



MIMOSA PARK
ELEMENTARY SCHOOL

PELICAN PRIDE

March 2024
Angi Butler/Principal

www.stcharles.k12.la.us/mimosa
Theresial Chatman/Assistant Principal

twitter.com/MPE_Pelicans
Aimie Heiden/Assistant Principal

PRINCIPAL'S MESSAGE

Dear Marvelous MPE Families,

February came and went in the blink of an eye and March is already here! As we wrap up Quarter 3 on March 14th, it won't be long until we settle into our longer, warmer days and begin Quarter 4 end-of-year preparations!

March is a busy month filled with important academic dates and fun events!

Kindergarten registration is now open for students who will be five (5) years old by September 30, 2024. The link to **online kindergarten registration** is available on our school website or Twitter page. Parents/guardians can register and submit documents online at any time. Parents may upload required documentation online, however, the **original** birth certificate must be brought into the front office. In-person kindergarten registration at MPE will take place **Monday, March 11 through Friday, March 15 from 9:30AM-12:30PM**. Please bring the following: driver's license, proof of custody (if child is not living with both biological parents), child's birth certificate, child's social security card, home address, mailing address, phone number, and proof of residency. Proof of residency would be two **different** utility bills-gas, water, or electric bills only. **Phone and cable bills are not accepted**. If renting, one current utility bill and the lease. It is not necessary for the child to attend registration.

On **March 15** join us for **PTO's Annual Bingo Night!** We will play Bingo to win prizes and socialize with our MPE families and friends! Be sure to get your tickets and take chances on the 50/50 raffle and amazing gift baskets! Doors will open at 5:15PM and bingo will begin at 6:00PM. Please call the school if you need tickets and/or information.

Given the rainy winter weather we have had, I am choosing to fully embrace "**Spring Fever**"! Feel free to join me as we maintain our **momentum of successful teaching, learning, and growing together!** I appreciate your continued efforts in supporting our academic assignments and home-school connections as we work towards accomplishing our goal of finishing the year strong!

Thank you for all your support,

Angi Butler
Principal

hello
spring!

le 1

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Fourth Nine Weeks Report Card Indicators

Kindergarten

READING

- I can isolate and produce beginning, middle and ending sounds.
- I can use the relationship between letters to decode words.
- I can read emergent-reader texts.

MATH:

- I can write & represent numbers 0-20.
- I can count objects up to 20, arranged in a line, rectangular array or a circle.
- I can count out a number of objects when given a number.
- I can represent addition with objects, fingers, mental images, drawings, sounds, acting out situations, verbal explanations, expressions or equations.
- I can solve addition and subtraction word problems within 10 using objects or drawings.
- I can decompose numbers 1-10 in more than one way.
- I can compose and decompose numbers 11-19 using place value.



1st Grade

READING:

- I can decode regularly spelled one-syllable words.
- I can decode two-syllable words by breaking the word into syllables and recoding the whole word correctly.
- I can read words that do not follow the spelling pattern (tricky/sight words).
- I can read on-level texts with understanding, accuracy, and at an appropriate rate on successive readings.

MATH:

- I can use addition and/or subtraction within 20 to solve word problems using objects, drawings/models and numbers to represent various situations.
- I can add and subtract within 20 using various strategies, demonstrating fluency within 10.
- I can understand that digits of a two-digit number represent amounts of tens and ones.
- I can add numbers within 100.
- I can subtract multiples of ten.

2nd Grade

READING:

- I can know and apply grade-level phonics and word analysis skills in decoding words.
- I can read multiple texts with automaticity.
- I can read multiple texts with accuracy.
- I can answer questions to demonstrate understanding of key details in a text.

MATH:

- I can solve one-step addition and subtraction word problems within 100.
- I can fluently add and subtract within 20.
- I can understand that the three digits of a three-digit number represent amounts of hundreds, tens and ones.
- I can read and write numbers to 1000 in multiple ways.
- I can add within 1000 using strategies based on place value.



