

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 three schools. Free and reduced price meals are available to those students whose families meet certain financial criteria.

Breakfast at Jefferson Elementary School 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 the elementary school 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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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.

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 website, 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 Shari Lontrato 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, 355-9200, x4018.

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.

Online meal payment service to be available in 2011-12

Beginning this fall, parents will have the ability to deposit money—via credit card—into their child's meal plan accounts from the comfort of their own home. There is also the ability to review cafeteria purchases. Visit MyNutriKids.com to create your account.



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 website,
 - School News Notifier opt-in 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 Safety Committee— consisting of local safety professionals, parents, students, board members, and school personnel—helps maintain the Schalmont District-wide School Safety Plan.

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**School
News Notifier**

Transportation and Facilities

Transportation Requests

For the 2012-13 school year, the Transportation Department must be notified of all requests for student transport to private and parochial schools by April 1, 2012. Requests for transportation to a baby-sitter or daycare must be submitted no later than June 30, 2012.

Community Use of 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 the district website. For information on the use of other facilities, please contact an individual school's main office.

Bus Stops & Schedules

Postcards notifying students of their designated pick-up time and location are typically mailed the third week in August.

School Closings and Delays

Learn about school closings and delays by:

- Visiting the district website at www.schalmont.org;

- Signing up to receive “School News Notifier” notices via e-mail and/or text message; and
- Listening to the local radio and/or TV stations, listed right.

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

Radio Stations:

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

TV Stations:

- WNYT-TV 13
- WRGB-TV 6
- WTEN-TV 10
- FOX 23
- YNN-9

School Start and Dismissal Times

SCHOOL	START TIME	DISMISSAL TIME
Schalmont High School	7:40 a.m.	2:15 p.m.
Schalmont Middle School (Gr. 6-8)	7:40 a.m.	2:15 p.m.
Schalmont Middle School (Gr. 5)	8:45 a.m.	2:45 p.m.
Jefferson Elementary School	9:00 a.m.	3:00 p.m.
Elementary 1/2 Days	9:00 a.m.	11:30 a.m.

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 (FDPIR), the application must include the children's names, the household food stamp, TANF or FDPIR 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 FDPIR 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 the last four digits of that adult's social security number, or check the box 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.

2011-12 REDUCED PRICE ELIGIBILITY INCOME GUIDELINES

Effective from July 1, 2011 until further notice.

Household Size:	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$20,147	\$1,679	\$840	775	388
2	27,214	2,268	1,134	1,047	524
3	34,281	2,857	1,429	1,319	660
4	41,348	3,446	1,723	1,591	796
5	48,415	4,035	2,018	1,863	932
6	55,482	4,624	2,312	2,134	1,067
7	62,549	5,213	2,607	2,406	1,203
8	69,616	5,802	2,901	2,678	1,339
For each additional family member add	+7,067	+589	+295	+272	+136

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 Services Director. If you have a foster child in your household, you may include them on your application. A separate application is no longer needed. Call the school if you need help: 518-355-1342 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, including foster children, for whom you are applying on one application.
 - (2) List their grade and school.
 - (3) Check the box to indicate a foster child living in your household, and check the box for each child with no income.
-

PART 2 HOUSEHOLDS GETTING FOOD STAMPS, TANF OR FDPIR SHOULD COMPLETE PART 2 AND SIGN PART 5.

- (1) List a current Food Stamp, TANF or FDPIR (Food Distribution Program on Indian Reservations) case number of anyone living in your household.. Do not use the 16-digit 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.
-

PART 3 Before completing an application for a child who may be homeless, a migrant education student, or a runaway, please call your school's homeless liaison or migrant education coordinator at this number:

(Homeless Liaison/Migrant Education Coordinator name and Phone 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, every other week (bi-weekly), 2 x per month, monthly.** 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.
 - (3) The application must include the last four digits only of 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, check the box. If you listed a food stamp, TANF or FDPIR number, a social security number is not needed.
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-

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

Privacy Act Statement: This explains how we will use the information you give us.

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number are not required when you apply on behalf of a foster child or you list a Food Stamp, Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

DISCRIMINATION COMPLAINTS

Non-discrimination 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 USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

Back to school

Menus for September 2011

This institution is an equal opportunity provider.

