



## PRINCIPAL'S MESSAGE

Our spring semester has been busy at AES! Thank you to everyone who supported our first graders for their Mardi Gras parade! They were thrilled for the event. We also had a huge attendance for the Someone Who Loves You events. Thank you for making sure to attend this special event! We are excited to share about our upcoming events.

We have begun taking applications for our Prekindergarten classes for the 2023-34 school year. The flyer can be found on our school website. Kindergarten registration has opened online, but we will hold an in-person registration from March 6th to 10th. Please share this information with all of your neighbors who have a child that will turn 5 by September 30, 2023. If you have any questions about registration, please call the front office.

We are holding our Cajun Dancer Reunion on March 11, 2023 at JB Martin's gymnasium from 4:00 pm-6:00 pm. If you were a former Cajun Dancer or know a former Cajun Dancer, please tell them about our once in a lifetime event!

Our End of the Year Acadience testing will quickly arrive. Please help us to prepare your child for this testing by reading to and with your child each night and sending your child to school daily and on-time. Ask your child to retell you what they read. As always, we appreciate your support and cooperation in all that we do. Our parents are truly the best, and we look forward to a successful and enjoyable end to our fabulous school year. Together, we will continue to stand by each other!

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

## March

Date	Activity
1st	Playgroup @ 10:00 PTA Board Meeting @ 1:00 Zoom Meeting Link: <a href="https://us06web.zoom.us/j/93824317679?pwd=M3l0NDlCdXZaYTd3L3VXcGhvV2NUQT09">https://us06web.zoom.us/j/93824317679?pwd=M3l0NDlCdXZaYTd3L3VXcGhvV2NUQT09</a>
2nd	Community Morning Meeting @ 9:15 Volunteer Day in Family Center SIP Stakeholder Meeting @ 10:00 in Family Center
4th	Traveling Cajun Dancers perform at Farmer's Market at 9:30
7th	PTA General Meeting @ 5:45 Family Craft Night @ 6:00
8th	Playgroup @ 10:00 PTA Cookie Dough Fundraiser Begins
11th	Cajun Dancer Reunion @ JB Martin Gymnasium 4:00-6:00
14th	Superintendent's Art Gallery @ LPAC from 6:00-7:00
15th	Playgroup @ 10:00 School Board Meeting @ Central Office 6:30
16th	Spring Pictures STEAM Night @ 6:00
17th	Early Dismissal @ 12:45 Green/white/St. Patrick's Day shirt
18th	Artsfest @ LPAC
21st	Third Nine Weeks Report Cards are sent home
22nd	PTA Fundraiser ends
23rd	Family Center Internet Safety presentation @ 10:00
29th	Playgroup @ 10:00
31st	Community Morning Meeting @ 9:15





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



## Mardi Gras Fun

Thank you to all the volunteers who assisted with the building of the floats for the parade. We appreciate the supportive family members and friends who attended the parade to watch their first grader.



## Someone Who Loves Me



## 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.





## 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

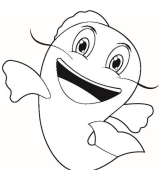
When our school has an Early Dismissal schedule, it is imperative to talk to your child about what will be different for that day. If you need to have a child picked up from carpool instead of riding the bus, a note or email must be written and submitted to the office by 10:30. Emails must be sent to [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 March 17th.

## 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 on 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).

## STEAM Night

STEAM Night is being held on March 16, 2023 at 6:00. We will explore activities in science, technology, engineering, arts, and mathematics. Please make sure to sign up for the event it promises to be a night full of fun learning and excitement. Our students will be able to use some of the AES robots.



