

September
2021



1000 East Locust
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,

Our first weeks of school have been outstanding and it has been heart-warming to see the joy and love from staff, students and families every day! Thank you SO much for your positive support, encouragement, and appreciation. It's been a great start to the school year and on behalf of all Laurel staff, THANK YOU for all you're doing.

We really appreciate your help with the challenges of increased traffic during drop off and pick up. Please remember, if you want to avoid the 10 to 15-minute wait in the car line, we recommend that you park along Elizabeth St., Laurel St., or another nearby street and walk onto school grounds to drop off and pick up your child. If you choose to drive through the car line, please follow the traffic pattern, show grace and patience to others, and drive slowly and carefully. Do not access the circle drive in front of the school between 7:20 – 7:50am and 2:00 – 2:30pm.

Please check your email for communications from your child's teacher, Laurel staff, and PSD. We appreciate when you read our emails to be informed about school and community events, learning opportunities, and PSD updates.

continued on next page



TIME WELL SPENT

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



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Parental Concerns



Growth, Development & More



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September
2021



TALKING TO
SOMEONE
CAN HELP.

OUT
OF SORTS
THESE DAYS?

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24/7 | NO COST



Page 2

A Letter from the Principal, continued...

Thank you for following and respecting health and safety protocols. I anticipate some protocols may change as the year progresses, but for now please be aware of the following information:

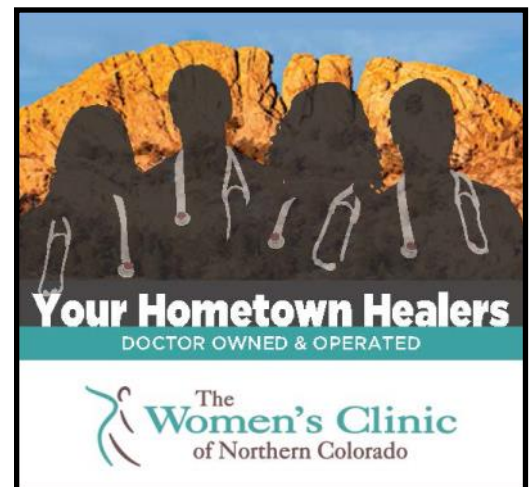
- Masks are required by all staff, family members, volunteers, and students while inside the building. Masks are not required when outdoors.
- When riding bikes (which we highly encourage!), please dismount and walk bikes on school grounds.
- Birthday treats are allowed only if they are individually wrapped and store-bought. Check with your child's teacher about alternatives to sweet treats. You'll find there are many great ways to enjoy birthday celebrations.

We have noticed that most students are arriving to school on time. Students can be on campus beginning at 7:30am and the instructional day begins at 7:45am. It's very important for your child be present throughout the entire school day from 7:45am to 2:23pm. Early check-outs are discouraged. We highly value our learning time and want all our students to feel connected and have a strong sense of belonging to their classroom community. Please make concerted effort to schedule appointments (dental, doctor, orthodontic, etc.) for your child to be held after 2:30pm.

Special dates in September:

Monday, September 6	No School
September 9 – 23	Fundraising for Laps for Laurel

continued on next page



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September
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A Message from the Principal

Friday, September 17	No School
Thursday, September 23	Laps for Laurel Schoolwide Event – Families are welcome!
Wednesday, September 28	Parent Teacher Conferences
Thursday, September 29	Parent Teacher Conferences

Thanks so much for allowing us to partner with you to educate your child at Laurel Elementary School of Arts and Technology. Please feel free to contact me with ideas for to improve communication, safety procedures, and parent engagement strategies. I want to hear your voice and strive to meet your needs. Please email me at tsc Cox@psdschools.org, call me at 970-488-5928 (office) or call/text me at 970-567-2384 (cell).

Sincerely,

Tommi Sue Cox, Principal

We are here for your child's health!

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MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL saludclinic.org

Estimadas familias de Laurel,

¡Nuestras primeras semanas de clases han sido extraordinarias y ha sido reconfortante ver la alegría y el amor del personal, los estudiantes y las familias todos los días! Muchas gracias por su apoyo, aliento y aprecio positivos. Ha sido un gran comienzo para el año escolar y en nombre de todo el personal de Laurel, GRACIAS por todo lo que están haciendo.

