



PELICAN PRIDE

December 2023
Angi Butler/Principal

twitter.com/Mimosa_Pelicans
Theresial Chatman/Assistant Principal

www.stcharles.k12.la.us/mimosa
Aimie Heiden/Assistant Principal

PRINCIPAL'S MESSAGE

Season's Greetings to our MPE families,

It's the most wonderful time of the year! In December, we have the chance to reflect on the past year and look forward to the start of a new year filled with exciting hopes and dreams! As I reflect on this year, my first thought is "**thankful.**" It has been two years since I became the Principal of Mimosa Park Elementary. Your **generosity** and **kindness** are extraordinary! Your support of our administration team has been **remarkable!** Your **patience** and **understanding** as we transition to "the most normal year yet" is highly commendable. Again, **thank you** for being such a vital part of this loving MPE **family** who demonstrates daily that collectively we are all the reason MPE is moving from **Good to Great!** I applaud each of you for your **flexibility, understanding, and resiliency!** Whatever 2024 may bring, **together** we are **one family** and we **ALL Bee-Long** at MPE!

Tis the season to be jolly! While we look forward to the activities, hustle, and bustle of this holiday season, we remain focused on our core business of **TEACHING** and **LEARNING** by providing quality instruction and engaging learning experiences for our students. Quarter 2 ends Thursday, December 21, 2023. Teachers will continue to **instruct** students and **assess** their skills in order to determine progress made towards mastering essential learning standards. Please encourage your child to complete all lessons, homework, and tests to the best of his/her ability to end the first semester with a record of **academic success.** By ensuring your child completes all schoolwork, you are reinforcing our **home-school partnership**, which makes a positive difference for all stakeholders!

Jingle Bells! As we prepare to ring in 2024, let's take time to acknowledge the great that 2023 has brought us. We are adjusting to our new Math curriculum and understanding the essential skills in each grade level. We continue to celebrate Students' of the Month and MPE has now incorporated our new teacher and faculty member of the month program. Our **Pelican Pride** is at an all-time high as we celebrate the successes of 2023 at MPE!

Let it Snow! (Fingers crossed!) During this season of **love and thanksgiving**, I want to wish everyone a very Merry Christmas and a Happy New Year. Please take time out of your busy schedules to celebrate this special season with **family and friends** as you make **memories** that will last a lifetime. Please be safe during our holiday vacation and I look forward to having our MPE family back on campus: **Teachers return January 5, 2024** and students on **January 8, 2024.**

Happy Holidays,
Angi Butler
Principal



Our dress down day was a big success! Thank you for your support of Teddy Cares.

Holiday Activities

Class Christmas parties will take place on Wednesday, December 20th. Each student is allowed 1 visitor. The 1st grade Christmas Parade and Polar Express Day will take place on Thursday, December 21st. All students may wear pajamas on this day.



End of Quarter

The 2nd quarter will end Thursday, December 21st. Report cards will be distributed Wednesday, January 10, 2024.

Pride 1

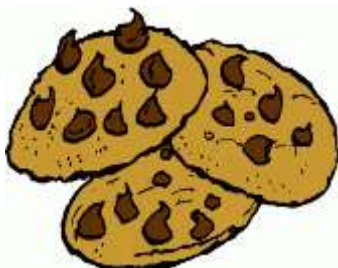
www.stcharles.k12.la.us





Cookie Dough Fundraiser

*Products must be picked up in-person on **Wednesday, December 13th** starting at 4:00pm. The school **will not** be able to accommodate freezer space for any items not picked up. More details will come at a later date.*



Reinforce Math Skills With Everyday Activities

A solid foundation in math is essential for students to succeed in school and beyond. Incorporate math into your family's daily life—without a lot of time, effort, or expense—with these fun ideas.

In the kitchen. Cooking is not only a terrific way to help children understand fractions—it's also excellent family bonding time. Show younger children how measuring two half-cups of flour yields the same amount as one full cup. Ask older children to help you cut a recipe in half or double a recipe. Have them write down the new measurements and check the computations together.

At the grocery store. Bring a calculator with you to the store when you shop. Young children can add up how much you have spent on groceries or saved with coupons. Kids in third grade or higher can help determine which size of detergent offers the best value, or whether using a particular coupon is cost-effective.

In the garage. A tire gauge is one of the simplest tools for a child to use, and can help him or her learn about addition and subtraction. Show your child how to measure the pressure in your bicycle or car tires. Then, have your child help you determine how much air you need to add or release. Older children can calculate gas mileage.

On the computer. Find activities that reinforce math skills, from computer games like Math Blaster to apps.

On the road. Long car trips were made for math games. Pick a number from one to 10 and have each family member try to find a license plate with the target number. Younger children can add the numbers together. Children who have learned subtraction can try to find one that involves adding a few of the numbers and then subtracting one.

