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SHARK BITES

JANUARY 2024

WHERE EVERY STUDENT EXCELS

January's Message from Mrs. Terry

Happy New Year Schoeffner Shark Families,

We have much to celebrate as we bring in 2024. I am proud to recognize Mrs. Amanda Morgan, third grade teacher, for being selected as Ethel Schoeffner Elementary's Teacher of the Year! Mrs. Morgan's creativity and positivity are contagious for both staff and students alike. She approaches all tasks with professionalism. She serves as a state mentor teacher, helping to prepare teacher candidates for the wonderful world of teaching! She challenges her students to be their best academically and socially too. Congratulations, Mrs. Morgan!!

Our PTO recognized our students with another Shark Attack in December. All students were able to create an ornament that I hope you received and were able to display at home. PTO also provided a special lunch for our Schoeffner staff before we broke for our holiday. Thank you PTO for spoiling us all! Our PTO is currently busy preparing for our annual fundraiser, Finley's Fun Run, which will be held on January 25. Over the past couple of years we have used funds to enhance our playground for our students with swings, a slide and climbing play equipment, and covered structures for both playgrounds. Additionally all grade levels were able to enjoy a special activity/field trip. We plan to use funds this year to continue to enhance play areas and equipment for students as well as fund special educational and fun activities.

Our Talented Theatre students will participate in their winter performance on stage in the ESE cafeteria on Thursday, January 18. Please come to see our young actors and actresses. The show begins at 6:00 PM and all are welcome to attend.

Students will come home with their 2nd quarter report cards on Friday, January 12. We will have conferences again in person on February 1 and 2. End of the quarter grades should not be a surprise since you have access to Parent Portal. If you have not yet registered for Parent Portal or need assistance, please let us know. It is important that our students and you keep up with their progress throughout the year. Please reach out to your child's teacher for any support you may need. Working together Every Student Excels.

The Krewe of Finley will parade over to New Sarpy Elementary on Friday, February 9 at 1:00 PM. Please start collecting throws as all students will be eligible to participate in the parade. Our theme for the parade is "ESE Travels Through Louisiana." The student who raises the most funds during our Finley's Fun Run Fundraiser will serve as king or queen of the parade.



ETHEL SCHOEFFNER ELEMENTARY



Did you know that the doors of Ethel Schoeffner Elementary School opened on January 4, 1994? Ethel Schoeffner Elementary is named in honor of Miss Ethel Schoeffner. Miss Schoeffner served the St. Charles Parish School system for 48 years, from 1917 to 1965, as an elementary school teacher and an elementary school principal. Mrs. Schoeffner taught our very own art teacher, Ms. Manneal!

10 tips to help get your child to school on time, every day

1. **Set attendance goals with your child and track your child's attendance on a calendar.** Try offering small rewards for not missing any school, such as a later bedtime on weekends.
2. **Help your child get a good night's sleep.** A lack of sleep is associated with lower school achievement starting in middle school, as well as higher numbers of missed school and tardiness. Most younger children need 10-12 hours per night and adolescents (13-18 years of age) need 8-10 hours per night.
3. **Prep the night before to streamline your morning.** Have your child lay out their clothes. Have backpacks and lunches packed. Develop back-up plans for getting to school if something comes up like a missed bus or an early meeting. Have a family member, a neighbor or another trusted adult on standby to take your child to school should you ever need help.
4. **Try to schedule dental or medical appointments before or after school hours.** If children have to miss school for medical appointments, have them return immediately afterward so they do not miss the entire day.
5. **Schedule extended trips during school breaks.** This helps your child stay caught up in school learning and sets the expectation for your child to be in school during the school year. Even in elementary school, missing a week of classes can set your child behind on learning.
6. **Don't have your child stay home unless they are truly sick.** Reasons to keep your child home from school include a temperature greater than 101 degrees, vomiting, diarrhea, a hacking cough, toothache or a positive tests for COVID-19 or other infectious illnesses. Keep in mind, complaints of frequent stomachaches or headaches can be a sign of anxiety and may not be a reason to stay home.
7. **Talk with your child about the reasons why they do not want to go to school.** School-related anxiety can lead to school avoidance. Talk to your child about their physical and emotional symptoms. Try to get them to talk about any emotional struggles they may have with issues like peer conflicts or fear of failure. If you are concerned about your child's mental health, talk with your pediatrician, your child's teacher or school counselor.
8. **If your child has a chronic health issue such as **asthma**, **allergies** or **seizures**, talk with your pediatrician about developing a school action plan.** Meet with and get to know the nurse at your child's school.
9. **Follow the rules.** Be sure you know what your school's requirements are for when your child will be absent or late. If you are supposed to call, email or provide a doctor's note after a certain number of days out, then do it. If we want our children to follow rules, we must lead by example.
10. **Keep track of your child's attendance so you know when the days missed start to add up.** Look into why your child is absent. Think about your child's mood. Have they been spending time by themselves lately? Is their chronic condition starting to be more problematic? Is this school refusal? You know your child best.

