



January 2022

# Pirate Pages

HAPPY NEW YEAR!

## 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**  
8:10am - 2:55pm

**Website**  
<https://cpe.psdschools.org>



<b>Monday January 3</b>	<b>No School</b>	<b>Teacher Work Day</b>
Monday January 3	Online Kindergarten Registration opens	
<b>Tuesday January 4</b>	<b>Classes Resume</b>	
Tuesday January 4	Make up Lego Class	3:00—4:25
Wednesday January 5	CLP Middle School Open House	
Thursday January 6	Young Rembrandts (New Class)	3:00-4:00
Monday January 10	Science Matters	3:00-4:00
Tuesday January 11	Lego Class (New Class)	3:00-4:25
Thursday January 13	Young Rembrandts	3:00-4:00
<b>Monday January 17</b>	<b>Martin Luther King Jr. Day</b>	<b>No School</b>
Tuesday January 18	Lego Class	3:00-4:25
Wednesday January 19	Chess Wizards (New Class)	3:00-4:25
Thursday January 20	Young Rembrandts	3:00-4:00
<b>Friday January 21</b>	<b>School of Choice Deadline</b>	<b>12:00pm</b>
Monday January 24	Science Matters	3:00-4:00
Tuesday January 25	Lego Class	3:00-4:25
Wednesday January 26	Chess Wizards	3:00-4:25
Monday January 31	Science Matters	3:00-4:00

**Your Hometown Healers**  
DOCTOR OWNED & OPERATED

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of Northern Colorado

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STRUGGLING THIS  
SCHOOL YEAR?**

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## Covid 19 Protocols

As per email from Poudre School District, here is a reprint of Covid 19 protocols.

- **Masks:** Our districts will continue to require masks. We will also keep following the county's [current mask order](#). Based on updated health recommendations, we encourage the use of KN95 masks for optimal protection instead of cloth masks.
- **Isolation:** Those who test positive for COVID will receive orders from LCDHE to isolate from school settings for 10 days. This is different from CDC's five-day guidance, which is intended for the general population and not specific to schools.
  - ◇ LCDHE says that students who test positive for COVID should isolate themselves for five days. If they are asymptomatic or symptoms are improving, they can join in regular public activities on day six but not attend school until day 11. This "policy is to continue to mitigate potential spread inside of our school settings and avoid disruptions while we await clarification to the CDC guidelines," according to LCDHE.
  - ◇ If your child tested positive, please don't send them to school until day 11. They may not return sooner.
- **Quarantine:** At this point, LCDHE is following the CDC and CDPHE guidelines for quarantine. Close contacts of a positive case now must quarantine for five days from the date of exposure, instead of 10. Quarantines and individual classroom shifts to remote learning minimize the potential for whole-school or district-level shifts to remote learning

*continued on next page*



## TIME WELL SPENT

Your child's Well Care Visits  
help us address the following:



Diet & Nutrition



Chronic Health Issues



Parental Concerns



Growth, Development & More



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970.420.7163  
joe.mivshek@km.com



**kW** KELLERWILLIAMS, REALTY  
NORTHERN COLORADO

## Covid 19 Protocols

*continued*

or closures. LCDHE determines whether something is a high-risk activity (i.e. athletics, band, choir, etc.) and could require these close contacts to complete the standard 10-day quarantine.

- ◇ You are no longer exempt from quarantine if you have previously tested positive for COVID.
- ◇ You cannot return to school if you are symptomatic and must communicate with your school health office to confirm your return date.
- ◇ Close contacts in an Early Childhood Education-related case will still likely quarantine for 10 days from the date of exposure because students cannot as reliably wear masks.
- ◇ Below are changes to exemption based on vaccination status.
- Change to definition of immunization and quarantine exemption: It is no longer enough to be "fully vaccinated" or to have previously tested positive for COVID to be exempted from quarantine. We anticipate more staff and students will have to quarantine as a result of this change. Only close contacts to a positive case who have met one of the following criteria are exempted from quarantine, according to new CDPHE guidance:
  - ◇ Have completed a full COVID-19 vaccination series AND have received a booster dose, OR
  - ◇ Are 14 days past and still within 180 days from their second Pfizer or Moderna dose (ineligible for booster at this time), OR

*continued on next page*

# ARSENAL

COLORADO

## Northern Colorado's Premier Soccer Club

Leagues for Girls & Boys ages 4-18

### Spring Recreational Registration Opens January 5

Visit our website for details on spring rec registration, camps, competitive leagues and more!

