

October 2021

Pirate Pages

Cache La Poudre Elementary School

3511 W. Cty. Rd. 54G LaPorte, CO 80<u>535</u>

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

8:10am - 2:55pm

Website

https://cpe.psdschools.org



October Calendar

Oct 1	Friday	October Count Day		
Oct 4	Monday	Science Matters 3:00-4:00		
Oct 5	Tuesday	Lego Club 3:00-4:25		
Oct 6	Wednesday	Chess Wizards 3:00-4:00		
Oct 7	Thursday	Young Rembrandts 3:00-4:00		
Oct 8	Friday	Peg Leg Parade Fundraiser		
Oct 11	Monday	Science Matters 3:00-4:00		
Oct 12	Tuesday	Lego Club 3:00-4:25		
Oct 13	Wednesday	Chess Wizards 3:00-4:00		
Oct 14	Thursday	No School K-5 Conferences		
Oct 15	Friday	No School K-12 Conferences		
Oct 18	Monday	Science Matters 3:00-4:00		
Oct 19	Tuesday	Lego Club 3:00-4:25		
Oct 20	Wednesday	Chess Wizards 3:00-4:00		
Oct 21	Thursday	Young Rembrandts 3:00-4:00		
Oct 25	Monday	Science Matters 3:00-4:00		
Oct 26	Tuesday	Lego Club 3:00-4:25		
Oct 27	Wednesday	Chess Wizards 3:00-4:00		
Oct 28	Thursday	Young Rembrandts 3:00-4:00		



Click Here to Self-Schedule Your Child's Well Care Visit Today!

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From the Principal

October already!!! The new school year is off and running. We have been in school for just over a month and all classes are in full swing. It is amazing how fast the year goes. It is a reminder to us that every minute counts in school as we work together to make learning authentic, relevant, and interesting!

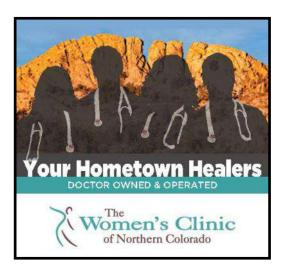


Thank you for sending your children to school well rested and on time. Attendance has a huge impact on a child's education. We expect students to have no more than 10 absences for the entire year. Please remember we believe that communication is key – don't hesitate to contact us should you have any concerns, questions, or comments. Research shows, and common sense tells us that when schools and families work together children benefit.

October is the month for our fall conferences. Conferences are a great way for teachers and parents to start a yearlong commitment to communication about the education of your child. The focus will be an opportunity to reflect on the year so far, share insights and wonderings as well as set goals for the rest of the year. Parent teacher conferences are scheduled with your child's teacher. The majority of conferences will take place the week of October 11th. Conferences will take place virtually. Please work with your child's teacher to work through accommodations as our goal is to meet with a parent or guardian of every student!

continued on next page





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From the Principal

continued

We are excited and looking forward to the Pirate Peg Leg Fun Run sponsored by the PTO. This is the one fundraiser our PTO coordinates annually. Students will participate in our annual fun run on the morning of October 8th. This fundraiser supports our school in a variety of ways. Thank you in advance to everyone who sponsors our students and helps them earn money for the school. We have a truly amazing group of parents, extended families and community that are committed to helping our school.

We are looking forward to enjoying fall as October is upon us. Thank you for sharing your children's knowledge, energy, and curiosity with us. We are pleased to be able to work with and serve this wonderful community!

Landus Boucher, Principal

Breakfast

Parents!!

We've had a dramatic interest in breakfast here at school in the mornings. Most of the students getting breakfast, were unable to eat at home, however, we have a growing number of students who are picking up a breakfast bag, only eating a small portion of the meal and throwing the rest out. Unfortunately, this has led to some students being unable to get a free breakfast when they need one. Please remind your child that if they are receiving breakfast at home, it is important for them to not take a breakfast bag at school, so that another child who has not eaten, can be sure to get a good nutritious breakfast at the start of the day. Thank you!!







