

October
2021



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Court
Fort Collins, CO
80524

Office Phone
(970) 488-5925

Fax
(970) 488-5927

Attendance
(970) 488-5926

Laurel
Website



Laurel Elementary

SCHOOL OF ARTS & TECHNOLOGY

A Letter From the Principal...

Dear Laurel families,

My heart is full of joy and gratitude because of the **extremely** successful Laps for Laurel fundraiser! We exceeded our goal of raising \$25,000. Thanks to your support, help, and contributions, we raised over \$41,000 for Laurel! The funds YOU raised will directly benefit Laurel for classroom use, family nights, field trips, the Laurel Strings Program, maintaining the office fish tank, and a variety of other projects granted through the Laurel Parent Teacher Organization (PTO). On behalf of the entire Laurel school community, THANK YOU!

Thank you for your diligence in getting your children to school on time and picking them up on time. Students may arrive on school grounds beginning at 7:30am and school begins at 7:45am. It is essential for your child to arrive at school to be ready for the day to start at 7:45am. When a child arrives late to school, he/she misses important activities with classmates and their late entry may disrupt teaching and learning. The same can be said

continued on next page

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October
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Page 2

A Letter from the Principal, continued...

for the end of the day. School dismisses at 2:23 p.m. It is essential that all children are given the opportunity to complete a full school day. When a parent comes to pick up a child before dismissal, it is not giving the child an opportunity to complete a full school day and disrupts teaching and learning. We greatly appreciate when your child attends from 7:45 – 2:23 throughout the school year and understand there may be an occasional appointment scheduled during the day.

Please mark these dates on your calendar:

- There will be NO SCHOOL Thursday, October 14th and Friday, October 15th. These are exchange days for teachers meeting with parents after school hours for conferences held the last week of September and the first week of October.
- Tuesday, October 19th will be our first Family Night of the 2021-22 school year. We typically hold 2 – 3 family events throughout the school year to encourage family engagement. This first Laurel Family Night will focus on celebrating as a school community and getting to know each other! We welcome families to wear costumes to this event. The Laurel Family Night will be held outdoors from 5:30PM – 7:00PM. We will have a mariachi band playing from 5:30 – 6:30, and we will provide boxed dinners for families. We hope you'll have fun dancing, eating, and building friendships with others in the Laurel school community.
- Due to restrictions related to COVID-19, we will not hold a Fall Carnival this year.
- Friday, October 29th is Wear Orange, Black, and Purple Spirit Day.

continued on next page



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Parental Concerns



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October
2021

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Joe Mivshek
970.420.7163
joe.mivshek@km.com



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A Message from the Principal

Thank you for your patience and understanding as we continue to follow protocols when students show COVID-19 symptoms at school. We really appreciate how kind and understanding families have been when we ask you to pick your child up from school. Remember to check your child for symptoms before sending them to school. If a student is home due to illness, including COVID, please communicate directly with the homeroom teacher to request work. If you ask for work for your child, it is expected that the work will be completed by the student and returned to school.

Let me know how I can support you as a successful partner with the Laurel Elementary School of Arts & Technology. Let's continue to work together to make this year an outstanding learning experience for every child.

Sincerely,

Tommi Sue Cox

Principal



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Estimadas familias de Laurel,

Mi corazón está lleno de alegría y gratitud por la **extremadamente** ¡Recaudación de fondos exitosa de Laps for Laurel! Superamos nuestra meta de recaudar \$ 25,000. Gracias a su apoyo, ayuda y contribuciones, ¡recaudamos más de \$ 41,000 para Laurel! Los fondos que USTED recaudó beneficiarán directamente a Laurel para uso en el salón de clases, noches familiares, excursiones, el Programa Laurel Strings, el mantenimiento de la pecera de la oficina y una variedad de otros proyectos otorgados a través de la Organización de Padres y Maestros de Laurel (PTO). En nombre de toda la comunidad escolar de Laurel, ¡GRACIAS!

