

# ZACH ELEMENTARY SCHOOL



**Motto:** “Together We Inspire”

**Vision:** Ensure high levels of learning for all students.

**Mission:** We commit to do our best to encourage, inspire and meet each child’s needs.



*Picture taken Friday, September 30th with our 'Sko Ridge shirts. We love our Zach school family!*

## October 28th Memo

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### Monday, October 31<sup>st</sup>

- 2:20pm: Costume Parade; see map for location

### Tuesday, November 1<sup>st</sup>



### Wednesday, November 2<sup>nd</sup>

- **Workout Wednesday Spirit Day**
- 8am-10am, 11am-1pm, and 2:30pm-4:30pm: Book Fair

### Thursday, November 3<sup>rd</sup>

- 8am-10am, 11am-1pm, and 2:30pm-4:30pm: Book Fair
- 6-8pm: Book Fair

### Friday, November 4<sup>th</sup>

- **Spirit and Sparkle Spirit Day**
- 8am-10am, 11am-1pm, and 2:30pm-4:30pm: Book Fair
- 8:15am: Coffee and Conversation with Angel; cafeteria

### Costume Guidelines

Families, I apologize for the late notice as this message wasn't sent out consistently to all our families. Please contact Angel if you have specific questions. This year, at Zach, we will allow blow up costumes since most of our students have already purchased costumes. Please see the below information from Poudre School District in regards to costume guidelines.

*Costumes must comply with the district's dress code. Costumes must **not** include weapons, gore, masks that cover the entire face, blow up costumes, costumes that **appropriate\***, mock, disrespect, or misrepresent the culture/identities of others, and/or costumes that impede the line of sight for other students. In addition, we recognize that some families, cultures and religions do not allow for the celebration of Halloween/dress up. If this is the case for you and your family, please communicate this to us and we will assure that your child has appropriate educational experiences away from Halloween celebrations and costumes. If you would prefer to pick your child up early from school to excuse them from the parade, you can pick up your child before 2:15pm (parade starts at 2:20).*

*\*Appropriation: When people, unintentionally or intentionally, use specific elements of a culture or identity (e.g., ideas, symbols, images, clothing) that either misrepresents and/or disrespects the culture or identities of others.*

### Preston Middle School Transition Events (Attachment)

Please see flier for more information.

### Kinard Enrollment 2022-23 (Attachment)

Kinard will be hosting an informational session on Tuesday, November 8th for parents of incoming 6th grade students. Please plan on attending to learn more about the curriculum and enrollment process.

### Teacher and Staff Appreciation



On October 18th the PTO teacher appreciation committee put together a surprise doughnut and bagel spread for our Teachers and Staff. Thank you to this committee and to our teachers!

Our next teacher appreciation event will be Wednesday, November 16th and entitled "Thank You for All You do for Our Little Pumpkins".

Let's show our gratitude to our Teachers and Staff and thank them for all they do for our little pumpkins. This "pumpkin themed" event will be held on Wednesday, November 16th.

Zach families wishing to contribute can sign-up for one or more of the items below. If you're able to donate, please indicate in the comments section which type of treat you're bringing. Homemade food is welcome.

<https://www.signupgenius.com/go/30E0948A8A62BA02-november1>

All items can be dropped off in the office before 8:30 am on November 16th. Thank you for your continued support! If you have any questions, please contact Ozlem at 410-818-9199.

### From the School Counselor

#### **Kindness Spirit Week:**

During the week of November 7th-November 10th, we will be celebrating World Kindness Week at Zach with a spirit week.

Monday, November 7—We are wild for kindness!

Wear wild patterns, mismatched clothing, animal prints, or camouflage patterns.

Kindness challenge: Be kind and include others—ask someone new to join your game at recess or include someone new in your conversation at lunch today.

Tuesday, November 8—We are on team kindness!

Wear your favorite team gear.

Kindness challenge: Be kind in our conversations—ask a question to get to know someone better today or share a compliment with a classmate.

Wednesday, November 9—Kindness is our superpower!

Wear your favorite superhero shirt or outfit. No masks or face paint, please!

Kindness challenge: Be kind to yourself—choose a kind or encouraging statement to tell yourself today.

Thursday, November 10—We Dream of Kindness!

Wear your pajamas.

Kindness challenge: Be kind and share gratitude—tell someone something you are thankful for or appreciate about them today.

