



PRINCIPAL'S MESSAGE

It is hard to believe that October is here. Our students have settled in nicely as we approach the end of the 1st quarter. It is so exciting to visit classrooms and see the tremendous growth in our students. Routines and procedures are in place and our entire faculty is focused daily on our core business, teaching and learning.

As we enter the 2nd quarter, we will continue to promote and encourage our school priorities for this school year. Our School Improvement Team worked hard this summer to analyze data and identify areas of growth. Our school priorities for this year include literacy, developing relationships, and improving math skills in each grade level. Our faculty meets regularly to discuss ways to address these priorities. Our efforts are clearly making a difference in our school, but we would love to have you join us too. Consider joining our Stakeholder Group and attending the monthly meeting that helps make decisions for our school.

We are so excited to open our doors in a variety of ways. September had many special events: lunch with visitors, parent visitations, Wetlands Night, and Pizza and Paint. We look forward to seeing you at our October activities in the Family Center, Parent Teacher Conferences, and Trunk or Treat

Lisa Perrin
Principal

MISSION

Allemands Elementary School is committed to providing high-quality educational opportunities to build the foundation for children to become enthusiastic life-long learners who are equitable, safe, empathetic, and respectful.

VISION

All stakeholders of Allemands Elementary School embrace the education of every student as our top priority by providing a positive foundation for success. Our school prepares students to meet the challenges within the changing global society while preserving our historical culture. There is a profound commitment from stakeholders to help all students become college and career ready, creating life-long learners. Our school provides a safe and inclusive atmosphere 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.

UPCOMING EVENTS

October

4th	PTA work day 4pm-6pm in Family Center
5th	Playgroup @ 10:00 PTA Board Meeting, virtual @ 1:00 Zoom Meeting Link: https://us06web.zoom.us/j/93824317679?pwd=M3I0NDlCdXZaYTd3L3VXcGhvV2NUQT09
7th	Early Dismissal @ 12:45 End of First Quarter
10th & 11th	Fall Break- No School
12th	Playgroup @ 10:00 Begin Second Quarter
13th	Community Morning Meeting @ 9:15
15th	Child Search
19th	Playgroup @ 10:00 School Board Meeting @ 6:30
20th	Early Dismissal @ 12:45 Parent Teacher Conferences from 1:15-6:15
21st	Early Dismissal @ 12:45 Parent Teacher Conferences from 1:15-4:15
26th	Playgroup @ 10:00 SIP Stakeholder Meeting @ 2:00
27th	Family Center & SCPSO Anti-Vaping presentation @ 10:00
28th	Saints Shirt day
31st	Orange, Black, White or Halloween shirt Trunk or Treat @ 2:00



We'll Stand **BAYOU** at AES!



Trunk or Treat October 31st @ 2:00



Parent Teacher Conferences

Parent Teacher conferences will be held on October 20th from 1:15-6:15 and October 21st from 1:15-4:15. Please take time to schedule a meeting with your child's teacher. These meetings will be 10 minutes long, and you will have the option of a virtual or in-person meeting. If you cannot meet on one of these days, contact your child's teacher. Teachers can only meet with parents and legal guardians. Our goal is to have 100% participation.

The week of October 24-28 is Red Ribbon Week.

Theme Days

Monday, October 24

- **Team up Against Drugs**

Students can wear a T-shirt/jersey from their favorite team with jeans or uniform shorts/pants.

Tuesday, October 25

- **Addicted to Learning, Not Drugs**

Students can dress as what they would like to be when they grow up.

Wednesday, October 26

- **I'll Stand "Bayou." Don't do Drugs**

Students can wear bayou themed or bayou colored shirts with jeans or uniform shorts/pants.

Thursday, October 27

- **Join the Fight Against Drugs**

Students can wear camo.

Friday, October 28

- **Show How Bright You Can be Drug Free**

Students can wear any bright colored shirts with jeans or uniform shorts/pants,

Don't
Forget!

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 and a copy will be sent home each month with your child. Thank you.