Kids who have learned multiplication and division can put those skills to use.

At the toy store. If your child is trying to save up to buy something special, keep a chart of how much money they will need and what they have saved to date.



At home. Classic games such as dominoes, cards, puzzles, or Monopoly teach math reasoning. Sewing and building projects both involve plenty of computation. Teach your child how to measure and sew fabrics together, or build basic structures out of wood (with adult supervision).

Above all, avoid passing any math phobias that you might have on to your child. It's important for children to hear at home that what they're learning is

valuable—that all the work they're doing trying to comprehend division or fractions or measurement will pay off their whole lives.

Web Resources

Common Sense Media provides reviews of education apps.
www.commonsensemedia.org

PBS Parents has a math portal with tips, games, and everyday activities.
www.pbs.org/parents/education/math/

The **Figure This Family Corner** offers tips, tricks, and downloadable brochures.
www.figurethis.org/fc/family_corner.htm

Christmas Performances

2nd Grade Christmas Performance

All 2nd grade students will present the musical, *Jingle Bell Jukebox* on Tuesday December 12th, at 6:00 PM in the Shell Theater of the Lafon Performing Arts Center.

4 Year Old Pre-K Christmas Performance

The students in Mrs. Fonte's and Mrs. Swint's Pre-K classes will have a Christmas performance on Friday, December 15th at 9:30AM.



Thanks for Being Generous!

Mimosa Park Elementary students participated in the school's annual Thanksgiving Food Drive. Mimosa families donated over 800 food items! It was an overwhelming success. Thank you to everyone who participated in our food drive! Congratulations to Pre-K and Kindergarten for winning a dress down day for donating the most items!



Counselor's CORNER

DECEMBER 2023

Counseling Monthly Focus:

Students will be focusing on JOY during our weekly "Wellness Wednesday" lessons.

JOY is finding a way to be happy even when things don't go your way.

How are you and your family spreading JOY?

Perci's Pointers

- ☐ Generosity is making someone's day by giving something away.
- ☐ Generosity helps us to be empathetic, build better relationships, and make better decisions.

Let's CONNECT!



roubre@stcharles.k12.la.us



amartin@stcharles.k12.la.us

Happy, Healthy Kids TIP:

Children thrive on consistency, structure, and predictability. Develop a morning routine that looks the same each day to help get you and your kids out the door with a smile!

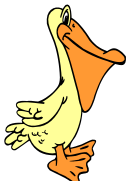


Halloween Fun

Teachers and students had a spook-tacular time dressing up for Halloween!



Ask Perci



Perci would like to hear from parents who might have suggestions for school improvement. Each month we will feature this section. Perci is interested in hearing your input. Please write your suggestions, positive comments or concerns and return it with your child. Perci (via the Parent Involvement Committee) may print a follow up letter in our next monthly issue.

Comments, Questions or Suggestions for School Improvement:

Your Name (Optional) _____



Flu Information

The Flu: A Guide for Parents

Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- Flu vaccine can prevent your child from dying from flu. A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- Flu vaccination also may make your illness milder if you do get sick.
- Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problem and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptoms that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many medicines can reduce 100°C (104°F) degrees Celsius to 100.4°F (38°C) or lower. Use this number as a guide only. Do not use this number as the only way to decide if your child is better.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information, visit www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO

PTO NEWS



PTO is still so excited about our Fun Run results! We'd like to thank our Fun Run sponsors one more time. Please consider supporting these businesses that support MPE!

Percle's Jump N Fun

Capital One Bank

Louie's Wrecker Service

Hamada Orthodontics

ABC Title

Quality Cleaning Equipment & Supply

JPS Home Builders

A Plus Garage Doors

Crescent River Port Pilots

To those who recently ordered items from our online uniform store, items will be sent home with your student in 2-3 weeks.

The PTO board is now shifting our attention to our annual Cake Bingo Event! Save the date: Friday, March 15th at 6PM! More information will be sent home after the Christmas Holiday.

If you have any questions about PTO, please feel free to email mimosaparkpto@yahoo.com. Thanks for your support and Happy Holidays!



Pride 5

www.stcharles.k12.la.us



Kindergarten Students Give Thanks



Kindergarten students enjoyed a Thanksgiving feast with their friends and teachers.