Realmente apreciamos su ayuda con los desafíos del aumento del tráfico durante la entrega y la recogida. Recuerde, si desea evitar la espera de 10 a 15 minutos en la fila del automóvil, le recomendamos que se estacione a lo largo de Elizabeth St., Laurel St. u otra calle cercana y camine hacia los terrenos de la escuela para dejar y recoger su niño. Si decide conducir a través de la línea de automóviles, siga el patrón de tráfico, muestre gracia y paciencia con los demás y conduzca lenta y cuidadosamente. No acceda a la entrada circular frente a la escuela entre las 7:20 - 7:50 am y las 2:00 - 2:30 pm.

Por favor revise su correo electrónico para ver las comunicaciones del maestro de su hijo, el personal de Laurel y PSD. agradecemos cuando lea nuestros correos electrónicos para estar informado sobre los eventos de la escuela y la comunidad, las oportunidades de aprendizaje y las actualizaciones de PSD.

Gracias por seguir y respetar los protocolos de salud y seguridad. Anticipo que algunos protocolos pueden cambiar a medida que avanza el año, pero por ahora tenga en cuenta la siguiente información:

- Todo el personal, los miembros de la familia, los voluntarios y los estudiantes requieren máscaras mientras estén dentro del edificio. No se requieren máscaras cuando se está al aire libre.
- Cuando ande en bicicleta (¡lo cual recomendamos encarecidamente!), Bájese y camine en bicicleta en los terrenos de la escuela.
- Las golosinas de cumpleaños están permitidas solo si están envueltas individualmente y compradas en la tienda. Consulte con el maestro de su hijo sobre las alternativas a los dulces. Descubrirá que hay muchas formas excelentes de disfrutar las celebraciones de cumpleaños.

Hemos notado que la mayoría de los estudiantes llegan a la escuela a tiempo. Los estudiantes pueden estar en el campus a partir de las 7:30 am y el día de instrucción comienza a las 7:45 am. Es muy importante que su hijo esté presente durante todo el día escolar de 7:45 am a 2:23 pm. Se desaconseja la salida anticipada. Valoramos mucho nuestro tiempo de aprendizaje y queremos que todos nuestros estudiantes se sientan conectados y tengan un fuerte sentido de pertenencia a la comunidad de su salón de clases. Por favor, haga un esfuerzo concertado para programar citas (dental, médico, ortodoncia, etc.) para que su hijo se lleve a cabo después de las 2:30 pm.

Fechas especiales en septiembre:

- Lunes 6 de septiembre No hay clases
- 9 al 23 de septiembre Recaudación de fondos para Laps for Laurel
- Viernes 17 de septiembre No hay clases
- Jueves, 23 de septiembre Evento de Laps for Laurel para toda la escuela: ¡las familias son bienvenidas!
- Miércoles 28 de septiembre Conferencias de padres y maestros
- Jueves 29 de septiembre Conferencias de padres y maestros

Muchas gracias por permitirnos asociarnos con usted para educar a su hijo en Laurel Elementary School of Arts and Technology. No dude en comunicarse conmigo con ideas para mejorar la comunicación, los procedimientos de seguridad y las estrategias de participación de los padres. Quiero escuchar tu voz y esforzarme por satisfacer tus necesidades. Por favor envíeme un correo electrónico a tscox@psdschools.org, llámame al 970-488-5928 (oficina) o llámame / envíame un mensaje de texto al 970-567-2384 (celular).

Atentamente,
Tommi Sue Cox, Directora

September
2021



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City of
Fort Collins



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A Message from the Assistant Principal

Dear Laurel Families,

Welcome back!!! It has been amazing seeing all of your smiling faces again, welcoming back old friends, and getting to know new friends. I love that you are each part of our Laurel community!