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IB Coordinator

Hello Pirate Families,

This month I'd like to let you know more about one of the elements of the IB program called the Approaches to Learning(ATL). These skills are grounded in the belief that learning how to learn is fundamental to a student's education. Five categories of interrelated skills aim to support students of all ages to become self-regulated learners who know how to ask good questions, set effective goals and pursue their aspirations with the determination to achieve them. These skills also help to support students' sense of agency, encouraging them to see their learning as an active and dynamic process (IBO 2017). There are five sets of skills in total: Communication, Social, Self Management, Research, and Thinking. By combining ATL and the attributes of the learner profile, PYP students become self-regulated learners. Self-regulated learners are agents of their own learning. They know how to:

- set learning goals
- ask open-ended questions
- generate motivation and perseverance
- reflect on achievement
- try out different learning processes
- self-assess as they learn
- adjust their learning processes where necessary (IBO, Learning and Teaching 2020)

Each month I'll be sharing a few ideas of ways that you can support your learner at home with one of the ATLS. This month's ATL focus is research.

Stay curious,

Mrs. Parton

Reach Parents in Larimer County through our mobile-ready newsletters

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.

SCHOOL

Advertise with The School Newsletter Company

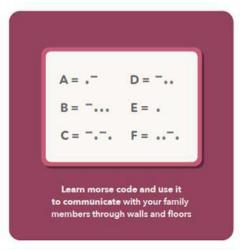
Joe Mivshek 970-420-7163 | SchoolNewsletterCompany@gmail.com

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IB Coordinator continued

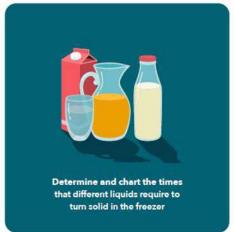












Counselor Corner

September was a very busy month in Guidance Class. We learned and reviewed the Zones of Regulation, SuperFlex, and Growth Mindset. This month, we are going to study the brain and learn how we can be in control of our thoughts and feelings in order to be better students. We will also be doing a yoga flow with the



entire school out on the football field this month. The bigger kids will help the little ones and I'm excited to see everyone working through the same flow at the same time. I'm sure it will be amazing. We are also going to get our 5th graders out on the playground as Peer Mediators and Play Coaches this month so that all students can feel safe, be comfortable and enjoy their play when they are on the playground. Have a very Happy Halloween!

Music Class 2021-22

It is so amazing to have started this school year in person and able to sing in the music classroom. We are taking the following steps to keep students safe in music:



- · Students wear masks at all times, just as they do throughout the school day.
- · Students are distanced at least 4 feet from each other and from the teacher (the minimum guidance is three feet).
- · Any shared items are used only with sanitizing or hand-washing before and after use; and/or the items are sanitized before and after use; and/or the items are allowed to sit untouched for at least 24 hours.
- \cdot All activities that involve increased respiration, particularly singing, are done in short time segments only.

Asynchronous Work

If your student is absent for any reason, but especially if the absence is an extended one, your student will be able to access most of the class activities online. Simply visit Mrs. Flail's Learning Page on the CLPE webpage, click the "Asynchronous Work" heading at the top of the main page, and then click the date for the week music class was missed. This will take you to a Google slide show which can be accessed by anyone signed in with their PSD account. For each slide, there are instructions in the "notes" section below the slide, and there are headings when an activity is targeted to a certain grade level. Of course, some activities cannot be completed outside of class, i.e., playing guitars, singing together, echoing the teacher, etc., but the bulk of the content will be accessible for students wishing to explore it.

Clubs and Performances

We are hoping to have live in-person performances this year, and we also hope to hold our typical choir and modern band clubs for students in grades 3-5. With the current surge of Delta variant, we are waiting to determine what will be safe and feasible. It is most likely that clubs and performances will occur in the spring semester if they are offered. We will keep you informed as we learn more about the community health situation moving forward.