### **Counselor Office volunteer opportunity**

Mrs. Fierro is looking for 1-2 parent volunteers to help with a bulletin board project next week. Please contact her at 488-5109 or [rfierro@psdschools.org](mailto:rfierro@psdschools.org) if you'd be interested in volunteering a couple hours of your time.

### **Weekly Communication from Office**

Starting Thursday, November 10th, the family memo will be sent out on Thursdays rather than Fridays. This will give staff an opportunity to see the communication prior to their own classroom communications going out, and it will help us highlight important items and not repeat FYIs.

### **Book Fair**

The Book Fair is one week away! It will take place in the Zach Media Center Wednesday, November 2nd through Wednesday, November 9th. Our book fair will be open daily from 8am-10am, 11am-1pm, and 2:30pm-4:30pm. We will have evening hours Thursday, Nov. 3rd from 6pm-8pm. Children can shop during the school day, or families can shop after school.

A convenient way to shop the fair is to use an eWallet—your child's digital payment account. Before the fair, set up eWallet for worry-free, cash-free purchases. Anyone can contribute, and you can share each child's eWallet so friends and family can add funds and give your kids more books to enjoy. Sign up or add funds to eWallets at this link: <https://bookfairs.scholastic.com/bf/zachelementaryschool> You may also pay using cash, check, or credit card.

Thank you to everyone who has already volunteered to help with the fair. We have a few spots open for those who want to be involved: <https://www.signupgenius.com/go/30e0948a8a62ba02-20191>

### **Winter Needs**

Please complete this form if your student or family needs support or resources as our winter season approaches. You are also welcome to contact school counselor Rachel Fierro about this.

### **[Winter Needs Request](#)**

### **ADHD Family Education Series (Attachment)**

Please see flier for more information.

### **CSU Biomedical Engineering Society Outreach Program (Attachment)**

Please see flier for more information.

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## **Reminders**

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### **Feedback for Administration**

Hello families! This year our focus is strengthening our community and community opportunities. Please take ten minutes to fill out [THIS SURVEY](#) to give Angel and Jason your feedback about the start of the year. Thank you in advance for your help and partnership.

### **Kindergarten Registration**

Kinder registration this year is on December 7th! The first round for school choice is November 1st-December 15th. Visit the PSD [School Choice Process](#) site for more information.

### **Original Works (Attachment)**

Original works is coming! Please see flier for more details.

### **Messages from the PTO**

Interested in getting more involved with Zach Parent Teacher Organization (PTO)? Please consider signing up for a committee during the 2023 school year here: <https://www.signupgenius.com/go/60B0B49ABA62EA4FF2-ptoactivities>

Any questions? Email us at [zachpto@gmail.com](mailto:zachpto@gmail.com) or visit us on the Zach PTO webpage at <https://zac.pedschools.org/pto-and-sac>.

Our next meeting will be on November 9<sup>th</sup> from 12:00 – 12:45pm. This is a virtual meeting and all are welcome. Please find the link to join the meeting at <https://zac.psdschools.org/pto-and-sac>.

### **Caps for Cash (Attachment)**

Please see flier for more information.

### **Register to Volunteer**

PSD requires all persons volunteering in the classroom, be registered as volunteers. Please click on the link below to register.

<https://www.psdschools.org/community/volunteers>

### **Health Office News**

It's that time of year! Immunizations for School Attendance 2022 – 2023

A student's immunization record showing they are fully immunized with the required vaccines need to be turned in by Tuesday, November 1st.

**Required vaccines are Hep B, DTaP, IPV/OPV, MMR, and Varicella.**

To submit a Certificate of Medical Exemption or a Certificate of Nonmedical Exemption, please visit the Colorado Department of Public Health and Education for information <https://cdphe.colorado.gov/vaccine-exemptions>

For additional information, visit <https://cdphe.colorado.gov/immunization>

### **Staff Favorites**

Some families were asking for our staff favorites list that went out each year. We apologize for not getting this out sooner for those that requested it. [Staff Favorites](#)

### **Costume Parade Details and Map (Attachment)**

SAVE THE DATE! We will be having a costume parade on Monday, October 31st at 2:20pm, and the students will be dismissed after the parade. Teachers will lead students through the parade, return to classes with them to pick up backpacks, and then head directly outside for dismissal. Please note that family members will remain outside to wait for the students. Please see the map for the flow of the parade.

