

Schalmont News

CENTRAL SCHOOLS

■ *Is your family eligible?*

Free and Reduced Price Meals

Studies have shown that eating healthy meals can improve a child's health and intellectual development, according to the U.S. Department of Health. Schalmont Central School District offers students healthy meals every school day, including breakfast and lunch at all five schools. Free and reduced price meals are available to those students whose families meet certain financial criteria.

Breakfast at all three elementary schools and Schalmont Middle School costs \$1.00 per day, \$5.00 for five days, and \$20.00 for 21 days. At Schalmont High School, breakfast costs \$1.30 per day, \$6.50 for five days, and \$26.00 for 21 days.

Lunch at all three elementary schools costs \$1.75 per day, \$8.75 for five days, and \$35.00 for 21 days. At the MS and HS, lunch costs \$2.00 per day, \$10.00

for five days, and \$40.00 for 21 days.

Children from households that meet federal income guidelines are eligible for free meals or reduced price meals (see page 4). Reduced price meals cost each eligible student \$.25 for breakfast and \$.25 for lunch.

To apply for free or reduced price meals, submit a Direct Certification letter from the New York State Office of Temporary and Disability Assistance or complete the enclosed application (see page 5), sign it, tear it out of this newsletter, and return it to your child(ren)'s school as soon as possible. **Please refer to the guidelines contained in this newsletter when completing the application.** We cannot approve an application that is not complete, so be sure to fill out all required information.

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Visit www.schalmont.org to register for Schalmont School News Notifier to receive text and e-mail messages on district/school events, closings/delays and more!

Free and Reduced Price Meals Q&A

Do I need to fill out an application for each child?

No. Most households only need to complete one application to apply for free or reduced price meals. One exception is households with foster children (see below).

Who can get free meals?

Children in households getting Food Stamps or TANF and most foster children can get free meals regardless of your income. Also, your child(ren) can get free meals if your household income is within the free limits on the federal income guidelines. Each foster child must be listed on a separate application, with Part 2 completed and including an adult signature.

Can homeless, runaway, and migrant children get free meals?

Call 355-9200, x4001, to see if your child(ren) qualifies if you have not been informed that he or she will get free meals.

Who can get reduced price meals?

Your child(ren) can get low-cost meals if your household income is within the reduced price limits on the Reduced Price Eligibility Income Chart on page 4 of this newsletter.

Should I fill out an application if I received a letter this school year saying my children are approved for free or reduced price meals?

Please read the letter carefully and follow the instructions. Call 355-1342, x5069, if you have any questions.

I get WIC. Can my child(ren) get free meals?

Children in households participating in WIC may be eligible for free or reduced price meals. Please fill out the application on page 6.

Will the information I give be checked?

The school may ask you at any time during the school year to verify your eligibility. You will be notified in writing if you have been selected for verification. School officials may ask you to send papers showing that your child(ren) should receive free or reduced price meals at the time you applied.

If I don't qualify now, may I apply later?

Yes. You may apply at any time during the school year if your household size goes up, income goes down, or if you start getting Food Stamps, TANF, or other benefits. If you lose your job, your child(ren) may be able to get free or reduced price meals.

What if I disagree with the school's decision about my application?

You should talk to school officials. You also may ask for a hearing by contacting Business Administrator Mark Kellett by phone at 355-9200, x4002, or in writing at 4 Sabre Drive, Schenectady, NY 12306.

May I apply if someone in my household is not a U.S. citizen?

Yes. You or your child(ren) do not have to be a U.S. citizen to qualify for free or reduced price meals.

Who should I include as members of my household?

You must include all people living in your household, related or not (e.g., grandparents, other relatives, friends). You must include yourself and all children who live with you.

What if my income isn't always the same?

List the amount that you normally get. For example, if you normally get \$1,000 each month, but you missed some work last month and only got \$900, write that you get \$1,000 per month. If you normally get overtime, include it, but not if you get it only sometimes.

District Policies and Annual Notifications

Asbestos Management Plan

Schalmont Central School District maintains an Asbestos Management Plan, which is available for review by contacting the business administrator in the district office. The district office is located at 4 Sabre Dr., Schenectady. Annual notification of the AMP is included in the school district calendar.