*We'll stand*  
**BAYOU**



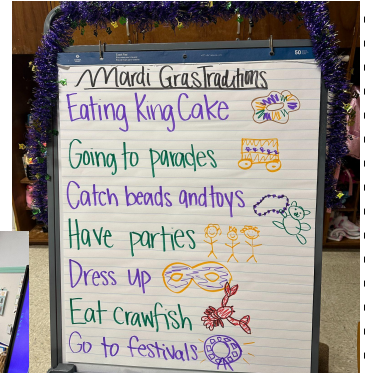


# OUR LEARNING



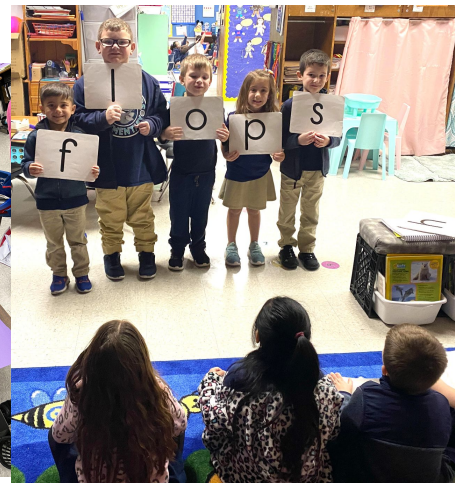
*pre-k*

Welcome back! Pre-K students learned so much about our Louisiana culture before Mardi Gras break! We learned about Louisiana symbols, Louisiana music and art, and Louisiana history and traditions. We practiced Cajun Dancing, created masks, and had so much fun at the school parade! In math we will continue working on describing shapes and comparing sizes/amounts. In literacy we will continue focusing on answering questions, making predictions, and brainstorming.



*kindergarten*

Kindergarteners are blooming this spring! We are growing in independence in reading, writing, math, and social skills. In math, we are learning to break apart numbers using objects, pictures, and number bonds. This is helping us to understand addition and subtraction! In Skills, we are reading and writing words with 4-5 sounds and with digraphs (two letters that make one sound together: th, sh, ch, ng, qu). We are also practicing reading continuous text from our Kit and Seth readers. In Knowledge, we have learned all about farms! Let's continue working hard both at home and school!







# OUR LEARNING

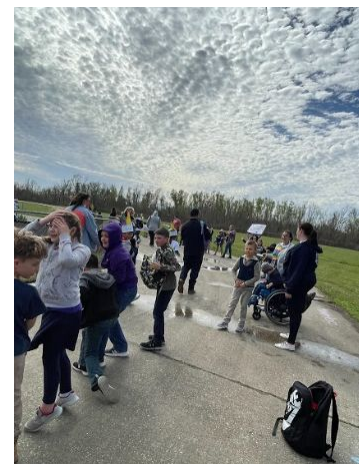


## first grade

In the month of March, our first graders are continuing to build their knowledge in all subjects. In Skills, we are learning to read and write words multi-syllabic words and words that end in -ed. We started a new reader, Kate's Book. This is a fiction reader. Have your child discuss the story read in class with you. You can help by asking about the characters, setting, and major events. In Knowledge, we have enjoyed learning about The History of the Earth. To learn more, check out a book at your local library and add it to your reading log. Your student is learning about place value within 40, comparing numbers within 40, and adding within 40. 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

Thank you for attending parent-teacher conferences and Someone Who Loves Me Day last month. February was quite festive! As we wrap up the third quarter of school, it is extremely important to continue supporting your child at home. Be sure to have your child read and retell in sequential order nightly. Remind your child to write legibly and to continue practicing strategies when solving facts. Remember to review your child's homework after he or she completes it. Second graders should be studying spelling words nightly. Students will be spelling 20 words in our next Skills unit. In math, students will continue to use math strategies to problem solve and add and subtract within 1,000. In our last Knowledge domain students learned about insects. Have a discussion about what they learned. Students will write informational writings related to information from texts they read. Working together, we can "march" into a successful month of teaching and learning.



