



## PRINCIPAL'S MESSAGE

February is the perfect time to check-in on the goals set in January. Revisit them weekly and be sure to encourage your child to continue to focus on accomplishing these goals. Our faculty and staff are working hard to address students' needs and support our students. We teach them to do their best every day. Our commitment to excellence is evident in all that we do. We are making sure our students work hard each day. We explain that excellence means making the decision to be the best YOU can be. It also means constantly striving to become better. We welcome your support in encouraging our students to put forth their best effort in all that they do. We expect students to have their highest quality of work at all times. Our faculty, staff and students are working hard to finish strong. We are making dreams come true while focusing on our core business of teaching and learning. Thank you for your support and understanding as we begin to reopen our school and keep everyone safe and healthy. Please make sure to send all bus riders with a mask each day. They are required to wear a mask on the bus.

Lisa Perrin  
Principal

## MISSION

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

## 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 lifelong 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.



# LET'S MAKE DREAMS COME TRUE



## Krewe of Catfish Parade

We are planning to host our Krewe of Catfish Mardi Gras Parade on campus on February 25, 2022 at 2:00. We will need first grade parents and grandparents to help decorate the class's float. The class will select a topic from our school theme for their float. The informational meeting will be held on February 3, 2022 at 11:00. We will be socially distant and have a virtual link for all to participate. All are encouraged to wear a mask. Please contact Shelly Herbert if you have any questions.

## AES Young Authors Contest

Our school held our Young Authors Contest in January. We are so excited to announce our winners.

Kindergarten Nonfiction	1st place- Autumn Ford/Makiah Williams 2nd place- Hayden Harrell/Anthony Hernandez Honorable Mention- Scarlet Brandon/Taj Baptiste
Kindergarten Fiction	1st place- Charlee Rawls 2nd place- Christina Bourque
1st Grade Nonfiction	1st place- Lois Mott 2nd place- Liam Laplante 3rd place- Ezekiel Cortez Honorable Mention- Elizabeth Fletcher
1st Grade Fiction	1st place- Mignon Matherne 2nd place- Ryan Mackenzie 3rd place- Cora Sellers
1st Grade Poetry	1st place- Brantley Troxler 2nd place- Ezekiel Cortez 3rd place- Marianna Stroup
2nd Grade Nonfiction	1st Place- Edalie Sternberger/Vivienne Falcon 2nd place- Claire Bueche/Christian Savoie 3rd place- Elise Troxclair/Carson Todd Honorable Mention- Logan Pervan/Massiah Williams
2nd Grade Fiction	1st place- Ellie Matherne 2nd place- Aaron Swaim 3rd place- Brooklyn Robertson Honorable Mention- Hope Berthelot/Jaxon Jimenez
2nd grade Poetry	1st place- Jace Stawski/Carson Todd 2nd place- Edalie Sternberger/Vivienne Falcon 3rd place- Koltone Bergeron/Jaxon Jimenez

# UPCOMING EVENTS

## February

- |      |   |
|------|---|
| 1st  | PreKindergarten Virtual Parent Visitation 9:30-9:45   |
| 2nd  | Playgroup @ 10:00 in the Family Center<br><br>PTA Board Meeting, virtual & in Family Center @ 1:00<br>Zoom Meeting Link:<br><a href="https://us06web.zoom.us/j/93824317679?pwd=M3I0NDICdXZaYTd3L3VXcGhvV2NUQT09">https://us06web.zoom.us/j/93824317679?pwd=M3I0NDICdXZaYTd3L3VXcGhvV2NUQT09</a><br><br>Report cards are sent home |
| 3rd  | 1st grade parent/grandparent Mardi Gras Float Meeting @ 11:00   |
| 9th  | Playgroup @ 10:00 in the Family Center  |
| 10th | Kindergarten Virtual Parent Visitation @ 11:50  |
| 11th | Community Morning Meeting @ 9:10  |
| 14th | Red, Pink, Valentine, or White Shirt Day  |
| 16th | Playgroup @ 10:00 in the Family Center  |
| 17th | PTA fundraiser begins   |
| 21st | PK Registration begins for 2022-23  |
| 22nd | SIP Stakeholder Meeting @ 8:45 in Family Center<br>All are welcome Contact <a href="mailto:skillian@stcharles.k12.la.us">skillian@stcharles.k12.la.us</a> to attend   |
| 23rd | Playgroup @ 10:00 in the Family Center  |
| 24th | Progress Reports are sent home  |
| 25th | Purple, Green, Gold Day   |



## Newsletter Delivery

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will have an 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](mailto:lbutler@stcharles.k12.la.us) and a copy will be sent home each month with your child. Thank you.