Attendance Policy

An attendance policy for each Schalmont school can be found in the applicable school's student handbook. Student handbooks are distributed at the start of each school year.

Code of Conduct

The Schalmont Code of Conduct applies to all students, school personnel, parents, and visitors when on school property – including school buses and other school-owned vehicles – or when attending a school-sponsored function. Information on the Code of Conduct is shared with students at the beginning of every school year. Visit www.schalmont.org/District/policy/codeofconduct.htm for a summary of the Code of Conduct. For a complete copy, contact your child's school principal or refer to your child's student handbook.

Directory Information

From time to time, student directory information (e.g., name, grade, photo, awards, activities) depicting activities in Schalmont Central School District is released for use in district publications, on the district Web site, or by the media. Parents who object to the release of their child's directory information and/or photograph should notify both the superintendent and their child's building principal in writing on or before September 15 in any school year.

FERPA and PPRA

The Family Educational Rights and Privacy Act (FERPA) affords students over 18 years of age and parents certain rights with respect to students' education records. The FERPA Protection of Pupil Rights Amendment (PPRA) affords parents certain rights regarding district surveys, collection and use of information for marketing purposes, and certain physical exams.

Visit www.schalmont.org/District/policy/dstpolicies.htm for more detailed information on those rights.

Maintenance of Records

Schalmont, in compliance with Public Law 94-192, maintains in each of its schools programs for students who have been identified as having a disability. The confidential records of students with disabilities are kept in the Committee of Special Education's files, located at the district office. CSE designates, in writing, school personnel who have access to these records. A child's records are always available for review by the child's parents/guardian. If you have questions about this, call Joanne Van Genderen at 355-9200, x4018.

Nondiscrimination Policy

Schalmont does not discriminate on the basis of sex, color, religion, creed, disability, or race in the educational programs or activities that it conducts, in accordance with Title IX of the Educational Amendments. This policy includes the following areas: recruitment and appointment of employees, employment pay and benefits, and student access to educational programs, course offerings, and student activities. For more information, contact the district official responsible for compliance with Title IX, Shari Lontrato, at 887-5600.

Pesticide Notification

Under state law, Schalmont must notify the public that pesticide products may be used in school buildings throughout the year. Parents, guardians, and staff may request a 48-hour-advanced, written notification that includes the date and place where pesticide will be used, the EPA registration number, and who to contact for more information. To make a request, call 355-9200, x4001.

Release of Student Information to Military Recruiters

Legislation generally requires school districts receiving assistance under the Elementary and Secondary Education Act of 1965 to give military recruiters the same access to secondary school students as they provide to post-secondary institutions or to prospective employers. Schools are also generally required

to provide students' names, addresses, and telephone listings to military recruiters, when requested. If you would prefer that your child's information not be released, contact the Schalmont High School Guidance Office.

School Bus Idling Policy

State education law now requires that all school districts ensure that every driver of a school bus or other school vehicle turn off the engine of the vehicle while waiting for passengers to load or off load. The law provides for certain exceptions when necessary for heating, mechanical or emergency circumstances.

State Survey of Students BMI

New York State requires schools to track each student's Body Mass Index (BMI) and weight status category as part of school health examinations. Every year, the NYS Department of Health will survey some schools for the number of pupils in each of six possible weight status categories. If Schalmont is surveyed by the state, the district will share summary group data only and will not share individual names or information. Parents who wish to exclude their child's data from such group calculations must contact the child's school nurse.



New York State now requires schools to track student's Body Mass Index. Physical education and recess can help students maintain a healthy BMI.

A Safety Tip: The New York State Consumer Protection Board conducts marketplace sweeps of recalled products and routinely posts recall notifications of children's products on its Web site at www.consumer.state.ny.us/important_recalls.htm.

Transportation and Facilities

Transportation Requests

For the 2011-12 school year, the Transportation Department must be notified of all requests for student transport to private and parochial schools by April 1, 2011. Requests for transportation to a baby-sitter or daycare must be submitted no later than June 30, 2011.

