



## PRINCIPAL'S MESSAGE

Happy New Year! We hope that everyone had a restful and joyous holiday. The faculty and staff of AES are eager to begin a new year with our amazing students and school community. The 2<sup>nd</sup> semester promises to be a great one for all of our children! We know that many children begin to master concepts in the second part of the school year. We want to work together by completing homework, reading and practicing math facts each night. If you have any concerns about your child's progress, please contact your child's teacher. Spring Parent Conferences will be held in February this year.

In the month of January, many exciting events will happen at AES. Look for information about Parent Visitations, a Community Morning Meeting, PTA Board Meeting, Stakeholder Meeting, and Volunteer Day. We will hold our Young Authors Contest this month. We have community members as judges, and some winners will represent AES at the district competition.

Congratulations to Mrs. Aimee Vedros. She was selected by her peers and a committee to represent AES as our 2022-23 Teacher of the Year. We are so proud of her and wish her the best in the district competition.

We appreciate parental and community support and look forward to a fantastic, productive new year.

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

## January

5th	Classes Resume & 3rd quarter begins
11th	Report Cards sent home  Playgroup @ 10:00  PTA Board Meeting, virtual @ 1:00 Zoom Meeting Link: <a href="https://us06web.zoom.us/j/93824317679?pwd=M3l0NDlCdXZaYTd3L3VXcGhvV2NUQT09">https://us06web.zoom.us/j/93824317679?pwd=M3l0NDlCdXZaYTd3L3VXcGhvV2NUQT09</a>
12th	Volunteer Day in Family Center  SIP Stakeholder Meeting @
13th	Peace, Kindness, Service Shirt
16th	Martin Luther King, Jr. Day No school
18th	Playgroup @ 10:00
19th	School Board Meeting @ 6:30
20th	Early Dismissal @ 12:45
23rd	2nd grade parent visitation
24th	1st grade parent visitation
25th	Playgroup @ 10:00  General PTA Mtg. 5:45 PTA Pizza & Paint Night 6:00
26th	Picture Retakes Prekindergarten Parent Visitation Kindergarten Parent Visitation
27th	Community Morning Meeting @ 9:15



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



It was great to celebrate the holidays!

Thank you for all of your support for the holiday gatherings.



Congratulations to our 22-23 Teacher of the Year, Aimee Vedros.

Congratulations to all of the AES nominees and our AES winner. We are very fortunate to have amazing teachers at our school. Good luck, Mrs. Aimee in the district competition.



### **Outerwear Reminders**

Outerwear must open the length of the front by snapping, buttoning, or zipping. No hooded sweatshirts may be worn on any school campus during the school day.

In addition, please make sure that all of your child's outerwear is labelled with their first and last name.

We have a lost and found area with many unclaimed jackets. If your child is missing a jacket, please make sure to have them come to the lost and found.



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](mailto: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](mailto:gesbus@stcharles.k12.la.us). Please call school if you have any questions about our Early Dismissal procedures. Our Early Dismissal this month is on January 20, 2023.

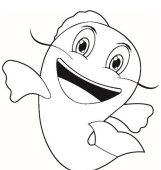
## SIP Stakeholder Group

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. We will hold these meetings at the end of our Volunteer Days to accommodate stakeholders. Thank you for your feedback! If you are interested in being a part of this group, please contact Valerie Chiasson at [vchiasson@stcharles.k12.la.us](mailto:vchiasson@stcharles.k12.la.us).

Our 2nd Graders were amazing for our Christmas Play. Thank you to all who participated!



We'll stand  
**BAYOU**







# OUR LEARNING



*pre-k*

Happy New Year! Our Pre-K students are halfway to Kindergarten. Before the break we enjoyed learning about traditions and how each family has traditions that are special to them. In the new year we will continue building foundational math skills like counting, identifying numbers, sorting, measuring, and shapes. In literacy we will continue working on phonemic awareness, discussion skills, building vocabulary, and much more.