2721 S. College Ave., Fort Collins, CO 80525 - 970.226.4253 - www.soccerfortcollins.org

**We are here for your child's health!**

**Schedule your school or sport physical today!**

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**OUR CARE IS DINO-MITE!**

MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL [saludclinic.org](http://saludclinic.org)





### Covid 19 Protocols

*continued*

- ◇ Are 14 days past and still within 2 months of their Johnson and Johnson dose (ineligible for booster at this time).
- ◇ Note: If you have completed your full vaccinated series and are eligible for a booster dose but have not received it, you may need to quarantine.
- ◇ Need an appointment? [More info >>](#)
- Don't go to school sick: Please don't go to school with ANY illness symptoms, no matter how mild. This includes a runny nose or scratchy throat. Everyone must follow [CDPHE Return to Learn guidelines](#).
- Testing: We encourage testing if you or any member of your family is experiencing illness symptoms, traveled over winter break or was with a mixed-household group for the holidays. [More info >>](#)

The safety and security of each of our students and staff members remains our top priority. Although COVID-19 will continue to impact classrooms throughout our districts, we will keep taking the steps necessary to maximize in-person learning opportunities.

Your partnership and support is greatly appreciated .



the LINCOLN center



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CHOIR!**

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TURTLE ISLAND**

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### Parents of Current 4<sup>th</sup> graders (or 5<sup>th</sup> graders in 2022-23)

#### ...Eco-Week News

With COVID-19, it is uncertain what will happen regarding Eco-Week in the fall (in 2021, we had a one-day experience). We 5<sup>th</sup> Grade teachers are choosing to be optimistic, and hoping it'll happen.



Eco-Week is the fifth graders' opportunity to enjoy environmental and team-building learning activities in the great outdoors. It is one of the kids' best memories of their elementary school years. Here is some information about next year's trip.

- **When:** September 12-14, 2022
- **Where:** CSU Mountain Campus –website: <http://www.mountaincampus.colostate.edu/>
- **Cost:** approximately \$150 (this may be smaller depending on the availability of grants). Also, scholarships are limited, so please start saving.

Keep your fingers crossed!

The Fifth Grade Team

Mike Mosley: [mmosley@psdschools.org](mailto:mmosley@psdschools.org),

Amanda Pfeiffer: [apfeiffer@psdschools.org](mailto:apfeiffer@psdschools.org)

### 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.

Advertise with The School Newsletter Company  
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## Kindergarten Registration

Kindergarten Registration Online for 2022-2023 opens on January 3. Please click the link below to find out information about the registration process.

<https://www.psdschools.org/kinder>

The 2022-23 School choice application process is now open. The first consideration application period will close on Friday, January 21, 2022 at noon MST. Submitted applications will receive a confirmation email from [noreply@psdschools.org](mailto:noreply@psdschools.org). If you do not receive a confirmation email, it means you did not properly submit your student's

application. To finalize the submission process, please access your account in Smart Choice™. Students who intend to remain at their current school choice school for the 2022-23 school year do not need to reapply. Families that have moved out of the CLPE attendance area during the 2021- 2022 school year and want to remain at CLPE for 21-22 will need to apply for school of choice for the 2021-2022 school year. Please call the office if you have any questions about school of choice. 970-488- 7600. See the school of choice link below.

<https://psdschoolchoiceapplication.com/site.php>



## Mental Health Corner January 2022

The past few months at CLPE we have been strengthening our teaching around social skills. We have been doing some whole class instruction as well as pulling some students for groups where we learn about different social skills and how to apply them to our daily lives! Some of those skills we have been practicing include "Following Directions" "Accepting No" and "Whole Body Listening." Below are how those skills are broken down step-by-step if you would like to continue to teach your students these skills at home!



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### Mental Health Corner

January 2022

We have included links to some breathing exercises for you to practice at home with your students as well, our breath is a tool that we always have to help regulate ourselves in any situation!