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/School-Attendance-Truancy-Chronic-Absenteeism.aspx#tips>

January Counselor Connection



Internet Safety

I hope you had a wonderful holiday with your family. Many students shared with me prior to the break that they hoped to get a new electronic device. I thought this would be a good time for some tips regarding how you can keep your child safe while on-line and also encourage them to practice kindness while communicating with others. For additional resources, please visit <https://www.missingkids.org/netsmartz/topics>.

Karen Pethe
kpethe@stcharles.k12.la.us

- **Share with Care**
 - Communicate responsibly by treating online communication like it is face to face. If it isn't something you would say to their face, it isn't right to post it.
- **Don't Fall for Fake**
 - Remind your child that people and situations on line are not always as they seem. Learning to "trust their gut" to distinguish between real and fake is a valuable lesson in online safety.
- **It's Cool to be Kind**
 - The internet is a wonderful tool that can spread positive information quickly. Unfortunately, it can be used to spread hurtful information as well. Encourage your child to treat others the way they would like to be treated.
- **Terry Check**
 - I often tell the students to do a "Terry Check". Ask yourself, "Would I say this/post this/send this if Mrs. Terry was standing next to me? If the answer is no, then they should not say it."
- **When in Doubt**
 - When in doubt, talk it out! Reassure your child that if they ever feel uncomfortable about something online, they can come talk to you.
- **Privacy Prevails**
 - Remind your child to never share personal information including name, age, phone number, address, etc.
- **Online Forever**
 - Talk with your child about their "digital footprint" and how what they post can be traced back to them. They should never post something when they are angry and they should never feel pressured to post something.



Indoor Safety

During the winter months, the days are shorter and children tend to spend more time inside. As a parent, you can prevent injuries by making your home a safe place for your children. Here are some tips for keeping your children safe indoors.



- Check under the sink, in closets and in the garage for poisonous substances. Use child proof locks or place safely out of reach. Keep all medications safely secured. The poison control center is 1-800-222-1222.

- Keep pots and pans on back burners and turn the handles in toward the stove.
- Have at least one working smoke detector on every level and in all sleeping areas of your home (don't forget to change the batteries at least once a year and test it monthly).
- Keep sharp objects (knives, scissors or razors) and fire (candles, matches, lighters or cigarettes) stored out of reach.

