

January  
2023



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# Laurel Elementary

SCHOOL OF ARTS & TECHNOLOGY

## A Letter From the Principal...

Dear Parents/Guardians



Happy New Year! I hope you all had a wonderful winter break. I'm looking forward to welcoming your students back to school Thursday, January 5, 2023. **Remember students may be dropped off at school beginning at 7:15AM and breakfast is served from 7:15AM – 7:45AM.** For your safety and the safety of your children, please do not use the circle drive in the morning between 7:15 – 7:45. It is also unsafe to access the circle drive in front of Laurel at the end of the school day between 2:00 – 2:30. We appreciate your help to keep everyone safe.

Please help us get the word out to your neighbors who may have a child who is five years old or will turn five by October 1, 2023. Parents of children entering Kindergarten in 2023-24 need to register their child online at <https://www.psdschools.org/kinder> before January 31. Registration is required for a child to attend any PSD elementary school.

*continued on next page*

## Supporting our Schools



**Joe Mivshek**

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## A Letter from the Principal, continued...

As many of you know, I will be retiring at the end of this school year. The Laurel Principal position was posted on Friday, December 16 and will close January 20, 2023. Input from staff and parents is a vital component of the principal selection process. A survey will be emailed to all Laurel parents by January 6, 2023 and all parents are encouraged to complete the survey. Building Level Interviews will be held by a committee of Laurel staff and parents. This committee will interview the top candidates in mid-February. March 3, 2023 is the target date to communicate who your new Laurel principal will be. Although I will not be part of the selection process for the new Laurel principal, I will be working closely with your new principal in March, April, May, and June to prepare him/her to be successful. I am excited for our school community to have new leadership and for our new principal to experience what an amazing school community Laurel is.

As we start the New Year, I want to be certain you all know I count it a privilege to be the principal of your school and to have served Laurel families for the past 21 years. I have taken in all the love and words of appreciation so many of you have afforded me since August. I appreciate you all so very much and feel very blessed to know you. I'm looking forward to continuing to cherish all the time we have together over the next five months!

Take care & stay healthy,

Tommi Sue Cox, Principal



**We understand the stress of caring for a sick child.**

Our providers are here to help get your family on the fast track to healthy.

 The Youth Clinic  
caring for our future generations

 Pediatric Urgent Care  
OF NORTHERN COLORADO

## A Letter from the Principal, continued...

enero 2023

Estimados padres/tutores

¡Feliz año nuevo! Espero que todos hayan tenido unas maravillosas vacaciones de invierno. Espero dar la bienvenida a sus estudiantes de regreso a la escuela el jueves 5 de enero de 2023. **Recuerde que los estudiantes pueden ser dejados en la escuela a partir de las 7:15a.m. y el desayuno se sirve de 7:15a.m. a 7:45a.m.** Por su seguridad y la seguridad de sus hijos, por favor no use el camino circular por la mañana entre las 7:15 y las 7:45. Tampoco es seguro acceder al camino circular frente a Laurel al final del día escolar entre las 2:00 y las 2:30. Agradecemos su ayuda para mantener a todos a salvo.

Ayúdenos a correr la voz entre sus vecinos que pueden tener un hijo de cinco años o que cumplirá cinco antes del 1 de octubre de 2023. Los padres de niños que ingresarán al jardín de infantes en 2023-24 necesitan para registrar a su hijo en línea en <https://www.psdschools.org/kinder> antes del 31 de enero. Se requiere inscripción para que un niño asista a cualquier escuela primaria del PSD.

Como muchos de ustedes saben, me jubilaré al final de este año escolar. El puesto de director de Laurel se publicó el viernes 16 de diciembre y se cerrará el 20 de enero de 2023. Los aportes del personal y los padres son un componente vital del proceso de selección del director. Se enviará una encuesta por correo electrónico a todos los padres de Laurel antes del 6 de enero de 2023 y se anima a todos los padres a completar la encuesta. Las entrevistas a nivel de edificio serán realizadas por un comité del personal y los padres de Laurel. Este comité entrevistará a los mejores candidatos a mediados de febrero. El 3 de marzo de 2023 es la fecha límite para comunicar quién será su nuevo director de Laurel. Aunque no seré parte del proceso de selección del nuevo director de Laurel, trabajaré de cerca con su nuevo director en marzo, abril, mayo y junio para prepararlo para que tenga éxito. Estoy emocionado de que nuestra comunidad escolar tenga un nuevo liderazgo y de que nuestro nuevo director experimente la increíble comunidad escolar que es Laurel.