Gracias por su diligencia en llevar a sus hijos a la escuela a tiempo y recogerlos a tiempo. Los estudiantes pueden llegar a los terrenos de la escuela a partir de las 7:30 am y la escuela comienza a las 7:45 am. Es esencial que su hijo llegue a la escuela para estar listo para que el día comience a las 7:45 am. Cuando un niño llega tarde a la escuela, pierde actividades importantes con sus compañeros de clase y su entrada tardía puede interrumpir la enseñanza y el aprendizaje. Lo mismo puede decirse del final del día. La escuela termina a las 2:23 pm Es esencial que todos los niños tengan la oportunidad de completar un día escolar completo. Cuando un padre viene a recoger a un niño antes de la salida, no le está dando al niño la oportunidad de completar un día escolar completo e interrumpe la enseñanza y el aprendizaje. Apreciamos mucho cuando su hijo asiste de 7:45 a 2:23 durante todo el año escolar y entendemos que puede haber una cita ocasional programada durante el día.

Marque estas fechas en su calendario:

- NO HABRÁ CLASES el jueves 14 de octubreth y viernes 15 de octubreth. Estos son días de intercambio para los maestros que se reúnen con los padres después del horario escolar para las conferencias que se llevan a cabo la última semana de septiembre y la primera semana de octubre.
- Martes 19 de octubreth será nuestra primera Noche Familiar del año escolar 2021-22. Por lo general, llevamos a cabo de 2 a 3 eventos familiares durante el año escolar para fomentar la participación familiar. ¡Esta primera Noche Familiar de Laurel se enfocará en celebrar como comunidad escolar y conocernos unos a otros! Invitamos a las familias a usar disfraces en este evento. La Noche Familiar de Laurel se llevará a cabo al aire libre de 5:30 p.m. a 7:00 p.m. Tendremos una banda de mariachis tocando de 5:30 a 6:30 y brindaremos cenas en caja para las familias. Esperamos que se divierta bailando, comiendo y haciendo amistades con otros en la comunidad escolar de Laurel.
- Debido a restricciones relacionadas con COVID-19, no realizaremos un Carnaval de Otoño este año. Viernes 29 de octubreth es el Día del Espíritu de Vestir Naranja, Negro y Morado.

Gracias por su paciencia y comprensión mientras continuamos siguiendo los protocolos cuando los estudiantes muestran síntomas de COVID-19 en la escuela. Realmente apreciamos lo amables y comprensivos que han sido las familias cuando les pedimos que recojan a su hijo de la escuela. Recuerde revisar si su hijo tiene síntomas antes de enviarlo a la escuela. Si un estudiante está en casa debido a una enfermedad, incluido COVID, comuníquese directamente con el maestro de aula para solicitar trabajo. Si solicita trabajo para su hijo, se espera que el estudiante complete el trabajo y lo devuelva a la escuela.

Déjeme saber cómo puedo apoyarlo como socio exitoso de la Escuela Primaria de Artes y Tecnología Laurel. Sigamos trabajando juntos para hacer de este año una experiencia de aprendizaje excepcional para todos los niños.

Atentamente,
Tommi Sue Cox
Principal

October
2021



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City of
Fort Collins



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A Message from the Assistant Principal

Dear Laurel Families,

It has been amazing seeing everyone back at school this year, and even better with a return to some of our Laurel traditions like ROAR assemblies and Laps for Laurel. Even though I end up a sticky mess, I must admit that I have even missed being turned into a human sundae, and the students certainly seemed to enjoy it! THANK YOU to everyone for your part in making this the most successful Laps for Laurel yet!! Whether you helped with the event, with fundraising, or with getting your child excited for running on the big day, we appreciate you.

If you would like to support events like Laps for Laurel in the future, or if you would just like to learn a bit more about how you can get involved as a Laurel parent, please contact Dana Knight, PTO President, at laurelynxpto@gmail.com. ALL are welcome.



Assessments and Reading Resources

Now that beginning of the year testing has concluded, you can expect to receive assessment data and communication from your child's teacher. In most cases, this will take place during parent-teacher conferences. Each assessment has its own scale and assesses different skills and in different ways, so don't hesitate to reach out if you find you have additional questions. On that note, I do want to share our school-wide acknowledgment of all of the things assessments do not assess, and which we know to be important in the successful development of the WHOLE child: ideas, ambitions, dreams, self-worth, empathy, kindness, courage, sense of humor, imagination, friendship, and more!

If you would like additional resources on how you can help your child with reading, please check out the following links:

Colorín Colorado offers several helpful and bilingual resources - [Help your child learn to read](#)

Colorado Department of Education sponsored resource: [Read with Me site](#)

Lynx in the Spotlight

Our Lynx in the Spotlight for the month of October are Manual Carbajal and Zoe Chester. Be sure to read our Lynx in the Spotlight feature to find out why we think Manual and Xoe are PAW-some Laurel Lynx!