Students: Will exit the building out the east door and circle around the building to the north, staying on the concrete until they enter back into the building through the main office doors.

Families: A map of the parade route and where families should view the parade is attached. Please give the students a 3-foot buffer zone from the sidewalk to maintain safety and allow them to not feel crowded.

Staff: We will have Zach staff in the grass along Kechter Rd to keep students on the sidewalk during the parade.

### **Yearbook Photo Volunteers**

Yearbook is looking for parent volunteers to take pictures for the Zach Yearbook. We need volunteers for each grade level to take candid photos for the grade collage pages. No special cameras needed, cell phones work great! Please consider giving an hour or two of your time to come into school (on your schedule) to take group shots of each class, as well as fun small group candids. The kids love seeing themselves in the yearbook, please consider helping make this keepsake for your kids.

<https://www.signupgenius.com/go/30E0C4FAEA82BA4F49-zach>

### **Coffee and Conversation**

If you want to connect, talk about upcoming events, and/or have topics you want to discuss with the admin team, please sign up with [SignUpGenius](#) for one of our monthly Coffee and Conversation series events. Each coffee is the first Friday of the month from 8:15-9:00 a.m.

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## **Important Upcoming Dates**

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10/31: Costume Parade at 2:20pm

11/2-11/9: Scholastic Book Fair

11/4: Coffee and Conversation with Angel at 8:15am

11/7-10 Kindness Week

11/8: Kinard Informational Night at 6:30pm

11/11: No School

11/17: Turkey Round Up

11/21-25: Fall Break





# PRESTON MIDDLE SCHOOL TRANSITION EVENTS

*Home of  
the Pumas*

## **Puma 101**

November 10, 2022      4:00-4:45 PM  
November 11, 2022      2:00- 2:45 PM

Come to Preston to meet our administrators, counselors, and teachers and learn about course offerings, daily schedule, clubs, athletics, and much more.

## **Connect with a Counselor**

February 2, 2023      5:00-5:45 PM

Hear from Preston counselors about what to expect as a 6th grader at Preston Middle School as well as tips and strategies for a successful transition to middle school.

## **Open House**

December 8, 2022      6:00-8:00 PM

Explore what makes Preston an incredible middle school. Families and students are invited to hear from Principal Amy Kirby, meet our amazing teachers and learn what the student experience is like in a STEM by Design environment.

## **5th Grade Welcome**

May 12, 2023      9:30-11:00 AM

Visit feeder middle schools. Our future Preston students get to experience Preston and build excitement to be a Puma!



CONNECT WITH @PRESTONSTEM





# KINARD

## Core Knowledge

### MIDDLE SCHOOL



## CORE KNOWLEDGE INFORMATION NIGHTS

Join Principal Lindsey Matkin to learn more about the curricular connection between our Core Knowledge Elementary Schools and Kinard Middle School.

Tues. 11/8 at Zach 6:30-7:30 PM  
Wed. 11/9 at Traut 6:30-7:30 PM  
Mon. 11/14 at Bethke 6:30- 7:30 PM

We welcome O'Dea families to join one of the presentations at Zach, Traut or Bethke.

## FRIDAY TALK & TOURS

Parents/Guardians meet with Kinard administrators for a brief presentation and tour of the school. If you're interested in joining a Friday Talk & Tour sign up online at the link below.

<https://tinyurl.com/FridayTalkAndTour>

Fri. 11/18 9:00- 10:30 AM  
Fri. 12/9 9:00-10:30 AM



## INCOMING 6TH GRADE FAMILY NIGHT

Our Incoming 6th Grade Family Night is designed for parents and 5th grade students to learn more about the Core Knowledge curriculum sequence, Kinard's culture, character education, parent partnership, wellness, student leadership programs, world language, STEM opportunities, athletics, clubs, and more!