Ahora que comenzamos el Año Nuevo, quiero estar seguro de que todos saben que considero un privilegio ser el director de su escuela y haber servido a las familias de Laurel durante los últimos 21 años. He recibido todo el amor y las palabras de agradecimiento que muchos de ustedes me han brindado desde agosto. Los aprecio mucho a todos y me siento muy bendecido de conocerlos. ¡Espero continuar apreciando todo el tiempo que tenemos juntos durante los próximos cinco meses!

Cuídate y mantente saludable,

Tommi Sue Cox, directora



## A Message from the Assistant Principal

Dear Laurel Families,

Happy New Year! Welcome, 2023!

Inventor Charles Kettering once said, "Every time you tear a leaf off a calendar, you present a new place for new ideas." What new ideas will you bring this year? What new adventures await you? I am looking forward to seeing all of the new ideas and adventures our staff and students will create, and to all of the excitement and possibility awaiting us here at Laurel. Here's to 2023!



### Assessments

January marks the beginning of our ACCESS testing window for students who participate in English language development programming. This test is designed to test students' linguistic performance in all four receptive and productive literacy areas: listening, reading, speaking, and writing. Within each literacy area, students are asked to demonstrate their linguistic performance across academic content areas. Grammar is additionally embedded within each area. This test is extensive. Please cheer on and celebrate our students who will be taking the ACCESS assessment! They are each linguistic **CHAMPIONS!**

Also in January, some students in Grades 2-5 will participate in our Winter MAP assessment. Winter MAP scores are used, at times, to exit a READ plan, to obtain a GT designation, for accurate placement in a middle school math class, or as part of a body of evidence in other areas. Rest assured, testing will be kept to a minimum during this round. Only students who may require this data point will participate. The vast majority of students will not.

### Book Recommendations for Winter

As the days continue to grow dark early and the air holds its chill, a good book can bring beautifully calm and cozy moments to the afternoons and evenings after school. Here are just a few wonderful books that you and your child may enjoy, whether alone and snuggled under a blanket, or cuddled together:

*Goodbye Autumn, Hello Winter*, by Kenard Pak

*In the Snow*, by Huy Voun Lee

*La Velita de Los Cuentos/The Storyteller's Candle*, by Lucia Gonzales

*Over and Under the Snow*, by Kate Messner

*Snow*, by Uri Shulevitz

*The Snowy Day*, by Ezra Jack Keats

### Lynx in the Spotlight

Our Lynx in the Spotlight for the month of January are Christopher Brown and Marlie Riojas. Be sure to read our Lynx in the Spotlight feature to find out more about these PAW-some Laurel Lynx!

Yours,

Amanda Pawelski

Assistant Principal



**Lynx in the Spotlight, January 2023**

Christopher Brown  
and  
Marlie Riojas

Marlie Riojas and Christopher Brown became great friends when Marlie invited Christopher to play at recess during the first few weeks of school this year. Since then, they have both enjoyed spending recess running in the field and walking around together. Marlie thinks Chris is funny and that he’s a good friend. She also thinks he’s helpful, especially when he shows her how to get around at school. Christopher likes to play with Marlie at recess and during free choice centers. Marlie says, “He’s just a great friend!” Chris says, “I love Marlie!” They are a great combo! Way to ROAR, Chris and Marlie!