Laurel is the best—(Thanks to all of you!)—YES!

Yours,
Amanda Pawelski
Assistant Principal/MTSS Coordinator

A Message from the Assistant Principal

Octubre de 2021

Estimadas familias de Laurel,

Ha sido increíble ver a todos de regreso en la escuela este año, y aún mejor con un regreso a algunas de nuestras tradiciones Laurel como las asambleas ROAR y Laps for Laurel. A pesar de que termino siendo un desastre pegajoso, debo admitir que incluso he echado de menos ser convertido en un helado humano, ¡y los estudiantes ciertamente parecieron disfrutarlo! ¡¡MUCHAS GRACIAS a todos por su parte en hacer de esta laps más exitosa para Laurel hasta la fecha !! Ya sea que haya ayudado con el evento, con la recaudación de fondos o con el entusiasmo de su hijo por correr en el gran día, lo apreciamos. Si desea apoyar eventos como Laps for Laurel en el futuro, o si simplemente desea aprender un poco más sobre cómo puede participar como padre de Laurel, comuníquese con Dana Knight, presidenta de la PTO, al laurelynxpto@gmail.com . Todos son bienvenidos.

Evaluaciones y recursos de lectura

Ahora que las pruebas de comienzo de año han concluido, puede esperar recibir datos de evaluación y comunicación del maestro de su hijo. En la mayoría de los casos, esto se llevará a cabo durante las conferencias de padres y maestros. Cada evaluación tiene su propia escala y evalúa diferentes habilidades y de diferentes maneras, así que no dude en comunicarse si tiene preguntas adicionales. En ese sentido, quiero compartir nuevamente nuestro reconocimiento en toda la escuela de todas las cosas que las evaluaciones no evalúan, y que sabemos que son importantes para el desarrollo exitoso de TODO el niño: ideas, ambiciones, sueños, autoestima. , empatía, amabilidad, coraje, sentido del humor, imaginación, amistad, ¡y más!

Si desea recursos adicionales sobre cómo puede ayudar a su hijo con la lectura, consulte los siguientes enlaces: Colorín Colorado ofrece varios recursos útiles y bilingües: [Ayude a su hijo a aprender a leer](#)
Recurso patrocinado por el Departamento de Educación de Colorado: [Leer conmigo sitio](#)
Información general de la Ley READ: [Información general de la Ley de lectura del CDE](#)

Linces en el Centro de Atención

Nuestros Linces en el Centro de Atención del mes de Octubre son Manual Carbajal y Xoe Chester. ¡Asegúrese de leer nuestra función Lynx in the Spotlight para descubrir por qué creemos que Manual y Zoe son Laurel Lynx de PAW!

Laurel es la mejor— (¡Gracias a todos ustedes!) - ¡SÍ!

Tuyo,
Amanda Pawelski
Subdirector / Coordinador de MTSS

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Lynx in the Spotlight, October 2021

Manual Carbajal

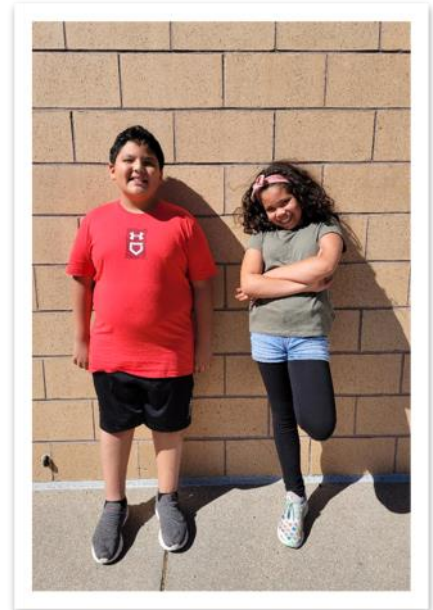
and

Zoe Chester

Manual and Zoe exemplify what it means to be a good friend.

Even though they are new to Laurel this year, you'd never know! Manual and Xoe have quickly formed wonderful friendships both with their classmates and with students across their grade level due to their kindness, sense of humor, sense of fun and adventure, and ability to connect with others. Teachers have noticed they are always ready to jump right in to lessons and activities with a smile and positive attitude, they work well with others, and lead their peers through kindness in their actions. It is no wonder Manual and Zoe have already made lasting friendships! We are happy to have them in our Lynx family!