Looking ahead to this first month, students will participate in a few beginning of the year assessments. If you have any questions about any of these assessments, or why we use them, please feel free to reach out to me directly. Here is a quick guide:



- **READ Act Benchmark** – This assessment is conducted 1:1 and measures students' reading performance, broken down into multiple subset areas such as first sound fluency, phonemic awareness, and accuracy. All students in K-3rd grade take this assessment, as well as any 4th-5th grade student who has a READ plan in place.
- **STAR / STAR Early Literacy** – This assessment is a schoolwide tool used to measure growth in both reading and math. All students K-5th grade take this assessment.
- **MAP** – This assessment is a districtwide tool used to measure both reading and math growth and performance. At the elementary level, it is taken by 2nd-5th grade students.

continued on next page



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September
2021

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Page 6

A Message from the Assistant Principal

Future newsletters will feature our Lynx in the Spotlight. This feature recognizes the special friendships we have here at Laurel and has become a wonderful new addition to our newsletter. Students who are recognized also have their friendship feature on display outside our gym for all to see.

Do you know how we ROAR? Laurel students and families ROAR by showing RESPECT for ourselves, others, and our school. We OWN OUR BEHAVIOR by striving to do the right thing, recognizing when we have made mistakes, and growing from each of these experiences. We show a POSITIVE ATTITUDE by maintaining a growth mindset, and we know that when our brains are thinking our brains are growing. We also have RESPONSIBILITY for ourselves as learners and as members of our Laurel community.

I would love to get to know you all more and am very excited we can have volunteers and parents back at Laurel again! Please feel free to stop by and say hello, send me an email, or give me a call.

Welcome to our school! Laurel is the best—YES!

Yours,

Amanda Pawelski

Assistant Principal/MTSS Coordinator



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A Message from the Assistant Principal, continued...

Estimadas familias de Laurel,

¡¡¡Bienvenido de nuevo!!! Ha sido increíble volver a ver todas sus caras sonrientes, dar la bienvenida a viejos amigos y conocer nuevos amigos. ¡Me encanta que todos ustedes sean parte de nuestra comunidad Laurel!

De cara a este primer mes, los estudiantes participarán en algunas evaluaciones de principios de año. Si tiene alguna pregunta sobre cualquiera de estas evaluaciones o por qué las usamos, no dude en comunicarse conmigo directamente. Aquí hay una guía rápida:

- READ Act Benchmark - Esta evaluación se realiza 1: 1 y mide el rendimiento de lectura de los estudiantes, desglosado en múltiples áreas de subconjunto como la fluidez del primer sonido, conciencia fonémica y precisión. Todos los estudiantes de K-3rd grado tome esta evaluación, así como cualquier 4th - 5th estudiante de grado que tiene un plan READ en su lugar.
- STAR / STAR Early Literacy: esta evaluación es una herramienta para toda la escuela que se utiliza para medir el crecimiento tanto en lectura como en matemáticas. Todos los estudiantes K-5th grado tome esta evaluación.
- MAP: esta evaluación es una herramienta en todo el distrito que se utiliza para medir el crecimiento y el rendimiento tanto en lectura como en matemáticas. En el nivel elemental, se toma por 2^{Dakota del Norte} - 5th estudiantes de grado.

Los boletines futuros presentarán a nuestro Lynx en el centro de atención. Esta función reconoce las amistades especiales que tenemos aquí en Laurel y se ha convertido en una nueva y maravillosa adición a nuestro boletín. Los estudiantes que son reconocidos también tienen su característica de amistad en exhibición fuera de nuestro gimnasio para que todos la vean.

¿Sabes cómo rugemos? Los estudiantes y las familias de Laurel RUGEN mostrando R ESPECT para nosotros, los demás y nuestra escuela. Nosotros O GANE NUESTRO COMPORTAMIENTO esforzándonos por hacer lo correcto, reconociendo cuándo hemos cometido errores y creciendo a partir de cada una de estas experiencias. Mostramos un POSITIVO A TTITUDE manteniendo una mentalidad de crecimiento, y sabemos que cuando nuestros cerebros están pensando, nuestros cerebros están creciendo. También tenemos RESPONSABILIDAD por nosotros mismos como estudiantes y como miembros de nuestra comunidad Laurel.

