

THE HUSKY HOWLER

Brought to you by the Heritage Lakes School PTA

Vol. XXVII No. 9
C. Housour, Editor

April 2017
hlpta@ccsd93.com

Spring is in the air! Which means our school year is quickly approaching the end! Our PTA has board and committee seats open! Come to our April 10th meeting to hear more about the opportunities available and how you can help!

The results of our School Survey are in, and one of the top areas of strength was our strong base of parent volunteers! And I have to agree! Our parents are some of the best! In addition, parents also feel that our students are provided with the resources they need to be successful, technology is effectively and appropriately integrated into their child's education, our bus service keeps the buses clean and stops are set to be close to the children's homes. Finally, the use of District and School calendars are very important to the involvement to the learning community. These are just a couple areas of improvement, such as accessibility of our parking lot, the amount of time students spend on the busses, availability of wi-fi on the busses and building awareness of how best to respond to bullying.

We still need some volunteers for Junior Achievement. You will receive a request home with your child if your child's classroom needs a volunteer. Please consider volunteering, JA is a wonderful program. All of the materials are provided and it is super easy and fun!

On April 19th is our Open House, be sure to come by and see what your child has been doing in their class!

Our next PTA meeting will be on Monday, April 10th at 6:30 pm in the LLC. If you are interested in filling a committee or learning more about our PTA, please join us! See you there!

Jen Frechmann
PTA President
Jfrechmann@comcast.net

CATS NEWS FOR MARCH

MUSIC: MRS. ELLEN KALTENBACH
ART: MISS STEPHANIE KUECKER

PHYSICAL EDUCATION: MR. PAT HARRIS
MR. ANTHONY GALLINA

ART NEWS

Open House
Wednesday, April 19th
@ 6:30pm*

*Contact Ms. Kuecker to help with mounting or hanging artwork: kueckes@ccsd93.com

Ask your child about their latest art creations:

Kindergarten: Working on arbitrary color. They created color birds and are now learning about blue dog.

First grade: Creating shapes and still life drawings inspired by artist Matisse.

Second grade: Mixing colors and using textures to create butterfly collages inspired by Eric Carle.

Third grade: Creating flower chalk drawings. Drawings are on black paper and inspired from the artist Georgia O' Keeffe.

Fourth grade: Finishing their weaving inspired by Navajo Indians.

Fifth grade: Weaving round and round to create coil basket forms.



SYLVIA & MADELINE, 5TH GRADE



BY CJ, 4TH GRADE



MUSIC NEWS

Our Musical for this Month is State Fair. The students have been singing It's a Grand Night for Singing and All I Owe loway.

Students in Grade 3 have been learning about instruments found in bands and orchestras. Grade 4 has been learning about band and orchestra instruments, their sounds and the family to which they belong. Grade 5 students are studying about opera.

Students in Grade 2 have been working on performing and composing with half notes. Each student has composed his/her own Barking Ballad. Grade 1 is working on recognizing and performing rhythms with quarter notes, quarter rests and double eighth notes. They have also been composing and performing their own songs with the above mentioned notes. Kindergarten students have been working on recognizing "ta" and "ti-ti."

Singsations Junior will be performing after Open House, April 19th at 7:30 p.m. in the gym.

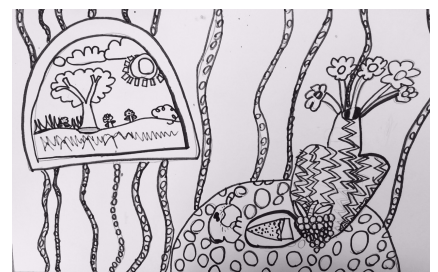
PHYSICAL EDUCATION NEWS

Units of study for the third trimester will include parachute, stunts and tumbling, team handball, striking with implements (golf and tennis/paddles) and backyard games.

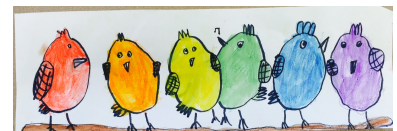
Quick Reminder as the weather is getting warmer and it is getting to "flip flop" season, please remind students to have Gym Shoes at school on days that they have PE!