Community Use of School Facilities

The Schalmont Board of Education encourages community use of school buildings and grounds. Fees are charged to help defray associated expenses. Interested groups can get more information regarding the use of a gymnasium or school grounds by contacting John Gallo at 355-6110, x3251, or by visiting www.schalmont.org/District/policy/dstpolicies.htm. For information on the use of other facilities, please contact an individual school's main office.

School Closings and Delays

To find out if there is a school delay or closing:

- Visit Schalmont online at www.schalmont.org,
- Sign up to receive "School News Notifier" notices via e-mail or text at www.schalmont.org, and/or
- Listen to any of the radio or TV stations listed at right for reports on school closings or delays.

Unless otherwise noted, **all** activities scheduled at Schalmont schools are cancelled on a day when school is closed.

School Start and Dismissal Times		
SCHOOL	START TIME	DISMISSAL TIME
Schalmont High School	7:40 a.m.	2:15 p.m.
Schalmont Middle School	7:40 a.m.	2:15 p.m.
Jefferson Elementary	9:00 a.m.	3:00 p.m.
Mariaville Elementary	9:00 a.m.	3:00 p.m.
Woestina Elementary	9:00 a.m.	3:00 p.m.
Elementary 1/2 Days	9:00 a.m.	11:30 a.m.

School News Notifier

Want to receive a text message and/or e-mail when Schalmont has a closing or delay? Then visit www.schalmont.org to sign up for the Schalmont **School News Notifier (SNN)**, an **opt-in** alert system that allows you to receive notices about school closings/delays, reminders about school activities, school budget information, and more. Users choose which alerts to receive and can unsubscribe at any time.

If your child has changed schools within the district since you first signed up to receive SNN alerts, be sure to log into the system to update your alert selections.

Radio Stations:

- K-LITE 1400 AM
- WGY 810 AM
- WFLY 92.3 FM
- WROW 590 AM
- WGNA 1460 AM
- WTRY 98.3 FM

Television Stations:

- WNYT-TV 13
- WRGB-TV 6
- WTEN-TV 10
- FOX 23
- Capital News 9

SCHOOL SAFETY EFFORTS

Each year, schools must find a balance between securing schools and providing open, friendly places to learn. Following are a few of the many efforts designed to ensure the safety of Schalmont students and staff.

Bus Safety

- Bus routes are written to reduce the number of children who must cross a road to reach a bus.
- Elementary students participate in bus safety drills every year.
- Parking lot improvement efforts have focused on safely separating bus, car, and pedestrian traffic.

Cyber Safety

- School computers use filtering software to protect pupils from inappropriate material.

Emergency Notifications

In emergency situations, school administrators

try to provide parents with accurate information as promptly as possible using the:

- District Web site,
- School News Notifier e-mail service,
- Emergency phone call system, and
- Letters sent home to parents.

Emergency Preparedness

- Every school year, students participate in 12 fire drills and several school "lock-out," "lock-down," and evacuation drills.
- Staff members use and practice the same Incident Command System of crisis management used by police and fire officials.
- Staff members receive advice, training, and safety updates from the Capital Region BOCES Risk Management Service.

Physical Safety

- Students annually receive a copy of the district Code of Conduct, which covers rules for appropriate behavior and the

consequences of inappropriate behavior.

- The school resource officer works with staff in all Schalmont schools to conduct site security surveys, address specific concerns as they come up, and investigate and resolve incidents quickly.
- New staff, including substitutes and support personnel, are fingerprinted and checked for criminal records.
- During the school day, exterior doors are kept locked from the outside except for main school entrances. All substitutes, volunteers, and visitors entering a school must sign in and wear a temporary ID.
- All schools have security cameras.

Safety Committee

- The Schalmont Safety Committee – consisting of local safety professionals, parents, students, board members, and school personnel – helps maintain the Schalmont District-wide School Safety Plan.

Free and Reduced Meals

continued from page 1

How to Apply

To get free or reduced price meals for your child(ren), you may submit a Direct Certification letter received from the NYS Office of Temporary and Disability Assistance or carefully complete one application for your household and return it to the designated office.

If you now receive food stamps, Temporary Assistance to Needy Families (TANF) for any children, or participate in the Food Distribution Program on Indian Reservations (FDPPIR), the application must include the children's names, the household food stamp, TANF or FDPPIR number, and the signature of an adult household member. All children with the same case number may be listed on the same application. Separate applications are required for children with different case numbers.