Staff Achievement Awards

Do you know of a staff member who demonstrates that “You and I...We are St. Charles Parish Public Schools?” Who exemplifies the district’s customer excellence standards? Who demonstrates commitment, dedication, and excellence? If so, we need your help! The St. Charles Parish Public School System is conducting a search for Staff Achievement Award nominees. One staff member from 9 various categories will be selected for recognition at the Staff Achievement Awards program to be held in April. These categories include:

- | | | |
|----------------------------|---------------------------------|-----------------------|
| ➤ Child Nutrition Services | ➤ School Administrative Support | ➤ Specialist/Educator |
| ➤ Physical Plant Services | ➤ School Support | ➤ Substitute Staff |
| ➤ Professional/Technical | ➤ Secretarial/Clerical | ➤ Transportation |

Nominations may be submitted by fellow staff members, parents, students, or community members. Nominees must have been employed by St. Charles Parish Public Schools for a minimum of 3 years. Selections will be made by a committee of district employees. Nomination forms are available at Central Office. Forms must be turned in no later than Monday, March 25, 2024.

PTO NEWS: What's Happening?



Cake Bingo is in just a few short weeks, on Friday, March 15 at 6 pm! Thank you to our students for selling raffle tickets; we have already sold more than 5,000 raffle tickets! Congrats to those who have won dress down days, popsicles, and crazy hair days! There are more prizes to come, so please keep up the great work! All raffle tickets should be turned in by Friday, March 15.

On event night, doors will open at 5:15 PM, and the first Bingo game will start promptly at 6:00 PM. We encourage an early arrival to check in, grab a great seat, view the cakes and prizes, have a snack and then be ready to play!

Additional Bingo cards, food tickets, and raffle tickets can be purchased at the event. Bingo cards are \$6; food and raffle tickets are \$1. We will serve jambalaya and nachos, as well as lots of snacks and drinks. Of course, we will have cakes for our Bingo winners!

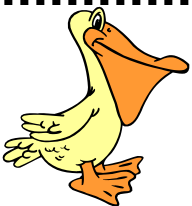
We will also hold a 50/50 raffle to be drawn at the end of the event. You may only enter this raffle on the night of Cake Bingo and you DO need to be present to win.

We look forward to a great event!

Finally, not long after our Cake Bingo event, we will be sending home 2024-2025 PTO Board nomination forms. Please consider joining our board next year to help us create these fun, exciting opportunities for our students and their families. If you have any questions about Cake Bingo or joining next year's PTO board, please email mimosaparkpto@yahoo.com.



Don't forget to Like us on Facebook! We can be found at www.facebook.com/MimosaParkElementaryPTO or by scanning this QR code!



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) will print a follow up letter in our next monthly issue.

Comments, Questions or Suggestions for School Improvement:

Your Name (Optional)



Kindergarten Registration

WHO: Children who will be five (5) years old by **September 30, 2024**

INFORMATION: Parents/guardians may register their child for kindergarten **either online or in-person**.
Online registration requires bringing documentation to school in-person.

To complete the registration, parents or guardians must bring in:

- child's birth certificate
- child's social security card
- copy of driver's license or state ID of enrolling parent or guardian
 - Address on the enrolling parent's or legal guardian's official ID is required to match the physical address of their St. Charles Parish proof of residency.
- proof of custody (if child is not living with both biological parents)
 - Custody documents must be signed by a judge and have a court seal.
 - Custody documents must name the applicant as the physical, custodial, and domiciliary parent.
- proof of residency
 - two utility bills showing physical address (Only gas, water, and/or electricity bills are accepted.)
 - if renting: a copy of the lease with all children listed as occupants, one utility bill, and the landlord's full name and phone number must be on the lease
 - Temporary residency application for kindergarten enrollment will be accepted for provisional enrollment from February 9 through February 23; after February 23, all other temporary residency will be processed starting May 27.
- immunization records (may be uploaded online)
 - All students entering any school for the first time shall present satisfactory evidence of having been immunized against the following, but not limited to, diphtheria, tetanus, whooping cough, poliomyelitis, measles, and other communicable diseases according to a schedule approved by the State Department of Health or shall present evidence of an immunization program in progress.

***Students registering online or in-person by March 15 will be administered the Kindergarten Screener at an assigned time later in the spring.**

ONLINE REGISTRATION

Parent/Guardian may register and submit documents online at any time. If you are able to upload all required documentation online prior to clicking submit, you do not have to go in-person to school to provide documents.

