



Home of the Cougars

**KRUSE
Elementary School**

4400 McMurry Avenue
Fort Collins, CO 80525

Principal
Mr. Samples

Assistant Principal
Ms. Lori Sander

Main Office Number
970.488.5625

Attendance Number
970.488.5626

From The Principal

10 Smart Tips for Homework Success: Help your kids manage their homework load with these successful strategies.

BY STEPHANIE WOOD (FROM SCHOLASTIC.COM/PARENTS)

What is it about homework that wears families out? Even newbie grade-schoolers, who love doing it at first, often lose their enthusiasm and start stalling. And after a long day, you just want your kiddo to knuckle down so you can get dinner on the table or start the bedtime routine.

But playing cop rarely works — micromanaging and nagging only make kids feel incapable or frustrated. A better solution: Think of yourself as a coach and cheerleader. To help you get there, we asked teachers and parents to share their A+ strategies for solving the most common headaches. Their work-like-magic tips are guaranteed to bring harmony back into your homework routine, whether your child is a kindergartner or a fifth-grader, a whiner or a procrastinator!

continued on next page



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From The Principal *continued*

1. Do It as Early as Possible: Best for Everyone

On days when there are no afternoon activities, give your child a time frame — say, between 3 p.m. and 5 p.m. — to get down to business. This gives her some control over her schedule (some kids need a longer break after school, and others need to start right away to keep the momentum going). The only rule is that 5 o'clock is the latest time to start. If you're at work during that time, that means homework duties will fall to the after-school caregiver. This way, the bulk of it can get done before your kiddo's too pooped — and you can just review and wrap things up once you get home.

2. Create a Call List: Best for Forgetters

From kindergarten on, kids need a list of three or four classmates they can call on when they forget an assignment, says Ann Dolin, M.Ed., a former teacher and author of *Homework Made Simple*. The study buddy can read your child the spelling words over the phone, or his mom can snap a pic of the worksheet and text it to you.

3. Build Confidence: Best for the Intimidated

When kids don't get something right away, they may feel like they're not smart enough and start to shut down, says Sigrid Grace, a second-grade teacher in Almont, MI. You can short-circuit negative thinking by sitting down and figuring out the first problem together. That alone can help her remember how to do the rest. Then heap on the praise: "You did a great job on that one! Try the next one now."

continued on next page

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From The Principal *continued*

Another strategy: Have your child show you similar problems he worked on in class. That may jog his memory so he can retrace the steps. Plus, it helps you see what he’s already learned.

4. Cut It in Half: Best for the Overwhelmed

That’s right — you can make an executive decision to lighten your child’s load for a night if:

- She doesn’t understand the assignment.
- The assignment is vague or touches on a topic she’s not ready for.
- She’s exhausted from a long day of school, gymnastics, and an argument with her best friend.

If your child is completely lost, you can excuse her entirely. In the other cases, shorten the assignment, says Cathy Vatterott, Ph.D., a University of Missouri-St. Louis professor of education and author of *Rethinking Homework*. What you can’t skip is informing the teacher. “Have your child write a note explaining,” says Vatterott. If she’s too young, write it yourself (with her input) and have her sign it. If you don’t hear back from the teacher in a few days, or your child is still clueless on the next assignment, follow up with an e-mail.

Most teachers will be understanding if a student does this once in a while, says Grace, but if your child frequently fails to finish her assignments, there will probably be a consequence.

continued on next page

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 **From The Principal** *continued*

5. Change the Scene: Best for Daydreamers

Something as simple as a special place to work can boost a child’s motivation and, in turn, his confidence. “I let one kid at a time use my office if they are having trouble,” says Jennifer Harrison, of Sacramento, CA, mom of a 7- and an 11-year-old. “Being in the spot where Mom does grown-up work seems to help them focus. Maybe because I tell them that it’s my place to concentrate.”

6. Keep the Positive Feedback Coming: Best for the K–2 Set

Little kids need instant feedback, so it’s okay for parents of young grade-schoolers to correct mistakes, says Grace. Then emphasize what your kid’s done well. After she’s finished, take her paper and say “Hmm, I’m looking for something . . .” After scanning it for a minute, say “Aha! Look how well you wrote your letters in this part!” or “This sentence is even better than the one you came up with yesterday!” If you praise specific improvements, your little learner will become more inclined to try to do a good job the first time around.