Schalmont Central School District

Nobody learns if they're empty.



You can't keep the seats full if the kids aren't full, too. It's a fact: kids need to eat well to learn well. We hope you'll join us often this year!

Breakfast

\$1.00 **\$1.30**
Elementary Secondary

Lunch

\$1.75 **\$2.00**
Elementary Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district:
518-355-1342 x 5069

AVAILABLE DAILY
PBJ UNCRUSTABLE ON WHEAT
CHEF SALAD w/ HAM & TURKEY
YOGURT GRAB N' GO
(Includes: LF Yogurt, Cheese Stick, Fresh Veggies, Graham Crackers and Milk)
1% WHITE MILK, FAT FREE
CHOCOLATE, STRAWBERRY & SKIM MILK

We are pleased to provide
FREE AND REDUCED-PRICE MEALS
for all students who qualify.
It's simple to apply and we accept applications all year.
Learn more at
www.schalmont.org
or call 518-355-1342x5069

HERB/SPICE

Thyme

Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

OF THE MONTH

Breakfast Daily

Monday-Pillsbury Frudel
Tuesday-Pillsbury Mini Pancakes/
Fr. Tst Sticks/Pancake on a Stick
Wednesday-Breakfast Sandwich
Thursday-Mini Pancakes/
Pillsbury Mini French Toast
Friday-Mini Cinnis/Cinnamon Rolls
Daily: Cereal, Bagels, Yogurt,
Juice, Fruit and Milk
Elementary/
Middle School Price 1.00
High School 1.30



Thursday, September 8

Choice of One

Popcorn Chicken
w/ BBQ Sauce or
Turkey and Cheese on WW

Choice of Two

Seasoned Broccoli
Fresh Carrots w/ LF Ranch
Assorted Fresh/Canned Fruits

Choice of Milk

Friday, September 9

Choice of One

Hot Dog on a
Whole Wheat Roll or
Ham and Cheese on WW

Choice of Two

Tator Tots
Fresh Celery w/ LF Ranch
Assorted Fresh/Canned Fruits

Choice of Milk

Thursday, September 15

Choice of One

Taco Salad w/ Lettuce,
Cheese & Salsa or
Mozz. Sticks w/ RS Marinara
or Turkey on WW

Choice of Two

Seasoned Corn
Fresh Broccoli w/ LF Ranch
Assorted Fresh/Canned Fruits

Choice of Milk

Wednesday, September 14

Choice of One

Homemade Cheese Pizza on
Spring Wheat Crust or
Ham and Cheese on WW

Choice of Two

Tossed Salad w/ Homemade
Italian Dressing
Seasoned Vegetable Blend
Assorted Fresh/Canned Fruits

Choice of Milk

Tuesday, September 13

Choice of One

Spaghetti w/ RS Meat Sauce
Or Cheeseburger on a WW
Roll/ Lettuce and Pickle or
Tuna Salad on WW

Choice of Two

Seasoned WG Rice
Fresh Celery w/ LF Ranch
Assorted Fresh/Canned Fruits

Choice of Milk

Monday, September 12

Choice of One

Tuna Wrap w/ Lettuce or
Chicken Nuggets w/ Sauce or
Turkey & Cheese on WW

Choice of Two

Seasoned Green Beans
Fresh Carrots w/ LF Ranch
Assorted Fresh/Canned Fruits

Choice of Milk

Friday, September 16

Choice of One

Corn Dog or
Chicken Patty on WW Roll or
Ham on WW

Choice of Two

BBQ Vegetarian Beans
Asst. Fresh Veg. w/ LF Ranch
Assorted Fresh/Canned Fruits

Choice of Milk

What's on YOUR plate?



Say goodbye to the Pyramid and hello to the Plate!

There's a new, easy-to-understand graphic showing what a healthy American diet should look like.

Fill your plate with at least half fruits and vegetables, a little more than a quarter grains (mostly whole grains), and a little less than a quarter lean protein foods, with a little dairy on the side.

Try to follow these general guidelines, too:

- ▶ Enjoy what you eat, but eat less of it!
- ▶ Avoid really big portions of food
- ▶ Eat whole grains as much as possible
- ▶ Drink milk that's fat-free or low-fat (1%)
- ▶ Choose foods with lower sodium numbers
- ▶ Drink water instead of soda or other sugary drinks

On future menus, look for lots of tips, puzzles, riddles, jokes, and examples that will help you make sense of the new MyPlate graphic!

