strategies and should retell what is read in sequential order including the central message. Students will also read informational text and identify the main focus of the text. During Writer's Workshop, second graders are writing fictional narratives. Imaginations are soaring!

In math, students will continue solving word problems and using place value strategies to add and subtract within 1,000. Please have your child continue practicing these skills and memorizing math facts to 20. Students will observe and record information about plants and patterns in nature. Have a safe and happy holiday season! See you next year!

French News

Joyeux Noël et Bonne Année! It is so hard to believe the year is almost over and the holiday season is in full swing! The students will be learning French Christmas vocabulary and singing a very jolly French Christmas song. They will also learn how families in France celebrate Christmas! Did you know that in some parts of France, Christmas is celebrated on December 6th? That date is the feast day of Saint Nicholas and young children celebrate by leaving special wooden shoes, called sabots, by the fireplace for St.



Stakeholder Action Group

The stakeholder action group met on September 9th at 10:30. We reviewed the positive aspects of AES and generated ideas of how to increase participation. The vision, mission, and values and beliefs were reviewed by the group. We discussed ways to build a community connection for the fall semester events. We are interested in getting community members, grandparents and parents to join our group. Please consider joining our group for the next meeting, January 13th at 9:00.

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.

Before and After School Child Care Services

Due to rising expenses associated with salaries and insurance costs, the charge for **morning care** will increase by \$1.00 effective January 1, 2020.

Beginning January 1, 2020, the **morning rate for service will be \$5.00 per child**. The afternoon rate did not change. The total cost per child attending both morning and after care, effective January 1, 2020, will be \$10.00 per day, per child.

As in the past, families will only pay for the mornings and/or afternoons that childcare is used.

Thank you for your understanding.

QUALITY PROFILE



Counselor's Corner

Did You Know?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great but other meals count too. If you work at night, maybe, you could make time for a family breakfast, or on a weekend, try a picnic lunch.

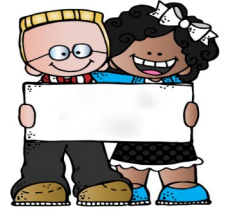
PTA News

Allemands Elementary School PTA would like to thank the following for their generous donations for the 2019 Fall Fest. Allemands Faculty & Staff and all of the Allemands students/families who have donated items and/or money! We couldn't do this without these generous donations!

Otto Candies	Planet Beach	Louisiana Sports-	Baudoin Bait Com-
Frank's Super-	John's Jumpers	man's/St. Charles	pany
market	Chick-Fil-A	Herald Guide	J&K Office Supply
Pizza Hut	(Kenner)	(Boutte)	and Printing
Papa John's	Cherry Lane Bou-	Airboat Tours by	Allen's Ace Hard-
Mariano's	tique	Arthur	ware
Studio Lay	Grand Ridge Golf	Le Maison De La-	Chuck E. Cheese
Shell (13514 Hwy	Club	vande	(Metairie)
90)	Lillie Design & Co	Luv 2 Play	Slip Into Clay
The Seafood Pot		Pam Williams	J'aime Le Cafe
Grumpy's			Tim Perrin
			Maison Decor

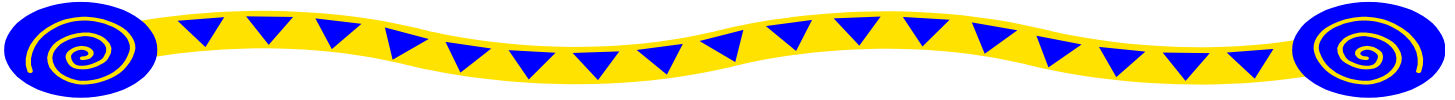
Allemands Elementary Family Center

Together We Can Make a Difference



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

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



How Can You Support Your Child Academically?

Find out how your child is doing.

Ask the teacher how well your child is doing in class compared to other students. If your child is not keeping up, especially when it comes to reading, ask what you or the school can do to help. It's important to act early before your child gets too far behind. Also be sure to review your child's report card each time it comes out.