Music Class 2021-22

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 items like the "Creatives" and other activities.

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 are often automatically sent to the main Quaver page, but that page will not work for your PSD login. You can click the tinyurl link above, 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.

As always, please contact me with any questions or concerns.

Melissa Flail

mflail@psdschools.org

222-8007 (call or text)



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Health Office

Immunization exclusion date is November 1^{st.} Notices have been emailed for those students that are not compliant with the immunization regulations. If you received this notice, please send an updated immunization record to the school. Non medical immunization exemption forms must be signed by a physician **or** the parent/guardian must watch the CDPHE video and print out the certificate and submit

The State of Colorado has changed policy on immunization exemption. In order to be complaint this year with nonmedical exemptions, we must follow one of the following options from the state.

exemptions only need to be submitted once and must be signed by a physician.

to the school. (see the link below) This must be done every year. Medical

- File the Certificate of Nonmedical Exemption WITH a signature from an immunizing provider, OR
- File the Certificate of Nonmedical Exemption received upon the completion of our online education module. Downloadable certificates and our online education module are available at http://cdphe.colorado.gov/vaccine-exemptions

Medicine at School

Reminder that any medicine given at school, prescription or over the counter, must have the Poudre School District Permission to Administer Medicine at



School form that is signed by a physician and parent before we can administer any medication. All medication must come in original container, no plastic baggies. Permission to Administer Medicine at school forms are located on the CLPE Website https://tinyurl.com/bzk34wue

Please call our office if you have any questions. 970-488-7600



CLPE PTO

CLPE Pirate Pegleg Parade FUNdraiser

Our annual Pirate Pegleg Parade fun run/walk fundraiser is happening on Friday, October 8 and every donation helps!

In addition to being a fun wellness event, our Pirate Pegleg Parade is the major fundraiser for our school, which we weren't able to hold last year. We rely on funds raised through this event for purchasing supplemental educational curriculum, recess/wellness equipment, classroom supplies and more.

New This Year: We have teamed up with Get Movin'® to ensure a fun, profitable fundraiser with online, mobile-friendly, secure donation technology. Each student has an easy-to-use personalized web page on FundHub for requesting and collecting donations. NOTE: Only those you share the site with can see your child's page.



Students will earn prizes by reaching different donation levels. Your student(s) will earn their first reward as soon as you register them on Get Movin'!

To Get Started, Just Complete 3 Easy Steps!

- It's free, easy and fast to register your child by visiting www.getmovinfundhub.com (or simply scan the QR code to the right) and for "School Identifier," use 603912104fb16.
- Email and/or text your child's student fundraising webpage to 10-15 friends and family. It's super easy for you and them!
- Post on Facebook or Twitter. All it takes is two clicks of a button to post. You'll be surprised when donations come in from distant relatives/friends/co-workers.



We will continue to collect online and cash/check donations up until 10/13.

It's FUN for students to get up and active while raising money for their school, and donation incentives make it even MORE fun! In addition, there will be whole-school celebrations for reaching our goals such as Pajama Day and Dance Party Recess!

CLPE Fundraising Rewards & Incentives

Create A Get Movin' Account: Super Punchy Punch Balloon

Earn \$25: Spy Pen with Invisible Ink

Earn \$40: CLPE Fling Ring Earn \$75: Pop It Keychain Earn \$150: Surprise Squish Plush

Earn \$250: Tie-Dye CLPET-Shirt (Kids pick the size and color!)

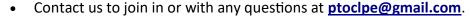
50 State Challenge: The first student to bring in an online donation from a new state gets a prize!

Every donation helps and is appreciated!

In other PTO news:

CLPE PTO

- Welcome and thank you to Darlene Prickett, who volunteered and was approved at September's meeting to be this year's VP!
- Thank you to those that participated in the September Rollerland night...we raised \$305!
- Stay tuned to our website at <u>clpe.ptboard.com</u> for updates, events and to purchase custom CLPE gear!