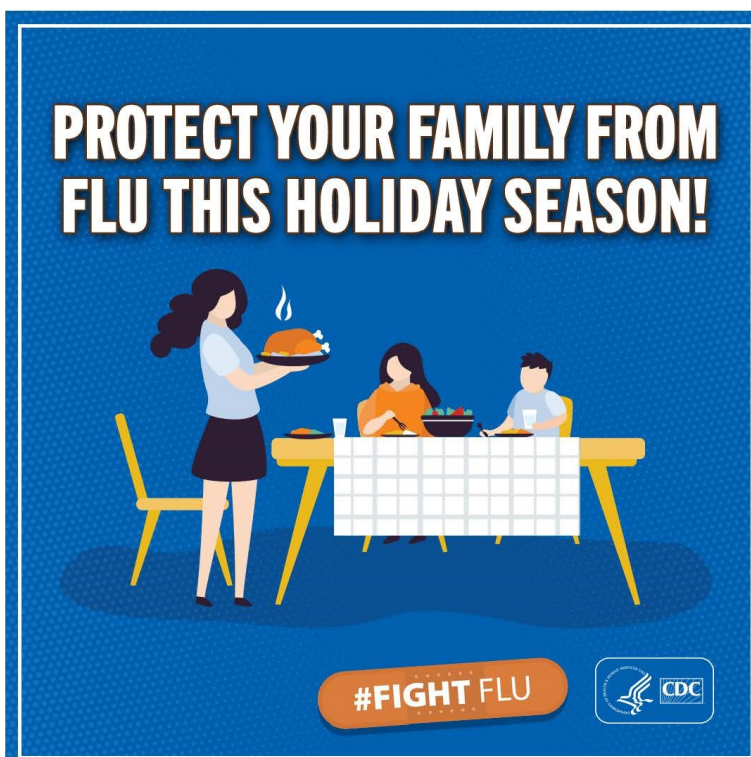


- Cover unused electrical outlets with safety caps. Don't place heaters near play and sleeping areas.
- Be sure toys and art materials are recommended for their age and are labeled non-toxic. Watch for small objects that can cause choking (coins, buttons, ink pen caps, etc).
- Never leave a child alone near or in water. Children can drown in just a few inches of water.
- Never leave a baby or small child alone on any high place (bed or changing table). Take the child with you if the phone rings.



Have fun with your child and stay safe this winter!

Your School Nurse,
Jamie Byrd, RN, BSN
jbyrd1@stcharles.k12.la.us



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 long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years – especially those younger than 2 years – and children with certain chronic health conditions (including asthma, diabetes and disorders of the brain or nervous system), are at higher 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 that is not controlled by fever-reducing medicine
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

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 higher risk of flu complications like pneumonia, and 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 signs and 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). Not everyone with the flu will 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 chronic health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)

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

How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or infants may be able to spread 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 until their symptoms have improved to avoid spreading flu to other children or caregivers.

When can my child go back to school, daycare, or camp after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (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 authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

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



- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Flu vaccination during pregnancy protects babies 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.

Are flu vaccines safe?

Flu vaccines have an excellent safety record. 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 40 to 60 percent.
- **Flu vaccines can keep your child from being hospitalized from flu.** A recent study showed that flu vaccine reduced children's risk of severe life-threatening influenza as much as 75%.
- **Flu vaccine can be life saving in children.** A study using data from multiple flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions and by nearly two-thirds among healthy children.
- **Flu vaccination also may make your illness milder if you do get sick.**

Flu Information



Flu:

A Guide for Parents

Influenza (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 from the 2010-2011 season to the 2019-2020 season, flu-related hospitalizations among children younger than 5 years old have ranged from 6,000 to 27,000 annually in the United States. The flu vaccine is safe and helps protect children from flu.



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

- **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 chronic health problems.

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 two 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 increased risk of serious flu complications. Antivirals can be given to children and pregnant people.

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; cover your cough and sneezes; wash your hands often with soap and water; do not touch your eyes, nose, and mouth; and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

These everyday actions are a good way to reduce your chances of getting sick and prevent the spread of germs to others if you do get sick. However, a yearly flu vaccine is the best protection against flu illness.



3rd Grade

Third Grade is rocking and rolling into the New Year!