Learn more at www.CHOOSEMYPLATE.gov or www.kidshealth.org/kidstays_healthy/food/pyramid.html#cat119

Monday, September 19

Choice of One

Toasted Ham/Cheese on WW or Popcorn Chicken w/ Sauce or Turkey w/ Cheese on WW

Choice of Two

Seasoned Butternut Squash Fresh Celery w/ LF Ranch Assorted Fresh/Canned Fruits

Choice of Milk

Tuesday, September 20

Choice of One

Teriyaki Chicken/Rice Bowl or Cheeseburger on a WW Roll w/ Lettuce and Pickle or Tuna Salad on WW

Choice of Two

Seasoned Mixed Veggies Fresh Carrots w/ LF Ranch Assorted Fresh/Canned Fruits

Choice of Milk

Wednesday, September 21

Choice of One

Bosco Sticks w/ RS Marinara or Ham and Cheese on WW

Choice of Two

Garlic WG Pasta Tossed Salad w/ Homemade Italian Dressing Assorted Fresh/Canned Fruits

Choice of Milk

Thursday, September 22

Choice of One

Chicken & Cheese Quesadilla w/ Salsa or Hot Dog on WW Bun or Turkey on WW

Choice of Two

Refried Beans w/ Cheese Fresh Broccoli w/ LF Ranch Assorted Fresh/Canned Fruits

Choice of Milk

Friday, September 23

Choice of One

Bkd Potato w/ Butter, Sour Cream and Cheese or Chicken Patty on WW Roll or Ham on WW

Choice of Two

Seasoned Broccoli Asst. Fresh Veg. w/ LF Ranch Assorted Fresh/Canned Fruits

Choice of Milk

Monday, September 26

Choice of One

Vegetable Egg Rolls or Chicken Nuggets w/ Sauce or Turkey & Cheese on WW

Choice of Two

Seasoned Green Beans Fresh Carrots w/ LF Ranch Assorted Fresh/Canned Fruits

Choice of Milk

Tuesday, September 27

Choice of One

Pillsbury Mini Pancakes w/ Sausage Patty or Cheeseburger on a WW Roll w/ Lettuce and Pickle or Tuna Salad on WW

Choice of Two

Tator Tots Fresh Celery w/ LF Ranch Assorted Fresh/Canned Fruits

Choice of Milk

Wednesday, September 28

Choice of One

Homemade Pepperoni Pizza on Spring Wheat Crust or Ham and Cheese on WW

Choice of Two

Tossed Salad w/ Homemade Italian Dressing Seasoned Spinach Assorted Fresh/Canned Fruits

Choice of Milk

Thursday, September 29

**In-Service Day
No School**



Our teachers are busy sharpening their skills for you!

Friday, September 30

Choice of One

Fish Strips on WW Roll w/ Tarter Sauce or Chicken Patty on WW Roll or Ham on WW

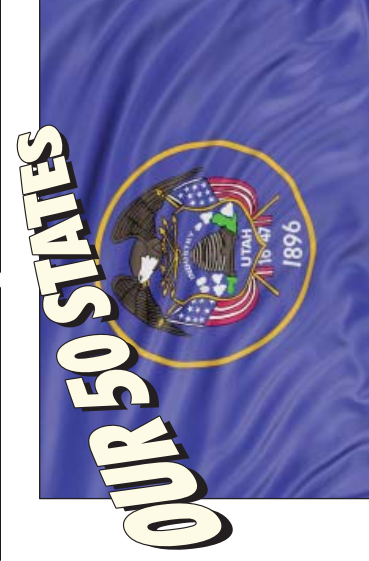
Choice of Two

RF Macaroni and Cheese Chilled Tomato Juice Asst. Fresh Veg. w/ LF Ranch Assorted Fresh/Canned Fruits

Choice of Milk



We'll be celebrating our local and regional agricultural bounty during the week of Oct. 3-7



UTAH

"The Beehive State"

Admitted to the Union January 4, 1896, as the 45th State

State Capital: Salt Lake City