Birthday Cart



Instead of sweet treats, your child can choose the Birthday Cart. On the carts are games that students can play with their classmates. What to choose? Bubbles? Sidewalk chalk? Parachute? An extra recess? A fun game of Dodgeball? Capture the flag? All of this fun can be theirs on or near the big day! Notify the teacher a few days in advance about celebrating this special day with the Birthday cart.

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Library

Cordell-Friday	Helton- Friday		
Hancock-Monday	Kehl-Monday		
Ostroski-Friday	Dunnion -Friday		
Schneider -Monday	Glenn-Monday		
Campbell -Friday	Mosley-Friday		
Donovan- Monday	PfeifferMonday		



Students will begin checking out books again! I'm excited that students will find fiction and nonfiction books to inspire their lives. Don't forget to remind your children to keep track of the books they check out. Kindergarten, 1st and 2nd can check out one book at a time, 3rd, 4th and 5th can check out two books at a time. Last year we were able to cut down on student's lost books, but we encourage everyone to return books on time so everyone can use our library without disappointment and/or a strain on the wallet!

 Find a book on the library book shelves



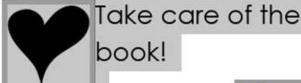
- Check out the books with Mrs. Awsumb-Conn at the Check out Desk
- Take it home and keep it in a safe place.



- Read your book at home to yourself or someone else
- Return the book to the library BOOK RETURN at the next Library/Tech Class

Find a book and check it out!





Return the book to the library!



Original Works



Once again, our school is participating in Original Works fundraising program. Students are currently creating art that will be sent to the company at the end of September. In October, you will have the opportunity to look at and purchase keepsake products with your student's artwork on them. It is an optional program that CLPE has participated in for many years. Proceeds will go to the CLPE Art and Library programs to help purchase books and art materials. Our goal is \$1500 profit this year! That's only \$5 per student! Please read the "Look What's Coming" attachment and visit the https://www.originalworks.com/ website to find out more. If you have any additional questions, please feel free to email me at saconn@psdschools.org.

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District Advisory Board (DAB) Update

Did you know there are multiple boards and committees that serve to connect parents and community members with decisions being made at the school and district levels? Here are brief descriptions of the various committees:

<u>Audit Committee</u>: Consists of five community members with financial experience, two PSD Board of Education directors and three PSD staff members. They assist the board in fulfilling financial oversight responsibilities.

<u>Calendar Committee:</u> Consists of representatives from schools, teachers, classified staff and parents. They follow specified guiding principles to create the school year calendar.

<u>Community Advisory Council (CAC)</u>: Consists of 15 members made up of students, community members and district staff. The CAC was created in fall 2020 solely for the purpose of assisting the district with reviewing the School Resource Officer program to help determine if it will continue in PSD schools. It met 11 times from January through April of 2021 and has issued a report.

<u>District Accountability Committee (DAC)</u>: Consists of parent and school representatives who work together to offer recommendations about the district's spending priorities, improvement plan, and charter schools to the PSD Board of Education.

<u>PSD Advisory Personnel Performance Evaluation Council:</u> The School Board is required to periodically evaluate district personnel. This Advisory Council monitors the evaluation process. The council consists of one teacher, one administrator, one principal, one resident from the district who has a child attending a district school, and one resident of the district who does not have a child in the district.

<u>School Accountability Committees (SAC)</u>: Each school has its own accountability committee. The CLPE SAC meets a few times per school year to learn about issues facing our school, and to offer guidance on budget priorities, safety issues and other areas to Mrs. Boucher and other school administrators.

<u>Special Education Advisory Committee (SEAC)</u>: This group consists of PSD parents, teachers, school administrators, district administrators and community members. They serve to advise on district topics, ideas, and processes and aim to increase the knowledge for all parents of students with disabilities regarding special education processes, resources, and opportunities.