*kindergarten*

Welcome back from a holly jolly holiday! We are halfway through our kindergarten year. Now is the time that our kindergarteners will soar with their learning. In math, we will begin decomposing (breaking apart) and composing (putting together) numbers. That means that we will have students break a whole number (8) into 2 parts (4 and 4, 3 and 5, 2 and 6). We will also solve addition and subtraction problems to 10. We are applying all that we have learned about letter sounds and blending sounds to begin reading kindergarten texts! Be sure to practice reading Take Home Stories!



# OUR LEARNING



## first grade

Welcome back first grade families! In the month of January our first graders are continuing to build their knowledge in all subjects. In Skills, we are learning to read and write words with vowel digraphs. We are starting a new reader, *The Green Fern Zoo*. Have your child discuss the story read in class with you. You can help by asking about the characters, setting, and major events in the story. In Knowledge, we are learning about Early American Civilizations. In math, we will be moving into our module about measurement. We look forward to a wonderful second half of our school year. Please continue to remind your child of the importance in showing CARES throughout our learning day!



## second grade

Happy New Year!

We will begin the new year by revisiting our classroom rules, routines, and procedures. Each student will review their "Hopes and Goals" from the beginning of the school year. If the "Hope and Goal" has been reached, new ones will be written.

Don't forget to read each night with your child. A resolution to read and retell as many books as possible would be fun for the new year! Your family can welcome winter by checking out a cool book like Winter is the Warmest Season by Lauren Stringer. Remember to have your child retell books in sequential order. The conversation you have about the book after reading is just as important. You can discuss the genre, characters and their traits, favorite part, connections, main idea, and the central message. In reading, students have learned about the Greek myths and the War of 1812. This month, they are exploring cycles in nature. Students will write about what they learn in reading lessons with opinion letters and informational compositions. To promote strong writing, you may have your child keep a journal of the learning adventures they have at home and school.

In math, students will be solving one and two step word problems within 100, and adding and subtracting from 200 to 1000. To prepare for fluency when adding and subtracting with three- digit numbers, students should be memorizing addition and subtraction facts to 20. Please continue practicing math facts and strategies taught at home. Working together, it is going to be a great 2023!



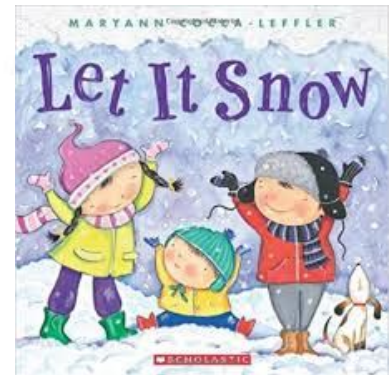
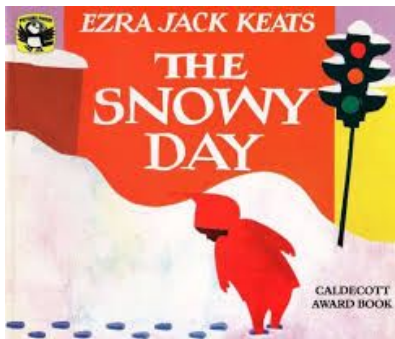
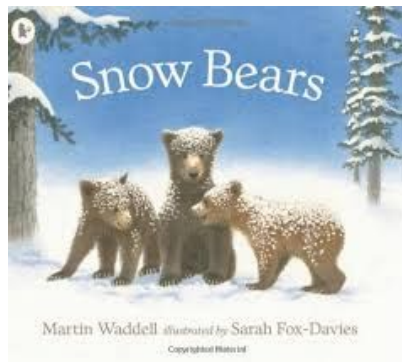