WHEN: Opens Monday, February 5, 2024

WHERE: <https://registration.powerschool.com/family/gosnap.aspx?host=StCharlesParishPSD>

Or by scanning this QR code



IN-PERSON REGISTRATION

WHEN: Monday, March 11 - Friday, March 15, 2024 | 9:30 AM-12:30 PM

WHERE: You must register your child at the school in your attendance area:

Westbank Schools:

Allemands Elementary: 985-758-7427 | Luling Elementary: 985-785-6086 | Mimosa Park Elementary: 985-785-8266

Eastbank Schools:

New Sarpy Elementary: 985-764-1275 | Norco Elementary: 985-764-7079 | St. Rose Elementary: 504-464-9254

It is not necessary for the child to be present at registration.

For more information, call the school or the School Board Office at (985) 785-6289.

MARDI GRAS



Mimosa Park kicked off the Mardi Gras holiday with their annual 2nd grade parade. Demi Phillips was the queen of the parade and Clayden Melancon was the king. The king and queen led the 2nd graders as they paraded with their class.



Students of the Month

January's students of the month were recognized at
February's Community Morning Meeting!

Pre-K & Kindergarten: Magnolia Barre, Isla Bourg, Kambrie Cressionie, Aubrey Gillard, Owen Hooper, Jaxon King, Landon Line, Grayson Thibodeaux, and Ellie Waits

1st Grade: Avery Cazes, Aliyah Lopez, Ali Louviere, Kohl Pitre, Aakeem Polly, Remi Smith, and Devante Sylve

2nd Grade: Clara Bosarge, Zoe Deslatte, Fernanda Hernandez Ferrera, Emery Lawrence, Emerson Philastre, Isabel Philastre, Harlee Ramirez, Roman Ranatza-Doyle, Rosalie Sumpter, and Ellia Thompson



Pride 6

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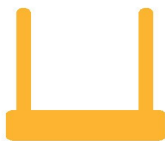
Playground Safety Tips

Everything you need to know to keep your kids safe at the playground.

With active supervision and some basic safety tips, every day at the playground can be a walk in the park.

Supervise Kids Using Playground Equipment

- Actively supervise children on playgrounds. It won't be hard – they'll probably be calling for you to watch them climb, jump and swing.
- Check playgrounds where your children play. Look for hazards, such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or appropriate local office.
- Teach children that pushing, shoving or crowding while on the playground can be dangerous.
- Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes.
- Little kids can play differently than big kids. It is important to have a separate play area for children under 5.



Falls are the most common type of playground injury, accounting for more than 75 percent of all playground-related injuries. Lack of or improper supervision is associated with approximately 45 percent of playground-related injuries.



Choose the Right Play Area Based on Your Child's Age

- Ensure that children use age-appropriate playground equipment. Separate play areas for children under 5 should be available and maintained.
- For babies who are learning to walk, the play area should have a smooth and easy surface to walk on.
- If your baby has fairly good head control and can sit up with support (usually around 9 months old), give the baby (bucket-shaped) swings a try.

Ensure Safe Surfacing Beneath and Surrounding Playground Equipment

- Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt or gravel.
- Recommended surface materials include: sand, pea gravel, wood chips, mulch and shredded rubber. Rubber mats, synthetic turf and other artificial materials are also safe surfaces and require less maintenance.
- Surfacing should be at least 12 inches deep and extend at least 6 feet in all directions around stationary equipment. Depending on the height of the equipment, surfacing may need to extend farther than 6 feet.
- For swings, make sure that the surfacing extends, in the back and front, twice the height of the suspending bar. So if the top of the swing set is 10 feet high, the surfacing should extend 20 feet.

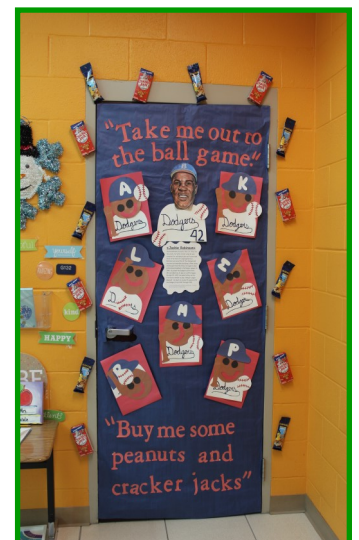
Check That Playgrounds Are Inspected and Maintained by Qualified Personnel

- Double check with your school and child care center to make sure they have age-appropriate, well-maintained playground equipment.
- If there are any hazards in a public or backyard playground, report them immediately and do not allow children to use the equipment until it is safe.
- Report any playground safety hazards to the organization responsible for the site (e.g., school, park authority or city council).





