



October 2020

Pirate Pages

Cache La Poudre Elementary School

3511 W. Cty. Rd. 54G
LaPorte, CO 80535

Principal
Landus Boucher

Vice Principal
Colleen Worman

General Information

Office Hours

7:30am - 3:30pm

Phone Numbers

Office 488-7600

Fax 488-7676

Attendance Line
490-3070

**If your child is ill or will not
be at school, please leave a
message on the Attendance
line.*

School Hours

8:10am - 2:55pm
Supervision begins at
7:55am

Preschool

AM 8:15 - 11:45
PM 12:20 - 3:05

Website

<https://cpe.psdschools.org>



From the Principal

Dear Families,

As we enter October we are preparing for another phase of learning. We are super excited to work with our students in person at least part of the week. We are also back into the planning stages of teaching in a way we have never done before with some of our students at home and some of them in the building each day. We are so appreciative of the support you have provided your children and the grace you have given our staff as we continue to navigate another version of the new normal.



We will start with our youngest learners on October 5-October 14. Our Kinder, 1st and 2nd grade students will come to school on the Phase 3 schedule. On October 19 we are planning to have all Kinder-5th grade students back following the Phase 3 schedule listed below.

Phase 3 schedule

All students have been assigned to an A or B group. Please check ParentVUE for your student's assignment.

"A group" attends school Mondays and Wednesdays (full days) with remote learning Tuesdays, Thursdays, and Fridays.

"B group" attends school Tuesdays and Thursdays (full days) with remote learning Mondays, Wednesdays, and Fridays.

On Fridays, all students are in remote education.

continued on next page



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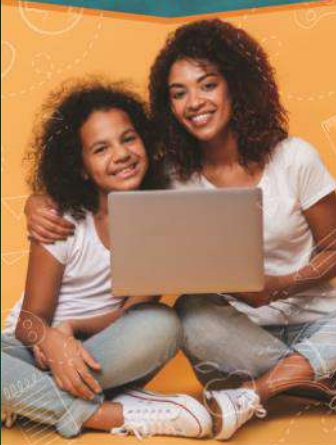
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From the Principal

continued

As we return to in-person learning, parents/guardians must check their student daily for COVID symptoms and not send them to school if they are ill or have any symptoms of illness. It will be very important for your children to have familiarity with expectations that are different from how we have known school in the past. **All students will be required to wear a mask that covers their mouth and nose all day.** We will have outdoor recesses scheduled throughout the day when students will be expected to stay in the area with their class (cohort) and will be able to remove their mask if they continue to distance themselves six feet from each other. Students will enter and exit their classrooms through the outside door of their classroom or the nearest door in the case of Mrs. Pfeiffer and Mrs. Hancock. School will start at 8:10 each morning. We will not be able to have a recess before school as we would not be able to stay in our cohorts. Therefore, dropping your student off no earlier than 8:00 is imperative. If students want to pick up a breakfast, they may take a grab and go breakfast from the cafeteria. The breakfast will have two parts. One part will be breakfast for the day they are attending. The second part will be a breakfast they can put in their backpack to take home for the next day when they are learning remotely. After picking up breakfast, students will then go to the outside classroom door where they can line up on a 6-foot spaced dot until the teacher opens the door to the classroom. In the classroom, learning will look different as well. We will not share materials, we will continue to utilize technology, and strive to maintain social distancing expectations throughout the day. We will do all of this while continuing to be curious, have fun, and be problem solvers.

continued on next page

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24/7 | NO COST

connections

From the Principal

continued

We will have lunches in the classroom as well. On days when your student is learning remotely, they can continue to pick up curbside lunch until further notice.