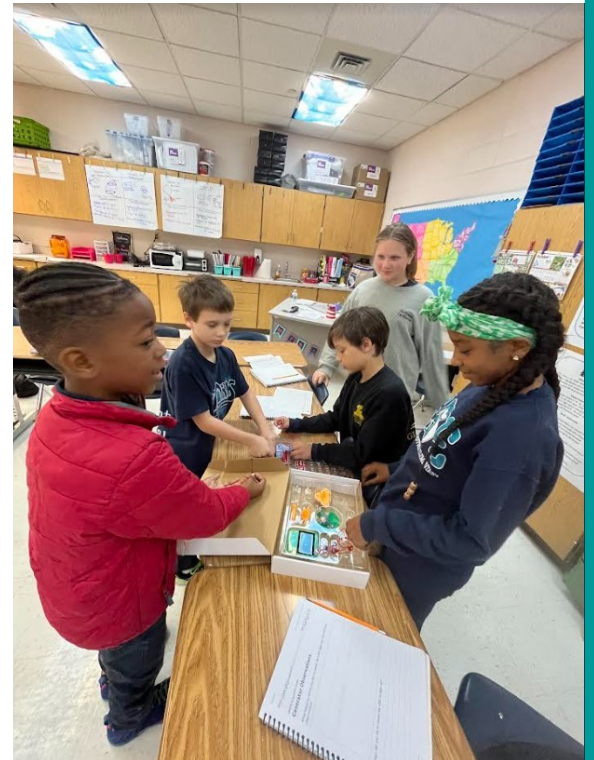
In ELA, we just finished reading *The Miraculous Journey of Edward Tulane* where we explored the theme of why it is important to learn how to love and care for others. We are starting the main text for our unit, *Because of Winn Dixie*, where we will learn why it is important to make an effort to "see" other people and how our differences are what make us special.

In Math, we are beginning Module 4 where we are learning about and exploring attributed of polygons. Students will be able to describe the relationship between 2 shapes to determine the area.

In Science, we are in Module 3 where we are learning how we all have characteristics but are all different.

4th Grade

4th graders are wrapping up their Energy Module in Science and will be moving to our "Senses and Responses" module. In this unit students will focus on how animals can sense information around their environment. Students enjoyed working with snap circuit kits in the Science classrooms and applying their knowledge to everyday life. In Math, students are wrapping up Module 3 consisting of Multiplication and Division. Students will be moving to addition and subtraction of fractions in their next module. In ELA, students continue to enjoy *The Lightning Thief*.



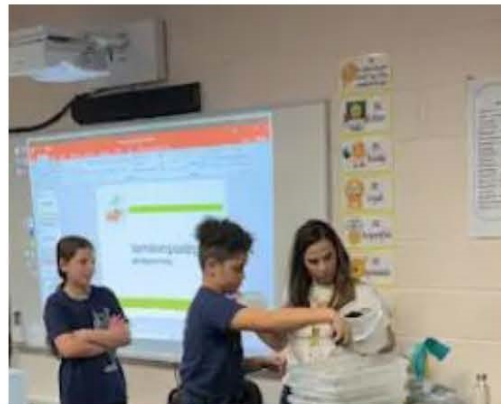
5th Grade

In Math, students completed Module 3, multiplying and dividing fractions, and worked on reviewing and mastering essential math skills. They will begin Module 4, Decimals, when they return from the break.

In ELA, students are reading the novel, The Lion, the Witch, and the Wardrobe. They read and acted out corresponding scenes from an adapted version of the novel written as a play. Then, students were able to compare the characters, scenes, and structure of the play versus the novel.



In Science, the students were given a demonstration on composting by Mrs. Prieto's sister. Students were taught many things about composting including how to start their very own compost!





ESE BAND NEWS

This may be obvious since I'm a band director, but one of my favorite things about the holiday season is the music. I like the phrase "Happy Holidays" because it reminds me of the many holidays being celebrated across the world at this time of year, each with its own set of traditional songs, carols, and hymns. Songs like *Dreydl*, *Dreydl* for Hanukkah, *O Holy Night* for Christmas, and *Jingle Bells* as a general winter song are among the most popular songs heard at this time of year. Our band and choir students here at ESE have learned some of these traditional holiday songs for our winter concert. The 5th grade band will be performing *Good King Wenceslas* and *Jolly Old Saint Nicholas*. The choir took us on a holiday trip around the world with songs like *Rise Up Shepherd and Follow* (African American spiritual), *Provençal Noel* which is in French, and *Silent Night* in German. All band and choir students then combined for our finale performance of *Jingle Bells*. Our band and choir students have worked hard all semester long to prepare for this concert. For several of them, this was their first concert ever! It was both exciting and nerve-wracking. All of us musicians were glad to be able to share our talents and love of music with our school community, especially during this holiday season!