MPE celebrated Black History Month with dress down days, a performance by the JB Martin Step team, and a door decorating contest! Congratulations to the following teachers for winning the door decorating contest for their grade level: Ms. Hooper, Ms. McGowan, Ms. Matherne, and Ms. McWilliams.



Welcome!

Mrs. N. Campo- Librarian

Ms. S. Stoney-Assistant



Library Newsletter: March 2024



Congratulations to our
newest book club members!

50 Book Club Members:

Hayden Flaspoller

100 Book Club Members:

Camille Burns, Dante Canedo, Baylen Minchew, Rhett Montet, Pier Prince, Jaylon Ruiz, Cason Tetreault, Averie White, Na'Zon Washington

200 Book Club Members:

Elijah Breau and Natividad Washington

300 Book Club Members:

Amelia Balser, Aiden Lynch, Clayden Melancon, Bonnie Sorapuru, Cali Troxclair



Top Classes (January):

Mrs. Otwell - K

Mrs. Todaro - 2nd Grade

Important Dates:

March 28: March logs due

April 11-15 & 22-26: Prize weeks (March logs)

April 26: April logs due



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

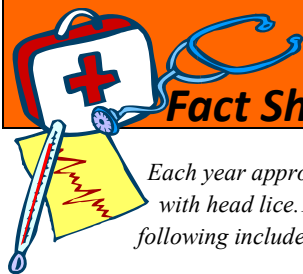


Spanish Form



Book Care Tip of the Month: Return your books on time.





MARCH NOTES FROM THE NURSE

Head Lice: A Real Head Scratcher

Fact Sheet for Parents



Each year approximately 6 to 12 million children between the ages of 3 and 12 years of age are infested with head lice.¹ While the odds of your son or daughter developing head lice are relatively small, the following includes useful information on how to spot and treat this condition.

What are head lice?

Head lice are small parasitic insects that survive by removing small amounts of blood from the scalp every few hours.¹ Generally found close to the scalp, primarily around the ears and at the back of the neck, the adult louse is about the size of a sesame seed and can be the color of your child's hair.¹ Eggs, or nits, are smaller and are silver in color.¹

What are the symptoms of head lice?

The most common symptom of head lice is itching caused by an allergic reaction to the louse saliva. There may be redness or sores caused by scratching. Your child may be irritable and experience sleeplessness.²

How common are head lice?

About one in every 100 U.S. elementary school children will be infested with head lice in any given year.³ Infestation can occur throughout the year, although a peak is generally experienced during summer and back-to-school time periods. Girls are more likely than boys to become infested because of sharing personal hair items.¹

How do you get head lice?

Lice are "equal opportunity" parasites. They infest all socioeconomic groups, races, genders and ages, but are more commonly found in children due to their close contact with each other.¹ While head lice are not considered an infectious disease, spread from one child to another can occur primarily through direct head to head contact or secondarily through the sharing of personal items such as hats, scarves, helmets, brushes, combs or pillows.¹ It is important for you to know that lice are not a sign of poor hygiene and they do not spread disease. If someone in your child's class at school develops head lice, there is no reason to panic and automatically assume that your child will "catch" head lice.

How do I know if my child has head lice?

Diagnosis of head lice is made on the basis of symptoms and confirmed through the identification of a live louse on the head. If your child is scratching his or her head, and you see red bite marks, sores, lice or nits on their scalp, he or she should be examined by a medical professional.³

How do I prevent head lice?

While preventing head lice entirely can be difficult, children should avoid head to head contact during lice outbreaks. Secondly, parents should discourage their children from sharing personal items such as hats, scarves, headbands, helmets, brushes, combs or pillows to decrease the likelihood of spread from one person to another. All recently worn clothing, hats, bedding, and towels used by anyone having lice or thought to be exposed to lice can be washed in hot water (130°) or dry cleaned. Personal care items such as combs, brushes and hair clips should also be washed in hot water. Toys such as stuffed animals can be placed in a hot dryer for 30 minutes or in a plastic bag for 2 weeks.⁴

How can I treat head lice?