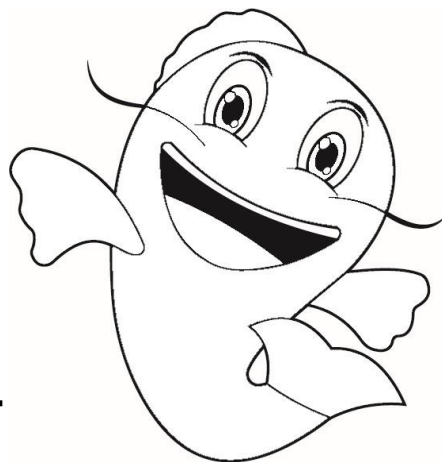
Early Dismissal

When our school has an Early Dismissal schedule, it is imperative to talk to your child about what will be different for that day. If you need to have a child picked up from carpool instead of riding the bus, a note or email must be written and submitted to the office by 10:30. Emails must be sent to gesbus@stcharles.k12.la.us. Please call school if you have any questions about our Early Dismissal procedures. Our Early Dismissals this month are on October 7th, 20th and 21st.

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. These meetings will be in-person and will last 30-45 minutes. At our September meeting, we discussed Fall Fest, arm bands for events, and a sensory path. If you are interested in being a part of this group, please contact Valerie Chlasson at vchiasson@stcharles.k12.la.us.

Family Engagement is Important to Us!



We'll stand
BAYOU

Wetland Watchers

Thank you, Hurst Middle School Wetland Watchers group! We had an amazing night because of your expertise.



Our Pizza and Paint Night





OUR LEARNING



pre-k

Pre-K students are finding their special place in the Catfish pond! This month we have been learning about our families at home and how to be part of a class family. In math we have been learning how to identify attributes of different objects and shapes. In literacy we have been working on phonemic awareness, making connections to stories we're reading, and understanding the role of an author and illustrator. To celebrate our class families, we enjoyed a picnic lunch under the covered area.



kindergarten

Kindergarteners are learning and growing every day! In math we are learning to count and write numbers to 10. We took 9 cubes and showed that 5 were blue and 4 were white, so 5 and 4 are hiding inside of the number 9! We are learning phonemic awareness by blending sounds to say words. We are also working on phonics by learning letter sounds. We look at the shape that our mouths make when we say each sound. Each day, we are learning more letter sounds which is helping us to read and spell more words! We are so excited to be readers by the end of kindergarten!





OUR LEARNING



first grade

First graders have been working hard reviewing short vowel sounds, consonant clusters, and digraphs in words, phrases, and stories. We started a new reader, *Beth*. Have your child discuss the story read in class with you. You can help by asking your child about the characters, setting, and major events. In Knowledge, we have enjoyed learning our our incredible human body. We will begin reading about similar fiction stories from different lands. In math, your student is learning more about solving problems within 10. We are focusing on understanding the equal sign, solving addition and subtraction word problems, and addition and subtraction strategies. Please complete nightly homework to support your child with these skills we are learning.



Happy Fall Y'all!

second grade

October will bring many exciting treats. Reading regularly at home is a very important step in becoming a good reader and thinker. The fall is a great time to welcome the cooler weather with a good book. You may want to **treat** your child to a visit to the library to checkout a fall book like: Biscuit Visits the Pumpkin Patch, Why Do Leaves Change Color?, or How Many Seeds in a Pumpkin? Remember after reading, have your child retell what was read in sequential order. Students have practiced procedures and expectations during the first six weeks of school. Please encourage your child to continue to meet expectations listed in the blue conduct folder. Your child is also practicing legible writing daily. Be sure to encourage your child to form letters correctly with proper spacing between words when writing. Place value and problem solving is our focus in math. In Knowledge, we wrapped up our Ancient Asia domain and now students will learn about Ancient Greece. Have conversations with them about their new learning. Parent conferences will be this month. Please make every effort to attend. We are striving for 100% participation. Your support is essential to your child's education. Together, we can make it a fabulous fall of teaching and learning!



ENRICHMENT

Librarian's

Letter

October will be a busy month for us in the library! Students have started checking out library books, our school wide reading program is going strong, and our fall book fair will be held from October 17 - 21, 2022. More information about the book fair will be sent home at a later date.

Blank Reading Logs can be found at:

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

Pre-K and Kindergarten students who read 100 books will be recognized on a bulletin board, as well as all 1st graders who read 200 books, and 2nd graders who read 300 books.

Happy Reading!
Love, Ms. Lacey, librarian

COUNSELOR'S corner

Welcome to a new school year!

Did you know that elementary school counselors...

- ...teach classroom lessons on a variety of topics.
- ...counsel students as needed.
- ...consult with teachers/parents to assist students in meeting their needs.
- ...help coordinate the School Building Level Committee (SBLC).
- ...help teach students how to cope with life issues and be their best selves.
- ...care.