# ENRICHMENT

Librarian's

Letter

## WINTER BOOKS



## COUNSELOR'S corner

15

### HEALTHY HABITS TO TEACH YOUR KIDS FOR A BETTER LIFE

- 1 KEEP A POSITIVE ENVIRONMENT 
- 2 ENCOURAGE YOUR KIDS 
- 3 LIMIT SCREEN TIME 
- 4 INTRODUCE READING HABIT IN YOUR KID FROM EARLY ON
- 5 EAT BREAKFAST IN THE MORNING 
- 6 ENCOURAGE OUTSIDE PLAY 
- 7 MAKE EATING COLORFUL 
- 8 PICK ENJOYABLE PHYSICAL HABITS
- 9 ENJOY A FAMILY DINNER
- 10 FOLLOW A GOOD ROUTINE
- 11 GIVE THEM HOUSEHOLD CHORES AND REWARD THEM 
- 12 MAINTAIN HYGIENE 
- 13 DRINK MORE WATER
- 14 MAINTAIN GOOD ORAL HYGIENE
- 15 MAKE FRIENDS 

TOTALLYMOMSENSE.COM

## French FUN

Bonne Annee! Happy New Year! As we settle back into our daily school routine, we will be revisiting rules. Kindergarteners will be learning the French alphabet. First and second graders will review numbers, colors, and classroom direction words. I am looking forward to a great month of French!

# Allemands Elementary Family Center

## Together We Can Make a Difference

Valerie Chiasson

[vchiasson@stcharles.k12.la.us](mailto:vchiasson@stcharles.k12.la.us) 985-758-7427

Wednesdays, Thursdays, and Fridays



### 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.

#### **Apply for special services if you think your child may need it.**

If your child is having problems with learning, ask the school to evaluate your child in his or her strongest language. The teacher might be able to provide accommodations for your child in class. If the school finds out your child has a learning disability, he can receive extra help at no cost.

#### **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.

#### **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.





# Allemands Elementary Family Center

## Together We Can Make a Difference

Valerie Chiasson hablo español

[vchiasson@stcharles.k12.la.us](mailto:vchiasson@stcharles.k12.la.us) 985-758-7427

miércoles, jueves, y viernes

**Apoye los esfuerzos académicos de su hijo**



**Averigua cómo le va 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](#).

**Solicite servicios especiales si cree que su hijo los necesita.** Si su hijo está teniendo problemas de aprendizaje, solicite que la escuela lo evalúe en el idioma que más domina. Es probable que la maestra pueda hacer "adaptaciones" en la clase para su hijo. Si la escuela concluye que su hijo tiene una discapacidad de aprendizaje, usted podrá recibir ayuda adicional libre de costo. Para recibir más información consulte la página

**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.

# Traveling Cajun Dancers



Our Cajun Dancers performed at the Rotary Tree Lighting and the Christmas play.



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

- The parent must have the one or two guests on the emergency card.
- Parents must sign up the guest(s) on Sign-Up Genius.
- The guest(s) must sign-in with an ID at the office.
- The guest(s) and child will sit at the picnic tables outside.
- The guest(s) will leave when the child's lunchtime is finished.
- Reservations are made by grade level, not classes this semester.



# PTA News



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

Please welcome our new PTA Board. We meet once a month and would love to have you join us! Our next meeting is Jan 11 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](mailto:allemandspta@gmail.com) if you would like more

information or are interested in the following

opportunities: Fall Fest Committee Member, 2nd Grade

Sendoff Chair

## 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 January, we will focus on **Appreciation**. 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.

1/9 Mr. Luther King Jr. Focus

1/23 National Day of Service

1/30 Make a positive difference

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 acceptance in your home or the community?

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## What does it take to become a strong reader?

Our teachers are studying about the Science of Reading. This is researched based studies of how people learn to read and write. There are five main components that are fundamental to reading: phonics, phonemic awareness, vocabulary, fluency, and comprehension.

**Understanding print:** Understanding what print is and the parts of a book

**Print awareness** is the understanding that print carries meaning and that in English it reads from left to right. It also means learning that books contain letters and words, have front and back covers, and are handled in a certain way.

**Understanding sounds:** Recognizing the sounds in spoken words

**Phonological and phonemic awareness** is the ability to hear, identify, and play with the sounds in spoken language — including rhymes, syllables, and the smallest units of sound (phonemes).