**JOIN US: Thursday, Dec. 1st**  
**from 6:00 - 8:30 PM**



School Choice Application Deadline  
Thursday, 12/15/2022

## CONNECT WITH US



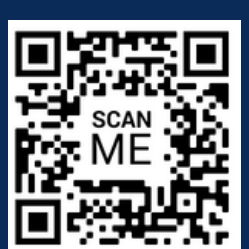
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KinardTV



kin.psdschools.org





OUR COMMITMENT TO

# EXCELLENCE



**U.S. Dept. of Education  
Blue Ribbon School**



**U.S. Dept. of Education  
Green Ribbon School**



**National Core  
Knowledge Foundation  
Visitation Site**



**State of Colorado  
John Irwin  
School of Excellence**



**PSD Healthy Schools  
Certified Platinum  
Wellness**



**Professional Learning  
Community at Work  
Model School**

## JOIN THE MUSTANG FAMILY!

**Enroll Now:** <https://psdschoolchoiceapplication.com>

**School Choice Deadline:** December 15, 2022



# ADHD Family Education Series

Join Dr. Marybeth Rigall-Oller, CAYAC Child and Adolescent Clinical Psychologist, for this free 3-part series. In this series, Dr. Marybeth will share information and tangible strategies to understand and support youth with ADHD for parents, guardians, family members, and other loved ones. Attendees are strongly encouraged to attend the first session (ADHD and the Brain), as it provides foundational knowledge that will help in understanding the following sessions. The last 15 minutes of each session will be a Q&A.

OCTOBER 12

12:00-1:15 p.m., Zoom



ADHD  
and the Brain

NOVEMBER 9

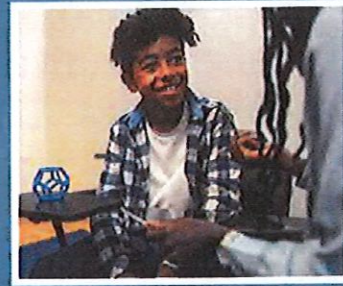
12:00-1:15 p.m., Zoom



Raising a Child  
with ADHD

DECEMBER 14

12:00-1:15 p.m., Zoom



School Supports and  
Treatment Options for  
Children with ADHD



Dr. Marybeth Rigall-Oller is a Child and Adolescent Clinical Psychologist for the CAYAC program (Child, Adolescent, and Young Adult Connections) through the Health District of Northern Larimer County. She received her doctorate from Arizona State University and completed a postdoctoral residency at the University of California-San Diego. She also earned a master's degree in Counseling from University of Wisconsin-Madison. Her clinical interests include working with underserved populations, culturally sensitive approaches to therapy and psychological testing, and child and adolescent mental health.

## Health District

CHILD, ADOLESCENT, YOUNG  
ADULT CONNECTIONS (CAYAC)

### Register:



Visit  
[healthdistrict.org/classes](http://healthdistrict.org/classes)





**EARN \$25 FOR YOUR SCHOOL**

# CAPS 4 CASH

Sign up for home delivery and Morning Fresh Dairy will give your school \$25. Already a customer? Tell your friends and neighbors! For every new home delivery customer who refers your school, Morning Fresh Dairy will donate \$25. The funds don't stop there! Save the caps from our glass bottles and turn them in to your school. Morning Fresh will then give your school \$0.05 for every MFD glass milk bottle cap redeemed.

## How do you help your school earn money?

1. Sign up for home delivery on our website or call us at 970-482-5789
2. Drink your milk
3. Save your bottle caps
4. Collect caps from family and friends
5. Bring the caps to school and drop them in the collection box



[www.morningfreshdairy.com](http://www.morningfreshdairy.com)





# Colorado State University

**Location:**

700 Meridian Ave  
Fort Collins, CO 80523



**NOV. 12  
2022**

**K-12  
Students**

## Biomedical Engineering Society

# Outreach Program 2k22

Join us and participate in biomedical engineering activities! Build a mechanical prosthetic model and compete for prizes! Wire circuits to create a neural model with LED lights! Create fun jewelry using your own glowing DNA!

The perfect event to introduce your student to the world of biomedical technology and to inspire learning.