Make sure that your child gets homework done.

Let your child know that you think education is important and that homework needs to be done each day. You can help your child with homework by setting aside a special place to study, establishing a regular time for homework, and removing distractions such as the television and social phone calls during homework time.

If you are reluctant to help your child with homework because you feel that you don't know the subject well enough or because you don't speak or read English, you can help by showing that you are interested, helping your child get organized, providing the necessary materials, asking your child about daily assignments, monitoring work to make sure that it is completed, and praising all of your child's efforts. Remember that doing your child's homework for him won't help him in the long run.

Find homework help for your child if needed.

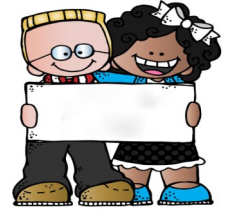
If it is difficult for you to help your child with homework or school projects, see if you can find someone else who can help. Contact the school, tutoring groups, after school programs, churches, and libraries. Or see if an older student, neighbor, or friend can help.

Help your child prepare for tests.

Tests play an important role in determining a student's grade. Your child may also take one or more standardized tests during the school year, and your child's teacher may spend class time on test preparation throughout the year. As a parent, there are a number of ways that you can support your child before and after taking a standardized test, as well as a number of ways you can support your child's learning habits on a daily basis that will help her be more prepared when it's time to be tested.

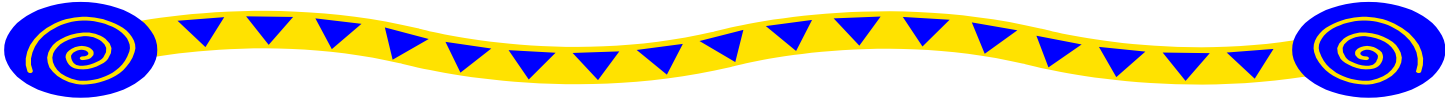
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Apoye los esfuerzos académicos de su hijo

Averigüe cómo le está yendo a su hijo en sus cursos. Pregúntele a la maestra cómo le está yendo a su hijo en comparación con los demás estudiantes. Si su hijo se está rezagando, especialmente en la lectura, consulte qué puede hacer usted o la escuela para ayudar. Es importante actuar oportunamente antes de que su hijo se retrase demasiado. Lea los reportes o informes escolares de su rendimiento académico. Para obtener más información, consulte la página *Cómo saber si su hijo necesita ayuda adicional*.

Supervise la tarea. Haga a su niño comprender que usted piensa que la educación es algo importante y que hay que cumplir con la tarea escolar. Usted le puede ayudar a su niño con la tarea en las maneras siguientes: aparte un lugar especial para que su niño estudie, fije una hora para hacer la tarea, y elimine las distracciones como el televisor y llamadas sociales. También hay muchas maneras en que usted puede ayudar si no conoce la materia a fondo o porque no domina el inglés tan bien como su hijo.

Busque quién le ayude a su hijo con las tareas. Si se le dificulta ayudarle a su hijo con las tareas o los proyectos escolares, consulte para encontrar a alguien más que pueda ayudarle. Comuníquese con la escuela, los grupos de tutoría, los programas después de la escuela, las iglesias y las bibliotecas o busque la ayuda de un estudiante mayor, vecino o amigo.

Ayude a su hijo preparar para las pruebas. Las pruebas estandarizadas cumplen en la actualidad un papel fundamental en las escuelas públicas de los Estados Unidos. Su hijo puede dar una o más pruebas estandarizadas durante el año escolar y es posible que el maestro de su hijo dedique tiempo de clase a la preparación para el examen a lo largo del año. Como padre o madre, hay muchas formas de apoyar a su hijo antes y después de dar una prueba estandarizada, así como también hay muchas formas de apoyar los hábitos de estudio de su hijo a diario, que lo ayudará a estar mejor preparado cuando llegue el momento de la prueba.

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 requests need to include the name of the student, teacher's 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.

Girls may wear leggings under shorts or skirts; however, this must be black, blue, or white.