¡Me encantaría conocerlos a todos más y estoy muy emocionado de que podamos tener voluntarios y padres de regreso en Laurel nuevamente! No dude en pasar y saludarme, enviarme un correo electrónico o llamarme.

¡Bienvenido a nuestra escuela! Laurel es la mejor, ¡SÍ!

Tuyo,

Amanda Pawelski

Subdirector / Coordinador de MTSS

Counseling Corner

Hello Laurel Families!

The counseling team wanted to take a moment to introduce ourselves and welcome you all to a new year of learning and growing. We are so excited to be starting this year off in person and can't wait to connect with you and your kiddos. We wanted to provide you with some information that guides Laurel's social-emotional and behavioral system of supports. Along with this welcome letter you will find tools/language that we use every day at Laurel!

As we continue our adventure through this pandemic, we want to make sure you know that we are still "here" for you and your family. Please don't hesitate to reach out with any questions or concerns you may have. We will continue to be available by phone, email, virtually and/or in person and would love to connect with you and your children!

ROAR on Laurel Lynx!!

Laurel's Counseling team

Leah Roberts, M.Ed.

970-488-5935

roberts@psdschools.org



Leah Jones, MSW

970-488-5982

leahj@psdschools.org

Hello there. My name is Leah Roberts and I am the Lead Counselor at laurel. I am so ready to be rockin' my 16th year here as a Lynx!! I will be at Laurel 4 days a week again this year (M, T, Th and F). Laurel is my home away from home and I can't wait to work with all of you and your wonderful families again this year. Bring on the smiles and lets getting ready to "grow!"



Hi, my name is Leah Jones and I am the Behavior Interventionist on our counseling team we so lovingly call "the Leahs"! This is my 4th year at Laurel and I have enjoyed every minute of it. I will be at Laurel 3 days a week (M, W, Th). Helping kids find their calm and develop their social-emotional/behavioral skills is some of my favorite things of this work (oh, and all the silly kid jokes too!). I am very excited to work with you and your family this year. Reach out any time!



Peacekeepers

Peacekeeper Circles

Peacekeeper is used school wide at Laurel to help our students problem solve with one another. Classroom teachers implement peacekeeper circles with their class on a weekly and in the moment when needed. This may be good tool for you to use at home with your children!

www.Peacecircles.com

Peacekeeper Agreements:

1. Speak from your heart, listen from the heart.
2. Tell the truth.
3. Respect the talking piece. No side conversations. No cross talk.
4. Use eye contact.
5. What is said in circle, stays in circle.
6. Keep it recent.
7. No more than two hurts per person.

Peacekeeper Talking Points for students:

- *Hurt/Concern *Second-hand hurt/concern
- *Appreciation/thanks *Second-hand appreciation/thanks
- *Apology

Conflict Resolution Language

Express a hurt or concern:

- 1) Name, it hurts my feelings when you _____. (give details)
- 2) It makes me feel_____.
- 3) Next time or in the future, please_____ (ask for what you need to make it right).



Full Hearted Apology (4 Step Apology)

New SRO communication protocol in place for 2021-22

New for the 2021-22 school year, schools will notify families before a School Resource Officer (SRO) is scheduled to teach in their child’s classroom. This is a new addition to the SRO contracts, approved for this school year. Families can then choose whether to opt their student out of a class. If they choose to do so, students will be given topic-related work to complete during the scheduled class. If they do not opt out, it will be assumed that the student may attend. [Information about PSD’s School Resource Officer Program >>](#)

Nuevo protocolo referente a los SRO está vigente para el año escolar 2021-22

En el año escolar 2021-22, se tendrá algo nuevo en las escuelas: Se notificará a las familias antes de que se programe a un SRO para que enseñe en el salón de clase de su estudiante. Esta es una nueva adición al contrato de los SRO, la cual se aprobó para este año escolar. Las familias pueden optar por excluir a su estudiante de la clase con el SRO. Si eligen hacerlo, a los estudiantes se les asignará un trabajo relacionado con el tema, para que lo terminen durante el tiempo destinado para esa clase. Si no indican que desean que a su estudiante se le excluya de la clase, se asumirá que su estudiante puede asistir. Información sobre [el Programa de Oficiales de Policía de Apoyo Escolar \(School Resource Officer Program\) del PSD >>](#)

Zones and ROAR

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The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Laurel Wellness News

Handwashing is vital to our health and mask wearing is important too!