## Calendar Revisions

The district calendar has been revised due to Hurricane Ida. You can find the updated calendar at <https://www.stcharles.k12.la.us/domain/2866>

## SIP Stakeholder Group

We are looking for parents, grandparents, and community members to work with us! Our School Improvement Team wants to hear your voice in regards to making improvements to our school. Each month we will hold a meeting with the group of stakeholders to talk about activities and initiatives as well as hear concerns. These meetings are in-person and will last 30-45 minutes. We recommend wearing a mask for the meeting. Our next meeting is on February 22, 2022 at 8:45. At the last meeting, we reviewed our plan to host events as we safely open up school. We also discussed sharing the newsletter with grandparents who can attend the event. If you are interested in being a part of this group, please contact Chellie Killian at [ckillian@stcharles.k12.la.us](mailto:ckillian@stcharles.k12.la.us).

## Face Covering Reminders

Students in grades kindergarten through 12 are required to wear face coverings on the bus. Please make sure your child has a face covering each day for the bus ride; if you would like to send additional face coverings for your child in a bag with their name, we are happy to secure these items for you. Face shields, neck gaiters, and masks with exhalation valves or vents cannot be used in place of face coverings. Face coverings which contain profanity, vulgar, or offensive language/symbols are prohibited. These include but are not limited to: slogans or advertising of alcohol, tobacco, or drugs; satanic cult or gang-related symbols or paraphernalia; and profane, obscene, or sexually-oriented language. CDC information on how to safely wear and take off a face covering can be found at <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>.



## **Book Fair**

Thank you for supporting our school's book fair. Book fair sales totaled \$5395.60. We appreciate your support for our library.

## **Black History Month**

To celebrate Black History Month, we will share information about African American Authors during the announcements. We will also have a book reading from a local African American author as well as guest readers of a children's book written by an African American author.. Please help us to educate your child about Black History Month.

## **Virtual Parent Visitation**

Kindergarten and Prekindergarten teachers are hosting virtual parent visitations this month. Please look for the flier explaining how to participate. 1st and 2nd grade teachers held their visitations in January.

## **Parent Conferences**

We will hold parent conferences for students who have not met expectations for this nine weeks; however, if you are interested in speaking to your child's teacher and did not receive a notification about needing a conference, please reach out to your child's teacher.

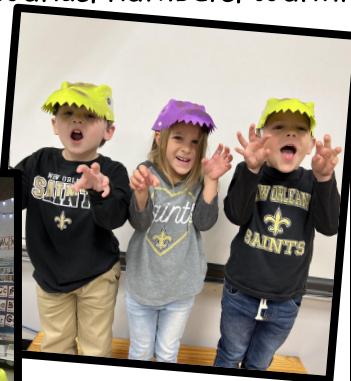
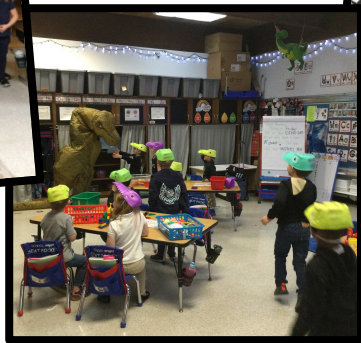


# OUR LEARNING



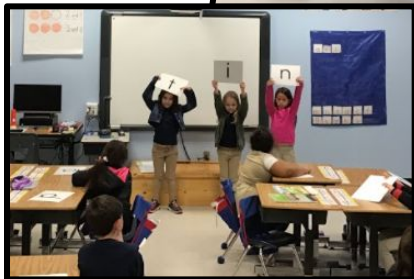
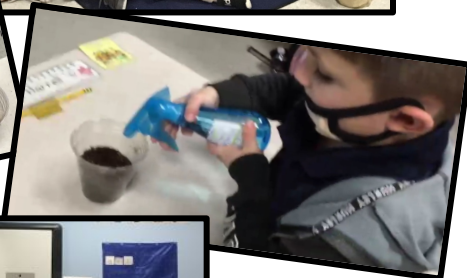
## pre-k

- During our unit "Giants," Pre-K has been learning all about measurement, using comparative language, and categorizing. We have enjoyed reading about dinosaurs, nature's giants, and man-made giants. At the end of our dinosaur week, we dressed as dinosaurs and enjoyed a virtual field trip to the Smithsonian Museum of Natural History where we participated in a webinar with a real paleontologist. A T-Rex also showed up to class!
- We are continuing to work on developing all the essential skills needed before Kindergarten like letter identification, sounds, numbers, counting, and much more.