Following Directions:	Accepting "No" For an Answer:	Whole Body Listening:
<ol style="list-style-type: none"><li>1. Look at the person</li><li>2. Say "Okay" or acknowledge the direction</li><li>3. Do task, follow the instruction right away ("Do it right away")</li><li>4. Check back after completion</li></ol>	<ol style="list-style-type: none"><li>1. Look at the person</li><li>2. Acknowledge the "no" answer</li><li>3. No arguing, whining, or pouting</li><li>4. If you don't understand why, ask calmly for a reason</li><li>5. If you disagree, bring it up later</li></ol>	<p>Check out this book you can listen to about whole body listening!</p> <p><a href="#">Listening With your Whole Body (Read Aloud)</a></p>

#### Breathing exercises:

<a href="#">Star Breath</a>	<a href="#">Drain Breath</a>	<a href="#">Balloon Breath</a>	<a href="#">Pretzel Breath</a>

*Thank you for partnering with us to meet the mental health needs of your students! Please don't hesitate to reach out for any support, guidance, tips or tricks!*

Sincerely,

CLPE Mental Health Team

970-488-7661

**Ann Lawler-Perry**

School Counselor [alawler@psdschools.org](mailto:alawler@psdschools.org)

**Sara Sadd**

School Psychologist [ssadd@psdschools.org](mailto:ssadd@psdschools.org)

**Sarah Bolduc**

School Social Worker [sbolduc@psdschools.org](mailto:sbolduc@psdschools.org)

### PTO

#### PTO MEETING THIS WEEK

Please join us for January's PTO meeting **this Thursday, January 6 at 8:30am via Zoom:**

<https://us06web.zoom.us/j/87911326364?pwd=OUx5Vy9GdFFKclk3MS9RdWUwWEZmQT09>



**Zoom Meeting ID:** 879 1132 6364

**Passcode:** 566791

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+1 301 715 8592 US (Washington DC)

Meeting info and upcoming events are also posted to the PTO site's calendar at [clpe.ptboard.com](http://clpe.ptboard.com).

#### NEWS

- The PTO recently approved the purchase of \$5 Me Oh My gift cards for all CLPE teachers/staff in appreciation for their work and the gift bags were delivered right before winter break.

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### PTO

*continued*

- The PTO approved the purchase of two sets of lower level, high-interest chapter books for the Integrated Services library to support older elementary students with difficulty reading.
- We worked with the school to set up school directories! Expect them to come home with your student (if you requested a print copy) or be sent via email this month.

### UPCOMING EVENTS

Book Fair is March 3-11 – more info in February and March – volunteers will be needed!



# BEFORE/AFTER SCHOOL STEM Clubs

STEM (Science - Technology - Engineering - Math)

## Enrichment Programs



**RADICAL REACTION LAB** Enter our reaction lab and you will be transformed into a chemist! Create chemical concoctions that fizz, bubble, and ooze. Make your own chemical reactions to create a super polymer bouncy ball, meet the mysterious Mushroom Men, create your own Magic Crystal, and much more. If you like mixing things up, then come get Radical in our lab!

Starts 1/10/2022



**SCIENCE BLOOPERS AND PRACTICAL JOKES** OOPS! Is it a blooper or something quite super? Discover the fun behind Serendipity Science as we use some crazy science to do amazing projects. Create your own Talking Cup. Experiment with the vanishing quarter. Have fun with your friends doing Amazing Feats of Science. Astound an audience with our terrific but very scientific magic tricks. Sign up today, and you'll be the one who has the last laugh!

Starts 2/28/2022

**BLAST INTO SPACE** SPACE: The Final Frontier! In this club you will train to become a Space Voyager. Learn about our Solar System, Planets, and beyond. Design your own space vehicle. Find out how it would be to live and work in space. Enjoy Astronaut Ice Cream. Build your own squeeze rocket. Don't miss out on this cosmic adventure!

Starts 4/11/2022



### Cache La Poudre Elementary

- Class Meets on Mondays from 3:00 – 4:00pm in Room 193
- Grades K-5
- Price: \$85

For exact dates check the website



Find us on social media!  
#ScienceMattersInAmerica



Register at:  
[www.ScienceMatters.tv](http://www.ScienceMatters.tv)

Help keep everyone safe –  
Masks are required in this club

1-866-KIDZ FUN (1-866-543-9386)





## LEGO Engineering at Cache La Poudre Elementary

STEMFUNDamentals Using LEGO- Tuesdays 2:55-4:25, Grades: 1-4

January 11-March 8, 9 sessions, \$175

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Sailboats, Snowmobiles and Catapults. Design and build as never before and explore your craziest ideas.

**Sign up at [play-well.org](http://play-well.org)**

Kids are already naturally gifted creators. They dive into our massive collections of LEGO®. And while they build elaborate objects they explore fundamental principles of engineering and physics. They also learn to collaborate and create without fear of mistakes. The experience is joyful, the impact long lasting. Learn more at [play-well.org](http://play-well.org).