Our new and improved Field Day is scheduled for **Friday, May 26**. Students in grades 3-5 will participate in the morning. Students in grades K-2 will participate after lunch. More detailed information to come! Volunteer forms will be going home in April if you are interested in volunteering to help with this event! With our new format we will need LOTS of volunteers!

Heritage Lakes PE is on [Twitter!](#) Follow us @HeritageLakesPE



BY LORETTO, 1ST GRADE



BY LEONA, KINDERGARTEN



Portillo's **for GOOD**

FUNDRAISERS

Bring in this flyer or show it on your smartphone
and 20% of the proceeds will benefit

HERITAGE LAKES SCHOOL PTA

April 12th, 2017

5pm - 8pm

at the Portillo's located at:
3895 E. Main Street
St. Charles, IL 60174

We look forward to seeing you there!

To learn more about how you can partner with us
to serve up a better tomorrow, visit
portillos.com/good





Heritage Lakes School

2017-2018 School Supply Kit Order Form

Heritage Lakes PTA offers you the chance to purchase your school supplies for the next school year. This is not a fund-raiser but rather it is a convenience that we offer our families. Order your supply kit before Friday, May 26, 2017. We cannot accept orders after that date. We are pleased to announce that we will be offering the convenient services of SchoolKidz, Inc. and their Teacher Tailored® back-to-school supply kits for the 2017-2018 school year. There's no reason to fight long lines trying to find every single requested item on your child's supply list when most of the shopping can be done for you! SchoolKidz, Inc. offers brand name items, chosen by the teachers, and with the exception of a few items, is exactly what is on your child's supply list. The brand names include, but are not limited to, Crayola®, Fiskars®, Elmer's® and Staples®.

If you are ordering more than one kit, please enclose one check for all kits, but please fill out an order form for each kit ordered. Send the completed form(s) and your payment to school with your child marked "School Supply Kit". Make checks payable to HL PTA. If ordering online please note that online orders will be picked up at the same day/time as the others. They will not be delivered to your home.

Questions, contact Kim Bastidas at kim.bastidas@havi.com

Best of all, the entire supply kit comes in a reusable archival box!
You have the option of ordering online or you can complete and return this form.

Supply kit orders may be placed online at www.shopttkits.com

Account #39022

Online Orders will be accepted until June 2, 2017

Kit components may be viewed online

GRADE/TEACHER	COST
Kindergarten	\$34.00
1 st Grade	\$38.00
2 nd Grade	\$23.00
3 rd Grade	\$27.00
4 th Grade	\$28.00
5 th Grade	\$28.00
4 th /5 th Magnet	\$36.00
Mr. Deguzman	\$29.00
Mrs. Morley	\$18.00

Make all checks payable to: **HL PTA**

Please return bottom portion of this order form with payment by: **May 26, 2017**

Student's First Name:

Student's Last Name:

Phone Number:

Email:

Grade entering Fall 2017: Number of Supply Kits Ordered: Order Total: \$

HERITAGE LAKES SCHOOL SUPPLY LIST 2017-2018

This is a general supply list which should suffice for the beginning of the school year. Your child's teacher may request additional supplies once the school year is underway. Please send the supplies requested with your child on the first day of school. Lunch boxes, gym shoes and other personal belongings must be marked with student names for identification purposes. Please open supplies and label everything with names. Trapper Keepers are not recommended!

KINDERGARTEN

QUANTITY	UNIT	DESCRIPTION	QUANTITY	UNIT	DESCRIPTION
10	each	JUMBO (.77 oz. size) glue sticks	1	pkg.	Girls: 50 count small white paper plates
3	box	24 Pack basic color crayons	1	pkg.	Boys: 100 count snack baggies
1	box	Crayola water color paints with brush	1	each	Fiskars scissors – metal with plastic handle (labeled)
2	box	Washable markers, (basic color) not thin style	1	each	Art smock (lg. men's t-shirt) (labeled)
2	each	Double pocket vinyl folders, heavyweight (labeled) with prongs	1	each	Backpack, large
1	each	Luggage tag, to be filled out and attached to backpack	1	pair	Full Day Kdg. Only – Gym shoes, to remain at school – (labeled)

FIRST GRADE - Mrs. Holy's class-please purchase items from first grade list only.

