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*Advertising in this  
newsletter does not imply  
endorsement by Poudre  
School District.*

**ZACH** ELEMENTARY SCHOOL

# Home of the Zephyrosaurus

PAGE 1

## Message from the Principal

Zach Families,

Happy December! What a wonderful time of the year. We've been enjoying our amazing students each and every day. It's been great to see everything from our kinders just diving into reading to our fifth graders writing persuasive essays. They are all so impressive. Not only that, our students have been having fun making all sorts of turkey projects and working on being kind to one another. Some of our first graders even wrote positive "parking tickets" for the staff cars if they were lined up straight in the parking spots. We did pretty well with parking overall!

As we start to move into the heart of winter, please make sure to pack warm clothes for your child(ren). We do go outside most days, and unless we are under 15 degrees, we even go out when it snows. Our students love playing on our playground! Also, please continue supporting water bottle use, as the hydration helps with the dryness.

As a staff, we want to thank you for all that you do to support us every day. From bringing lunch boxes to our students who might have forgotten to donating treats for the staff to enjoy, you partner with us for success. It all makes us feel like one big family, and we are grateful to be part of that every day.

Enjoy these next few weeks before the winter break, and don't hesitate to reach out if you need anything.

With gratitude,

Your Zach School Family



**We understand the stress  
of caring for a sick child.**

Our providers are here to help get  
your family on the fast track to healthy.



**The Youth Clinic**  
caring for our future generations



**Pediatric  
Urgent Care**  
OF NORTHERN COLORADO



## Calling All Kindergarten Families!

### Kinder Information Night

SAVE THE DATE! Join us on Tuesday, December 6th at 5:30pm for our Kindergarten Information Night for incoming parents/guardians.

### Kindergarten Registration

Kinder registration this year is on December 7th at Zach. However, you don't need to come in and can register online beginning Monday, November 28th. It is important that we get all our kinders registered by the end of December, so we get the funding allocated for those students. Visit the PSD [Kindergarten Registration](#) site for more information. If you would like to apply for school choice to attend Zach, the first round for school choice is November 1st-December 15th. Visit the PSD [School Choice Process](#) site for more information.

## Winter Clubs

Our Winter Club season will have clubs starting as soon as January 9th. Registration will open on the Zach website on December 7<sup>th</sup> at 9:00am. Prior to registration, more information regarding each club will be on the website. Our offerings this winter are listed below:

- Cursive Club (3rd-5th)
- Art (3<sup>rd</sup> grade) Thursdays
- Choir (continued from the fall)
- Lego (K-1st) Wednesdays
- Lego (2nd-5th) Mondays
- Young Rembrandts (K-2nd) Wednesdays
- Graphic Novel (ages 7 and up) Thursdays
- Girls in the Spotlight (3rd-5th) Tuesdays
- Chess Tuesdays (K-5) Tuesdays
- Spanish (K-2) before school Tuesdays
- Spanish (3-5) before school Thursdays



## Music Performances 2022/2023

Congratulations to our 4<sup>th</sup> Graders on a fantastic performance on Thursday evening, November 10<sup>th</sup>! You were amazing. I hope you enjoyed your performance as much as your audience did!

Please note on your calendar the remaining Music Performances for the school year:

Friday, November 18, 2022:	Green Choir to perform National Anthem at Colorado Eagle's Game
Friday, December 9, 2022:	Gold Choir to perform National Anthem at Colorado Eagle's Game
Thursday, January 26, 2023:	3 <sup>rd</sup> Grade Music Program 6:00 p.m. Zach Elementary Gym
Thursday, March 2, 2023:	Green and Gold Choir Concert 6:00 p.m. Kinard MS Cafetorium
Thursday, March 30, 2023:	1 <sup>st</sup> Grade Music Program 6:00 p.m. Zach Elementary Gym
Wednesday, May 3, 2023:	Kindergarten Music Program 5:30 p.m. Fossil Ridge HS Auditorium

More information about each performance will go out to the performing groups and families as the time for their performance approaches. All performances are open to the whole Zach Community to attend. Thanks for your support of the Music Program at Zach Elementary. Please contact me if you have any questions.