Way to ROAR, Manual and Zoe--we think you are awesome PAW-some!



Manual y Zoe ejemplifican lo que significa ser un buen amigo.

Aunque son nuevos para Laurel este año, ¡nunca lo sabrías! Manual y Zoe han formado rápidamente maravillosas amistades tanto con sus compañeros de clase como con los estudiantes de su nivel de grado debido a su amabilidad, sentido del humor, sentido de la diversión y la aventura, y capacidad para conectarse con los demás. Los maestros han notado que siempre están listos para comenzar las lecciones y actividades con una sonrisa y una actitud positiva, trabajan bien con los demás y guían a sus compañeros a través de la amabilidad en sus acciones. ¡No es de extrañar que Manual y Zoe ya hayan hecho amistades duraderas! ¡Estamos felices de tenerlos en nuestra familia Lynx!

Camino a ROAR, Manual y Zoe: ¡creemos que eres increíble PAW-some!



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Counselor's Column

Hello Laurel families,

It has been so nice seeing your kiddos in person and connecting with them. We are met with "smile eyes" and enthusiasm.

Social Emotional Learning through Second Step:

We will continue with Second Step, our Social Emotional Learning (SEL) Curriculum. Throughout the year, all classroom teachers will set aside time each week to provide a 30-minute lesson.



About Second Step: Committee for Children created Second Step social-emotional learning programs that Laurel is using school wide. It is a research-based curriculum that provides an extra dimension to education and learning. Second Step focuses on improving communication, cooperation, and decision-making skills. It provides a common language that we can use at school and in the real world. Just like students need to practice academic skills such as math or reading, they also need to practice social-emotional skills. These skills are critical for lifelong happiness, healthy relationships, and successful careers. Feel free to ask your kiddos to teach you what they are learning.

Kindergarten and 1st- Unit 1: Skills for Learning (ask about their friends, Snail and Mr. Puppy)

So far we have discussed and practiced how to use our whole body to **Listen to Learn** and how to **Focus Attention** by using our "attent-o-scopes" to ignore distractions and focus in. We have also talked about **Following Directions** and being able to repeat back directions in our head to help us remember.

2nd and 3rd- Unit 1: Skills for Learning (ask about their friends, Snail and Mr. Puppy)

We have practiced and discussed the importance of being **Respectful Learners** and **Using Self-Talk**. They learned to use their eyes, ears and brain to help them stay focused and to use self-talk to get back on task or to ignore distractions.

4th and 5th - Unit 1: Empathy and Skills for Learning:

Empathy is understanding or feeling how someone else is feeling. They have learned that showing empathy is a way of showing **Respect**. They have learned about **Listening with attention** by focusing on words, not interrupting, asking questions and repeating it back. We talked about the difference of being **Assertive**, rather than aggressive or passive when asking for what we need or communicating with others.

Counselor's Column, continued...

Counseling Intern:

Clint Bratton and their service dog, Pepper, will be joining our counseling team this year through December. We are thrilled to have them on our team. A message from M. Bratton.

Hello Laurel Community,

My name is Clint Bratton (they/them pronouns) and I'm the new Counseling Intern this semester. I'm excited to get to know all of you and all the great students here at Laurel! I graduated from CSU in 2016 and I've been living in New York City ever since, but I'm absolutely thrilled to be back in Fort Collins, getting my Masters in Social Work, and returning to the passion that started me on the long, long path towards becoming a social worker: elementary school counseling! This internship fulfills a years-long dream for me, and I feel honored to be able to spend this time here at Laurel with all of you.

Accompanying me on this journey is my loyal service dog, Pepper. Pepper is a 6-year-old black lab mix who works for me as a medical alert dog. He's an absolute lifesaver and, as well as being devastatingly handsome, he's trained in public access and is incredibly polite and calm around children and in high-stress situations. Students have learned about some ground rules on how to interact with Pepper so that he can best focus on doing his job. Pepper can safely perform his job duties and, in turn, allow me to safely perform mine!

Thank you all so much for welcoming me into the Laurel community, looking forward to building relationships over the course of the semester!