7. Leave the Room: Best for Whiners

“Kids who drag things out are often doing so for your attention — they’re enjoying the interaction on some level,” explains Grace. “Avoid joining in. And if you must stay in the room, have your child work in a spot that’s farther away from whatever you’re doing.”

continued on next page

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From The Principal *continued*

8. Beat the Clock: Best for Procrastinators

Sometimes a pint-size foot dragger just needs a jump-start. If that's true for yours, try Dolin's "Five Minutes of Fury": Set a timer for five minutes, shout "Go!", and have your child work as fast as he can until the timer goes off. At that point, he can take a short break or keep going — and many kids continue. "Racing against a timer gives kids an external sense of urgency if they don't have an internal one," she notes (besides, it's fun!). But it's not an excuse for sloppy work, so tell him to go over it before he puts it back in his folder.

9. Plan, Plan, Plan: Best for 3rd- to 5th-Graders

Many teachers will break down big projects into a series of deadlines so that children learn to budget time. If your kid's teacher doesn't, show your child how to "scaffold" the assignment yourself, says Dr. Vatterott. Together, divide the project into steps, then help her estimate how much time each will take. Get a weekly or monthly calendar, and then write down which steps she'll tackle when — and for how long.

To get the most out of your calendar, include everything — from basketball practice on Mondays to the reading log every night so you both can plan realistically. If you know which nights are going to be a problem, "ask for the week's assignments at once and figure out your own schedule for completing them," suggests Dr. Vatterott. "Teachers will often work with you on this, but most parents are afraid to ask."

continued on next page

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 **From The Principal** *continued*

10. Let 'Em Vent: Best for Everyone

When your routine is upended — and your kid hasn't even started his homework — ease frustration by letting him complain. Listen, empathize (“Wow, that is a lot of work”), and state his feelings back to him (“You sound upset”). Once your child feels understood, says Dolin, he'll be more likely to accept your suggestions — and better able to focus on what needs to be done.

Plus: Your Way vs. The Teacher's

Your child's tearing up over a long-division worksheet and you actually remember how to get the answer. But the teacher's instructions are different. Do you show your kid your method — so at least she'll have the correct answer?

Hold off, says Dr. Vatterott. Your process may confuse her even more. You can help your child by talking to her about what she remembers from class and steering her to the textbook. If she's still lost, just have her write a note to the teacher explaining that she doesn't understand.



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February Calendar



For pics and updates from school, follow us on Twitter @KruseES

3	Chess Club	3:30-4:30	Media Center
3	3 rd -5 th Grade Spanish Club	3:30-4:15	Room 406
4	Middle School Visits to Kruse	10:00-11:00	
4	Student Success Study Buddy Program	3:30-4:30	Media Center
4	Parent/Teacher Conferences	3:45-7:45	Classrooms
4	PTO Meeting	6:30-8:00 p.m.	Media Center
5	K-2 nd Grade Spanish Club	3:30-4:15	Room 406
5	Science Matters Pop, Bang, Fizz	3:30-4:30	Art Room
7	STUCO Meeting	8:15-8:45	Room 701
7	PTO Art Club	3:30-4:30	Art Room
10	K-4 th Class Group Picture Day		Media Center
10	Chess Club	3:30-4:30	Media Center
10	3 rd -5 th Grade Spanish Club	3:30-4:15	Room 406
11	5 th Grade Class Group Pictures (not the 5 th grade panorama)		
11	Student Success Study Buddy Program	3:30-4:30	Media Center
12	K-2 nd Spanish Club	3:30-4:15	Room 406
12	Science Matters Pop, Bang, Fizz	3:30-4:30	Art Room
14	Valentine Classroom Parties	2:30-3:28	Classrooms
14	PTO Art Club	3:30-4:30	Art Room
17	No School -- Teacher Work Day		
18	Student Success Study Buddy Program	3:30-4:30	Media Center
18	4 th /5 th Grade Honor Choir Rehearsal	1:00-3:00	Lincoln Cntr.