Treatments for head lice include:

- Over-the-Counter (OTC) products
- Prescription products
- Alternative therapies — natural and herbal. These products have not been proven effective and are not regulated by the Food and Drug Administration (FDA).^{5,6}
- Nit picking (hair combing) with a fine-tooth comb is often used to remove the nits (eggs) from the hair. Combing takes time and patience. While it may remove the eggs or empty shells, alone, it is not considered an effective treatment for head lice.⁶

Many approved products are safe and effective but like all medical treatments, they must be used as directed by parents. Also, studies have shown that head lice are learning to outsmart many pesticides and are developing resistance to OTC pyrethrin and pyrethroid products, in much the same way that some bacteria have developed resistance to antibiotics.⁶

If a child is suspected of having head lice, he or she should be examined by a medical professional.³

This program is supported through an educational grant to the National Association of School Nurses from Shionogi Pharma, Inc.

1. Hansen RC (September 2004). Overview: The State of Head Lice Management and Control. *Am J Manag Care*, 10, S260-S263. 2. CDC Fact Sheet. <http://www.cdc.gov/lice>. Accessed April 12, 2010. 3. Pollack RJ. The Role of the School in Battling Head Lice. *Our Children Magazine*. <http://www.pta.org/2151.htm>. Accessed April 10, 2010. 4. CDC Headlice Treatment. <http://www.cdc.gov/lice>. Accessed April 12, 2010. 5. Frankowski BL (September 2004). Overview: The State of Head Lice Management and Control. *Am J Manag Care*, 10, S269-272. 6. Burkhart CG. Relationship of Treatment-Resistant Head Lice to the Safety and Efficacy of Pediculicides. *Mayo Clin Proc*. 2004;79:661-666.

Counselor's CORNER

MARCH 2024

Counseling Monthly Focus:

On March 4-8, we will be celebrating Kindness Week! We will be reading the book *Have You Filled A Bucket Lately?* and doing several activities that go along with it. Everyone carries an invisible bucket. When your bucket is full, you are happy, but when your bucket is empty, you feel sad. A bucket filler is when someone is loving and kind, and a bucket dipper is when someone is mean and selfish. We want to focus on ways for everyone to be bucket fillers at MPE!



Let's CONNECT!



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Happy, Healthy Kids TIP:

Kids need at least one hour of exercise per day. Come up with a plan together about how to reach this one-hour daily goal of physical activity. Take walks or bike rides, or sign them up for sports or dance activities. Maybe you can run around the yard or local playground with them. "Getting their energy out" actually has many benefits to both physical and mental health.



Excited About Enrichment This Month

March 2024

Kindergarten, 1st and 2nd grade PE with Mr. Paradise & Mrs. Dufrene	<p>We are celebrating Healthy Hearts and we are jumping rope, single and double ropes. We are also continuing to review our healthy food choices and discussing the importance of healthy eating habits in relation to a healthy heart.</p>
Kindergarten, 1st and 2nd grade Art with Mrs. Matherne	<p>Visual Art students at Mimosa have continued to learn about color. We have focused on Terrance Osborne, a New Orleans artist, who uses many colors in his artwork. We will continue to explore the Elements of Art in their work.</p>
Kindergarten, 1st and 2nd grade Music with Mrs. Pepperman	<p>This month, first grade musicians will begin memorizing their parts for the spring musical. Kindergarten and second grade musicians will continue learning about musical elements and ensemble skills.</p>
2nd Grade Art with Mrs. Herbert	<p>Second grade artists will continue learning about secondary colors. Students will also learn about the famous artist, Jackson Pollock. Students will enjoy creating art in the style of Jackson Pollock.</p>
1st & 2nd Grade Music with Mrs. Solomon	<p>First and Second Grade students are working hard to understand the math of rhythm! We are listening and writing our own rhythms. Next we will be listening to intervals.</p>



Art Club



Pride 12

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Peace

SAY IT: I can share.

KNOW IT:

Family Discussion Time:

- Has anyone ever done something mean to you, but you chose to forgive them?
- Describe a time when you did something wrong, but someone else forgave you.
- How did it feel when someone forgave you?

SEE IT:

Watch this video to be inspired to share with friends. <https://www.youtube.com/watch?v=ewhwY5-EP38>

You can share toys, bats, gloves, and even super awesome dance moves. Talk about being a good friend and sharing with others. Throughout the month, look for people sharing in your community and talk about what you see.