Please explore our counseling website for more resources and activities: <https://padlet.com/laurelcounselors/laurelcounseling>

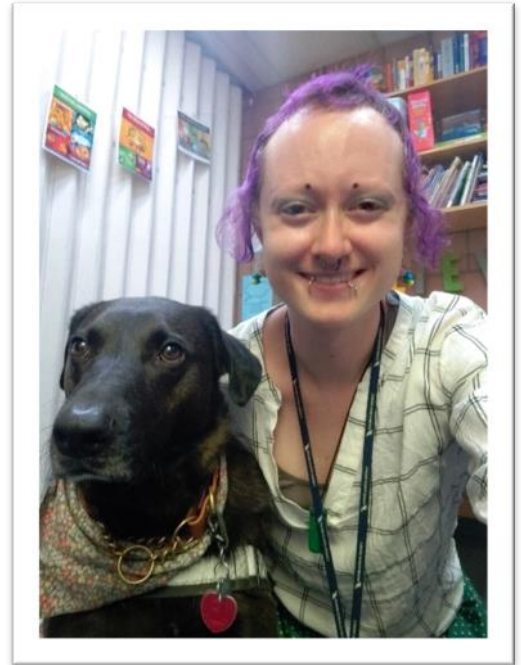
Thanks again for all your continued to support. Please don't hesitate to reach out. We are here for you and your kiddos!!

Laurel's Counseling Team,

Leah Roberts
488-5935
lroberts@psdschools.org

Leah Jones
488-5982
leahj@psdschools.org

Clint Bratton
488-5982
cbratton@psdschools.org



PTO News

I wanted to reach out and thank everyone who made Laps for Laurel such a huge success this year. I am so thankful to all the people who worked with us to bring this community parent led event back to Laurel Elementary.

I can't thank enough people for all their hard work during these last 2 weeks and months. To throw an event like this includes so many moving pieces. To all the PTO members, staff, admin, teachers, family members who gave time, ideas, support, joy, an extra hand -THANK YOU! We could not have done this without you.

Laps for Laurel is our main fundraiser which supports our ability to give back to the school. We are shocked and incredibly thankful to be able to give back a whopping.... into the Laurel Community. We want all staff and family members to know, you can come to us with ideas and suggestions at our grant cycles. Do you have an idea to support the Laurel Community? Please, come and share it! We'd love to hear about it.

Although Laps for Laurel is our primary fundraiser, it is also about the Laurel Community. After the past crazy 18 months, to be able to be outside with our entire school, seeing smiling faces, sharing excitement and joy – be it at the assemblies, dance parties, visits from Lenny, or out on the run – those are more important than any amount raised.

I truly believe Laurel is the best place to send your babies. The entire community – from admin, to teachers, to families, to our wonderful children – we have the BEST. All of PTO feels that way. We wouldn't have poured our hearts and souls into these past couple months if we didn't think so.

Thank you, thank you, thank you. It is a pleasure to serve you, Laurel Lynxes!

Dana Knight, PTO Pres.





Meet the Team!



Ms. Rose, Mr. Weist, Mrs. Rittner, Ms. Kelly, Mrs. Gallahan, Mrs. Reed



Art: <https://sites.google.com/psdschools.org/lalearningestemplate/home> Check out the tab for student art galleries where families can view their student's artwork while waiting for it to come home.



Media

<https://sites.google.com/psdschools.org/lau-learning-media-gallahanree/home>

All students in 3rd-5th grade can access Clever to practice typing at home by going to Laurel's home page and clicking on the **Students** tab.

Music: www.laumusic.weebly.com

Check out the music website to find out what your child has been doing in music class and to access Quaver!



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

Check out my learning page and use the grade level tabs to find out what we've been up to this month in PE!

Laurel Wellness News

A Healthy Twist on Trick-Or-Treating

- Fill up first. What kid doesn't want to eat their favorite candy right when it goes into their trick-or-treat bag? Having a healthy meal BEFORE your kids go trick-or-treating can reduce their temptation to snack while walking or to overindulge, because their tummies will be full.
- Bag the monster bag. Choose or make a smaller collection container for your child and steer clear of the pillow case method. If you encourage kids to only take one piece of candy from each house, they'll be able to visit more houses in the neighborhood.
- Get moving. Get some exercise by making Halloween a fun family activity. Walk instead of driving kids house to house. Set a goal of how many houses or streets you'll visit, or compete in teams to do as many as you can. Bring a bottle of water and a flashlight, and wear comfortable shoes for walking.
- Look before you eat. Check expiration dates and inspect all edibles before allowing children to eat them. Don't let children eat anything with questionable or unknown ingredients, especially if they have food allergies.