Students not riding the bus will stay in their classroom at the end of the day. Parents/guardians may go to the outside classroom door or stay in your car in the pickup line between the middle and elementary school and wait while we call your child's name to come to you. With either choice everyone will be expected to follow social distancing expectations and wear masks when on campus. If you are waiting at the classroom door, please do not arrive before 2:55 when students will begin to be dismissed. With only half the population attending any given day I am hopeful we can work together to make this go smoothly. That said, we will have far less students riding busses, so we will have to continue to work together and be flexible.

As October gets rolling anticipate your child's classroom teacher to reach out to set up a virtual parent teacher conference. This will provide an opportunity to learn from one another and plan for how best to work together to support our students.

I cannot reiterate enough how much we appreciate your continued patience and partnership. As we return to in-person learning, it will look different for sure. Even though it will be different, I know all our hearts are coming from the same intentions of wanting to support our students to learn and grow socially and academically.

Take care of yourselves and each other. Stay Pirate Strong!

Landus



WATER RESTRICTIONS BEGIN OCT. 1

STOP OUTDOOR WATER USE.

HORSETOOTH OUTLET PROJECT

City of
Fort Collins
Utilities

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970-416-8040, V/TDD 711

9/20

No health insurance?
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and in-person
appointments**

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Health District
LARIMER HEALTH CONNECT
970-472-0444
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Does your child have trouble focusing on schoolwork?

Does your child have difficulty typing/writing?

Do they have difficulty remembering to complete their homework?



Our pediatric occupational therapists provide individualized care to promote skills that improve your child's ability to successfully complete their school-related tasks!



115 E. Harmony Rd., Ste. 160
Fort Collins, CO 80525
970.221.1201
www.ColoradoInMotion.com

Attendance

Any time your child will be **absent or tardy**, in person or virtual, please leave a message on the attendance line. It is critical that we know if your student will not be here or will be late so we can determine if any students are missing. The attendance line is automated at **970-490-3070**.

On day of in person learning, if your student arrives late to school, please call the office when you arrive to school then walk your child(ren) to their teachers outside door. We will call the teacher in the classroom and let them know to expect your child. If you need to pick your child(ren) early, **please do not come in the building**. Call the office, we will notify the teacher and then meet your student at their outside classroom door.

Parents can also report absences on Parentvue. Please leave a detailed comment (dr appt, travel, internet issue, symptoms, has had a COVID test etc.)as to why your child will not be in school.

If you have any questions regarding attendance, please contact Trish Rundquist our Attendance Secretary at 970-488-7600.



Visitors to School

Only essential visitors are allowed in the school at this time. Per PSD guidelines, in-school volunteers will not be permitted in the building until further notice.

Essential visitors must complete a symptom check upon arrival.

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Overall expectations and monitoring at schools and sites:



- **Face coverings:** Students and staff will be required to wear face coverings that covers their mouth and nose. Parents/guardians are responsible for providing their students with face coverings.
- **The three W's will be promoted -** "Wear a mask, wash your hands and watch your distance."
- **Students and staff who are sick should stay home to** care for themselves and keep others from getting sick.
- **Procedures will be implemented to check for signs and symptoms of COVID-19**, based on public health guidance.
 - ◇ **All PSD employees will be required to conduct a COVID-19 screening** before entering a school or district building using a district app.
 - ◇ **Families must check their student(s) for COVID-19 symptoms daily** and not send them to school if they have a fever of more than 100.4 degrees Fahrenheit or are sick.
- **Students will be separated into cohorts at school**, as possible, to reduce contact and possible COVID-19 exposure and to allow for contact tracing as necessary.
- **PSD will regularly communicate and monitor developments** with local authorities, employees and families about exposures and cases of COVID-19, and keep them informed about updates to policies and procedures. PSD is actively collaborating with county health officials on plans for possible exposure, contact tracing and school closures.

From the Colorado Department of Health

How Sick is Too Sick?

When Children and Staff Should Stay Home from School or Child Care

During Colorado's response to the COVID-19 pandemic, children and staff who have been exposed to a positive case or who have symptoms consistent with COVID-19 listed below, must follow the [Guidance for Cases and Outbreaks in Child Care and Schools](https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools).