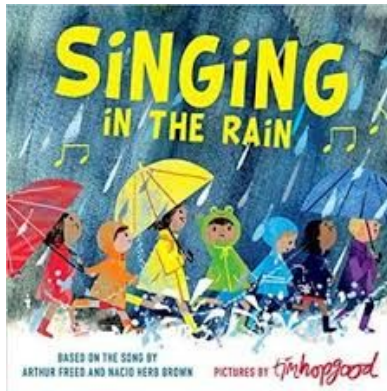
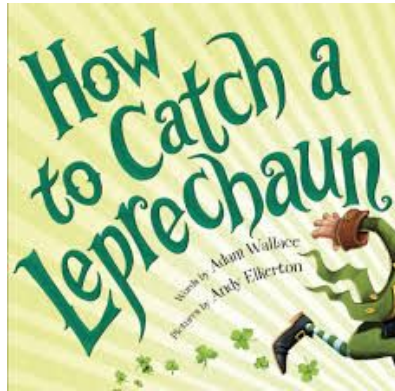


# ENRICHMENT

Librarian's

Letter

## MARCH 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

Bonjour! Happy Spring! We will be learning some spring related vocabulary this month, along with some St. Patrick's Day vocabulary.



# 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



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### 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.

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# 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.

# Mardi Gras shoebox floats

Thank you to all of the students and parents who created a shoebox float.



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.

Our Spring Fundraiser runs March 8 - 22! Please help us reach our goal of raising \$8000 by participating as you can!

## CHECK OUT OUR AWESOME PRIZES!

All participants will earn a  
**DRESS DOWN DAY!**

**+++PLUS+++**

*Sell \$120 - Recess with Administrators*

*Sell \$300 - Silly String Administrator(s)*

**TOP TWO SELLERS:**

Principal/Assistant Principal for the Day

PTA Nominations for the 2023/2024 school year will be accepted in the upcoming months! Please consider joining us next year! For more information, email us at [allemandspta@gmail.com](mailto:allemandspta@gmail.com)

## 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 March, we will focus on **Respect**. 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.

3/6 "Excuse Me" If you and another person accidentally bump into one another, say "Excuse me." It doesn't matter who's at fault if the bump was truly an accident.

3/20 "Yes ma'am" "No sir" "Please" "Thank you"

When responding to any adult, you must answer by saying "Yes, Ma'am" or "No, Sir." Say "Please..." and "Thank you..." when appropriate.

3/27 Integrity-do the right thing when no one is looking

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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# Council Name: St. Charles 2022-2023

Place	Gr.	F	NF	P	Student's Name	Title
First	K	X			Killian Lessard	The Shark
Second	K	X			Adelaide Hymel	Rainy Day
Third	K	X				
First	K		X		Korbin Chiasson	My Disney Trip
Second	K		X		Adelaide Hymel	Hurt Feelings
Third	K		X		Charles Owcarz	Insects
First	K			X	Kamryn Mayeux	Watermelon
Second	K			X	Evelyn Bordelon	My Favorite Things
First	1	X			Aliyah Joseph	If I Were an Egyptian Pharaoh
Second	1	X			Hayden Harrell	Once Upon a Time
Third	1	X			Camille Landry	If I Were an Egyptian Pharaoh
First	1		X		Lyla Morel	Axolotl
Second	1		X		Myah Simoneaux	Ancient Egypt
Third	1		X		Eva Tregle	Rockstar
HM	1		X		Braiden Schieffler	When I Grow Up
First	2	X			Peydon Comardelle	The Food Attack!
Second	2	X			Brooklyn Capitano	Apollo and His Cup
Third	2	X			Eva Madere	The Cookies
First	2		X		Tristan Metherne	The Championship Soccer Game
Second	2		X		Rowan Rousseau	Menew's New Friend
Third	2		X		Corbin Gaubert	Winning Out First Game
HM	2		X		Gabriel Strempel	Chuck E. Cheese
First	2			X	Adelynn Schexsnayder	Math
Second	2			X	Peydon Comardelle	Math
Third	2			X	Colton Babin	Math
HM	2			X	Jeremiah Strempel	Dad
First	K		X		Edward Lampo	Cody
Second	K		X		Mekhi Smith	Draw and Paint
First	2	X			Bella Comardelle	Bella and Her Sister
First	2		X		La'Riyah Gross	Movie Night with My Family
Second	2		X		Luke Berniard	Goin' Fishing
Third	2		X		Josiah Polly	The Road Trip