**Understanding phonics:** Connecting the sounds of speech with letters

**Phonics** is a systematic way to teach the alphabetic principle — the idea that letters represent the sounds of spoken language — and that there is a predictable relationship between letters and sounds.

**Understanding fluency:** Reading with accuracy and expression

**Fluency** is a child's ability to read a book or other text with accuracy, at a reasonable rate, and with appropriate expression. A fluent reader doesn't have to stop and "decode" each word.

**Understanding vocabulary:** Knowing what each word means

**Vocabulary** is word knowledge. Word learning is an ongoing process. Children are always adding to their "word banks" in order to recognize and understand the meaning of spoken and written words.

**Understanding comprehension:** Understanding what you read

**Comprehension** is the goal of reading! It is the thinking process readers use to understand what they read. Strong vocabulary, background knowledge, and an understanding of how language works are keys to comprehension.

From: <https://www.readingrockets.org/reading-topics/early-literacy-development>





## BUILDING LITERACY SKILLS AT HOME



It is never too early (or late) to start doing literacy activities with your child. Strong literacy skills are essential for development and provide a foundation for school and work performance, social skills, and solving problems in all subject areas. Just a few minutes spent each day on simple literacy activities can add up to a lifelong love of reading and learning! These literacy-based activities are great for your preschool or early elementary age child.

### READING

#### **READ EVERY DAY!**

Getting into the habit of reading every day for at least a few minutes is helpful for your child's development.

#### **THINK ALOUD AS YOU READ.**

Point out what you see in the pictures. Talk to your children about what you are reading. What did they like about the story? What didn't they like?

### WRITING, DRAWING, & CREATING

#### **EXPLORE FEELINGS.**

Creativity and ideas can be expressed by drawing pictures.

#### **BE CREATIVE.**

Paper, crayons, markers, glue, and even household items like noodles, boxes, and sponges can be great tools for creativity.

#### **MAKE STORIES.**

Encourage your child to "tell stories" to you. Write their story down for them in a booklet (just a few pages of stapled paper is fine!), and have them illustrate their story.

#### **PLAY "FIRST, NEXT, LAST"**

Have pictures of different scenes from stories you read, and have your child sequence the events using the pictures. Have them retell the story.

#### **PAINT WORDS WITH WATER.**

Get a clean paintbrush and small bucket of plain water. Go outside and let your child paint letters or words on the walls, sidewalk, or fence.

### SPEAKING & LISTENING

#### **BUILD VOCABULARY.**

Talk with your child about everything. Describe the world around them in real (adult) terms.

#### **EXPLORE RHYMES AND SONGS.**

These can expose new words and develop speaking skills.





## Nurse's Notes

### Top 10 Safety Tips for Kids at Mardi Gras

1. Safety tracking devices for your child – lots of options on the market that can easily be placed on a bracelet.
2. Place phone number on child's arm and on parade day pic of the child. – snap a pic with your phone of your child on the way. This can be a major help if showing to the police to help you find your child quickly.
3. Emergency change of clothes-just in case.
4. Bathroom/pull-up/person on route- never underestimate a child in need of a bathroom break. Some businesses along the route may offer a wristband for a small fee for unlimited bathroom use, or try to find a friend that lives on or near the route and coordinate ahead of time to be able to use their 'facilities'.
5. Noise-abating headphones for young children who may be sensitive to loud noises.
6. Snacks/drinks/water- seriously important to have these on hand, especially water.
7. First Aid Kit/Wipes/Sanitizer- There is nothing dirtier than beads off the ground. always make sure to wipe their hands after they handle beads.
8. Wagon— it just makes taking home your child- and all their loot-easier.





# Say *Yes!* to ESS

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(EOE)



# WELCOME TO THE NEW YEAR! ELEMENTARY MENUS JANUARY 2023

ST. CHARLES PARISH PUBLIC SCHOOLS

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

## Just be glad it's 2023 and not 46 B.C.



You think the school year seems long? By the time Julius Caesar reformed the calendar in 46 B.C., it was so out of whack that he had to make that year 455 days long to get everything lined up again! Now, that's a long school year!