MAJOR SYMPTOMS of COVID-19

- Feeling feverish, having chills or temperature of 100.4°F or greater
- Loss of taste or smell
- New or unexplained persistent cough
- Shortness of breath or difficulty breathing

MINOR SYMPTOMS of COVID-19

- Sore throat
- Runny nose or congestion
- Muscle or body aches
- Headache
- Fatigue
- Nausea, vomiting
- Diarrhea

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

1. Someone who the child or staff lives with (or has had close contact with) has been diagnosed with COVID-19, or has symptoms of COVID-19.
2. 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.
3. A child needs more care than teachers and staff can give while still caring for the other children.
4. 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 or staff must stay home?
Diarrhea Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine.	Yes - if the diarrhea can be explained* by a specific illness then follow the exclusion guidelines for that illness. If the diarrhea is unexplained then follow the COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools . 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 is a temperature of 100.4°F or greater. Babies who are 4 months or younger need to see a doctor right away for a fever of 100°F or higher.	Yes - If the fever can be explained* by a specific illness then follow exclusion guidelines for that illness. If the fever is unexplained then follow the COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools .



From the Colorado Department of Health

continued



Symptoms	Child or staff must stay home?
Vomiting/Throwing Up	<p>Yes - if the vomiting can be explained* by a specific illness then follow the exclusion guidelines for that illness. If the vomiting is unexplained then follow COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools.</p> <p>Children and staff may return 24 hours after their last episode of vomiting unless the vomiting is caused by an illness that requires them to stay home longer.</p> <p>If a child with a recent head injury vomits, seek medical attention.</p>

*An explained symptom means that the symptom can be attributed to one of the following:

1. A known occurrence (ex. a child gagged which caused vomiting); or
2. A known health condition (ex. diarrhea caused by irritable bowel syndrome, cough caused by asthma or allergies etc.); or
3. A documented diagnosis from a health care provider (ex. fever caused by strep throat) which excludes other conditions of concern.

In the instance of a known occurrence or health condition, separate the child from group care and monitor them. If symptoms improve and COVID-19 has been ruled out in accordance with the [COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools](#) exclusion guidelines for COVID-19 they may return to group care. If the symptoms worsen the child or staff needs to be excluded.

Illness	Child or staff 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.
COVID-19 symptoms may include any of the following: Fever or chills New loss of taste or smell Fatigue New or unexplained persistent cough Shortness of breath or difficulty breathing Sore throat Runny nose or congestion Muscle or body aches Headache Fatigue Nausea or vomiting Diarrhea	<p>Yes - children and staff who have been diagnosed with COVID-19 must be excluded until:</p> <ol style="list-style-type: none"> 1. The child or staff member has not had a fever for 24 hours, AND 2. Other symptoms have improved (example, the cough or shortness of breath has improved), AND 3. At least 10 days have passed since the symptoms first appeared. <p>Prior to diagnosis, children and staff with symptoms or known exposure to COVID-19 should follow COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools the exclusion guidelines for COVID-19 found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools.</p>

From the Colorado Department of Health

continued



Illness	Child or staff must stay home?
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 - children and staff may return to school or child care when cleared by the health department. 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. Follow COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools the exclusion guidelines for COVID-19 found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools .
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
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 document 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.

From IB Coordinator

Hi Families,

I'd like to share some helpful information with you regarding some of the "down time" you may be having at home. Here is an edited article from the International Baccalaureate Organization about the importance of play time.

Why Inquiry Through Play is Important

"Play transcends cultural, socio-economic and political boundaries and is universal in impacting children positively" The Lego Foundation, 2018

Skill development through play

From birth, children are 'hands-on' natural inquirers and learn through playful interactions with people and their environment. Play is an essential aspect of a child's healthy development. Through play-based learning, children develop and nurture fundamental knowledge and skills.