# Cajun Dancer Reunion

The Second Grade Cajun Dancers from Allemands Elementary School has been a tradition since the 1980s, until COVID19. During the pandemic, the second graders were not able to learn the art of Cajun dancing; therefore, we are celebrating the return of this loved tradition with a special event. On March 11, 2023 from 4:00pm to 6:00pm current, dancers students who missed this event, and former Cajun dancers will participate in a reunion. The event will provide the opportunity for the current Cajun dancers to perform and invite others to dance with them. Former dancers will have the opportunity to reconnect and share fond memories with one another while dancing the afternoon away. AES is asking everyone to pre-register for the event by signing up on the QR code on the flyer below. Please email [ttastet@stcharles.k12.la.us](mailto:ttastet@stcharles.k12.la.us) if you have any questions about the event. Laissez les bons temps rouler!



# Nurse's Notes

MARCH 2023

## Poisoning Prevention

Poison proofing your home is the best way to prevent an accidental ingestion. Emergency rooms treat far too many children for poisoning that can be avoided

- 1) Keep medications and any potentially toxic cleaning products/household solutions including detergent pods away and or locked.
- 2) Have the poison control number handy and visible in your home and/or saved in your cell phone.
- 3) Always read labels and follow directions and warnings on medication and when using household products.
- 4) Dispose all unneeded or expired medications including over the counter medications and vitamins

**\* Text POISON to 202-677-7600**

**Save the poison control number and the link to online help NOW!**

**\*information obtained from <https://www.cdc.gov/safecild/poisoning/index.html>**

Melissa Schexnaydre, R.N.

School Nurse

R.J. Vial Elementary

Allemands Elementary





# Say *Yes!* to ESS

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(EOE)



# Google Classroom

*on your Smartphone!*



Download the Google Classroom App from the App Store on any Smart Device.

Sign in using your child's SCPPS username and password (canc214@stcharles.k12.la.us)