ASK FINLEY



Finley would like to hear from parents that might have suggestions for school improvement and any children who are showing C.A.R.E.S at home. 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 and how your child is using Cares:

Your name (optional) _____



E-Newsletter

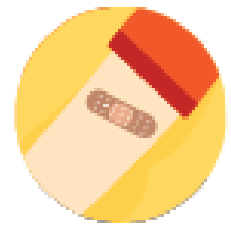
As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will transition from paper to electronic newsletter delivery. Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's 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.



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 lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

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.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

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



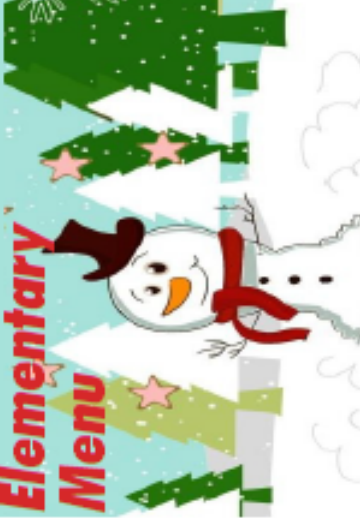
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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22	23	24	25	26	27	28
Christmas Holidays December 23, 2019 - January 3, 2020						
29	30	31				

ST. CHARLES PARISH PUBLIC SCHOOLS Elementary Menu



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

Available Daily

With all meals:

Low Fat White Milk

Fat Free Flavored Milk

At Lunch:

Sandwich Choice

Merry Christmas!

Last day of
classes:

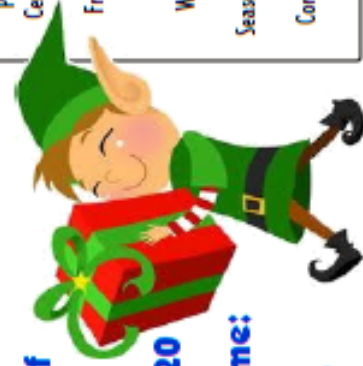
Friday,

December 20

Classes resume:

Monday,

January 6



Monday, December 2

Breakfast

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

Lunch

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

Tuesday, December 3

Breakfast

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

Lunch

Tacos
Pinto Beans
Taco Salad Cup
Salsa & Cheese
Apple Wedges

Wednesday, December 4

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
Banana
Brownie w/Icing

Thursday, December 5

Breakfast

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

Lunch

Lasagna
Seasoned Green Beans
Italian Salad
Garlic Bread
Pineapples w/Cherries

Friday, December 6

Breakfast

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

Lunch

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

Monday, December 9

Breakfast

Egg Skillet Fritata
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken Tenders
Fettuccini w/Alfredo Sauce
Green Beans
Steamed Carrots
Tropical Fruit

Tuesday, December 10

Breakfast

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

Lunch

Shepherds Pie
Steamed Veggie Medley
Wheat Roll
Apple Wedges
Green & Red Jell-O
w/ Whipped Topping

Wednesday, December 11

Breakfast

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

Lunch

Fish Sticks
Macaroni & Cheese
Cucumber & Tomato Salad
Baked Beans
Banana

Thursday, December 12

Breakfast

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

Lunch

Turkey Sausage Gumbo
Steamed Rice
Potato Salad
Garden Salad, Crackers
Pineapple Tidbits w/Cherries

Friday, December 13

Breakfast

Muffin w/Cheese Stick
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Orange Wedges
Cookie

Monday, December 16

Breakfast

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

Lunch

White Beans & Rice
w/Sausage
Seasoned Mustard Greens
Steamed Carrots
Cornbread, Applesauce

Tuesday, December 17

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, December 18

Breakfast

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

Holiday Brunch

Eggs, Sausage Patty
Potato Coins, Salsa
Grits, Biscuit
Mandarin Oranges &
Strawberries

Thursday, December 19

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, December 20

Breakfast

Pop Tarts
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Bosco Sticks
Marinara Sauce Cup
Fresh Veggies w/Ranch Dip
Fruit Sorbet