Thank you for sending your child to school with their mask each day. Please make sure you are encouraging your children to also wash their hands after going to the bathroom, before eating, after touching their mouth or nose, and after touching their mask. Use soap and warm water for at least 20 seconds when washing your hands.

Remember that the proper way to wear a mask is to ensure it covers your nose and mouth. Do your best to not touch it while you are wearing it.

Wellness Wednesdays!

We are celebrating Wellness Wednesdays again. Each Wednesday, we will incorporate extra movement and physical activity into our daily routines as we learn to stay active and healthy!

The Laurel School Garden

This summer we harvested several herbs, kale, lettuce, spinach, basil, and zucchini at Laurel. We currently have carrots, sweet potatoes, more zucchini, kale, and tomatoes growing that students will get to enjoy this fall. If you would like to help with a week of watering, please sign up here:

<https://www.signupgenius.com/go/5080B4DA4A822A2FA7-learning>

BFitBstrong

Calling all 4th and 5th grade girls! If you have a girl in 4th or 5th grade, please look for more information coming this month about this amazing program. BfitBstrong is a free, after school program that focuses on healthy habits, increasing confidence, building friendships, and being fit. At the end of this 8 week program, girls will have the opportunity to run a 2 mile race. The program will run from mid September to the first week of November. More information is coming soon! Please feel free to send questions to Mrs. Rittner @srittner.psdschools.org.

3, 2, 1!

3 Ways to stay healthy:

Spend 15-20 minutes a day playing a movement game or doing a movement activity with your family (tag, riding bikes, soccer, nerf wars, hide and go seek, walking, etc)

Stay hydrated! Please send your student to school each day with a water bottle. High temperatures mean we sweat more, so we need more water! Children who are 4-8 years old should be drinking 5 cups of water a day and 9-13 year olds should be drinking 7 to 8 cups.

Read food labels. Teach your child about nutrition by looking at food labels on their favorite snacks with them.

You can focus on a few important parts of the label, such as *the amount of sugar, saturated fat, calories and serving size*. Also, notice the number of ingredients and pay attention to ingredients that don't sound like real food (words you can't pronounce). These are usually a sign of low nutritional value. If sugar is the first ingredient listed, that snack is made up of more sugar than any other ingredient since ingredients are listed in descending order by amount.

2 Ways to Be Mindful:

Students have been learning mindful habits in PE!

5,4,3,2,1: In a heated moment, meltdown, or high emotional state, help your child get calm and switch to their thinking brain by asking them to name 5 things they see, 4 things they can touch, 3 things they hear, 2 things they can smell, and 1 feeling they are experiencing. Once calm, talk about how to deal with that feeling.

Square Breaths: Trace a large square or rectangle in the air and breathe in on the vertical sides, out on the horizontal sides. Repeat 2-3 times.

Laurel Wellness News, continued...

1 Healthy Recipe: Easy Salsa Chicken

INGREDIENTS

3-4 boneless skinless chicken breasts

2 tsp. taco seasoning mix

2 c. chunky red salsa

Lime wedges, chopped tomatoes, cilantro for serving

DIRECTIONS

Slow Cooker: Arrange chicken breasts in the slow cooker. Sprinkle all over with taco seasoning mix. Pour 1 cup of the salsa over seasoned chicken. Cover and cook on high for 3 hours (or low for 6-8 hours). Use two forks to shred the chicken. Add remaining cup of salsa and toss to coat.

Insta Pot: Arrange chicken breasts at the bottom of the pot. Sprinkle all over with taco seasoning mix or your seasoning of choice. Pour 16 ounces of salsa over seasoned chicken. Set to pressure for 10-12 minutes depending on the thickness/size of chicken breasts. Release pressure then use two forks to shred the chicken. Add remaining cup of salsa and toss to coat.

Use this for tacos, fajitas, soups, or enchilada filling! You can also try salsa verde or add some sour cream or coconut milk to make it creamy!