Questions:

Contact [Michael@Play-Well-TEK](mailto:Michael@Play-Well-TEK)

720.591.4380 or [michael@play-well.org](mailto:michael@play-well.org)

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### Your brain is your super power

Are you ready to use it? Join the Chess Wizards community today for fun, friendship and some serious chess skills. All experience levels welcome!

### Class information

School Name: Cache La Poudre Elementary

Dates: 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9

NO CLASS ON: N/A

Class Day and Time: Wednesdays 3:00 - 4:00 PM

Total # of Classes: 8

Location: Room 182

Price: \$152

### Ready to make new friends and amaze your parents?

Join Chess Wizards this year for challenging chess lessons, exciting tournaments, fun, team activities, and more! If you're brand-new to chess, we'll teach you the basics and get you playing right away. If you're a seasoned checkmate artist, we'll show you new ways to let your creativity show on the chess board.

**Register Today For This  
In-Person Chess Class At  
[www.chesswizards.com](http://www.chesswizards.com)!**

**REGISTER NOW!**



Can't find a day and class time that fits your family's schedule?

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Register at: [www.chesswizards.com](http://www.chesswizards.com) Call Us at: **+1 866-949-4386**





## Drawing Classes for kids

at Cache La Poudre  
Elementary

We're back with all new Elementary Drawing classes. If your kids are new to art or seasoned pros—they will love this class. Don't miss out, enroll now!

Follow us. Like us. Watch us.



### Classes

Thursdays  
2:55- 4:00 p.m.  
01/06/21—03/10/21



### Tuition

\$140.00  
Installments available  
(10 Week Session)



### Enrollment

ENROLL ONLINE at  
<https://bit.ly/37TLza9>



Young Rembrandts  
2850 McClelland Dr  
Suite 300-N  
Fort Collins, Co 80525  
Ph: 970-818-3054

Young Rembrandts





## ¿Que hace diferente a CLPMS?

**Nuestra Visión:** "Donde la indagación y las relaciones fortalecen a los alumnos independientes mientras desarrollan la conciencia, comprensión y confianza para convertirse en miembros equilibrados de nuestra comunidad y del mundo."

### Desarrollo de Relaciones

- Comunidad pequeña de cerca de 335 estudiantes
- Proporción 25/1 alumno/profesor
- Programa de Prevención de la Intimidación Olweus
- Asesoría de todo el año
- Alumnos de 6º grado reciben apoyo de WEB



### Aprendizaje por Indagación

- Cursos impartidos con un enfoque relevante basado en la resolución de problemas y la investigación
- Los alumnos exploran intereses a través de la Banda, Orquesta, Cerámica, Artes, Impresión 3D, Yoga, Diseño en Madera, Arquitectura, Anuario, Escritura Creativa, Fotografía Digital, Codificación, Ajedrez, Juegos, Eventos Actuales, Educación al Aire Libre



### Fomentar Estudiantes Independientes

- Habilidades de pensamiento, investigación, sociales, de comunicación y de autonomía aprendidas en todas las clases.
- Amplio programa GT (Talentosos y Sobredotados)
- Matemáticas y español acelerados, cursos de honor para inglés, ciencias y estudios sociales de 7º/8º grado
- Los estudiantes pueden entrar en la escuela secundaria con 10-40 créditos



### 2019 Clasificación Superior

Clasificaciones Estatales de Percentiles de rendimiento de CMAS:

- Nivel de Inglés - 87
- Nivel de Matemáticas- 88
- Nivel de Ciencias- 93

### Desarrollo de Conciencia

- Proyecto Comunitario en 8vo. Grado
- Semana Interdisciplinaria en el Río

### Convertirse en Miembros Equilibrados de nuestra Comunidad y del Mundo

- Los líderes estudiantiles dirigen los buses, la biblioteca embujada del carnaval de otoño, el aprendizaje de servicios, las visitas al edificio y dirigen los eventos de espíritu escolar.
- Aprendizaje de servicios: Programa Give Next, Carnaval de Otoño, Recogida de Alimentos en Vacaciones, Día de la Inclusión del 7º Grado, Centros para los Pacientes, y asociación con el Parque Estatal Lory.
- Clubes: Lego Robotics, Olimpiada de Ciencias, WEB, Liderazgo, Banda de Rock, Intramurales, Tazón de Conocimiento, Calabozos y Dragones, Batalla de los Libros, y NJHS (Sociedad Nacional Juvenil de Honor)
- Deportes: Volleyball, Cross-Country, Fútbol Americano, Tenis, Lucha Libre, Basquetbol, Atletismo, Softball, y Golf