If you do not list a food stamp, TANF or FDPPIR number for all the children for whom you are applying, the application must include the names of everyone in the household, the amount of income for each household member, how often it is received, and where it comes from. It must include the signature of an adult household member and that adult's social security number or the word "none" if the adult does not have a social security number.

An application that is not complete cannot be approved. Contact your local Department of Social Services for your food stamp or TANF number, or complete the income portion of the application.

Reporting Changes

The benefits that you are approved for at the time of application are effective for the entire school year. You no longer need to report an increase in income, decrease in household size, or if you no longer receive food stamps.

Income Exclusions

The value of any child care provided or arranged, any amount received as payment for such child care, or reimbursement for costs incurred for such care under the Child Care and Development Block Grant fund should not be considered as income for this program.

Nondiscrimination Statement

This explains what to do if you believe you have been treated unfairly. In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Meals for Children with Disabilities

Federal regulations require schools and institutions to serve meals at no extra charge to children with disabilities that may restrict their diet.

A student with a disability is defined in 7CFR Part 15b.3 of federal regulations as one who has a physical or mental impairment that substantially limits one or more major life activities. Major life activities are defined to include functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working.

You must request the special meals from the school and provide the school with medical certification from a medical doctor. If you believe your child(ren) needs substitutions because of a disability, please contact us for further information as there is specific information that the medical certification must contain.

Confidentiality

The U.S. Department of Agriculture has approved the release of students' names and eligibility status without parent/guardian consent to persons directly connected with the administration or enforcement of federal education programs such as Title I and the National Assessment of Educational Progress (NAEP), which are U.S. Department of Education programs used to determine areas such as the allocation of funds to schools, to evaluate socioeconomic status of the school's attendance area, and to assess educational progress.

Information may also be released to state health or state education programs administered by the state agency or local education agency, provided the state or local education agency administers the program, and federal, state, or local nutrition programs similar to the National School Lunch Program.

Additionally, all information contained in the free and reduced price application may be released to persons directly connected with the administration or enforcement of programs authorized under the National School Lunch Act (NSLA) or Child Nutrition Act (CNA); including the National School Lunch and School Breakfast Programs, the Special Milk Program, the Child and Adult Care Food Program, Summer Food Service Program, and the Special Supplemental Nutrition Program for Women Infants and Children (WIC); the Comptroller General of the United States for audit purposes, and federal, state, or local law enforcement officials investigating alleged violation of the programs under the NSLA or CNA.

The disclosure of eligibility information not specifically authorized by the NSLA requires a written consent statement from the parent/guardian.

REDUCED PRICE ELIGIBILITY INCOME CHART

Effective from June 30, 2010, until further notice

Household Size	Annual	Month	Twice-Monthly	Bi-Weekly	Weekly	
1	\$20,036		\$1,670	\$835	\$771	\$386
2	26,955		2,247	1,124	1,037	519
3	33,874		2,823	1,412	1,303	652
4	40,793		3,400	1,700	1,569	785
5	47,712		3,976	1,988	1,836	918
6	54,631		4,553	2,277	2,102	1,051
7	61,550		5,130	2,565	2,368	1,184
8	68,469		5,706	2,853	2,634	1,317
For each additional family member add	6,919		577	289	267	134

If you have any questions about or need assistance filling out the application, please call Food Service Director Marcy vonMaucher at 355-1342, x5069. Someone from your child(ren)'s school will let you know if your application is approved or denied.

APPLICATION INSTRUCTIONS

To apply for free and reduced price meals, submit a Direct Certification letter received from the Office of Temporary and Disability Assistance OR complete only one application for your household using the instructions. Sign the application and return the application to the Schalmont Food Service Director. Please complete a separate application for **each** foster child. Call the school if you need help: 355-1342, x5069. Ensure that all information is provided. Failure to do so may result in denial of benefits for your child or unnecessary delay in approving your application.

PART 1 ALL HOUSEHOLDS MUST COMPLETE STUDENT INFORMATION. DO NOT FILL OUT MORE THAN ONE APPLICATION FOR YOUR HOUSEHOLD.