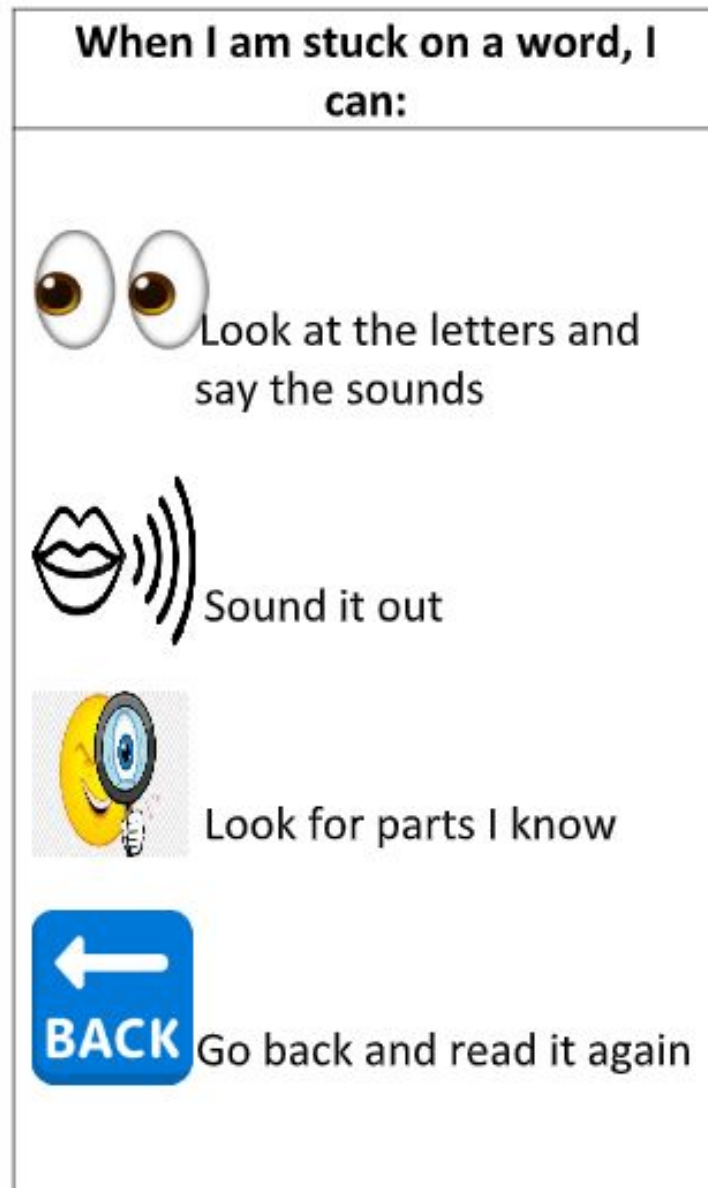


Click your child's teacher's classroom page.

Find learning resources, homework, pictures from class activities, & more!

**Phonics** is the ability to use knowledge of letters and sounds to read and write words.

Spend time reading with your child at home. Listen to them read and give them feedback to support their reading. Here is a bookmark you can print out and use when your child is stuck on a word.





<p><b>Thursday, March 9</b></p> <p><u><b>Breakfast</b></u></p> <p>Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice</p>	<p><u><b>Lunch</b></u></p> <p>Baked Chicken Mashed Potatoes Cal Blend Veggies WW Roll</p> <p>Pineapple Tidbits w/Cherries</p>
<p><b>Friday, March 10</b></p> <p><u><b>Breakfast</b></u></p> <p>French Toast Sticks Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice</p>	<p><u><b>Lunch</b></u></p> <p>Vegetable Soup Grilled Cheese Garden Salad Orange Wedges</p>



# St. Patrick's Day



**MARCH 17**

Follow a Rainbow to a Pot o' Gold!

## BARNYARD MANNERS



When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!

## ANIMAL APPETITES

FRUIT

Blackberries

Each blackberry is like a tiny bunch of grapes – and that structure gives this juicy little berry extra skin and added fiber, making blackberries one of the highest fiber content plant foods known.

OF THE MONTH

Monday, March 13

### Breakfast

Grits & Canadian Bacon  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

Pork Chop  
Mashed Potatoes  
Cal Blend Veggies  
Dinner Roll  
Applesauce

Tuesday, March 14

### Breakfast

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

### Lunch

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

Wednesday, March 15

### Breakfast

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

### Lunch

Italian Beef & Cheese  
Macaroni  
Green Beans  
Tomato/Cucumber Salad  
Banana

Thursday, March 16

### Breakfast

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

### Lunch

Mini Corn Dogs  
Corn  
Celery & Carrot w/Ranch Dip  
Pineapple

Friday, March 17

### Breakfast

St. Patty's Donut  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

Bosco Sticks  
Marinara Sauce Cup  
Green Beans  
Orange Wedges

Monday, March 20

### Breakfast

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

### Lunch

Salisbury Steak  
Mashed Potatoes  
Steamed Broccoli Florets  
Dinner Roll  
Applesauce

Tuesday, March 21

### 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, March 22

### Breakfast

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

### Lunch

Turkey Stew  
Steamed Rice  
Carrot Souffle  
Steamed Cabbage  
Banana

Thursday, March 23

### Breakfast

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

### Lunch

Lasagna Roll-up  
Peas  
Italian Salad  
Garlic Roll  
Pineapples w/Cherries

Friday, March 24

### Breakfast

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

### Lunch

Cheese Pizza  
Marinara Sauce  
Green Beans  
Fresh Orange Wedges

Monday, March 27

### 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, March 28

### Breakfast

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

### Lunch

Orange Chicken  
Fried Rice  
Broccoli Florets  
Asian Chopped Salad  
Tropical Fruit

Wednesday, March 29

### Breakfast

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

### Lunch

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

Thursday, March 30

### 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

Friday, March 31

### Breakfast

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

### Lunch

Fish Sticks  
Macaroni & Cheese  
Baked Beans  
Green Beans  
Mixed Fruit