I am here to support all of the students at AES. Please feel free to call if you have a concern or a question (758-7427).

Lori Hogan, School Counselor

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou

French FUN

Bonjour! Bienvenue à l'automne!
Welcome to Fall! We will have a "spooktacular" October as we learn Halloween vocabulary and sing a Halloween song. Kindergarten will continue to learn greetings and numbers. First and second graders are working hard to learn conversation words, numbers and the French alphabet. We are also reviewing calendar and conversation words and learning new ones. I'm looking forward to a great year of French!

Allemands Elementary Family Center

Together We Can Make a Difference

Valerie Chlasson

vchiasson@stcharles.k12.la.us 985-758-7427

Wednesdays, Thursdays, and Fridays



Welcome back to the Title I Family Center! At the Family Center, families are invited to join other parents and children for activities, information and resources. All programs and activities are free of charge. Highlights of the Family Center include weekly playgroups for children not enrolled in school, educational resources, workshops, volunteer days, and much more. I hope you are able to join me throughout the year so that I can be of service to you and your family.

Playgroups will meet every Wednesday at 10:00 a.m. in the Family Center. The Family Center provides many resources that can be checked out to help your child learn. So please do not hesitate to come visit on Wednesdays, Thursdays or Fridays between the hours of 9:00 and 3:00. I will be very happy to help you. You can also contact me by phone or email.

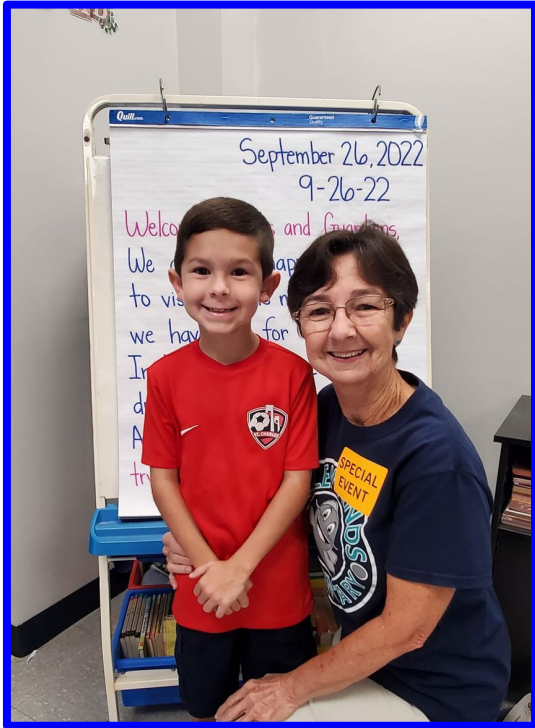
I am looking forward to seeing you!!!!

Bienvenidos de regreso a un nuevo año de diversión y aprendizaje en el Centro Familiar Título 1. En el Centro Familiar, las familias están invitadas a unirse con otros padres e hijos en actividades, información y recursos. Todos los programas y actividades son gratis. En el Centro Familiar se incluyen grupos de juego semanales para niños que todavía no van a la escuela, recursos educacionales, cursos de aprendizaje para adultos, días voluntarios, y mucho más. Esperamos que ustedes puedan compartir con nosotros durante el año o que podamos ser de servicio a usted y su familia.

Los grupos de juego se reunirán cada miércoles a las 10:00 a.m. en el Centro Familiar. El Centro Familiar también brinda muchos recursos que se pueden prestar para que usted pueda ayudar en el aprendizaje de sus hijos. Por favor no dejen de venir a visitarnos dentro de las horas de 9:00 y 3:00 los miércoles, jueves o viernes. Estaremos felices en ayudar. Nos puede contactar a vchiasson@stcharles.k12.la.us o 985-758.7427. Se habla español.

¡Anticipamos verlos en el centro!

Parent Visitation Memories



Thank you to all of the parents and grandparents who attended our visitation. Our teachers and students modeled a Morning Meeting which is part of Responsive Classroom. We were able to share how we teach our social curriculum and introduce our counselor and mental health professional while explaining their roles.



SCAN ME

Don't forget to eat lunch with a child, the following must be in place.

- The parent must have the guest on the emergency card.
- Parents must sign up the guest on Sign-Up Genius.
- The guest must sign-in with an ID at the office.
- The guest and child will sit at the picnic tables outside.
- The guest will leave when the child's lunchtime is finished.