**Wellbeing through play**

In addition to developing such skills, play is important for social, emotional, physical and mental wellbeing of children. As our world is constantly changing, play is significant for children to have a joyful channel to reduce their anxiety that comes with such change (Play Wales 2020).

Inquiry through play

Children are curious and capable learners with a sense of agency, rich in potential, bringing valid skills, preferences, and understandings of learning. Through play, children actively create meaning from their interactions with people and their environments. These meanings are revisited and revised in light of new experiences and further learning.

Here are some suggestions for inquiry through play that you can try at home.

- Be guided by your child.

What are they curious about at home? E.g. your child is curious about the kitchen cupboards and why things in there are made of different materials, or why soap creates bubbles.

continued on next page

From IB Coordinator

continued

- Role-play dressing up

Put a box of clothes and shoes out and see what characters your child decides to become. Help them to make any 'accessories' they need from card or paper. Characters from recent stories you have read with your child might well pop up, or ones they have seen on the television. This can lead to a storytelling or drama session.

- Going on a bear hunt

Popular books often spark games. One example is Going on a Bear Hunt by Michael Rosen. This is a great one for acting out the story and including sound effects. Make some cardboard binoculars together before you go...

- Making caves

Old cardboard boxes can make a great cave or playhouse for children. They can be used to make tunnels too. If you don't have boxes, a blanket over the table is a good alternative. A flashlight can spark curiosity about night and day, or light and dark. Or maybe you get invited to a picnic under the table.

Of course there are endless ways that you and your child can engage in some healthy, productive play time. It is okay and even necessary to allow yourself and your child to have a balance of work and play.

Kindly,

Mandy Parton

IB Coordinator

mparton@psdschools.org



Music Notes-October 2020**Returning to In-Person Music Class**

I am excited for the upcoming return to in-person learning, and like many, I also feel uncertain about many aspects of this new phase. I want to share a few important pieces of information related specifically to music.



- We will closely follow Larimer County Health Department guidance regarding activities including singing and playing wind instruments, both of which currently require additional distancing for safety. This may mean that we will not be able to sing or play recorders in class, unless new research allows these activities at the 6-foot distance.
- Students will need to practice singing, recorder, and other assigned music activities at home during all phases of school. The primary location for practice assignments will be Quaver Music (see below).
- During class, we will focus on activities that can be performed within the normal classroom safety protocols: moving to music; using inner hearing or closed-mouth humming; music listening and evaluation; practicing the fingerings on the recorder; tapping/playing/speaking rhythms, and more.
- For now, 4th and 5th grade students should keep their recorders at home. I will be providing recorders for at-school use, but the mouthpiece will be removed, and each student will keep the "fingering" section of the recorder in his or her desk.

Music classes through Google Meets

We will continue to meet using Google Meets during any remote learning. Meets can be accessed through the Google Classroom and/or via the links on the learning pages. I will be resetting links each week, and the link will not be visible until about 5-10 minutes before music class. This helps maintain my ability to manage the Google meeting. Anytime that your student has trouble accessing the Google meeting, it is a good idea to try logging out and back in, clearing the cache on your browser/computer, or restarting the computer. You can always email or text me (mflail@psdschools.org or 222-8007) and I will get back to you as soon as I can, but this may not be during that meeting time. Thanks for your efforts and patience!



continued on next page

Music Notes-October 2020*continued***Music Class Content and Work Time Outside of Class**

As we move forward, we will always make music, listen to music, and move to music during music class. There will be some “homework” assignments that are required, and some that are optional. Your student should not need to spend more than 30 minutes per week working outside of music class time. Assignments will be made available through Google Classroom or through Quaver Music. Keep reading for instructions on accessing Quaver. This will be especially important when we are in Phase 3, with students attending school on alternate days.