Reminders about dismissal changes & check-out:

Please note that all dismissal changes should be in the office before the **2:30pm deadline**. All notes should be written on a full size sheet of paper in dark ink. The note should include the child's name, teacher's name, the dates of the changes, and the address that the child is to be dropped off (if applicable). This information can be sent to school in your child's blue folder or emailed to mimosal@stcharles.k12.la.us (Please do not send emails to the teacher or individual secretaries.) ***Also, please refrain from checking out your child at the very end of the day. No one will be allowed to sign out after 3:30 without sending prior notification to the teacher/office. Dismissal time is a busy time of the day, at this time teachers and staff are preparing students for a safe dismissal.***



WELCOME

Mrs. N. Campo- Librarian

Ms. S. Stoney-Assistant

Library Newsletter: December 2023

Book Club Members

Greyson Allday-50 Book Club

Emily Beltz - 50 Book Club

Aiden Cortez - 50 Book Club

Connor Dupre - 50 Book Club

Lila Francipane - 50 Book Club

Jackson Hubert - 50 Book Club

Liam Jenkins - 50 Book Club

Parker Koelling - 50 Book Club

Ava Salazar - 50 Book Club

Rose Sylve - 50 Book Club

Grayson Bergeron - 100 Book Club

Daniel Champagne - 100 Book Club

Elliott Kroll - 100 Book Club

Lily Taylor - 100 Book Club

Important Dates:

Dec. 4-15: Prize Weeks (Nov. logs)

Jan. 9: Logs counted for December

Jan. 15-26: Prize Weeks (Dec. logs)



Library Book Recommendations

Is there a book, a book series, or a specific topic that you would like to recommend for our library? If so, please scan the QR code and complete the form!

English Form



Spanish Form



Top Classes:

Mrs. Cindy - Pre K

Mrs. Charmaine - Pre K

Mrs. Otwell- K

Mrs. Gallagher - 1st Grade

Ms. Smith - 1st Grade

Mrs. Todaro - 2nd Grade

Excited About Enrichment

**Kindergarten,
1st grade,
and 2nd grade
P.E. with
Mr. Paradise &
Mrs. Dufrene**

In P.E. we have been extremely busy making our bodies and minds stronger and more disciplined. We have discussed the importance of teamwork and how to work with others. This month we will continue with bowling to help them develop and further understand the concept of team work.

During our health discussions, we have been discussing the importance of cleanliness and the need for a good healthy diet.

**Kindergarten,
1st grade,
and 2nd grade
Art with
Mrs. Matherne**

Students in Kindergarten through Second grade are becoming critical thinkers in visual art. We completed artwork inspired by Kandinsky and Britto. Students used markers to draw lines, create shapes, and fill with color. Next, they will identify, apply and mix the primary colors and create the secondary colors. We will then create art that is inspired by Yayoi Kusama. Students will show light, medium and dark colored dots on their art. Students love the idea that there are no mistakes in art; just opportunities!

**2nd grade
Music with
Mrs. Solomon**

Welcome to Second Grade music! Second graders are celebrating the holiday season with a look at holiday traditions and songs from all over the world. This exposure to music and dance will help our students appreciate and respect the diversity of cultures that make up this world community.

**2nd grade Art
with
Mrs. Herbert**

Second grade artists will begin learning about the art element of space. Students will enjoy creating art that shows near and far. Students will also mix yellow and blue paint to make secondary green.

**Kindergarten,
1st grade
and 2nd grade
Music with
Mrs. Pepperman**

We have been having such a wonderful time in music! Our musicians have been hard at work making progress in steady beat, high and low sounds, and playing instruments as an ensemble. We will continue exploring the elements of music in the weeks to come.



Kindergarten students ended their nursery rhyme unit by dressing up as characters from their favorite nursery rhyme!



Students of the Month

October's Students of the Month were recognized at our November Community Morning Meeting!

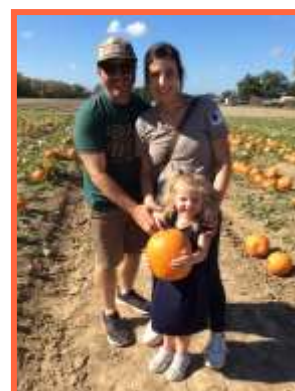
Pre-K and Kindergarten: Vivian Baudoin, Grayson Bergeron, Andrew Buckel, Daniel Champagne, Lila Francipane, Brantley Hicks, Madison Plaisance, Aubrey Portera, and Pier Prince

1st Grade: Luis Borge, Elijah Borne, Landon Ledbetter, Kelsey Percle, Parker Rome, Eli Sacra, and Natividad Washington

2nd Grade: Ali Aucoin, Ella Burke, Savanah Coyle, Yeremi Gonzalez-Castro, Clayden Melancon, Andi Phillips, Raelyn Robert, Taryn Smith, Anthony Toups, and Eli Tullier



Pre-K Pumpkin Patch



Say it:
I can give.

Generosity



Know it:

Family Discussion Time:


- What are some ways that you like to show generosity?
- Can you remember a time that someone was generous to you? How did that make you feel?
- How does it make you feel when you are generous?

See It:

There's a popular saying you may have heard: "It's more blessed to give than to receive." That sums up the idea of generosity. Many people have experienced the incredible feeling of being generous. We can be generous with our money, belongings, or even our time. Watch this book called George the Generous Giraffe. In what ways did George show generosity to the other animals? How did this make the other animals feel? How did it make George feel? Discuss ways that you could be more like George and show generosity to others.