PTA News

AES PTA PRESENTS FALL FEST 2022



Fall Fest is an annual Fundraiser to help raise money to fund activities for our students, field trip buses and other educational supplies throughout the year. This event is open to families and friends of Allemands students and includes a fun carnival-type event full of games and food to entertain all.

**NOVEMBER
18**

12:30PM - 2:30PM

Please welcome our new PTA Board. We meet once a month and would love to have you join us! Our next meeting is Oct. 5 at 1:00PM in the Family Center.

President: Erica Dufrene
Vice President: Amanda Martin
Secretary: Celeste Matherne
Treasurer: Laura Brown
School Liaison: Valerie Chiasson & Vanessa Camarata
Faculty/Staff Morale, Social Media & Student Appreciation Week Chair: Jodie Matherne
Faculty/Staff Appreciation Week Chair: Kelly Madere
Pizza & Paint Chair: Latoya White-Paul
Grade Representative: Tongia Turner

We still have spaces to fill. Email us at allemandspta@gmail.com if you would like more information or are interested in the following opportunities: Fall Fest Committee Member, 2nd Grade Sendoff Chair



Scan QR Code for:
PTA Membership,
Spirit Shirts, Magnets
and all other PTA
related signups.

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 October, we will focus on compassion. Our teachers will read a grade-specific book and review the trait during the month. Please help us to reinforce these character traits at home and in the community.

Week of 10/3- Be Kind To All
Week of 10/17-Random Acts of Kindness
Week of 10/24- Be The Best
Week of 10/31- Empathy

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 responsibility in your home or the community?



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(EOE)

Together We Can Make A Difference

Allemands Family Center

Valerie Chiasson vchiasson@stcharles.k12.la.us
985.785.7427 Wednesday-Friday 9:00-3:00



During the school year, teachers will invite you to parent-teacher meetings (also called conferences).

Before the conference

- Ask your child if there is anything that he/she wants you to talk about with the teacher.
- Tell your child that you and the teacher are meeting to help him/her.
- Make a list of topics that you want to talk about with the teacher.
- Prepare a list of questions such as:
 1. What are my child's strongest and weakest subjects?
 2. Does my child participate in class?
 3. Does my child seem happy at school?

During the conference

- Be on time (or early) for the meeting.
- End the meeting on time. Other parents will probably have a conference after yours.
- Relax and be yourself.
- Stay calm during the conference.
- Ask the most important questions first.
- Ask for explanations of anything you don't understand
- Ask your child's teacher for ways that you can help your child at home.

After the conference

- Talk about the conference with your child.
- Talk about the positive points, and be direct about problems.
- Tell your child about any plans you and the teacher created.
- Keep in touch with the teacher during the school year.

Juntos Podemos Hacer La Diferencia

Allemands Family Center

Valerie Chiasson vchiasson@stcharles.k12.la.us
985.785.7427 miércoles-viernes 9:00-3:00
Hablo español.



Durante el año escolar los maestros le invitarán a participar en las reuniones de padres y maestros.

Antes de la conferencia

- Pregúntele a su niño si hay algo sobre lo que él/ella quisiera que usted le hable a su maestro.
- Haga una lista de los temas sobre los que desea hablar con el maestro.
- Prepare una lista de preguntas como las siguientes:
 - ¿Cuáles son las materias en las que mi niño es más fuerte y más débil?
 - ¿Participa mi niño en la clase?
 - ¿Mi niño parece estar feliz en la escuela?

Durante la conferencia

- Llegue a tiempo (o temprano) a la reunión.
- Termine la reunión a tiempo. Otros padres probablemente tienen programada su conferencia después de la suya.
- Relájese y sea usted mismo.
- Mantenga la ecuanimidad durante la conferencia.
- Haga las preguntas más importantes primero.
- Pida que le expliquen lo que no entiende.
- Pídale al maestro que le indique cómo puede ayudar a su niño en casa.

Después de la conferencia

- Hable de la conferencia con su niño.
- Hable sobre los puntos positivos y sea directo acerca de los problemas.
- Comuníquese a su niño cualquiera de los planes que usted y el maestro hayan hecho.
- Manténgase en contacto con el maestro durante el año escolar.

ELECTRONIC CIGARETTES WHAT'S THE BOTTOM LINE?

- E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.
- While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.
- If you've never smoked or used other tobacco products or e-cigarettes, don't start.