### Acompañenos en la Visita de Nuestra Escuela

Miércoles, 5 de enero, 2022, 5:30-7:30pm

Presentación Informativa a las 6:15pm

3515 W. County Road 54G, Laporte, CO 80535

clp.psd.schools.org \* 970-488-7400

**Recipiente del Premio de Escuelas de Excelencia de Colorado de John Irwin del 2019**

### Lo Que Dicen Nuestros Padres:

"Como padre y profesor del Distrito Escolar de Poudre, con hijos que se han graduado y otro que asiste a CLPMS, sé la influencia positiva que los estudios rigurosos y las relaciones estrechas pueden tener en nuestros niños y estudiantes. Los maestros comprometidos y el equipo administrativo en CLPMS crean una atmósfera más pequeña dentro de su comunidad de aprendizaje, en la que los niños pueden prosperar académicamente, emocionalmente, e interpersonalmente. En CLPMS su hijo es conocido, reconocido y valorado por los profesores y el equipo administrativo".



"CLPMS es lo suficientemente pequeño para conocer a mi hija por su nombre. Ofrecen una variedad de clases en las que reciben mayores retos, como en clases de honor, matemáticas avanzadas y liderazgo. Me gusta que la escuela anima a los estudiantes de 6º, 7º y 8º a trabajar juntos. Ella está ganando una perspectiva del mundo real y el apoyo a través de los desafíos de la escuela gracias a un grupo muy dedicado y bien informado de profesores y per-



"CLPMS crea un ambiente comunitario reconfortante."

"Los profesores conocen a todos y cada uno de los alumnos; la comunidad se preocupa realmente por el crecimiento y el desarrollo de los estudiantes y no por las puntuaciones de los exámenes".



"Nos encanta que nuestra escuela tenga pocos estudiantes, lo que permite un mejor compromiso entre alumnos y profesores. Es como un pequeño barrio donde hay un fuerte sentimiento de comunidad".





## Cache La Poudre Middle School

An IB World School



### What makes CLPMS different?

**Vision Statement:** "Where inquiry and relationships empower independent learners as they develop awareness, understanding, and confidence to become balanced members of our community and world."

#### Developing Relationships

- Small community of about 335 students
- 25/1 Student/Teacher ratio
- Ongoing Bullying Prevention Program
- Year long Advisory
- 6th graders supported through the WEB program with 7th/8th grade mentors



#### Learning Through Inquiry

- Courses taught through a problem-solving, inquiry based, relevant approach
- Students explore interests through Band, Orchestra, Pottery, Arts, 3D Printing, Yoga, Wood Design, Architecture, Yearbook, Creative Writing, Digital Photography, Coding, Chess, Gaming, Current Events, Outdoor Education, and Drama



#### Empowering Independent Learners

- Thinking, Research, Social, Communication, and Self-Management skills learned in all classes.
- Extensive GT program
- Accelerated Math and Spanish track, Honors courses for 7th/8th grade English, Science, and Social Studies
- Students can enter High School with 10-40 credits



#### 2019 Exceeds Rating

State CMAS Achievement Percentile Rankings:

- English Rank - 87
- Math Rank - 88
- Science Rank - 93

#### Developing Awareness

- 8th Grade Community Project
- Interdisciplinary River Week

#### Becoming Balanced Members of our Community and World

- Student Leaders run dances, the Fall Carnival, Haunted Library, service learning, building tours, and lead school spirit events
- Service learning: Give Next Program, Fall Carnival, Holiday Food Drive, 7th Grade Inclusion Day, Pennies for Patients, and Lory State Park partnership
- Clubs: Lego Robotics, Science Olympiad, WEB, Leadership, Rock Band, Intramurals, Knowledge bowl, Dungeons and Dragons, Battle of the Books, and NJHS
- Athletics: Volleyball, Cross-Country, Football, Tennis, Wrestling, Basketball, Track, Softball, and Golf





Join us for our Open House  
Wednesday, January 5, 2022, 5:30-7:30pm  
Informational Presentation at 6:15pm  
3515 W. County Road 54G, Laporte, CO 80535  
clp.pedschools.org \* 970-488-7400

### 2019 Recipient of the Colorado John Irwin Schools of Excellence Award

#### What our parents are saying:

"As a parent and a teacher in Poudre School District with children having graduated and another attending CLPMS, I know the positive influence that rigorous academics and strong relationships can have on our children and students. The committed teachers and administrative team at CLPMS create an atmosphere within its smaller, learning community in which kids can thrive academically, emotionally, and interpersonally. At CLPMS your child is known, recognized, and valued by teachers and the administrative team."