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February Calendar



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18	PSD Elementary Honor Choir Performance	7:00-8:00	Lincoln Cntr.
19	K-2 nd Grade Spanish Club	3:30-4:15	Room 406
19	Science Matters Super Science Smorgasbord	3:30-4:30	Art Room
21	PTO Art Club	3:30-4:30	Art Room
21	PTO Family Fun Night Bingo	6:30-8:00	Gym
24	Chess Club	3:30-4:30	Media Center
24	3 rd -5 th Grade Spanish Club	3:30-4:15	Room 406
25	Student Success Study Buddy Program	3:30-4:30	Media Center
26	K-2 nd Grade Spanish Club	3:30-4:15	Room 406
26	Science Matters Super Science Smorgasbord	3:30-4:30	Art Room
28	Read Across Kruse Kick-Off Assembly	9:00-9:30	Gym
28	PTO Art Club	3:30-4:30	Art Room
28	End of Second Trimester		

Does your child have trouble focusing at school?

Are teachers unable to read their writing?

Do they have difficulty organizing their papers/homework?



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School Messenger

School Messenger Voice Message Retrieval Line: New for the 2019-20 school year, all automated PSD and school phone calls will come from one main number: 970-490-3050. In the past, the number displayed as 1-866-316-3462. We made this change with our families and staff in mind. Some shared feedback that they didn't always answer the 866 number thinking it was spam. Parents, guardians and staff members who may have previously saved the 866 number in their phone as a contact will need to re-save the new number. If you miss a phone call or voice message from the district, you may call the number above and listen to the last 10 voice messages sent to your phone (most recent will play first).



FRHS Robot Reveal

Ridgebotics is a high school robotics team from Fossil Ridge High School in Fort Collins, Colorado. Every year we compete in the *FIRST* (For Inspiration and Recognition of Science and Technology) Robotics Competition against thousands of other high school robotics teams. *FIRST* was founded with the purpose to inspire students to get involved in science and technology. This program is a 501(c)(3) nonprofit organization that was designed to motivate students to explore and pursue science, engineering, technology, and math-based careers while developing knowledge, experience, and life skills. *FIRST* is a program that hosts events such as FRC (*FIRST* Robotics Competition), FTC (*FIRST* Tech Challenge), FLL (*FIRST* Lego League), and FLL Jr.

On Tuesday, February 19th at 7:00 pm at Fossil Ridge High School we have an event called The Robot Reveal Night & Silent Auction where we show the robot that we built during our six week build season. Last year we raised \$1000 to help fund our robot. This year we are additionally hosting a silent auction with our Robot Reveal Night and we are hoping to raise \$2000.

Ridgebotics

ridgebotics@gmail.com

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Activity Flyer Packet

Please click on following link to access the 2020 Winter Activity Flyer Packet [district website](#)



PTO FitClub

Fit Club - The goal of Fit Club is to expose our kids to different, new and fun activities to stay active. We will start our next Fit Club session on Wednesday, February 4th that will run for the next 4 weeks! 8:05-8:35 am in the gym. If you have questions or want to sign up email tamiboday@gmail.com



Kruse News Link

Kruse News is HERE, so please stay current with all our latest events and announcements and check out our new YouTube Channel.

While you are there *please* take a moment to SUBSCRIBE to our channel and whenever we post a video or GO LIVE you'll be the first to be notified.

Here's the link: <http://tiny.cc/krusenews>

 **Box Tops—Did You Know?**



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From Sept 15th thru Feb 15th we will be running a friendly competition. Whichever grade levels bring in the most, non-expired box tops will win a cookie party for the entire grade.

This is an ongoing competition so send them in as often as you can, there will be a box for each grade level for them to put them in.

Don't want to clip? Do you know that there is a box top app that will still earn Kruse money?

Thanks for all your support for your Kruse Cougars.

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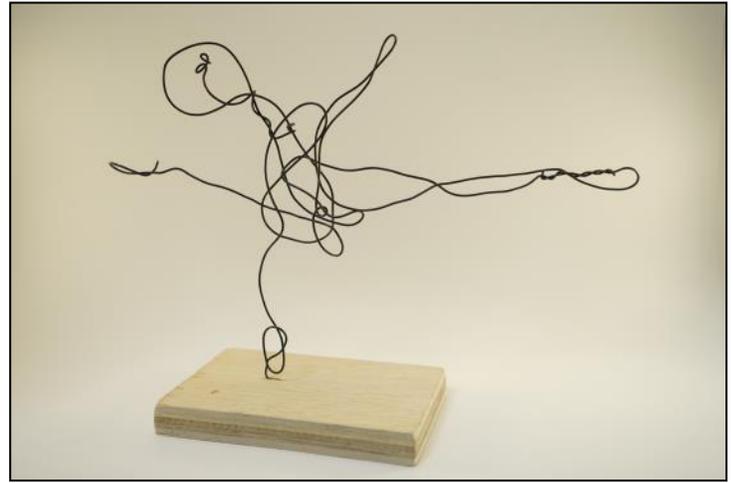
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 **Art**