## kindergarten

- During our Skills Strand, we are working on reading tricky and decodable words. Decodable words can be sounded out, but tricky words cannot! See the bottom of our Parent Information Guide for words to practice at home.
- In writing, we are working on writing the sounds that we hear in words to tell a complete sentence. Our sentences match our pictures and tell about a topic.
- In our Knowledge Strand, we are learning so much about plants! We have even planted our own grass seeds and are watching them grow.
- In Math, we are comparing. We have compared length, height, weight, and capacity of different objects.
- We now have optional Tech Tuesday activities to do at home on our Chromebooks. We are so excited to show our families what we can do on a Chromebook.





# OUR LEARNING



## first grade

In the month of February, our first graders are continuing to build their knowledge in all subjects. In Skills, we are learning to read and write words with r-controlled vowels. We started a new reader, *The Green Fern Zoo*. This is our first non-fiction, decodable reader. Have your child discuss the story read in class with you. You can help by asking about the main topic of the story read in class. In Knowledge, we have enjoyed learning about Early American Civilizations. We will move into learning about Astronomy. To learn more, check out a book at your local library and add it to your reading log. You can also visit the Planetarium located in Kenner. Your student is learning how to measure using standard and non-standard length units. Please continue to complete the nightly homework to support your child with the skills we are learning. Please continue to remind your child of the importance in showing CARES throughout our learning day!

## second grade

Because we "LOVE" reading, it's a great time to warm your heart reading a good Valentine's Day book with your child. Check out *The Day It Rained Hearts* by Felicia Bond or a nonfiction book, *Saint Valentine*, by Robert Sabuda. You can also check out some Mardi Gras themed books like *On Mardi Gras Day* by Fatima Shaik or *The Amazing Adventures of Mardi Gras Bead Dog* by Cornell P. Landry. In reading, second graders are using reading strategies to help them apply phonics, comprehension, and fluency skills. When readers read fluently, comprehension increases. When your child reads, the reading should sound like natural speech. Encourage your child to practice reading carefully and with expression. Second graders will continue reading fiction books. Have conversations with your child about the characters, setting, plot, central message, and any connections. We're wrapping-up our Westward Expansion Knowledge Domain. Ask your child what they learned.

In writing, students are writing compositions using grammar rules. By the end of the year, second graders should know all basic facts to 20. You can also study facts with math games and various activities in our Google Classrooms. Ask your child to try applying one of the math strategies-Make a Ten and Take from Ten. Working together, we'll have a fabulous February of teaching and learning!



# ENRICHMENT

## Librarian's

## Letter

***Thank you for helping us to have a successful book fair! Money raised from the sale will go towards buying new books for the library and purchasing reading program prizes.***

**Remember to participate in our school wide reading program:**

**Finley's Fin-tastic Fishies!**

**Please read the letter on the back of the reading log to learn how the reading program works.**

**Blank reading logs can be found online at:**

**<https://www.stcharles.k12.la.us/Page/15936>**

**PreK and Kindergarten students who read 100 books, 1st graders who read 200 books, and 2nd graders who read 300 books will be recognized on a bulletin board.**

**Happy Reading! Love,**

**Ms. Lacey, librarian**

## COUNSELOR'S corner

Let's be bucket fillers!

"A bucket filler is a caring, loving person that does or says nice things.

You feel a bucket when you show love to someone, when you say or do something kind, or even when you give someone a smile. When you're a bucket filler, you make your home, your school, and your neighborhood better places to be. Bucket feeling makes everyone feel good."

Have You Filled a Bucket Today?

By Carol McCloud

Lori Hogan, School Counselor

## French FUN

Happy February! Happy Mardi Gras and Valentine's Day! We will be learning some Valentine's Day related vocabulary, and we will be discussing the different ways people in Louisiana celebrate Mardi Gras.