BUILDING A Reader AT HOME

Explore Books!

Give your child an opportunity to explore books. **Visiting a library or bookstore** gives your child a chance to find topics and books that interest them.

Read, Read, Read!

Make sure to read for at least **30 minutes per day!** Students can read independently, aloud to an adult, or back and forth with a partner.

Ask Questions!

- Predictions
- Characters
- Main Idea
- Problem
- Solution
- Retell Story
- Genre
- Moral

Make it Fun!

Reading shouldn't be a chore. Intentionally read with your child/discuss books but also research topics and do book activities together.

Be an example!

Children learn by example, so **let your child see you read** whether it be a book, newspaper, cookbook, etc.

Pick Good Fit Books!

A book that is a **good match for your child** should meet the following requirements:

- Purpose for reading
- Interest
- Can they understand what they are reading?
Can they retell the story?
- Do they know most of the words?

For Beginning Readers:

- Point out and read words in natural settings – stores, streets, etc.
- Memorize sight words
- Visualize the story in your head
- Ask questions before, during, and after
Don't immediately tell an unknown word to your student. Instead, ask them to:
 - Sound out the word
 - Break the word into parts
- Try a different vowel sound (long/short)
- Use illustrations for clues
- Skip the word, re-read sentence, and go back – what word would make sense?

For Advanced Readers:

- Notice interesting, new vocabulary words, and make it a challenge to use them in conversation
- Read with expression
- Explore non-fiction books and their text features (diagrams, table of content, etc.) along with other genres as well
- Compare and contrast books
- Discuss connections to literature
- Think of new titles for books
- Explore multiple books from the same author

December Students of the Month

Liam Reyes, Jaisyn Alexander, Domenic Decker, Liam Peltier,
Maddox Melancon, Patrick Richardson, Reid Martin, Reid Nelson,
Yvette Niceley, Jaxen Thayer, Gia Sperandeo, Colt Stutson,
Kieran Brasher, Sumer Webber, Nolan Biscoe, Mae Taliancich,
Oliver Henry, Amori Williams, Max Ramirez

4H Meeting Dates & Time

January 31

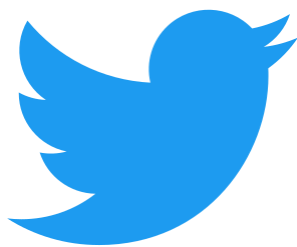
February 28

March 27

All meetings are from
3:05-4:05 PM

Please pick up students
promptly at 4:05 PM

Ethel Schoeffner Elementary is excited
to stay connected with families through social media!



Follow us on:

Twitter
[@ESE_Sharks](#)

Instagram
[@Schoeffnerelementary](#)



You can see our Sharks in action!



2023 – 2024 ESE Social Studies Fair Winners

<u>Place</u>	<u>Category</u>	<u>Name</u>	<u>Project Title</u>	<u>Grade</u>
1st	Louisiana History	Ziva Carmouche	Poverty Point	5th
2nd	Louisiana History	Alessandro Matamorus	Louisiana: Our Home, Our History	5th
2nd	History	Julia England	Simone Biles	4th
2nd	Sociology	Claudio Cruz	Why are team sports important in schools?	4th