Marlie Riojas y Christopher Brown se hicieron grandes amigos cuando Marlie invitó a Christopher a jugar en el recreo durante las primeras semanas de clases de este año. Desde entonces, ambos han disfrutado del recreo corriendo por el campo y paseando juntos. Marlie piensa que Chris es divertido y que es un buen amigo. Ella también piensa que él es útil, especialmente cuando le muestra cómo moverse en la escuela. A Christopher le gusta jugar con Marlie en el recreo y durante los centros de libre elección. Marlie dice: "¡Él es simplemente un gran amigo!" Chris dice: "¡Amo a Marlie!". ¡Son un gran combo! ¡Manera de RUGIR, Chris y Marlie!

We are here for your child’s health!  
¡Estamos aquí para la salud de su hijo!

Schedule your school or sport physical today!  
¡Programe hoy su examen físico para la escuela o deporte!



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**OUR CARE IS DINO-MITE!**  
MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL [saludclinic.org](http://saludclinic.org)



**Fall Youth Club Registration is OPEN!**

Whether you are just dipping your toes in the climbing world, or looking to move into competitive climbing, there is a place for you at Ascent!



**Clubs fill FAST! Register today!**



970.999.5596  
2150 Joseph Allen Drive, Fort Collins, CO 80525  
[ascentstudio.com/youth\\_clubs](http://ascentstudio.com/youth_clubs)

**ASCENT STUDIO**

## Laurel Wellness News

### 5210+ Is Coming Soon!

#### *What is the 5210+ Challenge?*

This challenge put on by the Healthy Kids Club is an opportunity for students, staff, and families to practice healthy habits during the month of February, earn a t-shirt, and win prize money (up to \$1500) for PE equipment at their school. Last year we won \$500 for Laurel. Mrs. Rittner purchased another new mat, a balance beam, and gymnastics equipment. This year we are working on getting climbing ropes installed.

#### What are the 5 Healthy Habits?

**5 servings of fruits and veggies**

**2 hours or less of screen time**

**1 hour or more of physical activity**

**0 sugary drinks**

**+ 9 or more hours of sleep (kids) 7-8 hours of sleep (adults)**



Please be on the lookout for information about how to participate in this school wide healthy challenge. We will plan to send home paper copies again this year but you will turn in your information online. Feel free to contact Mrs. Rittner with any questions.

#### **Alternative Birthday Celebrations:**

#### **THE SMOOTHIE/ART BIKE IS UP AND RUNNING!**

At Laurel we like to encourage birthday celebrations to include physical activities in place of sweet treats. We have a celebration box that includes many different activities that students can check out for free to use to celebrate their birthday in the classroom. We now have the Smoothie Bike available! Students can request to check out the bike and then bring in ingredients for a smoothie to make with their class. Everyone can contribute to spinning the blender by riding the bike. OR-you can create spin art as a celebration. This attachment requires a \$5 donation for paint and paper materials. Ask your child's teacher for a form and please allow at least one week for the request to be processed!



## Laurel Wellness News, continued...

### Birthday Celebrations at Laurel made FUN, EASY & ACTIVE!

Laurel Parents!

Great News!! The Laurel Wellness Team has a "Party in a Box" available for your kiddo's classroom birthday celebration!! Almost all of the activities are completely FREE\* and provide a true celebration that is a whole lot of fun- playing games and listening to music with their friends. The "Party in a Box" is an option *instead* of a treat (which can save you time and money!).

### PARTY IN A BOX CHECK OUT FORM

Students are invited to check-out any one of the following items to be used to celebrate their birthday in their classroom!

- |  |  |
|--|--|
| <input type="checkbox"/> Karaoke Machine         | <input type="checkbox"/> Get Knotted Game (Twister) with Smartboard spinner      |
| <input type="checkbox"/> Bluetooth Speaker       | <input type="checkbox"/> Badminton Rackets and Birdies ( <u>4</u> rackets total) |
| <input type="checkbox"/> Velcro Mitt & Balls     | <input type="checkbox"/> Egg & Spoon Game  |
| <input type="checkbox"/> Fit Deck Exercise Cards | <input type="checkbox"/> Hopscotch Rug   |
| <input type="checkbox"/> Giant Foam Dice         | <input type="checkbox"/> Bike Spin Art ***                                       |
| <input type="checkbox"/> Bean Bag Toss           | <input type="checkbox"/> Smoothie Bike**   |

\*\*If you check out the *Smoothie Bike*, you will receive a note with the required ingredients to make smoothies. Estimated cost of ingredients is \$15-20.