BE IT:

One night this week, have a family "share" dinner together. Each person in the family can create something to share. Your dinner might be full of random favorites, but that's what makes it fun. Put away all electronic devices while you are eating. Have each person share their highs and lows from the day or something that they are looking forward to. The key to having a peaceful and fun night is to listening to others as they share their thoughts and ideas.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 2024					1	2
3	4	5	6	7	8 Yearbook Sales End	9
Kindness Week						
2nd Grade Visitor Lunches						
10  Daylight Savings Time	11	12	13	14 End of Quarter 3	15 Early Dismissal 12:45 Perci's Pitstop	16
Pre-K & K Visitor Lunches	In-person KINDERGARTEN REGISTRATION				Beginning of Quarter 4 PTO Bingo Night  6:00PM	
17  St. Patty's Day	18	19 Q3 Pelican Awards	20	21 Q3 Report Cards go home	22 Community Morning Meeting	23
1st Grade Visitor Lunches						
24	25 2nd Grade Visitor Lunches	26	27	28 Easter Dress Down Kindergarten- Sunday's Best Easter Parade- 9:30-10:30 Easter Parties PM	29 Good Friday No School	30
 31						

ST. CHARLES PARISH
PUBLIC SCHOOLS

ELEMENTARY MENUS FOR MARCH 2024

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

SURF'S UP

WITH SCHOOL BREAKFAST

Kids!
Join us March 4-8
for
**National School
Breakfast Week
2024!**

AVAILABLE DAILY
With all meals
Low Fat White Milk
Fat Free Flavored Milk
Cold Lunch Choice
Monday: Sunbutter Sandwich
Tuesday: Chef Salad
Wednesday: Deli Turkey
or Ham Sandwich
Thursday: **Charley Box**
Friday: Sunbutter Sandwich

FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



WELLNESS IS A WAY OF LIFE!

Friday, March 1
Breakfast
French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Grilled Cheese Sandwich
Baked Beans
Celery & Carrot w/Ranch Dip
Orange Wedges
Jello w/Whipped Topping

**SATURDAY, MARCH 2 IS
READ ACROSS AMERICA DAY!**
WHAT WILL YOU READ TODAY?

Monday, March 4
Breakfast
Pancake
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Popcorn Chicken
Mashed Potatoes
Broccoli Florets
Peach Slices

Tuesday, March 5
Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Hamburger & Cheeseburger
Crispy Cut Fries
Lettuce/Tomato/Pickle
Orange Wedges

Wednesday, March 6
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, March 7
Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Chicken/Sausage Jam Baked
White Beans
Steamed Carrots
Garlic Bread
Pineapple Tidbits

Friday, March 8
Breakfast
Muffin Choice w/Cheese
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Fish Sticks
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Apple Wedges

Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

**Spring forward
on
March 10**

Monday, March 11
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, March 12
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, March 13
Breakfast
St. Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Potato Soup
Garden Salad
WW Roll
Banana

Thursday, March 14
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

Friday, March 15
Breakfast
Waffle
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Bacon Sticks
Marinara Sauce Cup
Green Beans
Orange Wedges

**What's on
YOUR
plate?**

Monday, March 18
Breakfast
Yogurt Parfait
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Red Beans w/Steamed Rice
Seasoned Mustard Greens
Steamed Carrots
Canned Peaches

Tuesday, March 19
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

Wednesday, March 20
Breakfast
St. Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Beef Pot Roast
Mashed Potatoes
Peas/Carrots
Dinner Roll
Banana

Thursday, March 21
Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Turkey Steak
Steamed Rice
Carrot Souffle
Steamed Cabbage
Pineapple Tidbits

Friday, March 22
Breakfast
Fresh Donut
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Cheese Pizza
Garden Salad
Green Beans
Fruit of the Month
Brownie w/Icing

**What did the
Teddy Bear
say when
he was
offered
dessert?**

"No, thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil — like candy and desserts — are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.ChooseMyPlate.gov or <http://dhs.health.org/ncj257232/healthy-eating-plate.html>

Monday, March 25
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

Tuesday, March 26
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, March 27
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, March 28
Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Easter Brunch
Scrambled Eggs
Sausage
Potato Coins
Grits, Biscuit
Fruit or Fruit Juice

NO SCHOOL!
**GOOD
FRIDAY**

**HAPPY
EASTER**

Easter Break:
Mon. April 1—Fri. April 5
Classes Resume: Monday, April 8