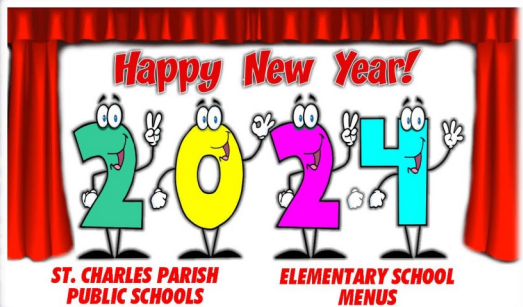
2023 – 2024 ESE Science Fair Winners

<u>Place</u>	<u>Category</u>	<u>Name</u>	<u>Project Title</u>	<u>Grade</u>
1st	Chemical Science	Yvette Nicely	Ooey Goey Goodness	4th
2nd	Chemical Science	Emma Jordan	Rethink What you Drink	3rd
3rd	Chemical Science	Emerson Cerny	The Effects of Various Drinks on Teeth	3rd
1st	Biological Science	Kaleb Rubion	Eye Investigation	4th
2nd	Biological Science	Kailyn Jordan	How does animal camouflage work?	5th
1st	Physical Science	Jackson Andrews	Under Pressure	4th
2nd	Physical Science	Evan Delcambre	Watt's Up	4th
3rd	Physical Science	Daphne Staton	What household items can turn into a battery?	4th
Honorable Mention	Physical Science	Crosby England	Air Power	3rd

January 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	~ NEW YEAR HOLIDAYS ~					
	HAPPY NEW YEAR 2024					
7	8	9 Student of the Month Luncheons	10	11	12 Fun Run Kickoff Report Cards Go Home	13
14	15 Martin Luther King Jr. HOLIDAY NO SCHOOL	16	17	18 Talented Theatre Performance @ ESE 6 PM	19 5th Grade Career Day ----- Early Dismissal 11:55 AM Faculty Study	20 Parish Honor Band Auditions
21	22	23 100th Day of School Students may dress as an elderly person ----- District Science Fair	24	25 Fun Run 4th - 11:45-12:25 (parents enter @ 11:30) 3rd - 12:40-1:20 (parents enter @ 12:25) 5th - 1:35-2:15 (parents enter @ 1:20)	26	27
28	29	30	31 4H Meeting 3:05-4:05 PM			



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

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG



Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Breakfast Pancake Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast St. Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Muffin Choice w/Cheese Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Italian Beef & Cheese Steamed Carrots Broccoli Florets Peach Slices	Lunch Fish Sticks Macaroni & Cheese Green Beans Cucumber & Tomato Salad Apple Wedges	Lunch Chili Fritos Shredded Cheese Corn, Garden Salad Banana	Lunch Chicken/Sausage Jambalaya White Beans Steamed Carrots Garlic Bread Pineapple Tidbits	Lunch Hamburger/Cheeseburger Crinkle Cut Fries Lettuce/Tomato/Pickle Orange Wedges Cookie



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 year!

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

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!



Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast St. Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Salisbury Steak Mashed Potatoes Peas and Carrots Dinner Roll Strawberry Cups	Lunch Beef Vegetable Soup Grilled Cheese Sandwich Garden Salad Banana	Lunch Beef Teriyaki Dippers Steamed Rice Edamame Beans Broccoli Florets Pineapple Tidbits w/Cherries	Early Dismissal Lunch Bosco Sticks Marinara Sauce Cup Green Beans Orange Wedges



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Breakfast Yogurt Parfait or Breakfast Burrito Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast St. Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Fresh Donut 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	Lunch Tacos w/Cheese Steamed Corn Refried Beans Taco Salad Cup, Salsa Apple Wedges	Lunch Shepherd's Pie Peas & Carrots WW Roll Banana	Lunch Turkey Stew Steamed Rice Carrot Soufflé Steamed Cabbage Pineapple Tidbits	Lunch Fresh Hot Pizza Marinara Sauce Garden Salad Green Beans Fruit of the Month Brownie w/Icing

Monday, January 29	Tuesday, January 30	Wednesday, January 31
Breakfast Cheesy Grits Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast St. Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Chicken Tenders Waffles w/Syrup Green Beans Carrots Applesauce	Lunch Orange Chicken Fried Rice Broccoli Florets Asian Chopped Salad Tropical Fruit	Lunch Chicken/Sausage Gumbo Steamed Rice Potato Salad Garden Salad, Crackers Banana

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!