



## 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.

In the month of January, many exciting events will happen at AES. Look for information about Middle of the Year DIBELS testing, PTA Board Meeting, Glow party, 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. Chellie Killian. She was selected by her peers and a committee to represent AES as our 2023-24 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 all students obtaining the knowledge and skills to build a strong foundation and become productive citizens.

## VISION

Our students are engaged, well-rounded learners who accept others and work as a team.



# UPCOMING EVENTS

## January

8th	Classes Resume & 3rd quarter begins
10th	Report Cards sent home Playgroup @ 10:00 DIBELS Middle of Year Testing 2nd grade PTA Board Meeting @ 1:00
11th	Stakeholder Meeting @ 9:00 Volunteer Day in Family Center @ 10:00 DIBELS Middle of Year Testing 2nd grade Report cards go home
12th	Peace, Kindness, Service Shirt DIBELS Middle of Year Testing 1st grade
15th	Martin Luther King, Jr. Day No school
17th	Playgroup @ 10:00 DIBELS Middle of Year Testing 1st grade
18th	DIBELS Middle of Year Testing Kindergarten 1st grade Mardi Gras float building parent meeting 2:30
19th	Community Morning Meeting 9:15 2nd grade FACT session @ 9:45 Early Dismissal @ 12:45
23rd	DIBELS Middle of Year Testing Kindergarten
24th	Playgroup @ 10:00 School Board Meeting @ 6:30
25th	Photo Retakes 1st grade FACT session @ 2:30 General PTA Mtg. @ 5:45 PTA Glow Party @ 6:00
26th	Kindergarten FACT session @ 2:30
31st	Playgroup @ 10



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



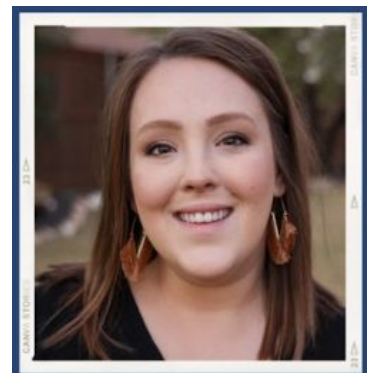
# It was great to celebrate the holidays!

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



## Congratulations to our 23-24 Teacher of the Year, Chellie Killian

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. Chellie in the district competition.



## Martin Luther King, Jr. Essay Winner

Congratulations to Kyle Kernan in 1st grade. He won 2nd place in the district. We are so proud of you!

### **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.

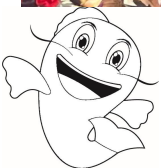
## Early Dismissal

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 19, 2024.

## 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 beginning 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!

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 order. The conversation you have about the book after reading

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.

In math, students will be solving one and two step word problems within 100, and adding and subtracting within 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 2024!

## second grade

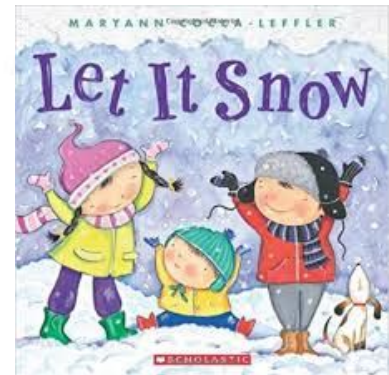
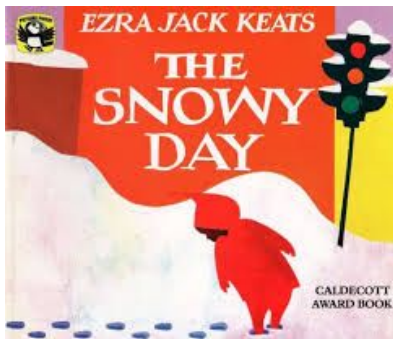
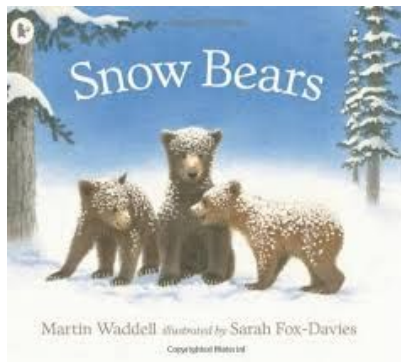


# ENRICHMENT

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



# 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

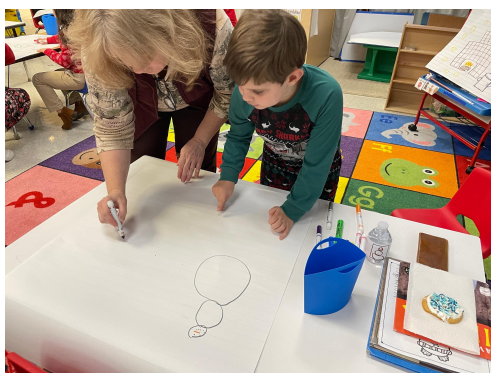
**Supervise la tarea.** Haga a su niño comprender que usted piensa que la educación es algo importante y que hay que cumplir con la tarea escolar. Usted le puede ayudar a su niño con la tarea en las maneras siguientes: aparte un lugar especial para que su niño estudie, fije una hora para hacer la tarea, 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.

# Literacy Night

Our families had a great time at Literacy Night. We appreciate everyone who attended.



Our December Community Morning Meeting is full of carols and stories. What a great day!

## December Community Morning Meeting





# Traveling Cajun Dancers

Traveling Cajun Dancers performed at the Rotary Tree Lighting on December 6th. They did a great job.