<u>Wellness Advisory Council for Schools (WACS)</u>: WACS aims to support and promote PSD's wellness vision and goals by encouraging student wellness. They advise the superintendent, Wellness Department, and the Board of Education on wellness issues in the district. The council consists of members of the PSD community at-large with health/wellness background, Parents of PSD students, Elementary and Secondary licensed staff members, a secondary and elementary administrator and high school students. **They are currently in need of community members, middle and high school parents to join the council**.

The DAB meets monthly. The CLPE DAB representatives are Erica Daniell and Carrie Dejulio. They will be providing brief summaries in the monthly CLPE newsletter. If you ever have questions about what's happening at the district level, or have questions or concerns that you would like communicated to the DAB, please contact them at friendsofCLPE@gmail.com

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Welcome back After Hours

We are excited to have several after hours classes up and running this year. We have Lego Stem Club, Science Matters, Young Rembrandts and Chess Wizards. If you would like any more information about these classes, please check out their website, look at the Sept newsletter or contact the office.











Easy Ways to Help CLPE



We collect Morning Fresh Milk Caps!

Turn them into the office and we receive .05/cap!





Apply to Substitute in PSD!

Are you interested in gaining valuable work experience? Would you like a flexible schedule and the opportunity to make a difference?

Have you considered working for Poudre School District as a substitute?

We want to meet you!

For more information, pay scales, and an application link, visit:

https://www.psdschools.org/careers/substitute-teachers

Once your application has been processed, you will be invited to sign up for an orientation.

If you have questions about the process of becoming a substitute for PSD, please contact the substitute coordinator at: subs@psdschools.org



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October Breakfast Menu

October 202	21	Cache La Poudre Elementary		
				Breakfast
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pancake Sausage Wrap BIC Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice
WGR Pumpkin Bread or Seasonal Loaf Bread Assorted Muffins Assorted Cereal Assortent of Fruit Milk Variety Assorted Juice	Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Whole Grain Cinnamon French Toast Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Cinnamon Toast Crunch Soft Filled Bar Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Mini Pancakes Cheese Variety, or Substitute Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice
Mini Cinnamon Rolls Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Breakfast Sausage Pizza Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Pancake Sausage Wrap BIC Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	No School	No School
WGR Pumpkin Bread or Seasonal Loaf Bread Assorted Muffins Assorted Cereal Assorted Fruit Milk Variety Assorted Juice	Whole Grain Cinnamon French Toast Assorted Muffins Assorted Cereal Assorted Fruit Milk Variety Assorted Juice	Breakfast Sausage Pizza Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Mini Cinnamon Rolls Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice
Mini Pancakes Cheese Variety, or Substitute Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Cinnamon Toast Crunch Soft Filled Bar Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	WW Bagel & cream cheese Yogurt Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Pancake Sausage Wrap BIC Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice

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October Lunch Menu

October 2021

Cache La Poudre Elementary

Lunch

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Pepperoni Pizza Cold Delt Yogurt with Granola PB&J Sandwich with Pretzels Fresh Cherry Tomatoes or Substitute Whole Fruit, or Substitute Fresh Plum or Substitute Milk Variety Assorted Condiments

4

- Hamburger & Cheeseburger Mac & Cheese
 Cold Deli Yogurt with Granola Turkey & Cheese Sandwich
 Pb&J Sandwich

- Fresh Snap Peas, or Substitute
- Whole Fruit, or Substitute
- Grapes, or Substitute
- Milk Variety
- Assorted Condiments

- Fresh Carrots Whole Fruit, or Substitute
- Applesauce or Fruit Cup or Substitute
- Milk Variety
- Assorted Condiments

6

- Chicken Patty Sandwich
- Chef Salad with Goldfish Crackers
- Ph& I Sandwich
- Salad with dressing Whole Fruit, or Substitute
- Fresh Strawberries, or
- Substitute Milk Variety
- Assorted Condiments