\*\*\*If you wish to check out the *Bike Spin Art*, we ask that you donate \$5 toward paint and card stock. Please coordinate with your child's teacher on sending in bike items.

Name: \_\_\_\_\_ Date Needed: \_\_\_\_\_

*Form (and money if using the spin art bike) must be received ONE WEEK prior to check-out.*

Parent Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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

Advertise with The School Newsletter Company  
 Joe Mivshek 970-420-7163 | SchoolNewsletterCompany@gmail.com



## Laurel Wellness News, continued...

### Get a Full Night's Sleep

Just how much sleep do you need? It depends on your age and your activity levels. Many children are not getting adequate sleep. While adults need 7-8 hours of sleep a night, children need much more than that.

#### During sleep, your body is busy:

- Repairing tissues
- Fighting off infections
- Forming memories of experiences that occurred during the day

#### Sleep is critical to prevent:



Lack of sleep can weaken your immune system, negatively affect learning and behavior, and increase the inflammatory response in the body.

#### Building Healthy Sleep Routines:

- Set bedtimes and wake times the same each day, even on the weekends.
- Keep the room dark and cool and quiet.
- Remove electronic devices from the bedroom and turn off screens and bright lights at least one hour before bedtime.
- Being active during the day helps kids sleep better at night.
- Avoid eating a large meal just before bed, but also don't go to bed hungry. Sometimes a light snack with some protein or healthy fats will help. Too much sugar can harm your sleep too!

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep).

3, 2, 1!

#### 3 Ways to stay healthy:

- **Add extra movement into your day:** Take the dog for a walk. Park farther away from school. Head to a trail or park.
  - **Play a family game:** Invest in some time with your kids with a board game, a puzzle, or family hide and seek or a nerf war! This will help your children to cut out some screen time and invest quality time and connection with them.
- Sit down to dinner together:** Involve the kids in cooking, setting the table, etc. During dinner, have discussions that go beyond "How was your day?" Have each family member name one thing they like about each other. Or play a dinner game such as naming as many foods that start with a certain letter or are the color green.

#### 2 Ways to Be Mindful:

- **Practice a clear bedtime routine.** This could involve calm music, reading a book, or singing a song before getting on pajamas and brushing teeth. If you practice the same routine every night, your body receives a signal that it is time to go to bed and you will be more likely to have a restful night's sleep. Stick to the same bedtime and wake time each night.
- Choose a New Year's Word instead of a resolution:** You could pick a family word or each family member could choose their own word for the year. Ask what does this word mean to you? Create a poster to display this word somewhere you will see it often.



## Laurel Wellness News, continued...

### 1 Healthy Holiday Recipe: Slow Cooker Harvest Beef Stew

Servings: 6 Serving Size :2 cups

#### Ingredients

1 pound bottom round beef roast (cut into 1-inch cubes)  
1 large russet potato, cut into 1/2-inch dice (about 2 cups)  
1/4 cup all-purpose flour  
1 medium sweet potato, cut into 1/2-inch dice (about 2 cups)  
2 cups peeled, thinly sliced carrots  
1 10-ounce package frozen pearl onions  
1 14.5-ounce can no-salt-added diced tomatoes  
1 14.5-ounce can fat-free, low-sodium beef broth  
1 cup water  
3/4 teaspoon dried thyme  
1/2 teaspoon ground pepper  
1 10-ounce package frozen peas  
2 tablespoons dried parsley

#### **Directions:**

Add the beef, russet potato, and flour to a 4- to 6-quart slow cooker, stirring well to combine. Add the sweet potato and carrots to the slow cooker. Top with the onions, tomatoes, broth, water, thyme, and pepper.

Cook, covered, for 10 to 12 hours on low heat or 5 to 6 hours on high heat. Just before serving, quickly stir in the peas and parsley. Re-cover. Cook for 5 to 10 minutes.