WHAT ARE E-CIGARETTES?

- E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems."
- Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.
- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- E-cigarettes can be used to deliver marijuana and other drugs.

Tanks & Mods



Rechargeable e-cigarettes



Disposable e-cigarette



WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

ARE E-CIGARETTES LESS HARMFUL THAN REGULAR CIGARETTES?



VS



YES, but that doesn't mean e-cigarettes are safe.

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

WHAT ARE THE HEALTH EFFECTS OF USING E-CIGARETTES?

SCIENTISTS ARE STILL LEARNING ABOUT THE LONG-TERM HEALTH EFFECTS OF E-CIGARETTES. HERE IS WHAT WE KNOW NOW.

1 Most e-cigarettes contain nicotine, which has known health effects

- » Nicotine is highly addictive.
- » Nicotine is toxic to developing fetuses.
- » Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- » Nicotine is a health danger for pregnant women and their developing babies.



2 Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

- » This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.



3 E-cigarettes can cause unintended injuries.

- » Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- » In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid.



CAN E-CIGARETTES HELP ADULTS QUIT SMOKING CIGARETTES?



E-CIGARETTES ARE NOT CURRENTLY APPROVED BY THE FDA AS A QUIT SMOKING AID.

The U.S. Preventive Services Task Force, a group of health experts that makes recommendations about preventive health care, concluded that the evidence is insufficient to recommend e-cigarettes for smoking cessation in adults, including pregnant women.



HOWEVER, e-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes and other smoked tobacco products.

TO DATE, THE FEW STUDIES ON THE ISSUE ARE MIXED.

Evidence from two randomized controlled trials found that e-cigarettes with nicotine can help smokers stop smoking in the long term compared with placebo (non-nicotine) e-cigarettes.

A recent CDC study found that many adults are using e-cigarettes in an attempt to quit smoking. However, most adult e-cigarette users do not stop smoking cigarettes and are instead continuing to use both products ("dual use"). Because smoking even a few cigarettes a day can be dangerous, quitting smoking completely is very important to protect your health.

WHO IS USING E-CIGARETTES?

E-CIGARETTES ARE THE MOST COMMONLY USED TOBACCO PRODUCT AMONG YOUTH.

IN THE U.S.,
YOUTH ARE
MORE LIKELY
THAN ADULTS
TO USE
E-CIGARETTE



4.9%
MIDDLE SCHOOL
STUDENTS

In 2018, more than
3.6 MILLION
U.S. middle and high school
students used e-cigarettes in
the past 30 days, including:

20.8%
HIGH SCHOOL
STUDENTS



AMONG CURRENT E-CIGARETTE USERS AGED 45 YEARS AND OLDER
In 2015, most were either current or former regular cigarette smokers, and
1.3% had never been cigarette smokers.

IN CONTRAST, AMONG CURRENT E-CIGARETTE USERS AGED 18-24 YEARS,
40.0% had **NEVER BEEN** regular cigarette smokers

IN 2015, AMONG ADULT E-CIGARETTE
USERS OVERALL:

29.8%

were former
regular cigarette
smokers

11.4%

had never been
regular cigarette
smokers



58.8%

were current regular
cigarette smokers

In 2017, **2.8%**
of U.S. adults were current
e-cigarette users



For Print Only

ELEMENTARY MENUS

OCTOBER 2022

St. Charles Parish Public Schools

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

VEGETABLE Green Peas




Peas are high in fiber and protein -- and a cup of peas even provides 98% of your daily vitamin C! Researchers have recently found that peas also contain a unique blend of cancer-fighting substances called "phyto-nutrients."

OF THE MONTH

AVAILABLE Daily

With all meals:
Low Fat White Milk
Fat Free Flavored Milk

At Lunch:
Sandwich Choice



OCTOBER IS
Breast Cancer
 AWARENESS
 MONTH



THE GLUTTON

The scientific name of the Wolverine literally means "glutton." These rare, solitary, and ferocious animals of the Arctic and North American high country weigh just 20-45 pounds, but they can kill full-grown caribou and deer. They'll eat just about anything -- in the Arctic, they even eat whale and walrus carcasses!