QUANTITY	UNIT	DESCRIPTION	QUANTITY	UNIT	DESCRIPTION
24	each	#2 Ticonderoga brand pencils with erasers (sharpened & labeled)	4	each	Expo brand low odor dry erase markers (labeled)
2	each	Soft pink eraser – (labeled)	1	each	Dry eraser for dry erase board (labeled)
2	box	Crayola regular size crayons, 24 ct. (labeled individually)	1	cube	3 x 3 cube Post-it notes
1	pair	Scissors, pointed – (labeled)	1	each	Clipboard – standard letter size – (labeled)
1	box	Boys: 25 count Ziploc snack size baggies	1	box	Girls: 25 count Ziploc sandwich size baggies
2	each	Double-pocket heavyweight folders – (labeled)	1	box	8 count Crayola washable markers (broadline)
1	each	RED Double-pocket 3-prong plastic folder, NO Binder	4	each	Size .77 oz. Jumbo Elmer's school glue stick (labeled)
1	each	BLUE Double-pocket 3-prong plastic folder, NO Binder	1	each	Large men's t-shirt for art class – (labeled)
1	each	YELLOW Double-pocket 3-prong plastic folder, NO Binder	1	pair	Gym shoes, to remain at school (labeled)
1	each	GREEN Double-pocket 3-prong plastic folder, NO Binder	1	each	Backpack, large – (labeled inside)
1	each	2" White binder			

SECOND GRADE

QUANTITY	UNIT	DESCRIPTION	QUANTITY	UNIT	DESCRIPTION
1	box	Washable markers	1	pair	Pointed scissors *
3	each	Large glue sticks, white *	1	cube	Post-it notes 3 x 3 cube *
2	each	Soft erasers	1	each	Standard size clipboard
1	box	Crayons, 24-count – no larger please *	3	each	Pocket folders *
1	each	Low odor dry erase markers *	1	each	Plastic 6 qt. shoebox – 4" high *
1	each	Double-pocket, 3 prong folder No 3-ring binders *	12	each	#2 pencils with erasers sharpened – no mechanical pencils *
2	each	Red pens	1	each	Large men's t-shirt for art class (labeled) *
1	pkg.	12 count Crayola colored pencils *	1	pair	Gym shoes, to remain at school *
1	each	1-subject spiral notebook (wide rule) *	1	each	Backpack, large *
1	box	Ziploc sandwich size baggies			

THIRD GRADE – Miss Opacian's Class – please purchase items from third grade list only.

QUANTITY	UNIT	DESCRIPTION	QUANTITY	UNIT	DESCRIPTION
24	each	#2 pencils with erasers	1	pkg.	12 count Crayola colored pencils
1	each	Black Sharpie (fine pt.)	2	each	Wide ruled spiral notebook – no college rule
1	each	Dry Erase marker	3	each	Glue stick, large
2	each	Soft erasers	5	each	Low odor dry erase markers
1	box	Crayons, 24-count – no larger please	8	each	Double pocket folders, (two for music)
1	box	Washable markers	1	each	Double-pocket, 3-prong folder
1	each	Plastic 6 qt. Shoebox (4" High) any brand	1	each	Clipboard-standard size – (labeled)
2	pkg.	(100 count) 3" x 3" Post-it notes-any color	1	pair	Pointed scissors
2	each	2 pocket folders	1	each	Large men's t-shirt for art class (labeled)
1	each	12" ruler, inches and centimeters- NO flexible	1	pair	Gym Shoes, to remain at school
1	each	Yellow highlighter	1	each	Backpack, large
1	each	Spiral notebook			

FOURTH GRADE

QUANTITY	UNIT	DESCRIPTION	QUANTITY	UNIT	DESCRIPTION
4	each	Red checking pens or Red Pencils	2	each	Soft eraser
1	btll.	Elmer's liquid glue - small	1	pair	Pointed scissors
2	each	Black Sharpie (ultra fine pt.)	1	each	5-Subject notebook – wide ruled
2	each	Black Sharpie (fine pt.)	1	box	Crayons, 24-count
2	each	Highlighter	1	each	Ruler, with inches and centimeters
1	pkg.	12 count colored pencils	2	each	Double-pocket, 3-prong folder – one art class
1	pkg.	Crayola markers classic colors	5	each	Double pocket folders (two for music)
4	each	Dry erase marker	1	each	Large men's t-shirt for art class (labeled)
24	each	#2 pencils with erasers (no mechanical)	1	each	Antiperspirant for P.E. to keep in desk
2	each	Glue sticks	1	pair	Gym shoes, to remain at school
2	pkg.	3" x 3" Post-it notes – any color	1	each	Backpack, large
2	roll	Scotch tape in dispenser			