- (1) Print the names of the children for whom you are applying on one application. (For Foster Children, see Part 2)
 - (2) List their grade and school.
-

PART 2 HOUSEHOLDS WITH A FOSTER CHILD SHOULD COMPLETE THIS PART AND SIGN PART 5. A foster child is the legal responsibility of a welfare agency or court. A separate application must be completed for each foster child.

- (1) List the foster child's monthly "personal use" income. ("Personal Use" income is money given by the welfare office identified by category for the child's personal use, such as an allowance, and all other money the child gets, such as money from his/her family or money from the child's employment.) Write "0" if the foster child does not get "personal use" income. SKIP PART 4. Do not list any other children, household members or income, or a social security number.
 - (2) A foster parent or other official representing the child must sign the application in PART 5.
-

PART 3 HOUSEHOLDS GETTING FOOD STAMPS, TANF OR FDPIR SHOULD COMPLETE THIS PART AND SIGN PART 5. COMPLETE A SEPARATE APPLICATION FOR A CHILD/CHILDREN WITH A DIFFERENT CASE NUMBER.

- (1) List a current Food Stamp case number, TANF or FDPIR (Food Distribution Program on Indian Reservations) number. Do not use the number on your benefit card. The case number is provided on your benefit letter.
 - (2) An adult household member must sign the application in PART 5. SKIP PART 4. Do not list names of household members or income if you list a food stamp case number, TANF or FDPIR number.
-

PARTS 4 & 5 ALL OTHER HOUSEHOLDS MUST COMPLETE THESE PARTS AND ALL OF PART 5.

- (1) Write the names of everyone in your household, whether or not they get income. Include yourself, the children you are applying for, all other children, your spouse, grandparents, and other related and unrelated people in your household. Use another piece of paper if you need more space.
 - (2) Write the amount of current income each household member receives, before taxes or anything else is taken out, and indicate where it came from, such as earnings, welfare, pensions and other income. If the current income was more or less than usual, write that person's usual income. **Specify how often this income amount is received: weekly, bi-weekly, monthly, 2 x per month.** Changes in income during the school year no longer need to be reported.
 - (3) The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care and Development Block Grant, TANF and At Risk Child Care Programs should **not** be considered as income for this program.
 - (4) The application must include the social security number of the adult who signs **PART 5** if Part 4 is completed. If the adult does not have a social security number, write "none". If you listed a food stamp, TANF or FDPIR number, or if you are applying for a foster child, a social security number is not needed.
-

OTHER BENEFITS: Your child may be eligible for benefits such as Medicaid or Children's Health Insurance Program (CHIP). In order to determine if your child is eligible, program officials need information from your free and reduced price meal application. Your written consent is required before any information may be released. Please refer to the attached parent Disclosure Letter and Consent Statement for information about other benefits.

PRIVACY ACT STATEMENT

Section 9 of the National School Lunch Act requires that unless your children's food stamp, TANF or FDPIR case number is provided, you must include the social security number of the adult household member signing the application, or indicate that the household member does not have a social security number. The disclosure of a social security number is voluntary. However, if a social security number is not given or an indication is not made that the signer does not have such a number, the application cannot be approved. The social security number may be used to identify the household member in carrying out efforts to verify the correctness of information stated on the application. These verification efforts may be carried out through program reviews, audits and investigations and may include contacting employers to determine income, contacting a food stamp or welfare office to determine current certification for receipt of food stamps or other benefits, contacting the State employment security office to determine the amount of benefits received and checking the documentation produced by household members to prove the amount of income received. These efforts may result in a loss or reduction of benefits, administrative claims, or legal actions if incorrect information is reported.

DISCRIMINATION COMPLAINTS

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, gender, or disability. To file a complaint, write to *USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410* or call *(800) 795-3272* or *(202) 720-6382 (TTY)*. USDA is an equal opportunity provider and employer.