## Welcome Back!

# YOU'RE GOOD



## ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

ST. CHARLES PARISH CHILD NUTRITION DEPT.

# OBLIGATE CARNIVORE.

All of the cats on earth – from the finest kitten to fearsome beasts like this jaguar – are **OBLIGATE** or "true" **CARNIVORES**. They require nutrients found only in animal flesh, because they lack the ability to

## ANIMAL APPETITES

fully digest plant matter. Cats have high protein requirements and they can't create many essential nutrients such as retinol, arginine, taurine, and arachidonic acid. Pet cats get those from added nutrients in their food, but, in the wild, all cats must consume flesh to supply these nutrients.



## Available Daily

*With all meals:*

**Low Fat White Milk**

**Fat Free Flavored Milk**

*At Lunch:*

**Sandwich Choice**

Thursday, January 5

### Breakfast

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

### Lunch

Salisbury Steak w/Gravy  
Mashed Potatoes  
Steamed Broccoli Florets  
Dinner Roll  
Mixed Fruit

Friday, January 6

### Breakfast

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

### Lunch

Breaded Chicken Sandwich  
Crinkle Cut Fries  
Baked Beans  
Fresh Orange Wedges  
Cookie

Thursday, January 12

### Breakfast

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

### Lunch

Shepherd's Pie  
Peas  
WW Roll  
Pineapple Tidbits

Wednesday, January 11

### Breakfast

St. Charley Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

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

Tuesday, January 10

### Breakfast

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

### Lunch

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

Monday, January 9

### 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

Friday, January 13

### Breakfast

French Toast Sticks  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

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



# GET IN GEAR.

Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, and anything else you need to stay safe. So buckle that chin strap and get in gear!

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

**You'll Need:**  
✓ a raw egg  
✓ white vinegar  
✓ a beaker or other plastic container

## Make a "rubber" egg!

- Place the raw egg in the container and cover it with vinegar.
- After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- Congratulations!** You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. **You've created a rubber egg!**
- Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look **like a popped balloon!**



Monday, January 16



Tuesday, January 17

**Breakfast**  
Pop Tarts  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

**Lunch**  
Chicken Alfredo Casserole  
Broccoli Florets  
Carrots  
Mixed Fruit

Wednesday, January 18

**Breakfast**  
St Charley Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

**Lunch**  
Beef Vegetable Soup  
Grilled Cheese Sandwich  
Garden Salad  
Banana

Thursday, January 19

**Breakfast**  
Sausage Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

**Lunch**  
Sweet Chili Thai  
Soba Noodles  
Stir Fry Veggies  
Asian Chopped Salad  
Pineapple

Friday, January 20

**Breakfast**  
Fresh Donut  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

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

Monday, January 23

**Breakfast**  
Large Muffin  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

**Lunch**  
Pork Chop  
Mashed Potatoes  
Cal Blend Veggies  
Applesauce

Tuesday, January 24

**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, January 25

**Breakfast**  
St Charley Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

**Lunch**  
Pork Stew  
Steamed Rice  
Carrot Souffle  
Steamed Cabbage  
Banana

Thursday, January 26

**Breakfast**  
Sausage Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

**Lunch**  
Spaghetti & Meatsauce  
Peas  
Italian Salad  
Garlic Knot  
Pineapples w/Cherries

Friday, January 27

**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, January 30

**Breakfast**  
Pancakes  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

**Lunch**  
Chicken Tenders  
Waffles w/Syrup  
Green Beans  
Carrots  
Sliced Peaches

Tuesday, January 31

**Breakfast**  
Chicken Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

**Lunch**  
Orange Chicken  
Fried Rice  
Broccoli Florets  
Asian Chopped Salad  
Mixed Fruit

What's on **YOUR** plate?



**Q: Why did the food think the chef was such a mean guy?**



Learn more at [www.CHOOSemyPLATE.gov](http://www.CHOOSemyPLATE.gov) or [http://kideshealth.org/kidstake\\_healthyfood/pyramid.html](http://kideshealth.org/kidstake_healthyfood/pyramid.html)