Alyssa Johnson, Music Teacher & Choir Director

[ajohnson@psdschools.org](mailto:ajohnson@psdschools.org)

## Book Bowl

3<sup>rd</sup> and 4<sup>th</sup> grade book bowl competitions will be held this year December 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, and 15<sup>th</sup>. Please consider volunteering as a judge or room coordinator by signing up here

<https://m.signupgenius.com/#/showSignUp/60b0b49aba62ea4ff2-book/66479562>



 The  
**Women's Clinic**  
of Northern Colorado

Schedule Your Appointment Today!

## Supporting our Schools



**Joe Mivshek**

[Joe.Mivshek@KW.com](mailto:Joe.Mivshek@KW.com)

**kW** NORTHERN  
COLORADO  
KELLER WILLIAMS.

**970.420.7163**





# SEL NEWS

## DECEMBER

### EMOTIONAL REGULATION

Emotional regulation is the ability to notice and manage the different emotions we have. Supporting kids' ability to manage and regulate their emotions appropriately includes teaching children to identify different emotions, helping them identify what causes those emotions, and teaching them strategies to manage the range of emotions we all experience.

We can support these skills by helping children find language to describe their emotional experience, as well as modeling our own healthy coping skills and communication around emotions. Building kids' understanding of the science of our emotions and responses is also key. When kids know what is happening in their brains during times of stress or challenging emotions, they are empowered with the understanding of what causes these big feelings as well as why different calming strategies can help. Dr. Dan Siegal calls this overwhelming flood of strong emotions "Flipping Your Lid". Check out the videos below for parent/educator and student-friendly explanations of the brain science behind this.

Information for parents and caregivers:  
[How Kids Learn to Control Their Emotions](#)  
[Flipping Your Lid: A Scientific Explanation](#)

Video clips for kids:  
[Kids Want to Know video: Flipping Your Lid](#)  
[Some Days I Flip My Lid read aloud](#)

### SEL IN THE CLASSROOM

Social and Emotional Learning topics in December:

Kindergarten: naming emotions in ourselves and others, strategies for managing challenging emotions & cultivating positive emotions

During December, Mrs. Fierro is continuing to host WIN groups on different SEL topics in grades 1, 2, 3, 4, and 5.

### FOR FAMILIES

Upcoming community events supporting mental health and wellness:

[CAYAC ADHD Parent Learning Series](#)

[Teen Substance Use: Parent Education Series](#)  
 Hosted by PSD Drug and Alcohol Specialists

[December Grief Support Events at Pathways of Fort Collins](#)

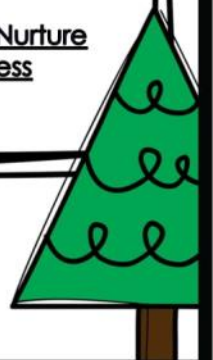
Is your family in need of any support this season?  
 Please complete [this form](#) or reach out to Mrs. Fierro.

### BOOKLISTS

Children's literature list for supporting emotional regulation:

[Emotional Regulation Children's Book List](#)

[Picture Books that Nurture Emotional Awareness](#)



## Health Office Information

Respiratory viruses, including Respiratory Syncytial Virus (RSV), flu, and COVID-19 are spreading across Colorado and the nation. Protect your loved ones, the community, and our health care system by:

- Getting vaccinated. Both flu and COVID-19 have effective, safe vaccines. Anyone 6 months and older can get vaccinated for flu and COVID-19. It is safe to get the vaccines [together](#).
- Seeing or calling a health care provider or doctor before going to a busy emergency department when you or your child has respiratory symptoms. Your provider can help you determine the best ways to manage symptoms and when it is important to be seen in the clinic, urgent care, or emergency department.
- Staying home when sick, including not visiting or interacting with people who may be at higher risk, including older adults, young children, and infants. What might feel like a mild cold for one person can be very serious for another person. This is important to preventing the spread of viruses and causing outbreaks, which put additional strain on the hospital system.
- Wash your hands frequently for at least 20 seconds with soap and water or use hand sanitizer with 60% alcohol.
- Covering your nose and mouth with a tissue or upper arm sleeve when you cough or sneeze, throw away the tissue after you use it, and clean hands as instructed above.
- Cleaning potentially contaminated surfaces, like doorknobs, tables, handrails, etc.
- Avoiding sharing cups, eating utensils, and touching your face with unwashed hands.