FIFTH GRADE- Mr. Deguzman's Class – purchase only * items plus (40) additional #2 pencils with erasers, additional (3) soft erasers, 1- pkg. 3x3 Post-it notes, & 1- single subject spiral notebook-wide ruled

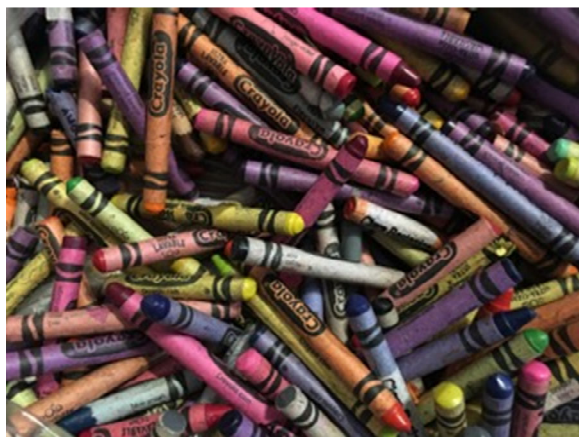
QUANTITY	UNIT	DESCRIPTION	QUANTITY	UNIT	DESCRIPTION
4	each	Red checking pens	5	each	Single subject spiral notebook – wide ruled * - Mr. Deguzman purchase total 6*
4	each	Blue or black pens	1	pair	Pointed scissors *
2	each	Highlighters *	1	each	Sharpie marker (fine pt.) *
3	each	Dry erase marker	1	pkg.	12 count Crayola colored pencils *
1	each	Soft eraser *- Mr. Deguzman total 4 *	1	each	Glue stick *
1	box	Crayons, 24-count –* Mr. Deguzman only *	2	roll	Scotch tape
9	each	Double-pocket, 3-prong folder (one for art) *	1	each	Ruler, inches and centimeters *
2	each	Double pocket folders – for music *	1	each	Antiperspirant for P.E. to keep in desk *
2	pkg.	3 x 3 Post-it notes * Mr. Deguzman total 3*	1	each	Large men's t-shirt for art class (labeled) *
24	each	#2 pencils with erasers* Mr. Deguzman total 48*	1	pair	Gym shoes, to remain at school *
1	pkg.	Crayola markers *	1	each	Backpack, large *

4/5 MAGNET

QUANTITY	UNIT	DESCRIPTION	QUANTITY	UNIT	DESCRIPTION
24	each	#2 pencils with erasers	1	pkg.	4 x 6 (100 count) lined index cards
3	each	Black or blue pens	4	each	Double pocket, 3-prong folder (one for art & two for music)
4	each	Red checking pens	4	each	Spiral notebook
1	each	Sharpie permanent black marker	1	each	Accordion file folder-6 pocket minimum)
2	each	Yellow highlighter (3x3)	2	pkg.	3 x 3 Post-it notes
3	each	Dry erase marker – black or blue	1	roll	Scotch tape
1	box	12 assorted colored pencils	1	each	Large men's t-shirt for art class (labeled)
1	box	Colored markers (8-10 pack)	1	each	Antiperspirant for P.E. to keep in desk
1	each	Glue stick, large	1	pair	Gym shoes, to remain at school
1	each	Pointed scissors	1	each	Backpack, large

Mrs. Morley's Class

QUANTITY	UNIT	DESCRIPTION	QUANTITY	UNIT	DESCRIPTION
1	each	Double pocket folder	2	each	1" view style white binder-cover inserted at school
4	each	Dry erase markers - washable	1	each	Backpack, large
1	each	Zippered pencil pouch			



Celebrate Earth Day by Recycling with HLS!

If your family is looking for a fun and easy way to help celebrate Earth Day this month, consider collecting and donating your used markers and broken crayons through the PTA.