February is SuperArt! month. The SuperArt! Show celebrates one outstanding student's artwork from each school in the district. Congratulations to 4th grader Lucia Aspiazu on her excellent wire figural sculpture. Her artwork will represent Kruse at the Superintendent building and be displayed for a full year.

This month's artist habit of the mind is **Stretch and Explore**. Student's learn to reach beyond one's capacities, to explore playfully without a preconceived plan, and to embrace the opportunity to learn from mistakes. Have fun trying new ways of creating art.

**Krusin' Art Ceramics:**

We are beginning the afterschool ceramics enrichment, "Krusin' Art" in February. Krusin' Art is held in the art room Tuesdays from 3:30 – 4:30 and available to 5th grade students who are seeking a deeper educational experience into the world of clay and pottery. We explore various types of clay building, surface treatments, and even wheel thrown pottery. If this is something your student would be interested in, please contact me.

Special Opportunity from Original Works...

Our fundraising partners, Original Works, has extended art orders until February 28th. So, if you missed out on the original deadline or would like to order more of you student's items you still have time! With this special offer, Original Works is allowing you to upload alternate artworks and have them printed on their merchandise items. The new orders will be shipped directly to your house. Please email with any questions or contact Original Works directly.

To keep up to date on the art room happenings, you can follow our new Kruse visual arts instagram @krusevisualarts or check out the new website, www.kruseart.weebly.com. For parents and family of 3-5 grade, you can follow your student's artwork via Seesaw app. If you need your student's Seesaw follow code please email me at rmontgomery@psdschools.com.

Thanks,

Mr. Montgomery



SPECIAL OPPORTUNITY

Until February 28th, 2020 orders can be placed through the Original Works [eStore](#) either from the artwork image used during the Fall 2019 Original Works program, or from other artwork or photos of your choice that you can easily upload to the eStore. Original Works will process the orders, and then conveniently ship them directly to your home.

IMAGE FLEXIBILITY

Existing Artwork - If you would like to order items using the artwork your child created last fall, call or email Original Works and provide your child's name, teacher, and grade. Original Works will promptly e-mail you the image. E-MAIL: cs@originalworks.com. PHONE: 518-584-9278.

New Images – If you prefer, you may choose a new piece of artwork, or a favorite photograph from your own collection.

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2/12	Childhood Irritability – What is normal? <i>Presented by Aaron Meng, MD, LLC</i>
2/19	Bipolar Disorder – Signs, symptoms, and treatments <i>Presented by Joseph Gottfried, MD</i>
2/26	Role of Medication in Children – Risks and benefits <i>Presented by Usha Udupa, MD</i>

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How Sick is Too Sick? When Children and Staff Should Stay Home from School or Child Care

There are three main reasons to keep sick children and adults at home:

1. The child or staff member does not feel well enough to take part in usual activities. For example, a child is overly tired, fussy or will not stop crying.
2. A child needs more care than teachers and staff can give while still caring for the other children.
3. The symptom or illness is on this list, and staying home is required.

Remember, the best ways to stop the spread of infection is through good hand washing and staying home when sick.