### RSV

RSV causes respiratory tract illness in people of all ages, but infants, young children, and older adults are at greater risk of severe illness from RSV. It spreads by inhaling or having contact with virus-containing droplets (typically through the mouth, nose, or eyes) produced by a person with RSV infection when talking, coughing, and sneezing. While most people who get RSV will only have cold symptoms, it may be more severe in infants and young children, as well as older adults. Symptoms can include a runny or stuffy nose, sneezing, or coughing and can also include fever, decreased appetite, and difficulty breathing or wheezing. If your child is demonstrating early signs of RSV, consider calling a health care provider. Your provider can help you determine the best ways to manage symptoms and when it is important to be seen in the clinic, urgent care, or emergency department. If it is an emergency, please call 9-1-1.

### FLU

Anyone aged 6 months or older can get their annual flu vaccine. You can safely get the flu vaccine and COVID-19 vaccine, including the new omicron vaccine, during the same visit, if it is offered. The state health department recommends:

- Adults 65 years and older should get one of three specific flu vaccine types: Fluzone High-Dose Quadrivalent vaccine, Flublok quadrivalent recombinant flu vaccine, or Fluvad quadrivalent adjuvanted flu vaccine. If one of these three is not available, people 65 years and older can get any other age-appropriate influenza vaccine.
- Children younger than 9 years who are either getting the flu vaccine for the first time or have only previously received one dose of the vaccine should get two doses of the vaccine. The first dose should be given as soon as possible during the flu season. The second dose should be given at least 28 days after the first dose.
- Ideally, those who are pregnant should get vaccinated as soon as possible, as they may have more serious complications if they get the flu. The flu vaccine can be given in any trimester of pregnancy.

Medicare, Medicaid, CHP+, and most private health insurers cover the full cost of the flu vaccine. You don't have to pay anything to health care providers that accept your health plan. If you don't have health insurance, you can still get the flu vaccine for free at certain health care providers. Free vaccine providers, as well as additional information on flu vaccines, can be found at [fluvaxcolorado.org](https://www.fluvaxcolorado.org). Protect yourself and your loved ones against the flu by contacting your health care provider, local public health agency, or pharmacy to make a vaccine appointment today.

### COVID-19

Anyone aged 5 years and older who has completed a COVID-19 primary vaccine series should [get an omicron vaccine](#) to increase their protection against the dominant subvariants circulating in Colorado right now. People should get their omicron vaccine at least two months after their most recent dose — either their completed primary series or third (booster) dose.

## Zach Elementary 2022-23 Winter MAPS Assessment Schedule

ZACH ELEMENTARY: 2022-23 Winter MAPS ASSESSMENT SCHEDULE					
Grade				Thurs 1/12 and 1/19	
2				Reading 8:30-10:30 and Math 8:30-10:30	
Grade		Tues Dec 6	Wed Dec 7 and Jan 18	Thurs Jan 19	
3		Reading 8:15-9:30	Reading 8:15-9:30 and Math 8:15-9:30	Math 8:15-9:30	
Grade		Tues Jan 10	Wed Jan 11	Thurs Jan 12	
4		Reading 10:15-11:25	Math 8:15-9:20 and Reading 10:15-11:20	Math 8:15-9:20	
Grade			Wed Jan 18		Fri Jan 20
5			Block 1 10:00-11:15		Block 2 11:20-12:35

## ACCESS Tests

Zach's emerging bilingual students enrolled in our English Language Development program will take the English language proficiency tests (ACCESS) January 17- 23. According to WIDA, "ACCESS for ELLs™ stands for Assessing Comprehension and Communication in English State-to-State for English Language Learners. It is a large-scale test that first and foremost addresses the English language development standards that form the core of the WIDA Consortium's approach to instructing and testing English language learners. These standards incorporate a set of model performance indicators (PIs) that describe the expectations educators have of ELL students at four different grade level clusters and in five different content areas." If you have any questions, please contact Angel Herrick, assistant principal, at [angelh@psdschools.org](mailto:angelh@psdschools.org).



# Inclement Weather Procedures

## School closure, Delayed Start, and Early Release



*Note: If all schools are open, information may not be sent to parents via email or posted on PSD's social media platforms. School status if schools are open, closed or on a delayed start is posted on the top right of the home page on the PSD website.*

When bad weather rolls in, the PSD superintendent may decide to cancel school, start school later or close school earlier in the day. Please see below for details about each procedure.