# A Note from the Family Center



Playgroups will be held weekly on Wednesdays at 10:00.

Please contact Annie Francioni, [afrancio1@stcharles.k12.la.us](mailto:afrancio1@stcharles.k12.la.us) if you have any questions!

## How Can You Get Involved and Be An Advocate For Your Child:

- **Ask questions.**

If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may be like these – What specific problem is my child having with reading? What can I do to help my child with this problem? How can I stop that bully from picking on my son? How can I get my child to do homework? Which reading group is my child in?

- **Learn about your rights.**

It's important to know what your rights are as the parent regarding special services, English instruction, immigration status, and more.

- **Let the school know your concerns.**

Is your child doing well in school? Is he or she having trouble learning, behaving, or studying? Is there a problem with another student, teacher, or administrator?

## Manténgase informado y apoye a su hijo

- **Haga preguntas.** Si algo le preocupa acerca del aprendizaje o comportamiento de su hijo, pregúntele a la maestra o al director sobre dicho comportamiento y busque asesoría. Sus preguntas pueden ser como las siguientes: ¿Qué problemas específicos tiene mi hijo con la lectura? ¿Qué puedo hacer para ayudar a mi hijo con este problema? ¿Cómo puedo evitar que otros niños intimiden a mi hijo? ¿Cómo le puedo ayudar a mi hijo a hacer las tareas? y ¿A qué grupo de lectura pertenece mi hijo?
- **Aprende sobre sus derechos como.** Es importante saber que sus derechos como padre son con respeto a la inmigración, servicios especiales, la instrucción de inglés, y más.
- **Informarle a la escuela lo que le preocupa.** Si su hijo tiene un problema con los estudios, el comportamiento, o con otro estudiante, maestro o administrador.

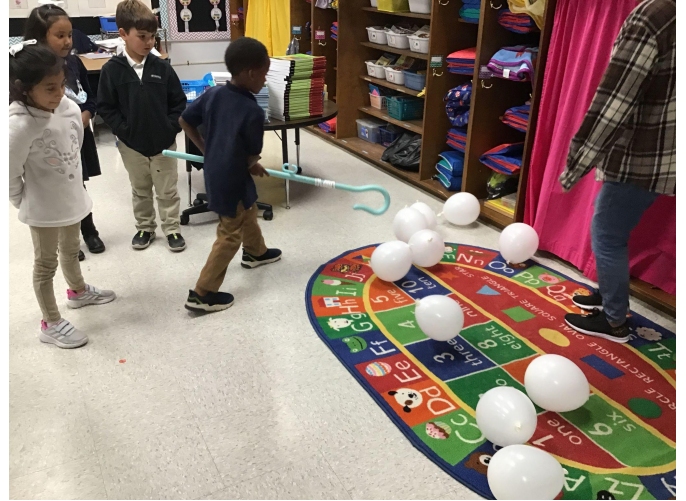


# Maker Spaces





# Kindergarten Farm Day



# PTA NEWS

The PTA is helping plan many great events for this semester. They are providing t-shirts for our first graders for the Krewe of Catfish Mardi Gras parade and paying to rebuilding our floats that were destroyed by Hurricane Ida. We appreciate the help and expertise of Mr. Matherne with this task.

The PTA board members are planning fun events to complete at home that are aligned to our monthly Catfish Character Trait focus areas. Look for something to come home this month on cooperation.

We will have our fundraiser kickoff on February 17, 2022. Please consider supporting the PTA as they continue to support the students and our school.

It's never too late to begin participating in the PTA. We would love your help and ideas. Consider attending the meetings which are typically the first Wednesday of the month at 1:00pm.

Please welcome our updated PTA Board. They meet once a month and would love to have your participation.

President, Amanda Martin  
Vice President, Laura Brown  
Secretary, Celeste Matherne  
Treasurer, Erica Dufrene  
School Liaison, TBA

Grade Representatives:

Vanessa Camarata  
Danielle Berthelot  
Kelli Finstad  
Tongla Turner  
Megan Hammett  
Jodie Matherne  
Krissy Hebert  
Chelsea Sassin  
Kelly Madere  
Katie Foster



## Catfish Character Traits

Our School Improvement Team has designated a character trait each month to teach the Essential 11 Traits each week. In addition, the PTA will support our school by sending home a family activity to practice this trait. In February, we will focus on Cooperation. Our teachers will read the book, Matthew and Tilly by Rebecca C. Jones and review the following topics during the month. Please help us to reinforce the character trait Cooperation at home and in the community.