**Cooking Tip:** When using your slow cooker, make sure the food that takes the longest time to cook, such as the beef, potatoes, and carrots in this recipe, are on the bottom, which is closest to the heat source.

**Keep it Healthy:** If you can't find bottom round beef roast for this beef stew, go for another lean cut of beef like bottom eye roast or top round. You can also use stew meat, but be sure it's lean.

**Tip:** To save time in the morning, do some of the prep work the evening before, such as cutting up the beef and carrots. Wait to chop the potato until right before adding it to the slow cooker; it will discolor if cut in advance.



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**Music:** [www.laumusic.weebly.com](http://www.laumusic.weebly.com)

This songwriting residency will be working with the following classes: Sloan, Hearndon, Coffey, McGuire, Luker, Pecilunas. You are invited to come see their performance at 1:00 on Friday, January 20, 2023! We will also offer a live stream and a recording if that is a time you are unable to attend. Questions? Email Ms. Kelly: [mkelly@psdschools.org](mailto:mkelly@psdschools.org)



Esta residencia de composición de canciones trabajará con las siguientes clases: Sloan, Hearndon, Coffey, McGuire, Luker, Pecilunas. ¡Estás invitado a venir a ver su actuación a la 1:00 el viernes 20 de enero de 2023! También ofreceremos una transmisión en vivo y una grabación si ese es un momento al que no puede asistir. ¿Preguntas? Envíe un correo electrónico a la Sra. Kelly: [mkelly@psdschools.org](mailto:mkelly@psdschools.org)



The Women's Clinic of Northern Colorado

Schedule Your Appointment Today!



**Media:** Current projects can be found by visiting your child’s Google classroom.  
 Los proyectos actuales se pueden encontrar visitando el aula de Google de su hijo.



**P.E:** <https://sites.google.com/psdschools.org/lalearningpe>

**Art** Current projects can be found by visiting your child’s Google classroom.



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**FAMILY CONCERT**  
 Lincoln Center  
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 of the Animals  
 Smith · Zoo Song




**TICKETS: LCTIX.COM**  
**\$5 (12 & under) \$10 (13+)**



## Congratulations, Finn Ibanez and Spelling Bee Spellers!

: Forrest Barreras, Jameson Buyck, Olivia Campenella, Lou Christner, Liam Clark, Davis Currie, Evelyn Dinger, Ivy Ellinger, Emily George, Charlotte Hanna, Finn Ibanez, Millie Lancaster, Hazel Marquart, Jayden Middlecamp, Lucy Montoya, Eleanor Pante, Troy Parker, Nikola Pawelski, Maeve Regan, Max Riojas, Kieran Rudder, Ike Schuurman, Sage Smith, Hunter Stevens, Zarya Trepagnier, Gabriel Unruh, Ernesto Segovia Valenzuela, Ayer Valenzuela-Vogel, Connor Weir, Kaleo Williams, Elliot Woodard, and Eli Zayas. It takes a lot of courage to stand in front of a crowd and take a risk. Keep up the positive attitudes and keep on ROARing! You are pawsome!

Felicitaciones a todos los participantes en el concurso de ortografía de la Escuela Primaria de Artes y Tecnología de Laurel este año: Forrest Barreras, Jameson Buyck, Olivia Campenella, Lou Christner, Liam Clark, Davis Currie, Evelyn Dinger, Ivy Ellinger, Emily George, Charlotte Hanna, Finn Ibáñez, Millie Lancaster, Hazel Marquart, Jayden Middlecamp, Lucy Montoya, Eleanor Pante, Troy Parker, Nikola Pawelski, Maeve Regan, Max Riojas, Kieran Rudder, Ike Schuurman, Sage Smith, Hunter Stevens, Zarya Trepagnier, Gabriel Unruh, Ernesto Segovia Valenzuela, Ayer Valenzuela-Vogel, Connor Weir, Kaleo Williams, Elliot Woodard, and Eli Zayas. Se necesita mucho coraje para pararse frente a una multitud y arriesgarse. ¡Mantengan las actitudes positivas y sigan RUGIENDO! ¡Eres guapísimo!