Symptoms	Child must stay home?
Diarrhea Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine.	Yes - if there are other symptoms along with the diarrhea (such as vomiting, fever, abdominal pain, jaundice, etc.), the diarrhea cannot be contained in the toilet, there is blood or mucous in the stool, the child is in diapers or the staff member handles food or bottles. Children and staff may return 24 hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer.
Fever Fever with behavior change or other illness. Babies who are 4 months or younger need to see a doctor right away for a fever of 100°F or higher.	A child should not be excluded if they have a fever with no other symptoms unless they are 4 months old or younger. Yes - if there is also a rash, sore throat, throwing up, diarrhea, behavior changes, stiff neck, or difficulty breathing.
"Flu-Like" Symptoms Fever over 100°F with a cough or sore throat. Other flu symptoms can include tiredness, body aches, throwing up, and diarrhea.	Yes - for at least 24 hours after the fever is gone. The fever needs to be gone, without using medicine that reduces the fever (acetaminophen or ibuprofen).
Coughing	Yes - if the coughing is severe, uncontrolled, or the child has wheezing, rapid or trouble breathing. Medical attention is needed for wheezing, rapid or trouble breathing. <u>Note:</u> Children with asthma may go to school with a written health care plan and the school is allowed to give them medicine and treatment.
Mild Respiratory or Cold Symptoms Stuffy nose with clear drainage, sneezing, and mild cough.	No - children and staff may go to school if they able to take part in usual activities. Children and staff should stay home if the symptoms are severe. This includes fever and if a child is not acting normally and/or has trouble breathing.
Vomiting/Throwing Up Throwing up two or more times in the past 24 hours, there are other symptoms in addition to the vomiting (such as fever, diarrhea, etc.).	Yes - until 24 hours after throwing up stops or a doctor says it is not contagious. If a child has a recent head injury, watch for other signs of illness and for dehydration. Adults who handle food and bottles must be excluded.

See second page for a list of illness that may require children or staff to stay home.



Illness	Child must stay home?
Chicken Pox	Yes - until the blisters have dried and crusted (usually 6 days).
Conjunctivitis (pink eye) Pink color of eye and thick yellow/green discharge	No - children and adults do not need to stay home unless they have a fever or are not able to participate in usual activities. Call your doctor for advice and possible treatment.
Croup (see Coughing)	Call your doctor for advice. Note: Children and staff may be able to go to school unless they are not well enough to take part in usual activities.
Fifth's Disease	No - the illness is no longer contagious once the rash appears.
Hand Foot and Mouth Disease (Coxsackie virus)	No - unless the child or adult has mouth sores, is drooling and is not able to take part in usual activities.
Head Lice or Scabies	Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment.
Hepatitis A	Yes - until 1 week after the illness starts and when the child or staff is able to take part in normal activities. Children and staff should not go to another facility during the period of exclusion.
Herpes	No - unless there are open sores that cannot be covered or there is nonstop drooling.
Impetigo	Yes - children and adults needs to stay home until antibiotic treatment has started.
Ringworm	Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment. Keep the area covered for the first 3 days if participating in sports with person to person contact.
Roseola	No - unless there is a fever or behavior changes.
RSV (Respiratory Syncytial Virus)	No - children and staff can go to school unless they are not well enough to take part in usual activities and/or they have trouble breathing. Call your doctor for advice.
Strep Throat	Yes - for 12 hours after starting antibiotics unless the doctor says that it is okay to return to school sooner. Children and staff also need to be able to take part in usual activities.
Vaccine Preventable Diseases Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)	Yes - Children and staff can return to school once the doctor says they are no longer contagious.
Yeast Infections Thrush or Candida diaper rash	No - follow good hand washing and hygiene practices.
Other Symptoms or illnesses not listed	Contact the child care center director or school health staff to see if the child or staff member needs to stay home.

This was developed in collaboration with the Children's Hospital of Colorado School Health Program. The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

References

American Academy of Pediatrics. *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide*. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.20.

Colorado Department of Public Health and Environment. *Infectious Diseases In Child Care and School Settings: Guidelines for Child Care Providers and Health Consultants, School Nurses and Other Personnel*. 2019.

Distributed December 2019



3:30 – 4:30pm

In February we will be drawing beautiful, detailed images of Japanese Florals!

{For all grades and levels} Payment includes: Supplies, snacks, and amazing finished works of art weekly.

February: Fridays – 7th, 14th, 21st, 28th

Time: 3:30-4:30pm

Grades: K–5th graders

Tuition: \$45.00 total cost this month

PARENTS! Please try to have students signed up asap :)

about the instructor

Mary Carsway grew up in the New Orleans area, where her childhood was shaped by the art, architecture and spirit of the region. After studying fine art and graphic design at Louisiana State University, she spent 15 years as a graphic designer, illustrator and fine artist before relocating with her husband and two sons to Fort Collins in 2002. She currently teaches fine art classes for women & children, and sells her paintings at Dandelions & Rust and The Elizabeth Hotel right here in Fort Collins.