- Black History Month Focus
- Black History Month Focus
- Look for solutions to conflict

Let us know if your child shows this character trait at home or the community by returning the information below. We will read it during the announcements to celebrate your child!

Student Name: \_\_\_\_\_

What did he/she do to show cooperation in your home or the community?

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# Nurse Notes

## 7 Habits of Heart-Healthy Kids

In a culture that is inundated with unhealthy habits and foods, it can be an enormous challenge for parents to instill in their children a good sense of healthy habits. Although it may be impossible to completely avoid fast food, there are plenty of choices that you can make as a family to promote better heart health in your kids.

To teach your children positive habits that will protect them from many forms of heart disease, try adopting some of the following habits.

### 1. Turn off the TV.

Don't let your kids fall into the pattern of endlessly watching TV. If they spend all their time watching TV and sitting in front of the computer now, they'll do the same thing as adults. Set a time limit for the TV or the computer for each day, and then encourage kids to play outside or engage in other activities.

### 2. Develop a dinnertime routine.

If dinner is a family event each evening, kids are less likely to snack throughout the afternoon on less healthy foods. Make a habit of sitting down to eat together so that kids expect a hearty meal at the end of the day.

### 3. Get some exercise as a family.

Instead of going to see a movie, take a hike! Go on a bike ride around the neighborhood or play a game of soccer. Group activities are a great way to make sure that kids get plenty of exercise so that they have strong hearts.

4. Assign active chores.

If you’re having trouble thinking of ways to get your kids off the couch, ask them to attend to chores that require activity. Send them out to wash the car, rake leaves, or mow the lawn.

a healthy-heart not only now, but also as adults.

\*information obtained from [greenhillspeds.com](http://greenhillspeds.com)

5. Serve heart-healthy foods.

Offer your kids meals that include some of the best heart-healthy foods, such as salmon, whole grains, fresh veggies, and nuts. If they become used to eating these foods as children, they’ll be much more likely to make good diet choices as adults.

6. Avoid fried, fatty foods.

This one is a no-brainer. Whenever possible, keep your children from eating any kind of fast food, especially if it has the word “fried” in the name.

7. Teach kids to read labels.

Train your kids to learn about their food before they buy it so that they know what to look for and what to avoid. Reading labels will make them much more conscious of their diet for the rest of their lives.

Following these easy tips will help your children keep a healthy-heart not only now, but also as adults.

\*information obtained from [greenhillspeds.com](http://greenhillspeds.com)



Melissa Schexnaydre, RN

School Nurse

RJ Vial

Allemands Elementary



**CROWNED  
DAY  
FEBRUARY  
END**



# ELEMENTARY MENUS FEBRUARY 2022

*St. Charles Parish  
Public Schools*

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

**Tuesday, February 1**

## Breakfast

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

## Lunch

Orange Chicken  
Fried Rice  
Broccoli Florets  
Asian Chopped Salad  
Tropical Fruit

**Wednesday, February 2**

## Breakfast

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

## Lunch

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

**Thursday, February 3**

## Breakfast

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

## Lunch (Manager's Choice)

Turkey Roast, Peas  
Mashed Potatoes, WW Roll  
Pineapple w/Cherries  
Turkey & Sausage Gumbo  
or  
Rice, Potato Salad, Crackers  
Garden Salad, Pineapple

**Friday, February 4**

## Breakfast

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

## Lunch

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

**Monday, February 7**

## Breakfast

Powdered Donuts  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Red Beans w/Ham  
Steamed Rice  
Seasoned Mustard Greens  
Steamed Carrots  
Biscuit Stick, Applesauce

**Tuesday, February 8**

## Breakfast

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

## Lunch

St. Charley's Chili w/Cheese  
Tortilla Chips  
Garden Salad  
Steamed Corn  
Apple Wedges

**Wednesday, February 9**

## Breakfast

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

## Lunch

Chicken & Sausage  
Jambalaya  
Broccoli Florets  
Garden Salad  
Garlic Bread, Banana

**Thursday, February 10**

## 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, February 11**

## Breakfast

Biscuit Sticks (2)  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Mini Corn Dogs  
Baked Beans  
Celery & Carrot w/Ranch Dip  
Orange Wedges



## Menus Are Likely To Change

Due to supply chain issues, both locally and nationally sometimes we may have to substitute an item or even a whole day's menu at the last minute to be able to provide students with the best, freshest option available that day.