HUGE congratulations to Finn Ibanez! Finn is our Laurel Elementary School of Arts and Technology Spelling Bee winner for this school year! Finn's winning word was *overtly*. He worked very hard to prepare for the bee. Finn says the best part about the Spelling Bee is that when he's standing out in front of everyone spelling, his worries go away. He is most proud of having accomplished this feat as a 2<sup>nd</sup> grader. Finn's advice to all students is to just go for it: "You might be feeling a bit nervous or scared, but if you just push through, you can feel a big achievement!" We are *overtly* proud of you, Finn, and we know your family is too!

ENORMES felicitaciones a Finn Ibáñez! ¡Finn es nuestro ganador del concurso de ortografía de la Escuela Primaria de Artes y Tecnología de Laurel para este año escolar! La palabra ganadora de Finn fue *abiertamente*. Trabajó muy duro para prepararse para la abeja.

Finn dice que la mejor parte del concurso de ortografía es que cuando se destaca frente a todos los que están deletreando, sus preocupaciones desaparecen. Él está más orgulloso de haber logrado esta hazaña como 2 calificador. El consejo de Finn para todos los estudiantes es simplemente intentarlo: "Puede que te sientas un poco nervioso o asustado, pero si te esfuerzas, puedes sentir un gran logro". Estamos *abiertamente* orgulloso de ti, Finn, ¡y sabemos que tu familia también lo está!



Lunch Menu

January 2023

Laurel Elementary

Lunch

**MONDAY**

**2**



**TUESDAY**

- 3**
- No School Today

**WEDNESDAY**

- 4**
- No School Today

**THURSDAY**

- 5**
- Beef Taco & Rice
  - Chicken Nuggets
  - Cold Deli Meat & Goldfish
  - ColdDeli Yogurt & Goldfish or Pretzels
  - Pb&J Sandwich
  - Black Beans
  - Mexican Condiments- ELEM
  - Nugget Dipping Sauces

**FRIDAY**

- 6**
- Cheese Pizza
  - Hawaiian Pizza
  - Hummus & Veggie Box
  - ColdDeli Yogurt & Goldfish or Pretzels
  - Pb&J Sandwich
  - Corn
  - Assorted Italian Condiments

**9**

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

**10**

- Penne & Meat Sauce
- Pizza Bites
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

**11**

- Asian Teriyaki Chicken & Rice
- Pig in a Blanket
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Veggies

**12**

- Chicken Burrito
- Grilled Ham & Cheese
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

**13**

- Cheese Pizza
- Pepperoni Pizza
- Yogurt Parfait
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Carrots
- Assorted Italian Condiments

**16**



**17**

- Cheese Ravioli & Roll
- Cheese Calzone & Marinara
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

**18**

- Orange Beef & Rice
- Chicken & Waffles
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Steamed Veggies

**19**

- Homemade Chili & Corn Muffin
- Chicken Nuggets
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Black Beans
- Nugget Dipping Sauces

**20**

- Cheese Pizza
- Veggie Pizza
- Chicken Caesar Wrap
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

**23**

- Grilled Cheese Sandwich
- Fish Sticks
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Tomato Basil Soup

**24**

- Mac & Cheese
- Lasagna with Beef
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

**25**

- Asian noodle & Meatball
- Pig in a Blanket
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Broccoli

**26**

- Beef & Bean Burrito
- Chicken Patty Sandwich
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

**27**

- Cheese Pizza
- Pepperoni Pizza
- Chef Salad & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Peas
- Assorted Italian Condiments

**30**

- Hamburger & Cheeseburger
- Fish Sticks
- Cold Deli Meat & Goldfish
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Steamed Carrots

**31**

- Chicken Alfredo
- Cheese Calzone & Marinara
- Turkey or Ham & Cheese Sandwich
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

*Food Offered Daily:*

- Salad Bar
- Fruit Salad
- Assorted Salad Dressings
- Whole Wheat Dinner Roll
- Chocolate Milk
- Milk fat free
- Milk low fat 1%
- Assorted Condiments