**SIGN UP EARLY**



**WALTER SCOTT, JR.  
COLLEGE OF ENGINEERING  
COLORADO STATE UNIVERSITY**

Have questions? Contact us!: [bmes@colostate.edu](mailto:bmes@colostate.edu)  
Visit <https://www.engr.colostate.edu/organizations/bmes/outreach-program/>, or scan for more info/sign-up:



Zach Elementary Halloween Parade Route in red

All students exit the east doors, follow route with parents cheering, students enter main entrance





## MONDAY

**3**

- Breakfast Round
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

## TUESDAY

**4**

- WGR Pumpkin Bread or Seasonal Loaf Bread
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

## WEDNESDAY

**5**

- Whole Grain Waffle, Maple
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

## THURSDAY

**6**

- Yogurt Parfait
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

## FRIDAY

**7**

- Egg Omelet with Tortilla
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**10**

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**11**

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**12**

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**13**

- No School ELEM
- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**14**



**17**

- Egg Omelet with Tortilla
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**18**

- Whole Grain Waffle, Maple
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**19**

- Breakfast Sausage Pizza
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**20**

- Yogurt Parfait
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**21**

- Mini Cinnamon Rolls
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**24**

- Whole Grain Waffle, Chocolate Chip
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**25**

- Egg & Cheese Burrito
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**26**