We thank both our students and parents in advance for your on-going understanding of this situation!

**St. Charles Parish**

**Child Nutrition Department**



## AFRICAN-AMERICAN HISTORY MONTH

Want to know more? Search for "Sydney Potter" on-line.

## LEADING MAN

The first Oscar awards for the best movies and film performances were given out in 1929, but it wasn't until 1964 that an African-American Man (Sydney Potter, pictured here) won the award for best actor. Potter grew up very poor in the Bahamas before moving to Miami as a teenager and then to New York. In 2009, President Barack Obama awarded him the Presidential Medal of Freedom, the highest civilian honor in the U.S. Potter died last month at the age of 94.

## Brain

## Tickers

Which month has 28 days?

(Hold the page upside down and read it in a mirror for the answer!)



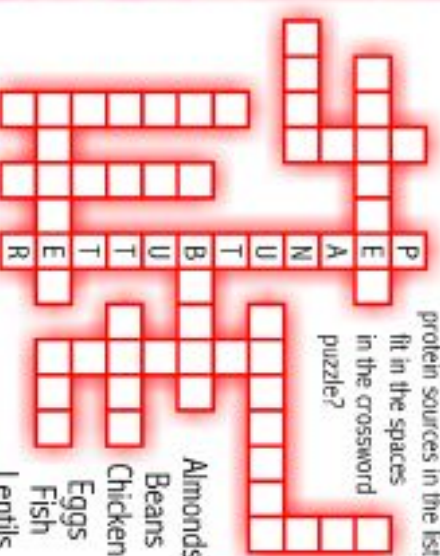




## Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



Almonds  
Beans  
Chicken  
Eggs  
Fish  
Lentils  
Milk  
Pork  
Soy  
Turkey  
Walnuts  
Yogurt

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/foodpyramid.html](http://kidshealth.org/kid/stay_healthy/foodpyramid.html)

Monday, February 14

### Breakfast

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

### Lunch

Chicken Alfredo Casserole  
Broccoli Florets  
Carrots  
Mixed Fruit

Tuesday, February 15

### Breakfast

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

### Lunch

BBQ Pulled Turkey Sandwich  
Baked Beans  
Potato Salad  
Pears

Wednesday, February 16

### Breakfast

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

### Lunch

Beef Vegetable Soup  
Grilled Cheese Sandwich  
Garden Salad  
Banana

Thursday, February 17

### Breakfast

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

### Lunch

Sweet Chili Thai  
Lo Mein Noodles  
Stir Fry Veggies  
Asian Chopped Salad  
Mandarin Oranges

Friday, February 18

### Breakfast

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

### Lunch

Bosco Sticks  
Marinara Sauce Cup  
Fresh Veggies w/Ranch Dip  
Orange Wedges

Monday, February 21

### Breakfast

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

### Lunch

Shepherd's Pie  
Steamed Broccoli  
WW Roll  
Applesauce

Tuesday, February 22

### Breakfast

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

### Lunch

Soft Tacos  
w/Turkey Taco Meat  
Steamed Corn  
Taco Salad Cup, Cheese Cup  
Apple Wedges

Wednesday, February 23

### Breakfast

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

### Lunch

Pork Stew w/ Steamed Rice  
Sweet Potatoes  
Steamed Cabbage  
Banana

Thursday, February 24

### Breakfast

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

### Lunch

Spaghetti & Meat sauce  
Green Peas  
Italian Salad  
Garlic Bread  
Pineapples w/Cherries

Friday, February 25

### Breakfast

Fresh Donut  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

Chicken Sandwich  
Crinkle Cut Fries  
Baked Beans  
Orange Wedges



## LOVE.

Valentine's Day on February 14th is traditionally the "love" holidays. And if the last two years have taught us anything, it's the importance of that emotion, not just for one day, but all year round. With all of the loss and disruption we've all endured, let's hope we've learned that our routines and plans and expectations are fragile. Life is fragile. But love is strong. And love endures. We want you to know that we love our customers, and we encourage you to tell the people who are important to you that you love them. too!

**School Meals**  
We serve education every day™