7

- Ocean Treasures.
- Turkey & Cheese Sandwich Pb&J Sandwich
- Fresh Cherry Tomatoes or
- Substitute Whole Fruit, or Substitute
- Watermelon or Substitute
- Milk Variety
- Assorted Condiments

8

- Cheese Pizza
- Cold Dell Yogurt with Granola
- Pb&J Sandwich
- Fresh Cucumber Slice or
- Substitute
- Whole Fruit, or Substitute Fresh Peaches, or Substitute
- Milk Variety
- Assorted Condiments

11

- Chicken Drumstick with
- Cold Delt Yogurt with Granola .
- PB&J Sandwich with Pretzels or Goldfish
- Fresh Celery Sticks, or
- Whole Fruit, or Substitute
- Fresh Blueberries, or Substitute
- Milk Variety
- Assorted Condiments

12

- Cheese Calzone & Martnara
- Ham & Cheese Sandwich PB&J Sandwich with Pretzels • or Goldfish
- Bell Peppers, or Substitute Whole Fruit, or Substitute
- Orange Wedges
- Milk Variety
- Assorted Condiments

13

- Asian Meatballs & Rice
- Cold Delt Yogurt with Granola PB&J Sandwich with Pretzels
- or Goldfish Fresh Cucumber Slice or Substitute
- Whole Fruit, or Substitute
- Fresh Kiwi, or Substitute
- Milk Variety
 Assorted Condiments

14



15



18

- Chicken Nuggets
- Cold Delt Yogurt with Granola
- Pb&J Sandwich
- Fresh Snap Peas, or Substitute
- Whole Fruit, or Substitute
- Grapes, or Substitute
- Milk Variety
- Assorted Condiments

19

- Cheese Ravioli & Goldfish Crackers
- Turkey & Cheese Sandwich Pb&J Sandwich
- Fresh Carrots
- Whole Fruit, or Substitute
- Applesauce or Fruit Cup or Substitute
- Milk Variety
- Assorted Condiments

20

- Chicken Patty Sandwich
- Chicken Caesar Wrap
- Pb&J Sandwich
- Salad with dressing Whole Fruit, or Substitute
- Fresh Raspberries or Substitute
- Milk Variety
- Assorted Condiments

21

- Ocean Treasures
- Turkey & Cheese Sandwich Pb&J Sandwich
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute Watermelon or Substitute
- Milk Variety Assorted Condiments

22

- Cheese Pizza
- Cold Delt Yogurt with Granola
- Pb&J Sandwich
- Fresh Cucumber Slice or Substitute
- Whole Frutt, or Substitute
- Fresh Peaches, or Substitute Milk Variety
- Assorted Condiments

25

- PB&J Sandwich with Pretzels •
- or Goldfish Fresh Celery Sticks, or
- Whole Fruit, or Substitute Fresh Blackberries or Substitute

Assorted Condiments

Milk Variety

- 26
- Hamburger & Cheeseburger Cold Deli Yogurt with Granola Cheese Calzone & Marinara Yogurt Parfalt PB&J Sandwich with Pretzels .
 - or Goldfish Bell Peppers, or Substitute Whole Fruit, or Substitute
 - Orange Wedges
 - Milk Variety Assorted Condiments

27

- Asian Meatballs & Rice
- Cold Delt Yogurt with Granola . PB&J Sandwich with Pretzels .
- or Goldfish Fresh Cucumber Slice or
- Substitute Whole Fruit, or Substitute
- Fresh Kiwi, or Substitute
- Milk Variety Assorted Condiments

28

- Chicken Burrito
- Ham & Cheese Sandwich PB&J Sandwich with Pretzels -
- or Goldfish
- Salad with dressing Whole Fruit, or Substitute Honeydew Melon or
- Substitute
- Milk Variety Assorted Condiments

- 29
- Pepperoni Pizza Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels
- or Goldfish Fresh Cherry Tomatoes or
- Substitute Whole Fruit, or Substitute
- Fresh Plum or Substitute
- Milk Variety Assorted Condiments