"CLPMS is small enough to know my child by name. They offer a variety of classes that challenge her in honors classes, advanced math and leadership. I like that the school encourages students in 6th, 7th, and 8th to work together. She is gaining a real-world perspective and supported through the challenges of middle school by a very dedicated and knowledgeable group of teachers and staff."



"CLPMS creates a comforting community-based atmosphere."

"The teachers know each and every student - the community is really truly about the students' growth & development and not about the test scores."



"We love that our school has a small student population, which allows for better student-teacher engagement. It's like a small neighborhood where there is a strong feeling of community."

### January Breakfast Menu

January 2022

Cache La Poudre Elementary

Breakfast

#### MONDAY

3



#### TUESDAY

4

- Oatmeal Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

#### WEDNESDAY

5

- Strawberry Mini Bagel
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

#### THURSDAY

6

- Cinnamon Toast Crunch Soft Filled Bar
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

#### FRIDAY

7

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

10

- WGR Grahamz Crackers
- Yogurt
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

11

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

12

- Cinnamon Toast Crunch Soft Filled Bar
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

13

- WGR Pumpkin Bread or Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

14

- Oatmeal Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

17



18

- Strawberry Mini Bagel
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

19

- Oatmeal Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

20

- Cinnamon Toast Crunch Soft Filled Bar
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

21

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

24

- WGR Pumpkin Bread or Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

25

- Cinnamon Toast Crunch Soft Filled Bar
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

26

- Oatmeal Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

27

- WGR Grahamz Crackers
- Yogurt
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

28

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

31



### January Lunch Menu

January 2022

Cache La Poudre Elementary

Lunch

#### MONDAY

3



#### TUESDAY

4

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

#### WEDNESDAY

5

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

#### THURSDAY

6

- Beef & Bean Burrito
- Turkey or Ham & Cheese Sandwich
- Pb&J Sandwich
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute
- Watermelon or Substitute
- Milk Variety
- Assorted Condiments

#### FRIDAY

7

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

10

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

11

- Cheese Calzone & Marinara
- Ham or Turkey & Cheese Sandwich
- Pb&J Sandwich with Pretzels or Goldfish
- Bell Peppers, or Substitute
- Whole Fruit, or Substitute
- Orange Wedges
- Milk Variety
- Assorted Condiments

12

- Asian Meatballs & Rice
- Cold Deli 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

13

- Chicken Burrito
- Ham or Turkey & Cheese Sandwich
- Pb&J Sandwich with Pretzels or Goldfish
- Salad with dressing
- Whole Fruit, or Substitute
- Fresh Cantaloupe, or Substitute
- Milk Variety
- Assorted Condiments

14

- Pepperoni Pizza
- Hummus & Veggie Box
- Pb&J Sandwich with Pretzels or Goldfish
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute
- Cuties, or Substitute
- Milk Variety
- Assorted Condiments

17



18

- Cheese Lasagna Rollup
- Turkey or Ham & Cheese Sandwich
- Pb&J Sandwich
- Fresh Carrots
- Whole Fruit, or Substitute
- Applesauce or Fruit Cup or Substitute
- Milk Variety
- Assorted Condiments

19

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

20

- Beef & Bean Burrito
- Turkey or Ham & Cheese Sandwich
- Pb&J Sandwich
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute
- Watermelon or Substitute
- Milk Variety
- Assorted Condiments

21

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

24

- Hamburger & Cheeseburger
- Cold Deli Yogurt with Granola
- Pb&J Sandwich with Pretzels or Goldfish
- Fresh Celery Sticks, or Substitute
- Whole Fruit, or Substitute
- Fresh Blackberries or Substitute
- Milk Variety
- Assorted Condiments

25

- Cheese Calzone & Marinara
- Cold Deli Yogurt with Granola
- Pb&J Sandwich with Pretzels or Goldfish
- Bell Peppers, or Substitute
- Whole Fruit, or Substitute
- Orange Wedges
- Milk Variety
- Assorted Condiments

26

- Asian Meatballs & Rice
- Cold Deli 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

27

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

28

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

31