art club

Registration

*Fill out and return to school office. Please include payment with registration.
Make checks payable to "Kruse PTO".
Contact Mary Caraway (Art Club teacher) with any questions.
coloradocaraways@gmail.com or (970)207-1700*

Parent Name: _____

Parent Phone: _____

Parent Email: _____

Student name and grade level:

_____ Grade: _____

_____ Grade: _____

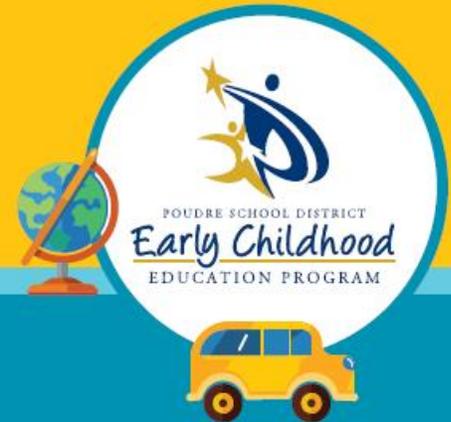
Which month will your child be attending? _____

Monthly Fee Included? _____

*These classes are provided only as a public service.
Kruse Elementary and Poudre School District neither recommend nor endorse this program.*

Plan early for the 2020-2021 school year!

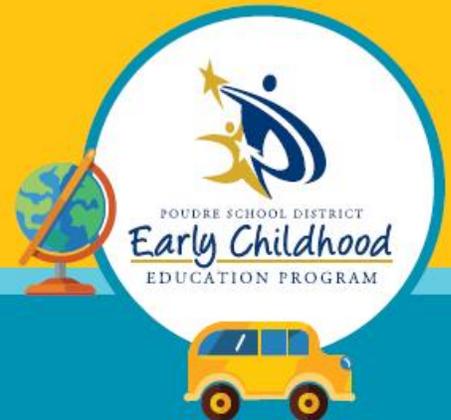
Applications for preschool available January 6, 2020.
Eligible families that apply before February 28 will
receive their acceptance letter by April 10, 2020.



FULLANA LEARNING CENTER
220 North Grant Ave., Fort Collins, CO, 80521
Main Office phone: (970) 490-3204
psdschools.org/programs-services/early-childhood-education

¡Planifique temprano para el año escolar 2020-2021!

Solicitudes para preescolar serán disponibles el 6 de enero
de 2020. Las familias elegibles que presenten su solicitud
antes del 28 de febrero recibirán su carta de aceptación
antes del 10 de abril de 2020.



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2020 Drawing Contest Now Open

[View this email in your browser](#)



Annual Drawing Contest

Grand prize includes \$500 for the winning art department!

Join us in empowering self expression, honoring the masters, and encouraging the young.

The 2020 Colorado Kids Create FREE drawing contest is now open.

Enter at www.coloradokidscreate.org/

2020 Prizes

Grand Prize

\$500.00 to the winning school's Art Department

Weekend stay at YMCA of the Rockies in Estes Park for the winning student, teacher + their families

A Blick Art Gift Certificate

Tickets to The American Museum of Western Art – The Anschutz Collection

Two age appropriate Monart lessons to all winning art teachers and students & a Monart training DVD.

TOPO backpack

Colorado Kids Create hat

1st Place (1 winner from elementary, middle, and high school)

\$250 to the winning school's art department

A Blick Art Gift Certificate

Tickets to The American Museum of Western Art – The Anschutz Collection

Two age appropriate Monart lessons to all winning art teachers and students & a Monart training DVD.

TOPO backpack

Colorado Kids Create hat

2nd - 4th Place (1 winner from elementary, middle, and high school)

A Blick Art Gift Certificate

Tickets for The American Museum of Western Art – The Anschutz Collection

Two age appropriate Monart lessons to all winning art teachers and students & a Monart training DVD.

TOPO backpack

Colorado Kids Create hat

NoCo Regional Prize

A hayride/campfire for 20 people at Sylvan Dale Guest Ranch in Loveland

TOPO backpack

Colorado Kids Create hat

POUDRE SCHOOL DISTRICT Early Childhood Program

Mission: We empower our community's eligible children and families to build a foundation for learning, as measured by their readiness for kindergarten and beyond.



Preschool Information Night February 13, 5:30 - 7:30 pm Fullana, 220 N. Grant Ave

Learn about eligibility, no-cost and tuition-based programs available throughout the District.