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**27**

- Yogurt & Cinnamon Roll
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

**28**

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice




**31**

- Breakfast Round
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <ul style="list-style-type: none"> <li>Spaghetti &amp; Meatballs</li> <li>Chicken Drumstick &amp; Roll</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> <li>Assorted Italian Condiments</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Hamburger &amp; Cheeseburger</li> <li>Mac &amp; Cheese</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Green Beans</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Asian Teriyaki Chicken &amp; Rice</li> <li>Chicken Patty Sandwich</li> <li>Deli Sandwich</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Veggies</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Beef Taco &amp; Rice</li> <li>Chicken Strips</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Black Beans</li> <li>Nugget Dipping Sauces</li> <li>Mexican Condiments- ELEM</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Meat Lovers Pizza</li> <li>Chef Salad &amp; Roll</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Peas</li> <li>Assorted Italian Condiments</li> </ul>
<b>10</b> <ul style="list-style-type: none"> <li>Meatball Sandwich</li> <li>Chicken Drumstick &amp; Roll</li> <li>Cold Deli Meat &amp; Roll</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Corn</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Lasagna with Veggies</li> <li>Cheese Calzone &amp; Marinara</li> <li>Deli Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Green Beans</li> <li>Assorted Italian Condiments</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Orange Chicken &amp; Rice</li> <li>Fish Filet</li> <li>Cold Deli Meat &amp; Roll</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> </ul>	<b>13</b> 	
<b>14</b> 				
<b>17</b> <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Cheese Ravioli &amp; Roll</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> <li>Assorted Italian Condiments</li> <li>Nugget Dipping Sauces</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Pork Chop Sandwich</li> <li>Mac &amp; Cheese</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Green Beans</li> <li>Assorted Italian Condiments</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Asian noodle &amp; Meatball</li> <li>Chicken Patty Sandwich</li> <li>Deli Sandwich</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Veggies</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Chicken Tacos &amp; Rice</li> <li>Cheese Calzone &amp; Marinara</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Black Beans</li> <li>Mexican Condiments- ELEM</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pizza Bites</li> <li>Chicken Caesar Wrap</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Peas</li> <li>Assorted Italian Condiments</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>Hamburger &amp; Cheeseburger</li> <li>Cheese Ravioli &amp; Roll</li> <li>Cold Deli Meat &amp; Roll</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Corn</li> <li>Assorted Italian Condiments</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Chicken Drumstick &amp; Roll</li> <li>Chicken Alfredo</li> <li>Deli Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Green Beans</li> <li>Assorted Italian Condiments</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Tomato Soup &amp; Grilled Cheese</li> <li>Fish Filet</li> <li>Cold Deli Meat &amp; Roll</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Beef &amp; Bean Burrito</li> <li>Hot Dog</li> <li>Deli Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Refried Beans</li> <li>Mexican Condiments- ELEM</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pepperoni Pizza</li> <li>Yogurt Parfait</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Carrots</li> <li>Assorted Italian Condiments</li> </ul>
<b>31</b> <ul style="list-style-type: none"> <li>Spaghetti &amp; Meatballs</li> <li>Chicken Nuggets</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> <li>Nugget Dipping Sauces</li> <li>Assorted Italian Condiments</li> </ul>	<b>Food Offered Daily:</b> <ul style="list-style-type: none"> <li>Salad Bar</li> <li>Fruit Salad</li> <li>Assorted Salad Dressings</li> <li>Whole Wheat Dinner Roll</li> <li>Chocolate Milk</li> <li>Milk fat free</li> <li>Milk low fat 1%</li> <li>Assorted Condiments</li> </ul>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Food Offered Daily:</b> <ul style="list-style-type: none"> <li>Salad Bar</li> <li>Fruit Salad</li> <li>Assorted Salad Dressings</li> <li>Whole Wheat Dinner Roll</li> <li>Chocolate Milk</li> <li>Milk fat free</li> <li>Milk low fat 1%</li> <li>Assorted Condiments</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>Hamburger &amp; Cheeseburger</li> <li>Mac &amp; Cheese</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Green Beans</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Asian Teriyaki Chicken &amp; Rice</li> <li>Chicken Patty Sandwich</li> <li>Deli Sandwich</li> <li>Pb&amp;J Sandwich</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Steamed Veggies</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Beef Taco &amp; Rice</li> <li>Chicken Strips</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Black Beans</li> <li>Nugget Dipping Sauces</li> <li>Mexican Condiments- ELEM</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Meat Lovers Pizza</li> <li>Chef Salad &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Peas</li> <li>Assorted Italian Condiments</li> </ul>
<b>7</b> <ul style="list-style-type: none"> <li>Meatball Sandwich</li> <li>Chicken Drumstick &amp; Roll</li> <li>Cold Deli Meat &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Corn</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Lasagna with Veggies</li> <li>Cheese Calzone &amp; Marinara</li> <li>Deli Sandwich</li> <li>Pb&amp;J Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Green Beans</li> <li>Assorted Italian Condiments</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Orange Chicken &amp; Rice</li> <li>Fish Filet</li> <li>Cold Deli Meat &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Steamed Broccoli</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Chicken Burrito</li> <li>Hot Dog</li> <li>Deli Sandwich</li> <li>Pb&amp;J Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Refried Beans</li> <li>Mexican Condiments- ELEM</li> </ul>	<b>11</b> 
<b>14</b> <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Cheese Ravioli &amp; Roll</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Steamed Broccoli</li> <li>Assorted Italian Condiments</li> <li>Nugget Dipping Sauces</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Pork Chop Sandwich</li> <li>Mac &amp; Cheese</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Green Beans</li> <li>Assorted Italian Condiments</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Asian noodle &amp; Meatball</li> <li>Chicken Patty Sandwich</li> <li>Deli Sandwich</li> <li>Pb&amp;J Sandwich</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Steamed Veggies</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Chicken Tacos &amp; Rice</li> <li>Cheese Calzone &amp; Marinara</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Black Beans</li> <li>Mexican Condiments- ELEM</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pizza Bites</li> <li>Chicken Caesar Wrap</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Peas</li> <li>Assorted Italian Condiments</li> </ul>
<b>21</b> 	<b>22</b> <ul style="list-style-type: none"> <li>No School Today</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>No School Today</li> </ul>	<b>24</b> 	<b>25</b> <ul style="list-style-type: none"> <li>No School Today</li> </ul>
<b>28</b>	<b>29</b>	<b>30</b>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <ul style="list-style-type: none"> <li>WGR Pumpkin Bread or Seasonal Loaf Bread</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Whole Grain Waffle, Maple</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Yogurt Parfait</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Egg Scramble with Tortilla</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>
<b>7</b> <ul style="list-style-type: none"> <li>Breakfast Sausage Pizza</li> <li>Assorted Muffins</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Mini Cinnamon Rolls</li> <li>Assorted Muffins</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Pancake &amp; Sausage Wrap</li> <li>Assorted Muffins</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Breakfast Round</li> <li>Assorted Muffins</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>11</b> 
<b>14</b> <ul style="list-style-type: none"> <li>Egg Scramble with Tortilla</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Whole Grain Waffle, Maple</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Breakfast Sausage Pizza</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Yogurt Parfait</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Mini Cinnamon Rolls</li> <li>Muffin Assorted &amp; Yogurt Variety</li> <li>Assorted Cereal</li> <li>Assortment of Fruit</li> <li>Milk Variety</li> <li>Assorted Juice</li> </ul>
<b>21</b> 	<b>22</b> <ul style="list-style-type: none"> <li>No School Today</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>No School Today</li> </ul>	<b>24</b> 	<b>25</b> <ul style="list-style-type: none"> <li>No School Today</li> </ul>
<b>28</b>	<b>29</b>	<b>30</b>		