5210+ is the way to go!

Make sure your kids are getting their 5210+ EVERY DAY. Establish healthy at-home routines for school days, such as consistent waking times and getting-ready patterns. Set bedtimes that allow elementary-age kids to get 9-12 hours of sleep per night. Keep plenty of healthy fruits and vegetables in the house, limit recreational screen time and sugary drinks and make sure your family is getting at least 1 hour of physical activity every day!

How can you combat screen time at your house?



How can parents help?



1 Ensure kids have 1 hour of physical activity each day.

2 Limit kids' total screen time to no more than 1-2 hours per day.

3 Remove TV sets from your child's bedroom.

4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

Laurel Wellness News, continued...

Dress to Move on Wellness Wednesdays!

Each Wednesday, we will incorporate extra movement and physical activity into our daily routines as we learn to stay active and healthy! Have your child dress to move and ask them how they are moving in their classroom while they learn!

October Bike-/Walk-to-School Challenge

Get ready to ride, scoot, skate, or walk to school! This challenge will run from October 4-29th. Be on the lookout for more information from Mrs. Rittner.

Some benefits from using your body to get to school include:

- Students get more exercise/fitness on their way to/from school
- Students have an opportunity to practice Safe Ride to School principles and “rules of the road”
- Students participating in the challenge can win bronze, silver, or gold certificates, depending on their level of participation.
- The school with the highest percentage of students participating will also win a \$100 gift certificate for school supplies from the local store of their choice.

International Walk to School Day

October 6, 2021



School children all around the world will be walking to school on **Wednesday, Oct. 6.**

In PSD, we will celebrate kids using any form of active transportation on this day -- walking, biking, skateboarding, and scootering! Parents can park at the First United Methodist Church on the corner of Stover and Elizabeth and walk to school with students from there as well.

Safe Routes to School will provide giveaways for students participating in this event.

BSTRONGBFIT!

This all girls after school program organized through Healthy Kids Club is off to a great start at Laurel. Throughout the next month our 4th and 5th grade girls will be training for a final 2 mile race. Mark your calendars for **Nov.6th.** The race will start at 2:30 at the North Lake Park in Loveland. We'd love to have fellow Laurel friends come run with us or create a cheering section at the finish line. Please email Mrs.Rittner at srittner@psdschools.org if you would like more information. Thank you for supporting BSBF!

Laurel Wellness News, continued...

3, 2, 1!

3 Ways to stay healthy:

Wear Sunscreen - protect your skin by putting on sunscreen anytime you are outside for more than 20-30 minutes at a time - Colorado sun is intense!

Start the day right - make sure you get a good and healthy breakfast at home or at school. Drink water or milk, choose a fruit, and something like eggs, oatmeal, or yogurt.

Establish meal routines at home - eat together as often as possible and set expectations for mealtime.

2 Ways to Be Mindful:

Count your breaths: Pick a number and count to that number while breathing in a nice, quiet place.

Notice and Name: Play a game where you name and notice your thoughts and emotions (i.e. I notice my body is warm, I think I am sad)

1 Healthy Recipe:

Broccoli Cheesy Bread

INGREDIENTS

3 c. riced broccoli
1 large egg
1 1/2 c. shredded mozzarella
1/4 c. freshly grated Parmesan
2 cloves garlic, minced
1/2 tsp. dried oregano
Kosher salt
Freshly ground black pepper
Pinch crushed red pepper flakes (optional)
2 tsp. freshly chopped parsley
Warmed marinara, for serving



DIRECTIONS

Preheat oven to 425° and line a large baking sheet with parchment paper. Microwave riced broccoli for 1 minute to steam. Carefully ring out extra moisture from the broccoli using paper towel or cheese cloth.

Transfer broccoli to a large bowl and add egg, 1 cup mozzarella, Parmesan, and garlic. Season with oregano, salt, and pepper. Transfer dough to baking sheet and shape into a thin, round crust.

Bake until golden and dried out, 20 minutes. Top with with remaining 1/2 cup mozzarella and bake until cheese is melted and crust is crispy, about 5 minutes.

Garnish with parsley and pepper flakes if using. Serve warm with marinara.