## Mardi Gras Float Decorating

We are in need of parents, grandparents, or community members to help us decorate our Mardi Gras floats. A meeting will be held on January 18, 2024 at 2:30. Please consider attending the meeting and/or helping decorate our floats.



# 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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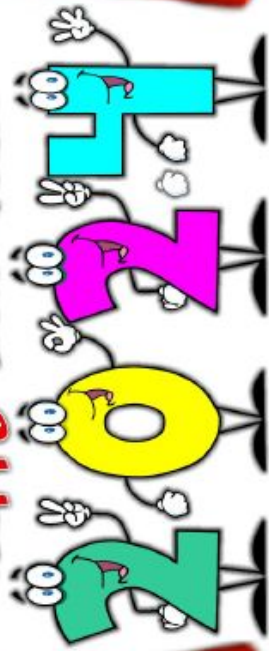
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(EOE)



# Happy New Year!



**ST. CHARLES PARISH  
PUBLIC SCHOOLS**

**ELEMENTARY SCHOOL  
MENUS**

**Monday, January 8**

**Breakfast**

Pancake  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

**Lunch**

Italian Beef & Cheese  
Steamed Carrots  
Broccoli Florets  
Peach Slices

**Tuesday, January 9**

**Breakfast**

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

**Lunch**

Fish Sticks  
Macaroni & Cheese  
Green Beans  
Cucumber & Tomato Salad  
Apple Wedges

**Wednesday, January 10**

**Breakfast**

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

**Lunch**

Chili  
Fritos  
Shredded Cheese  
Corn, Garden Salad  
Banana

**Thursday, January 11**

**Breakfast**

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

**Lunch**

Chicken/Sausage Jambalaya  
White Beans  
Steamed Carrots  
Garlic Bread  
Pineapple Tidbits

**Friday, January 12**

**Breakfast**

Muffin Choice w/Cheese  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

**Lunch**

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

**Pro Football  
playoffs start  
Saturday,  
January 13.**

**What team  
will wear the  
crown on  
Super Bowl  
Sunday?**



# Hey, You!

## Put that book down!

The American Academy of Pediatrics recommends that kids get up and do something else for 10 minutes every hour when they're reading to avoid eye, neck, and brain fatigue!

**January is National Book Month\***

\*celebrated at different times by various organizations, so just read all you!



# YOU'RE GOOD



**ALL STUDENTS EAT ALL MEALS @**

**NO COST ALL YEAR LONG**

I am the letter

# S



sun

# GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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

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





## Which of these prehistoric life forms is NOT extinct?



STEGOMASTODON — a six-ton elephant-like behemoth.  
MEGATHERIUM — a four-ton giant ground sloth. And the  
AVOCADO?! The first two are extinct — and the third probably  
should be. The avocado plant developed its large seed (it was  
even larger back then) because very big animals would eat the  
fruit whole in one gulp, seed and all, and help the plant spread  
to new areas. When most of the big mammals died off 10,000  
or more years ago, the avocado should have disappeared with  
them — birds and tiny mammals can't begin to swallow and  
disperse a seed that big! But somehow the wild avocado  
survived thousands of years until humans learned to cultivate  
the delicious fruit. And the avocado's future survival was  
guaranteed when man discovered the Super Bowl and started  
cranking out lots of guacamole every winter!

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

Friday, January 19

### Breakfast

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

### Early Dismissal

#### Lunch

Bosco Sticks  
Marinara Sauce Cup  
Green Beans  
Orange Wedges

Thursday, January 18

### Breakfast

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

#### Lunch

Beef Teriyaki Dippers  
Steamed Rice  
Edamame Beans  
Broccoli Florets  
Pineapple Tidbits w/Cherries

Wednesday, January 17

### Breakfast

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

#### Lunch

Beef Vegetable Soup  
Grilled Cheese Sandwich  
Garden Salad  
Banana

Tuesday, January 16

### Breakfast

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

#### Lunch

Salisbury Steak  
Mashed Potatoes  
Peas and Carrots  
Dinner Roll  
Strawberry Cups

Monday, January 22

### Breakfast

Yogurt Parfait  
or Breakfast Burrito  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Red Beans w/Rice  
Seasoned Mustard Greens  
Steamed Carrots  
Cornbread  
Peach Slices



School will be closed  
Monday, January 15  
in recognition of  
Martin Luther King, Jr.'s  
birthday.

Friday, January 26

### Breakfast

Fresh Donut  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Fresh Hot Pizza  
Marinara Sauce  
Garden Salad  
Green Beans  
Fruit of the Month  
Brownie w/Icing

Thursday, January 25

### Breakfast

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

#### Lunch

Turkey Stew  
Steamed Rice  
Carrot Souffle  
Steamed Cabbage  
Pineapple Tidbits

Wednesday, January 24

### Breakfast

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

#### Lunch

Shepherd's Pie  
Peas & Carrots  
WW Roll  
Banana

Tuesday, January 23

### Breakfast

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

#### Lunch

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

## The home stretch!

Just a few more  
months to go in  
the school year!  
**YOU CAN DO IT!**  
And we want to  
help! While you  
concentrate on  
the finish line,  
we'll keep you  
fueled up with  
tasty, nutritious  
food!



Wednesday, January 31

### Breakfast

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

#### Lunch

Chicken/Sausage Gumbo  
Steamed Rice  
Potato Salad  
Garden Salad, Crackers  
Banana

Tuesday, January 30

### Breakfast

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

#### Lunch

Orange Chicken  
Fried Rice  
Broccoli Florets  
Asian Chopped Salad  
Tropical Fruit

Monday, January 29

### Breakfast

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

#### Lunch

Chicken Tenders  
Waffles w/Syrup  
Green Beans  
Carrots  
Applesauce