Hello from the Art Room!

"Hello Lynx families! I would like to briefly introduce myself since I am the new art teacher at Laurel this year. My name is Rachel Ambrose, but the students usually call me Miss Rose since rose is part of my last name and it is easier to remember. I love hiking, video games, cars, and of course teaching and art! I have two cats named Bubba and Nova and two frogs named Spaghetti and Meatball. I graduated from UNC with Bachelor's in Art & Design with K-12 Licensure, and have previously taught within Poudre School District at McGraw Elementary School and Camp Sol. I am passionate about making learning accessible to ALL my students and forming personal connections with them as we make some amazing art projects."



"¡Hola familias de Lynx! Me gustaría presentarme brevemente ya que soy la nueva maestra de arte en Laurel este año. Mi nombre es Rachel Ambrose, pero los estudiantes generalmente me llaman Miss Rose ya que rose es parte de mi apellido y es más fácil para recordar. Me encantan las caminatas, los videojuegos, los automóviles y, por supuesto, la enseñanza y el arte. Tengo dos gatos llamados Bubba y Nova y dos ranas llamadas Spaghetti and Meatball. Me gradué de la UNC con una licenciatura en Arte y Diseño con licencia K-12, y he enseñado anteriormente en el Distrito Escolar de Poudre en la Escuela Primaria McGraw y Camp Sol. Me apasiona hacer que el aprendizaje sea accesible para TODOS mis estudiantes y formar conexiones personales con ellos mientras hacemos algunos proyectos de arte increíbles. "

Lunch Menu

September 2021

Laurel Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> • Orange Chicken & Rice • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels • Fresh Cucumber Slice or Substitute • Whole Fruit, or Substitute • Fresh Kiwi, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Burrito • Ham & Cheese Sandwich • PB&J Sandwich with Pretzels • Salad with dressing • Whole Fruit, or Substitute • Honeydew Melon or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Pepperoni Pizza • Cold Deli 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
		6	7	8
	<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 	<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 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Turkey & Cheese Sandwich • Pb&J Sandwich • Fresh Cherry Tomatoes or Substitute • Whole Fruit, or Substitute • Watermelon or Substitute • Milk Variety • Assorted Condiments 	10
		13	14	15
<ul style="list-style-type: none"> • Chicken Drumstick with Goldfish • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels • Fresh Celery Sticks, or Substitute • Whole Fruit, or Substitute • Fresh Blueberries, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Calzone & Marinara • Ham & Cheese Sandwich • PB&J Sandwich with Pretzels • Bell Peppers, or Substitute • Whole Fruit, or Substitute • Orange Wedges • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Orange Chicken & Rice • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels • Fresh Cucumber Slice or Substitute • Whole Fruit, or Substitute • Fresh Raspberries or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Burrito • Ham & Cheese Sandwich • PB&J Sandwich with Pretzels • Salad with dressing • Whole Fruit, or Substitute • Fresh Cantaloupe, or Substitute • Milk Variety • Assorted Condiments 	
		16	17	
		20	21	22
<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 	<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 	<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 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Turkey & Cheese Sandwich • Pb&J Sandwich • Fresh Cherry Tomatoes or Substitute • Whole Fruit, or Substitute • Watermelon or Substitute • Milk Variety • Assorted Condiments 	24
		23	24	
		27	28	29
<ul style="list-style-type: none"> • Hamburger & Cheeseburger • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels • Fresh Celery Sticks, or Substitute • Whole Fruit, or Substitute • Fresh Blackberries or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Calzone & Marinara • Yogurt Parfait • PB&J Sandwich with Pretzels • Bell Peppers, or Substitute • Whole Fruit, or Substitute • Orange Wedges • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Orange Chicken & Rice • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels • Fresh Cucumber Slice or Substitute • Whole Fruit, or Substitute • Fresh Kiwi, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Burrito • Ham & Cheese Sandwich • PB&J Sandwich with Pretzels • Salad with dressing • Whole Fruit, or Substitute • Honeydew Melon or Substitute • Milk Variety • Assorted Condiments 	30
		30		