Quaver Music

Our district has a special license and website for accessing student accounts through Quaver Music. These accounts are automatically created by our district technology team, and you do not need to create a username or password. Be sure to visit www.tinyurl.com/PSDQuaver and sign in using your student’s PSD email and password. If you are asked to answer Yes or No, click No. Then you should be at the student dashboard, where your student can explore and/or click “Assignments” to complete outside work. I will especially use this for Quaver’s excellent informative videos, so that we can spend our class time learning and interacting together.

PLEASE NOTE: DO NOT access Quaver through the Quaver website-it won’t work with our special logins/accounts. Be aware that when you “Sign Out” from your Quaver account, you will be automatically sent to the main Quaver page, but that page will not work for your PSD login. You can click the tinyurl link in my emails, or the Quaver button on the home page of Mrs. Flail’s Learning Page. You can also bookmark the page when you are logged in! Let me know if you have questions or problems.

*continued on next page*

Music Notes-October 2020*continued***Music Programs:**

We had several programs that we were unable to perform last year, and we may not be able to perform live and in-person this year. Depending on health guidelines and research studies, we may not even be allowed to sing or play instruments during in-person learning phases of the year. This means that we may or may not be able to make up last year's concerts, and we may or may not have live program performances for this year's music classes. I will do everything I can to create some sort of performance experience for every student, and will keep you posted via newsletters and emails. The same goes for our typical extracurricular activities like RiverSong Choir and Modern Band—we will need to wait and see what is possible!

Thank you for your efforts in supporting your students in all areas of remote learning. We appreciate you all SO much!

As always, please contact me with any questions or concerns. My CLPE days are: all day on Tuesday and Thursday, and in the middle of the day on Wednesday.

Melissa Flail

mflail@psdschools.org

222-8007 (call or text)



Mental Health Speaker Series

Connections is hosting a 5 week virtual mental health education courses free of cost for community members! Learn about important behavioral health issues in our community and how you can help yourself and others cope with these issues.

Thursday evenings in October, 5:30- 6:30 p.m.

10/1

Creating safe space for your LGBTQIA children

Helping parents to understand their teen's sexual orientation and gender identities by learning strategies for supportive communication skills, education around terminology and specific identities, strengthening the parent role as advocate and ally, and understanding the specific stressors LGBTQIA youth hold during the time of COVID.

Presenters: Alyssa Wright, LCSW, EMDRII and Stepheny Chapple, MSCJ, LAC, LPCC

10/8

Handling Overwhelm

Learn how to define overwhelm and ways to manage it.

Presenter: Jenna Raymond, LCSW

10/15

Substance Use - Alcohol

Understanding how alcohol use has changed during the COVID-19 pandemic.

Presenter: Andrea Caggiano, LCSW, LAC

10/22

Grief and Loss

Explore expected responses to loss and how you can help yourself or someone you care for through the grief.

Presenter: Tammy Brannen-Smith, LCSW

10/29

Sleep and Insomnia in Children, Adolescents, and Adults

Dr. Meng will discuss a wide range of sleep-related topics including: sleep requirements throughout the lifespan, how sleepiness and alertness fluctuate throughout the day, common causes of insomnia, and basic strategies to help with insomnia.

Presenter: Aaron Meng, MD

For more information or to register, contact
Ana Pasini at apasini@healthdistrict.org
or by phone at 970-530-2842.