Date Withdrew _____

COMPLETE ONLY ONE APPLICATION FOR YOUR HOUSEHOLD

___ F ___ R ___ D

Return to: Marcy vonMaucher, 100 Princetown Road, Schenectady, NY 12306

Temp Free/Date Expires* _____

2010-2011 FAMILY APPLICATION FOR FREE AND REDUCED PRICE SCHOOL MEALS/MILK

To apply for free and reduced price meals for your children, read the instructions on the back, complete only one form per household, sign your name and return it to Marcy vonMaucher. Call 518-355-1342 x5069 if you need help. For additional names, list on a sheet of paper.

1. CHILDREN IN SCHOOL: (Complete only one application for your family. Foster children must have separate applications.)

Table with 3 columns: Children's Names (Last, First, MI), Grade/Teacher, School. Multiple rows for listing children.

2. FOSTER CHILD: If the above named child is the legal responsibility of a welfare agency or court, check this box. List the child's personal use income: (Write "0" if the child has no personal use income.) Skip to Part 5.

3. HOUSEHOLDS GETTING FOOD STAMPS OR TEMPORARY ASSISTANCE TO NEEDY FAMILIES (TANF): Complete this section and sign the application in Part 5 OR submit a Direct Certification letter from the Office of Temporary and Disability Assistance or Food Distribution Program on Indian Reservations (FDPIR). Include all children living in your household regardless of whether or not they receive benefits. Write your case number as provided on your benefit letter. Benefit card or Medicaid numbers will not be accepted. Food Stamp Case #: TANF/FDPIR Case #:

4. HOUSEHOLD MEMBERS & TOTAL HOUSEHOLD INCOME: If you did not give a food stamp or TANF case number, or submit a Direct Certification letter, complete this part and all of part 5.

Table for household income reporting. Columns: List the names of everyone in your household, Earnings From Work Before deductions, Child Support, Alimony, Etc., Payments from Pension or Retirement, Other Income. Includes 'CURRENT INCOME/PAY PERIOD' header and examples.

5. SIGNATURE: An adult household member MUST sign the application before it can be approved. I certify that all of the information is true and that all income is reported. I understand that the information is being given for the school to receive federal funds; that school officials may verify the information and that deliberate misrepresentation of the information may subject me to prosecution under applicable State and federal laws, and my children may lose meal benefits.

SIGNATURE: _____ DATE: _____ SOCIAL SECURITY # _____

Home Telephone _____ Work Telephone _____ Mailing Address _____ Zip Code _____

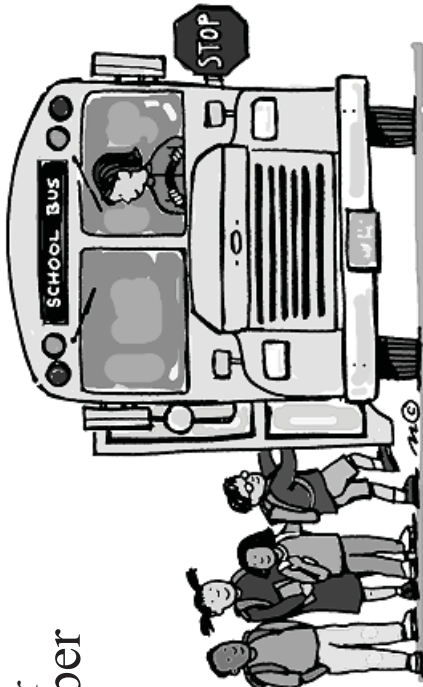
SOCIAL SECURITY NUMBER: If Part 4 is completed, the adult who signs the application must provide his/her Social Security number. See additional information for completing Part 5 in the Application Instructions provided.

DO NOT WRITE BELOW THIS LINE - FOR SCHOOL USE ONLY

ANNUAL INCOME CONVERSION (ONLY CONVERT WHEN MULTIPLE FREQUENCIES ARE REPORTED ON APPLICATIONS): WEEKLY X 52; EVERY 2 WEEKS X 26; TWICE A MONTH X 24; MONTHLY X 12

Application summary section with checkboxes: FOOD STAMP, TANF, FOSTER CHILD; INCOME HOUSEHOLD: Total Household Income/Frequency; Application APPROVED for: Free Meals, Reduced Price Meals, * Temporary Free (expires in 45 days)*; Application DENIED. Includes fields for Date Notice Sent and Signature of Reviewing Official.