If you're wondering how the decision is made, read [about the process here](#).

### 1. School closures:

Decisions about weather-related school closures are made by 5:30 a.m. Parents and staff will be notified by email, by phone, and information will be posted on the PSD website and social media - [Facebook](#), [Twitter](#) and [Instagram](#). Regional media outlets will be notified.

Closure days will likely be no-school days. However, there may be some instances where the district may decide to do a remote learning day (i.e. multi-day snowstorm preventing access to schools, natural disaster impacting a school or schools, etc.).

- When schools are closed, all school activities and athletics are cancelled. [AlphaBest](#) is closed also.
- High school students who attend classes at [Front Range Community College](#) or [Colorado State University](#) should check with the college to determine if classes are in session.

### 2. Delayed start - 1 or 2 hours later than normal:

Delayed start decisions are usually made by 5:30 a.m. Parents and staff will be notified by email, phone and information will be posted on the PSD website and social media - [Facebook](#), [Twitter](#) and [Instagram](#). Regional media outlets will also be notified.

- **Bus pick up times:** Buses will pick up students at bus stops 2 hours later than the regular schedule. Road conditions may increase travel time for buses and students may have a longer wait time at bus stops.
- **Drop off and arrival times:** Students who walk to school, are dropped off or who drive should arrive 2 hours later than regular arrival times. Please do not arrive earlier.
- **Kindergarten and Early Childhood programs:** Morning-only kindergarten and Early Childhood programs are cancelled during a delayed start schedule. Afternoon kindergarten and Early Childhood programs follow normal schedules. Full-day kindergarten and Early Childhood programs start 2 hours later than normal and release on time.
- **Before- and after-school childcare:** [AlphaBest](#) will open at the normal time for students who attend the program.
- **School dismissal times:** Schools will dismiss students at normal times. Bus drop-off times in neighborhoods and parent pick-up times at schools will also be on regular schedule.
- **Breakfast:** Breakfast will not be served.

### 3. Early release:

If the weather changes to adverse conditions during the school day, PSD may decide to release students early. Parents are urged to develop a plan for situations when their student may be released early.

- Parents will be notified by phone and email. In addition, information will be posted on the PSD website and social media - [Facebook](#), [Twitter](#) and [Instagram](#). Regional media outlets will also be notified.
- [AlphaBest](#) will not be available after school if students are released early.
- Athletics and extracurricular activities will likely be cancelled.

**Media outlets notified** (list subject to change):

**News Outlets:**

[The Coloradoan](#)  
[Channel 4 \(CBS4/KCNC](#)  
[Denver\)](#)  
[Channel 7 \(7 News KMGH\)](#)  
[Channel 9 \(9 News KUSA\)](#)

[PSD Channel 10 \(Comcast](#)  
[Cable/US Cable\)](#)  
[Channel 13 \(Fox 31/KDVR\)](#)  
[North Forty News](#)

**Radio Stations:**

Clear Channel	KOOL 105 AM	94.3 Max FM)
KCOL600	KKQZ 94.3 FM	KRFC 88.9 FM
KFKA 1310 AM	(TRI 102, K99,	KUNC 91.5 FM
KGRE AM 1450	99.9 The Point,	

# 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



kinard\_mustangs



kinardmustangs



KinardTV



kin.psd.schools.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



# 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**

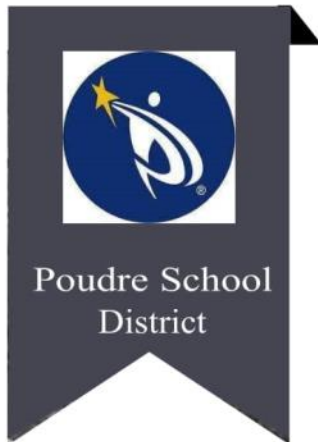
May 12, 2023     9:30-11:00 AM

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



CONNECT WITH @PRESTONSTEM





## Parent Parent Education Program

### MARIJUANA

We will address the differences between Teenage and Adult Use and it's effects on Brain Development

November 30, 2022 @  
Fossil Ridge HS  
5:30p-7pm



### ALCOHOL

We will be re-visiting teen brain development and Substance Use with a focus on Teen Drinking.