Be It:

Design a family generosity project to do this December. Even preschoolers can learn about the importance of giving early in life. Look for opportunities in your community to show generosity. You could donate some toys to a Christmas toy drive., fill a box for Operation Christmas Child, buy socks and gloves for the local homeless shelter, or take homemade cookies to our neighbors. If you look around, you will find tons of opportunities to show generosity to others in your community.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
December 2023					1  Santa Pictures Students taking pictures may dress in Holiday outfits 1st & 2nd Grade Artsperience	2
3	4	5	6	7	8  Community Morning Meeting	9
10	11	12 2nd Grade Field Trip- LPAC 9:30-11:30 2nd Grade Performance LPAC 6pm	13 FUNDRAISER DELIVERY 4:00 PM	14	15 Pre-K 4 Performance 9:30 AM Perci's Pit Stop	16
17	18	19	20 Class Christmas Parties	21 End of Q2 Early Dismissal 12:45 1st Grade Christmas Parade & Polar Express Day Students may wear pajamas	22	23 
24	25  Merry Christmas!	26	Christmas Holidays Dec. 22nd - Jan. 7th Classes resume on Jan. 8, 2024			30
31						

ELEMENTARY MENUS DECEMBER 2023



ST. CHARLES PARISH PUBLIC SCHOOLS

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

★ OUR NATION'S HISTORY ★

Cranberries are considered a very American food. Native Americans made cranberry sauce by sweetening the tart berries with maple syrup. When it was discovered that cranberries grew very well in "bogs" of shallow water, cultivation of the fruit spread from New England in Wisconsin to the Pacific Northwest - and even to Europe! When an American ship loaded with cranberries sank along the Dutch coast, crates of the berries washed ashore and broke up. Some of the berries took root, and cranberries have been cultivated on certain Dutch islands ever since!

★ WITH LIBERTY & JUSTICE FOR ALL ★

Every complete meal we serve comes with your choice of milk!

Available Daily

With all meals

Low Fat White Milk
Fat Free Flavored Milk

Cold Lunch Choice

Monday: Sunbutter Sandwich
Tuesday: Chef Salad
Weds.: Deli Turkey
or Ham Sandwich
Thursday: **Charley Box**
Friday: Sunbutter Sandwich

Brain Ticklers



What do you call a snowman in the summer time?

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

44 boxes

Friday, December 1

Breakfast

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

Lunch

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

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

Monday, December 4

Breakfast

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

Lunch

Chicken Tenders
Waffles w/Syrup
Green Beans
Carrots
Applesauce

Tuesday, December 5

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

Wednesday, December 6

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

Thursday, December 7

Breakfast

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

Lunch

Italian Beef & Cheese Mac
Peas
Italian Salad
Garlic Bread
Pineapples

Friday, December 8

Breakfast

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

Lunch

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

HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



EAT BETTER. FEEL BETTER. LIVE HEALTHIER. LOOK SMILER.
WELLNESS IS A WAY OF LIFE!

Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North American name for the reindeer, "caribou," comes from a Native American word, "galipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food.



Here's wishing you a bright and happy holiday season!



The entire Child Nutrition Staff at St. Charles Parish Public Schools

What's on YOUR plate?

Get crackin'!

There might not be another snack that's as good for you - and as fun - as whole walnuts that you crack yourself! The nuts are filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you - for instance, walnuts are one of the few non-fish sources of super-healthy omega-3 fatty acids.



Learn more at www.CHOOSEMYPLATE.gov or http://childhealth.org/dietary_health/healthykids.html

Monday, December 11

Breakfast

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

Lunch

Dill Chicken Chunks
Mashed Potatoes
Broccoli Florets
Garlic Knot
Peach Slices

Tuesday, December 12

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, December 13

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, December 14

Breakfast

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

Lunch

Chicken/Sausage Jambalaya
White Beans
Steamed Carrots
WW Roll
Pineapple

Friday, December 15

Breakfast

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

Lunch

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

Monday, December 18

Breakfast

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

Lunch

Chicken Alfredo Pasta
Green Beans
Carrots
Applesauce

Tuesday, December 19

Breakfast

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

Lunch

Roasted Chicken
Mashed Potatoes
Corn
WW Roll
Pear Halves

Wednesday, December 20

Breakfast

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

Christmas Brunch

Scrambled Eggs
Sausage Patties, Grits
Biscuit, Potato Coins
Fruit Juice

Thursday, December 21

Breakfast

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

Lunch

Boxo Sticks
Marinara Sauce Cup
Green Beans
Pineapple Tidbits

See You Next Year!

Last day of school:
Thursday, December 21

Classes Resume
Monday, January 8