Menus for
September
2010



Schalmont Central School District

This institution is an equal opportunity provider and employer.

We've been
expecting you.



And we're all
set for a new
year of great
food and
outstanding
service.

Breakfast
\$1.00
Elementar Secondary

Lunch
\$1.70 \$2.00
Elementar Secondary

Please join us

Get in touch with us today to learn more about
free and reduced-price meals in our district:

355-1342x5069

AVAILABLE DAILY

Ham, Turkey and Cheese
on Whole Wheat Bread
PBJ Uncrustables
Fresh Fruit and Vegetables
Low Fat Chocolate Milk
Fat Free Strawberry Milk
2% White Milk/Slim Milk

EXTRA! Lunch Page News
Breakfast Daily

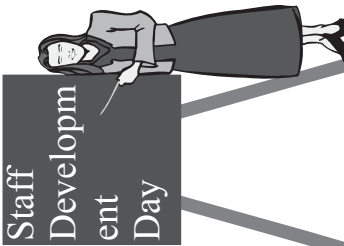
Monday-Pop Tarts
Tuesday-Pancakes/French
Toast
Wednesday-Assorted Donuts
Thursday-Breakfast Sandwich
Friday-Honey Buns
Daily: Cereal, Bagels, Yogurt/

Elementary \$1.00/High School \$1.30

Mon., Sept. 6

★ ★ ★ ★ ★
Labor
★ ★ ★ ★ ★
DAY
★ ★ ★ ★ ★
Enjoy
your
holiday!

Tues., Sept. 7



No School

Wed., Sept. 8

Choice of One

Bosco Sticks
w/ Marinara Sauce

Choice of Two

Tossed Salad w/
Italian
Buttered Pasta
Fruit
Milk

Thurs., Sept. 9

Choice of One

Taco Salad w/
Lettuce/Cheese/
Salsa
Or Chicken Patty
on a Roll

Choice of Two

Fresh Carrots w/
Ranch
Garlic Green
Beans

Fri., Sept. 10

Choice of One

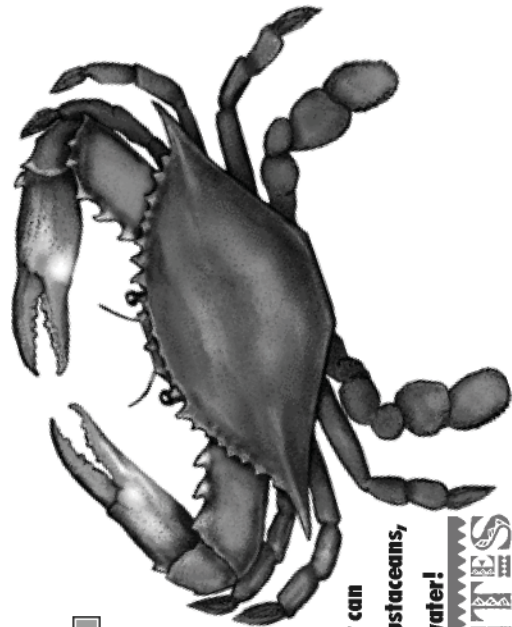
Ham and Cheese
Wrap w/ Lettuce
Or Hot Dog
On a Bun

Choice of Two

Baked Beans
Fresh Celery w/
Ranch
Fruit
Milk

**BEAUTIFUL
SWIMMER**

The scientific name for the Chesapeake Bay
Blue Crab translates to "beautiful swimmer."
Maybe. But their eating habits are hardly
pretty. They'll eat just about anything that they can
get their claws on – including plants, worms, crustaceans,
algae, and any dead stuff they can find in the water!