December 7, 2022 @  
Poudre High School  
5:30p-7pm

### PILLS/FENTANYL

The where, what, why, and how of prescription drug abuse and information about Fentanyl

December 14, 2022 @  
Fossil Ridge HS  
5:30p-7p



Please join the Poudre School District High School Drug and Alcohol Specialists to learn about current trends in Teenage Substance Use

Parents/Guardians/Community Members only, no students please.

Dinner will be provided

Please RSVP using the QR code or link below.



<https://tinyurl.com/2p87bhsz>

or email

[lkiel@psdschools.org](mailto:lkiel@psdschools.org)  
with questions



**Zach Breakfast Menu****December 2022****Zach Elementary****Breakfast**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</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>	<ul style="list-style-type: none"> <li>• Breakfast Calzone</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</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>	<ul style="list-style-type: none"> <li>• Whole Grain Waffle, Maple</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• French toast sticks</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<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>	<ul style="list-style-type: none"> <li>• Sausage &amp; Cheese Bagel Sandwich</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li>• Mini Pancakes</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<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>	<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>	<ul style="list-style-type: none"> <li>• Cinnamon Roll</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• WG Seasonal Loaf Bread</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<ul style="list-style-type: none"> <li>• Whole Grain Waffle, Chocolate Chip</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• French toast sticks</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<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>		<ul style="list-style-type: none"> <li>• No School Today</li> </ul>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<ul style="list-style-type: none"> <li>• No School Today</li> </ul>	<ul style="list-style-type: none"> <li>• No School Today</li> </ul>	<ul style="list-style-type: none"> <li>• No School Today</li> </ul>	<ul style="list-style-type: none"> <li>• No School Today</li> </ul>

## Zach Lunch Menu

December 2022

Zach Elementary

Lunch

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

- Beef Taco & Rice
- Chicken Nuggets
- Turkey or Ham & Cheese Sandwich
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Black Beans
- Mexican Condiments- ELEM
- Nugget Dipping Sauces

2

- Cheese Pizza
- Hawalian Pizza
- Hummus & Veggie Box
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

5

- Chicken Patty Sandwich
- Turkey Gravy & Roll
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Mashed Potatoes

6

- Penne & Meat Sauce
- Pizza Bites
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

7

- Asian Teriyaki Chicken & Rice
- Pig in a Blanket
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Veggies

8

- Chicken Burrito
- Grilled Ham & Cheese
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

9

- Cheese Pizza
- Pepperoni Pizza
- Yogurt Parfait
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Carrots
- Assorted Italian Condiments

12

- Chicken Drumstick & Roll
- Hamburger & Cheeseburger
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Mashed Potatoes

13

- Cheese Ravioli & Roll
- Cheese Calzone & Marinara
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

14

- Orange Beef & Rice
- Chicken & Waffles
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Steamed Veggies

15

- Homemade Chili & Corn Muffin
- Chicken Nuggets
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Black Beans
- Nugget Dipping Sauces

16

- Cheese Pizza
- Veggie Pizza
- Chicken Caesar Wrap
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

19

- Grilled Cheese Sandwich
- Fish Sticks
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Tomato Basil Soup

20

- Mac & Cheese
- Lasagna with Beef
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

21

- Cheese Pizza
- Pepperoni Pizza
- Chef Salad & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Peas
- Assorted Italian Condiments

22



23

- No School Today

26



27

- No School Today

28

- No School Today

29

- No School Today

30

- No School Today

## Calendar of Events



**Friday, December 2**

8:15am Coffee and Conversation with Angel

**Tuesday, December 6**

5:30pm Kinder Parent Information Night

**Wednesday, December 7**

Kindergarten Registration

**Friday, December 9**

4:45pm Eagles Game: Gold Choir

**Friday, December 16**

9:00am State Capital Field Trip-4th Grade

**Thursday, December 22**

Winter Break

**Friday, December 23**

Winter Break

**Monday, December 26**

Winter Break

**Tuesday, December 27**

Winter Break

**Wednesday, December 28**

Winter Break

**Thursday, December 29**

Winter Break

**Friday, December 30**

Winter Break

**Monday, January 2, 2023**

Winter Break

**Tuesday, January 3, 2023**

Winter Break

**Wednesday, January 4, 2023**

Teacher Work Day



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