HLS students, families and staff can donate used markers as part of Crayola's *Color Cycle* program. Over the last two years, Heritage Lakes has helped divert almost **50 POUNDS** of markers from landfill! Way to go, Huskies!

HLS also donates used and broken crayons throughout the year to *Super Crayons*, a recycling project sponsored by Glen Ellyn-based SCARCE (www.scarcecoed.org). From pieces of broken crayons, SCARCE volunteers peel, sort and melt crayon pieces to form new large crayons, which can be used by children with special needs. Over the past year, Huskies have donated **3.5 POUNDS** of used and broken crayons.

Collection bins are located in the HLS front office.

For more information on Crayola's Color Cycle program, see the flyer in this month's newsletter. If you have questions on either program, feel free to reach out to Susan Camberis, Ecology/Recycling PTA Committee Chair at susancamberis@att.net. Thank you!

Sincerely,
Bob Yelaska
Principal

Susan Camberis
Ecology/Recycling PTA Committee Chair

Turn Markers



Into Energy!

Dear Parents,

I'm excited to remind you about a very special program I'm coordinating at our school in conjunction with Crayola. It's called Crayola ColorCycle – an amazing new program devised to turn used markers into energy!

All around Heritage Lakes students and teachers are collecting used markers that are ready to be discarded. The markers are sent to a facility where they are converted into clean fuel. This fuel can be used to power vehicles, heat homes, cook meals and more!

Please help support our efforts by sending your kids in with any used markers you may have around the house – even non-Crayola brands. Drop-off boxes will be located around the school for your child to deposit the markers.

Thank you in advance for participating! With the help of parents like you across the country, the Crayola ColorCycle program can keep tons of plastic out of landfills each year.

Remember don't throw out that used marker—*ColorCycle it!*

Sincerely,

Susan Camberis
2016-2017 Ecology/Recycling PTA Chair

Learn more at <http://www.crayola.com/colorcycle>

CLASSROOM VOLUNTEER NEEDED!

You get to teach (don't worry it's fun)!



Dear Parents,

Have you heard of Junior Achievement? It's a financial literacy program that your child will be participating in and you can help!

Junior Achievement is a nonprofit educational organization that partners parents and businesses with local schools. JA is a supplemental curriculum that teaches financial literacy, life skills, workforce readiness, introductory business, and economics to students in grades K-12.

The best part is that **YOU** make learning fun. We recruit parents to **TEACH** the program, but JA will supply all the materials **free** to you and your school provided by generous donations and each lesson is fully scripted for you! Your child's regular teacher will be in the room the entire time you are there to supervise the class, but you will lead the activity, it really is fun and easy to do.

This is a great opportunity for you to become involved in your children's classroom not only as volunteers, but also as teachers! Each program consists of five scripted lessons that range from 25 to 45 minutes (once or twice per week). All materials are included in a simple kit. **It's very simple and FUN to teach, no experience, no problem, it's a short time commitment and we'll give you training! Please consider helping otherwise this class may not have a Junior Achievement program.**

If you would like to volunteer, please fill out the slip below and return to your teacher. If you have any questions about teaching JA, please contact John Jaszka at jjaszka@royaldie.com or 630-772-7120. John can answer questions and then arrange for a short training session and supply you with the materials. You'll arrange the schedule directly with your child's teacher.

Sincerely

John Jaszka

JUNIOR ACHIEVEMENT VOLUNTEER FORM

NAME: _____

PHONE: _____

E-MAIL: _____

TEACHER'S NAME: _____

Please return to your teacher as soon as possible. Any questions, please call or e-mail John Jaszka at 630-772-7120 or jjaszka@royaldie.com. Thanks!!!!



PBIS TIER 2 NEWS

Howling Husky Trimester 2 celebration!

In February all of our students who graduated from Tier 2 between November and February 17 got a chance to celebrate!

We are happy to say over 70 students joined us to celebrate their AWESOME accomplishment! Please enjoy and applaud these Howlin' Huskies!



STUDENT COMMENTS ABOUT TIER 2

"I LIKED MEETING NEW PEOPLE!"

"I love check in and check out because at the end you get to have a lot of fun,
and I feel very happy!"

"You get better at staying on track!"

"I liked meeting my coach before and after school"

STILL WONDERING WHAT TIER 2 IS? WATCH OUR SHORT VIDEO!