ANIMAL APPETITES

Mon., Sept. 13

Choice of One
Chef Salad w/
Choice of
Dressing
Or
Popcorn Chicken
w/ Dipping Sauce

Or
Popcorn Chicken
w/ Dipping Sauce

Choice of Two
Fresh Carrots w/
Ranch
Steamed Corn

Mon., Sept. 20

Choice of One
Toasted Cheese
Sandwich
w/ Soup
Or Chicken
Nuggets
w/ Dipping Sauce

Choice of Two
Fresh Carrots w/
Ranch
Vegetable Medley

Tues., Sept. 14

Choice of One
Brunch for Lunch
French Toast
Sticks
w/ Sausage
Or Cheeseburger
w/ Lettuce/
Pickles
On a Roll

Choice of Two
Tator Tots
Broccoli Florets w/
Ranch

Tues., Sept. 21

Choice of One
Chicken/Cheese
Quesadilla
w/ Salsa
Or Cheeseburger
w/ Lettuce/
Pickles
On a Roll

Choice of Two
Seasoned Green
Beans
Broccoli Florets w/
Ranch

Tues., Sept. 28

Choice of One
Spaghetti w/
Meat Sauce
Or Cheeseburger
w/ Lettuce/
Tomato
On a Roll

Choice of Two
Steamed Broccoli
Celery Sticks w/
Ranch

Wed., Sept. 15

Choice of One
Home-Made
Cheese Pizza

Choice of Two
Tossed Salad w/
Italian
Buttered Peas
Fruit
Milk

Wed., Sept. 22

Choice of One
Stuffed Crust
Pizza

Choice of Two
Tossed Salad w/
Italian
Buttered Pasta
Fruit

Fri., Sept. 29

Choice of One
Home-Made
Pepperoni
Pizza

Choice of Two
Tossed Salad w/
Italian
Seasoned Green
Beans

Thurs., Sept. 16

Choice of One
Beef/Bean Burrito
w/
chips
Or Chicken Patty
On a Bun

Choice of Two
Mixed Vegetables
Celery Sticks w/
Ranch
Fruit

Thurs., Sept. 23

Choice of One
Chicken Bowl w/
Potatoes, Corn,
Gravy and
Cheese
Or Chicken Patty
On a Bun

Choice of Two
Mashed Potatoes
Steamed Corn
Fruit

Fri., Sept. 30

Choice of One
Turkey/Cheese
Wrap
Or Chicken Patty
On a Bun

Choice of Two
Oven Baked
French Fries
Broccoli w/ Ranch
Fruit

Fri., Sept. 17

Choice of One
Sloppy Joe
On a roll
Or Hot Dog
On a Bun

Choice of Two
Assorted Fresh
Veg. w/ Ranch
Spiral Seasoned
Fries
Fruit

Fri., Sept. 24

Choice of One
Baked Potato Bar
w/ Butter/Chili/
Cheese & Sour
Cream
Or Hot Dog
On a Bun

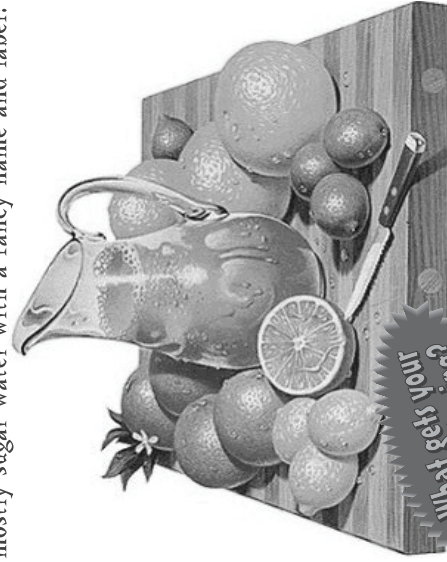
Choice of Two
Assorted Fresh
Veg. w/ Ranch
Vegetarian Beans



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: What's YOUR main squeeze?

Did you know that a 6-ounce glass of juice counts as a serving of fruit? That's a delicious way to tack up one of your 5-9 daily servings of fruit and vegetables! But make sure your drink is 100% fruit juice -- anything less is probably mostly sugar water with a fancy name and label!



What feels your juiciest flowing?

- 1 _____ Pineapple
- 2 _____ Grape
- 3 _____ Apple
- 4 _____ Orange
- 5 _____ Cranberry
- 6 _____ Grapefruit

Number the juices 1 to 6, with 1 being your favorite. Then look below as your favorite. List your favorite least favorite.

Orange juice is by far the winner, followed by apple, grapefruit, cranberry, and pineapple. It provides 5 percent of your daily vitamin C.

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