ANIMAL APPEAL

Monday, October 3 Breakfast Large Muffin Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Salisbury Steak & Gravy Mashed Potatoes Steamed Broccoli Florets Dinner Roll Applesauce	Tuesday, October 4 Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch 3 Bean Chili w/Cheese Fritos Steamed Corn Salsa Apple Wedges
Wednesday, October 5 Breakfast St Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Turkey Stew Steamed Rice Sweet Potatoes Steamed Cabbage Banana	Thursday, October 6 Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Lasagna Roll-ups Peas Italian Salad Garlic Dinner Roll Pineapples w/Cherries
Friday, October 7 Breakfast Chicken Waffle Bites Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Breaded Chicken Sandwich Crinkle Cut Fries Baked Beans Fresh Orange Wedges	Monday, October 10 Breakfast Pop Tarts Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Fish Sticks Macaroni & Cheese Baked Beans Green Beans Mixed Fruit
Tuesday, October 11 Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Chicken Sausage Gumbo Steamed Rice Potato Salad Garden Salad, Crackers Pineapple Tidbits w/Cherries	Wednesday, October 12 Breakfast Donut Holes Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Hamburger/Cheeseburger Crinkle Cut Fries Lettuce/Tomato/Pickle Orange Wedges Cookie
Thursday, October 13 Breakfast Chicken Waffle Bites Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Hamburger/Cheeseburger Crinkle Cut Fries Lettuce/Tomato/Pickle Orange Wedges Cookie	Friday, October 14 Breakfast Chicken Waffle Bites Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice Lunch Hamburger/Cheeseburger Crinkle Cut Fries Lettuce/Tomato/Pickle Orange Wedges Cookie



No School

Monday, October 17

Tuesday, October 18

Wednesday, October 19

Thursday, October 20

Friday, October 21

Breakfast

Waffle

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Breakfast

Chicken Biscuit

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Breakfast

St. Charley Cinnamon Roll

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Breakfast

Sausage Biscuit

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Breakfast

Pancake/Sausage on Stick

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Red Beans w/Ham
Steamed Rice
Seasoned Mustard Greens
Steamed Carrots
Cornbread Poppers
Applesauce

Lunch

Tacos w/Cheese
Steamed Corn
Refried Beans
Taco Salad Cup, Salsa
Peaches

Lunch

Chicken & Sausage
Jambalaya
Broccoli Florets
Garden Salad
Graham Bear, Banana

Lunch

Bosco Sticks
Marinara Sauce Cup
Tomato/Cucumber Salad
Pineapple Tidbits w/Cherries

Lunch

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

Monday, October 24

Tuesday, October 25

Wednesday, October 26

Thursday, October 27

Friday, October 28

Breakfast

Grits & Canadian Bacon

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Breakfast

Chicken Biscuit

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Breakfast

St. Charley Cinnamon Roll

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Breakfast

Sausage Biscuit

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Breakfast

Large Muffin

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken Alfredo Casserole
Broccoli Florets
Carrots
Mixed Fruit

Lunch

Roasted BBQ Chicken
Baked Beans
Potato Salad
WW Roll
Pear Half w/Cherry

Lunch

Baked Potato Soup
Garden Salad
Biscuit Stick
Banana

Lunch

Sweet Chili Thai
Soba Noodles
Stir Fry Veggies
Asian Chopped Salad
Pineapple Tidbits w/Cherries

Lunch

Fresh Hot Pizza
Marinara Sauce
Green Beans
Fresh Orange Wedges
Brownie w/Icing

Monday, October 31

Breakfast

Halloween Donut

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

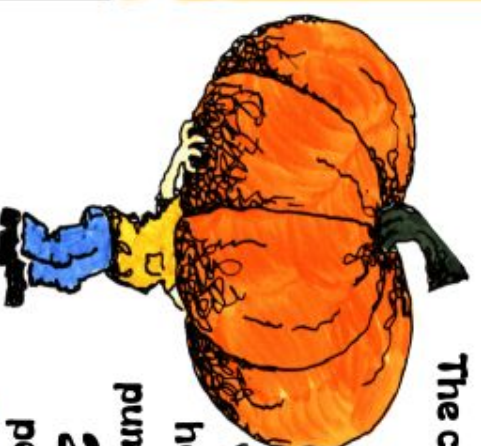
Lunch

Breaded Pork Chop
Mashed Potatoes w/Gravy
Steamed Broccoli Florets
Applesauce

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!



The current record for the world's heaviest pumpkin is **2702 pounds!**



Brain Ticklers
Where do sharks go for vacation?
(Fold the page upside down and read it in a mirror for the answer!)
E. J. J. J. J.

YOUPRE SKIPPY GOOD™



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG

SAVE THE BANANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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