<https://youtu.be/wxqli-5gQPc>



Blue light from electronics disturbs sleep, especially for teenagers

By Meeri Kim September 1, 2014

The pervasive glow of electronic devices may be an impediment to a good night's sleep. That's particularly noticeable now, when families are adjusting to early wake-up times for school. Teenagers can find it especially hard to get started in the morning. For nocturnal animals, it spurs activity. For daytime species such as humans, melatonin signals that it's time to sleep.

As lamps switch off in teens' bedrooms across America, the lights from their computer screens, smartphones and tablets often stay on throughout the night. These devices emit light of all colors, but it's the blues in particular that pose a danger to sleep. Blue light is especially good at preventing the release of melatonin, a hormone associated with nighttime.

Ordinarily, the [pineal gland](#), a pea-size organ in the brain, begins to release melatonin a couple of hours before your regular bedtime. The hormone is no sleeping pill, but it does reduce alertness and make sleep more inviting.

However, light — particularly of the blue variety — can keep the pineal gland from releasing melatonin, thus warding off sleepiness. You don't have to be staring directly at a television or computer screen: If enough blue light hits the eye, the gland can stop releasing melatonin. So easing into bed with a tablet or a laptop makes it harder to take a long snooze, especially for sleep-deprived teenagers who are more vulnerable to the effects of light than adults.

During adolescence, the circadian rhythm shifts, and teens feel more awake later at night. Switching on a TV show or video game just before bedtime will push off sleepiness even later even if they have to be up by 6 a.m. to get to school on time.

The result? Drowsy students struggling to stay awake, despite the caffeinated drinks many kids now consume.

“Teenagers have all the same risks of light exposure, but they are systematically sleep-deprived because of how society works against their natural clocks,” said sleep researcher Steven Lockley of Harvard Medical School. “Asking a teenager to get up at 7 a.m. is like asking me to get up at 4 a.m.”

In a 2014 poll, the [National Sleep Foundation](#), an advocacy organization, polled parents, asking them to estimate their children's sleep. More than half said their 15-to-17-year-olds routinely get seven hours or fewer hours of sleep. (The recommended amount for teens is 8¹ / ₂ to 10 hours.) In addition, 68 percent of

these teens were also said to keep an electronic device on all night — a television, computer, video game or something similar.

Based on what parents reported, sleep quality was better among children age 6 to 17 who always turned their devices off: 45 percent of them were described as having excellent sleep quality vs. 25 percent of those who sometimes left devices on.

“It is known that teenagers have trouble falling asleep early, and every teenager goes through that,” said light researcher [Mariana Figueiro of the Rensselaer Polytechnic Institute in Troy, N.Y.](#)

Figueiro investigates how light affects human health, and her recent research focused on finding out which electronics emit blue light intense enough to affect sleep. When comparing melatonin levels of adults and teenagers looking at computer screens, she was astonished by the younger group’s light sensitivity. Even when exposed to just one-tenth as much light as adults were, the teens actually suppressed more melatonin than the older people.

In another experiment, she had adults use iPads at full brightness for two hours and measured their melatonin levels with saliva samples. One hour of use didn’t significantly curtail melatonin release, but two hours’ did.

So although teenagers may be particularly susceptible, we all should be aware that artificial light can affect our circadian rhythms.

“The premise to remember is [that] all light after dusk is unnatural,” Lockley said. “All of us push our sleep later than we actually would if we didn’t have electric light.”

A study from 2013 found that people who spent a week camping in the Rocky Mountains, exposed to only natural light and no electronic devices, had their [circadian clocks synchronized with the rise and fall of the sun](#). Although there were only eight campers, they all reacted in the same way, whether they considered themselves early birds or night owls.

So light serves as a cue, but how? It has long been known that the retina contains two types of photoreceptors, or light sensors: rods and cones. The cones allow us to see colors, while the ultra-sensitive rods are used for night vision, motion detection and peripheral vision. But surprisingly, neither of them is the body’s primary tool for detecting light and darkness and synchronizing our circadian clocks.

Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



APRIL. Breakfast. Menu.