RSVP by calling 970-490-3204 by February 7.

Pizza and childcare provided.

Spanish and Arabic speakers will be available



DISTRITO ESCOLAR DE POUDRE (PSD) Programa de educación temprana

Objetivo: Empoderamos a las familias y los niños que cumplan los requisitos de nuestra comunidad para construir una base para el aprendizaje, que se mide por su capacidad de estar listos para el kindergarten y más.



Noche de información preescolar

13 de febrero, 5:30 - 7:30 pm Fullana, 220 N. Grant Ave

Conozca los programas de elegibilidad, sin costo y basados en matrícula disponibles en todo el Distrito.

Confirme su asistencia llamando al 970-490-3204 antes del 7 de febrero.

Pizza y servicio de guardería.

Hablarán español y árabe.



February 2020

Kruse
Lunch**MONDAY****3**

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

TUESDAY**4**

- Chicken Alfredo
- Cheese Calzone & Marinara
- Green Beans
- ColdDeli Yogurt & Goldfish
- Cold Deli Meat & Goldfish
- Pb&J Sandwich

WEDNESDAY**5**

- Orange Chicken & Rice
- Hamburger & Cheeseburger
- Steamed Broccoli
- ColdDeli Yogurt & Goldfish
- Cold Deli Meat & Goldfish
- Pb&J Sandwich

THURSDAY**6**

- Beef Taco & Rice
- Chicken Nuggets
- Refried Beans
- ColdDeli Yogurt & Goldfish
- Cold Deli Meat & Goldfish
- Pb&J Sandwich
- Mexican Condiments- ELEM
- Nugget Dipping Sauces

FRIDAY**7**

- Hawaiian Pizza
- Cheese Pizza
- Corn
- Yogurt Parfait
- ColdDeli Yogurt & Goldfish
- Cold Deli Meat & Goldfish
- Pb&J Sandwich

10

- Ocean Treasures
- Tomato Soup & Grilled Cheese
- Steamed Carrots
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich

11

- Penne & Meat Sauce
- Pig in a Blanket
- Green Beans
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich

12

- Teriyaki Chicken & Rice
- Hamburger & Cheeseburger
- Steamed Veggies
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich

13

- Chicken Strips
- Chicken Burrito
- Refried Beans
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich
- Nugget Dipping Sauces
- Mexican Condiments- ELEM

14

- Pepperoni Pizza
- Cheese Pizza
- Peas
- Hummus & Veggie Box
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich

**17**

- No School Today

18

- Cheese Ravioli & Roll
- Cheese Calzone & Marinara
- Green Beans
- Cold Deli Yogurt & Pretzel
- Cold Deli Meat & Pretzels
- Pb&J Sandwich

19

- Orange Chicken & Rice
- Chicken Patty Sandwich
- Steamed Broccoli
- Cold Deli Yogurt & Pretzel
- Cold Deli Meat & Pretzels
- Pb&J Sandwich

20

- Homemade Chili & Cinnamon Roll
- Chicken Nuggets
- Black Beans
- Cold Deli Yogurt & Pretzel
- Cold Deli Meat & Pretzels
- Pb&J Sandwich
- Nugget Dipping Sauces

21

- Hawaiian Pizza
- Cheese Pizza
- Corn
- Chicken Caesar Wrap
- Cold Deli Yogurt & Pretzel
- Cold Deli Meat & Pretzels
- Pb&J Sandwich

24

- Tomato Soup & Grilled Cheese
- Ocean Treasures
- Steamed Carrots
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich

25

- Mac & Cheese
- Lasagna with Beef
- Green Beans
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich

26

- Asian noodle & Meatball
- Pig in a Blanket
- Steamed Veggies
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich

27

- Beef & Bean Burrito ES-MS
- Chicken Patty Sandwich
- Refried Beans
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich
- Mexican Condiments- ELEM

28

- Pepperoni Pizza
- Cheese Pizza
- Chef Salad & Roll
- Peas
- Cold Deli Yogurt & Roll
- Cold Deli Meat & Roll
- Pb&J Sandwich

Food Offered Daily: Fruit Salad, Salad Bar, Assorted Salad Dressings, Assorted Condiments, Whole Wheat Dinner Roll, Cheese Stick Option, Chocolate Milk, Milk fat free, Milk low fat 1%