WALK/BIKE-TO-SCHOOL CHALLENGE

Walk or ride as many days as you can between

OCTOBER 4 - 29

Earn the following recognition



Bronze Award - for walking/riding 4 total days

Earn an official Bronze Award certificate and sticker



Silver Award - for walking or riding 5 - 8 total days

Earn an official Silver Award certificate and sticker



Gold Award - for walking or riding 9+ total days

Earn an official Gold Award certificate and sticker

No sign-up necessary

Just start walking/riding on October 4 and record your days on the Tracker

Return your Tracker on you first PE class the week of November 1

Questions? Email Ms. Rittner at srittner@psdschools.org



bikefortcollins.org/saferoutes

Brought to you by Safe Routes to School partners



fcgov.com/saferoutes



VOLLEYBALL

vs. COLORADO

SEPT. 18 | 1:00 PM

\$8

vs. UNLV

OCT. 23 | 1:00 PM

\$3

FOOTBALL

vs. NEVADA

NOV. 27 | 7:00 PM

\$25 INCLUDES TICKET AND A HAT

TO PURCHASE TICKETS USE PROMO CODE: PSD
CSURAMS.COM/PROMOCODE

Lunch Menu

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <ul style="list-style-type: none"> • 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
<p>4</p> <ul style="list-style-type: none"> • Hamburger & Cheeseburger • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Snap Peas, or Substitute • Whole Fruit, or Substitute • Grapes, or Substitute • Milk Variety • Assorted Condiments 	<p>5</p> <ul style="list-style-type: none"> • Mac & Cheese • Turkey & Cheese Sandwich • Pb&J Sandwich • Fresh Carrots • Whole Fruit, or Substitute • Applesauce or Fruit Cup or Substitute • Milk Variety • Assorted Condiments 	<p>6</p> <ul style="list-style-type: none"> • 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 	<p>7</p> <ul style="list-style-type: none"> • Ocean Treasures • Turkey & Cheese Sandwich • Pb&J Sandwich • Fresh Cherry Tomatoes or Substitute • Whole Fruit, or Substitute • Watermelon or Substitute • Milk Variety • Assorted Condiments 	<p>8</p> <ul style="list-style-type: none"> • Cheese Pizza • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Cucumber Slice or Substitute • Whole Fruit, or Substitute • Fresh Peaches, or Substitute • Milk Variety • Assorted Condiments
<p>11</p> <ul style="list-style-type: none"> • 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 	<p>12</p> <ul style="list-style-type: none"> • Cheese Calzone & Marinara • Ham & Cheese Sandwich • PB&J Sandwich with Pretzels or Goldfish • Bell Peppers, or Substitute • Whole Fruit, or Substitute • Orange Wedges • Milk Variety • Assorted Condiments 	<p>13</p> <ul style="list-style-type: none"> • 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 	<p>14</p> 	<p>15</p> 
<p>18</p> <ul style="list-style-type: none"> • Chicken Nuggets • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Snap Peas, or Substitute • Whole Fruit, or Substitute • Grapes, or Substitute • Milk Variety • Assorted Condiments 	<p>19</p> <ul style="list-style-type: none"> • 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 	<p>20</p> <ul style="list-style-type: none"> • Chicken Patty Sandwich • Chicken Caesar Wrap • Pb&J Sandwich • Salad with dressing • Whole Fruit, or Substitute • Fresh Raspberries or Substitute • Milk Variety • Assorted Condiments 	<p>21</p> <ul style="list-style-type: none"> • Ocean Treasures • Turkey & Cheese Sandwich • Pb&J Sandwich • Fresh Cherry Tomatoes or Substitute • Whole Fruit, or Substitute • Watermelon or Substitute • Milk Variety • Assorted Condiments 	<p>22</p> <ul style="list-style-type: none"> • Cheese Pizza • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Cucumber Slice or Substitute • Whole Fruit, or Substitute • Fresh Peaches, or Substitute • Milk Variety • Assorted Condiments
<p>25</p> <ul style="list-style-type: none"> • 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 	<p>26</p> <ul style="list-style-type: none"> • Cheese Calzone & Marinara • Yogurt Parfait • PB&J Sandwich with Pretzels or Goldfish • Bell Peppers, or Substitute • Whole Fruit, or Substitute • Orange Wedges • Milk Variety • Assorted Condiments 	<p>27</p> <ul style="list-style-type: none"> • 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 	<p>28</p> <ul style="list-style-type: none"> • 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 	<p>29</p> <ul style="list-style-type: none"> • 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