A partnership of the Health District and SummitStone Health Partners

October Breakfast Menu

October 2020

Cache La Poudre
Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	1 8	2 9
<ul style="list-style-type: none"> • Breakfast Round • Whole Fruit, or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Egg & Cheese Sandwich • Applesauce or Fruit Cup or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Egg & Cheese Sandwich • Applesauce or Fruit Cup or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Pancake Sausage Wrap BIC • Fresh Berries, or Substitute • Lowfat Milk • Apple Juice, or Variety 	
12	13	14	15	16
<ul style="list-style-type: none"> • Pancake Sausage Wrap BIC • Whole Fruit, or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Breakfast Round • Whole Fruit, or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Mini Cinnamon Rolls • Applesauce or Fruit Cup or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • No School ELEM 	
19	20	21	22	23
<ul style="list-style-type: none"> • Breakfast Round • Whole Fruit, or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Breakfast Sausage Pizza • Applesauce or Fruit Cup or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Breakfast Sausage Pizza • Fresh Berries, or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Pancake Sausage Wrap BIC • Fresh Berries, or Substitute • Lowfat Milk • Apple Juice, or Variety 	
26	27	28	29	30
<ul style="list-style-type: none"> • Pancake Sausage Wrap BIC • Whole Fruit, or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Breakfast Round • Whole Fruit, or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Mini Pancakes • Applesauce or Fruit Cup or Substitute • Lowfat Milk • Apple Juice, or Variety 	<ul style="list-style-type: none"> • Mini Pancakes • Applesauce or Fruit Cup or Substitute • Lowfat Milk • Apple Juice, or Variety 	



October Lunch Menu

October 2020

Cache La Poudre
Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

- Cheese Calzone & Marinara
- Turkey & Cheese Sandwich
- Applesauce & Fruit Cup or Substitute
- Carrots & Celery Sticks, or Substitute
- Chocolate Milk

6

- Cheese Pizza
- Yogurt Parfait
- Fresh Berries, or Substitute
- Snap Peas & Red Bell Peppers, or Substitute
- Chocolate Milk

7

- Chicken Nuggets
- Turkey & Cheese Sandwich
- Fresh Peaches, or Substitute
- Cherry Tomatoes & Celery Sticks or Substitute
- Chocolate Milk

1

8

- Cheeseburger
- Cold Deli Yogurt with Goldfish
- Grapes
- Salad with dressing
- Chocolate Milk

2

9

12

- Cheese Ravioli & Goldfish Crackers
- Ham & Cheese Sandwich
- Grapes
- Snap Peas & Red Bell Peppers, or Substitute
- Chocolate Milk

13

- Pepperoni Pizza
- Yogurt Parfait
- Applesauce & Fruit Cup or Substitute
- Carrots & Celery Sticks, or Substitute
- Chocolate Milk

14

- Beef & Bean Burrito
- Ham & Cheese Sandwich
- Fresh Berries or Substitute
- Fresh Broccoli, or Substitute
- Chocolate Milk

15

- No School ELEM

16



19

- Cheese Pizza
- Cold Deli Yogurt with Goldfish
- Fresh Berries, or Substitute
- Carrots & Celery Sticks, or Substitute
- Chocolate Milk

20

- Cheese Calzone & Marinara
- Turkey & Cheese Sandwich
- Whole Fruit, or Substitute
- Snap Peas & Red Bell Peppers, or Substitute
- Chocolate Milk

21

- Cheeseburger
- Yogurt Parfait
- Fresh Peaches, or Substitute
- Cherry Tomatoes & Cucumber Slices or Substitute
- Chocolate Milk

22

- Chicken Strips & Goldfish
- Turkey & Cheese Sandwich
- Grapes
- Salad with dressing
- Chocolate Milk

23

26

- Pepperoni Pizza
- Cold Deli Yogurt & Goldfish
- Grapes
- Snap Peas & Red Bell Peppers, or Substitute
- Chocolate Milk

27

- Cheese Ravioli & Goldfish Crackers
- Ham & Cheese Sandwich
- Applesauce & Fruit Cup or Substitute
- Carrots & Cucumbers Slices, or Substitute
- Chocolate Milk

28

- Mac & Cheese
- Yogurt Parfait
- Fresh Berries, or Substitute
- Fresh Broccoli, or Substitute
- Chocolate Milk

29

- Beef & Bean Burrito
- Ham & Cheese Sandwich
- Fresh Peaches, or Substitute
- Cherry Tomatoes & Celery Sticks or Substitute
- Chocolate Milk

30

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