CCSD93



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>4</p> <p>Bagel w/Cream Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>5</p> <p>Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>6</p> <p>Strawberry Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>7</p> <p>Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>
<p>10</p> <p>Whole Grain Animal Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>11</p> <p>Strawberry Banana Yogurt Graham Goldfish Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>12</p> <p>Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>13</p> <p>Cinnamon Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>14</p> <p>No School</p>
<p>17</p> <p>Strawberry Oatmeal Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>18</p> <p>Bagel w/Cream Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>19</p> <p>Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>20</p> <p>Strawberry Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>21</p> <p>Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>
<p>24</p> <p>Whole Grain Animal Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>25</p> <p>Strawberry Banana Yogurt Graham Goldfish Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>26</p> <p>Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>27</p> <p>Cinnamon Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>	<p>28</p> <p>Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint</p>

Student Breakfast
Price: \$1.25
Reduced: \$0.30

Each meal includes rBST-free skim or 1% milk.



In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.

Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



APRIL. Desayuno. Menú

CCSD93



Precio de
habitaciones para
estudiantes: \$1.25
Reducida: \$0.30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Barra de avena de fresa Goldfish Grahams fruta fresca Jugo de fruta 100% ½ litro leche fría	4 Bagel c/queso crema fruta fresca Jugo de fruta 100% ½ litro leche fría	5 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	6 Poptart de fresa fruta fresca Jugo de fruta 100% ½ litro leche fría	7 Cereal de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría
10 Galletas de animalitos de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría	11 Yogurt c/ fresa y plátano Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	12 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	13 Poptart de fresa fruta fresca Jugo de fruta 100% ½ litro leche fría	14 No hay clases
17 Barra de avena de fresa Goldfish Grahams fruta fresca Jugo de fruta 100% ½ litro leche fría	18 Bagel w/crema queso fruta fresca Jugo de fruta 100% ½ litro leche fría	19 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	20 Poptart de fresa fruta fresca Jugo de fruta 100% ½ litro leche fría	21 Cereal de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría
24 Galletas de animalitos de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría	25 Yogurt c/ fresa y plátano Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	26 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	27 Poptart de fresa fruta fresca Jugo de fruta 100% ½ litro leche fría	28 Cereal de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría

Each meal includes rBST-free skim or 1% milk.



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Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
LunchProvider!



APRIL. Lunch. Menu.

CCSD93



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>MmmBurger w. Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>4</p> <p>Taco Supreme Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>5</p> <p>Roasted Baked Potato w. Cheese Topping Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>6</p> <p>Hot Sliced Turkey w/Gravy Whole Grain Dinner Roll Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>7</p> <p>DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>10</p> <p>Pizza Burger on WG Bun Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>11</p> <p>Chicken & Cheese Quesadilla Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>12</p> <p>Grilled Cheese Please! Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>13</p> <p>DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>14</p> <p>No School</p>
<p>17</p> <p>Brunch for Lunch! Whole Grain Pancakes Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>18</p> <p>Sloppy Joe Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>19</p> <p>Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>20</p> <p>Hot Turkey & Cheese Sub Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>21</p> <p>DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>24</p> <p>Brunch for Lunch! Waffles Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>25</p> <p>MmmBurger w. Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>26</p> <p>Cheese Quesadilla Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>27</p> <p>Chicken Fajita Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>28</p> <p>Doughbro's Cheese Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>

**Student Lunch
With Milk: \$2.80
Reduced: \$0.40
Milk: \$0.50**

**ELEMENTARY Daily Lunch
Choices Include:**

- Daily Special
- Weekly Rotating Special
- Turkey Sub
- Sun Butter & Jelly
- Veggie Salad

**ELEMENTARY Weekly
Rotating Choices:**

Mon- Cheese Filled
Breadsticks
Tues- Hot Cheese Nachos
Wed- All Beef Hot Dog
Thurs- 4 Star Mac &
Cheese
Fri- Doughbro's Pepperoni
Pizza

**MIDDLE SCHOOL Daily
Choices Include:**

- Daily Special
- Weekly Rotating Choice
- Cheese /Pepperoni Pizza
- Nacho Supreme
- Turkey Sub
- Veggie Salad
- Sun Butter & Jelly



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Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



APRIL. Almuerzo. Menú

CCSD93



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mmm Hamburguesa c/ Queso Verduras al vapor fruta fresca ½ litro de leche fría	4 Tacos Supremos Verduras al vapor fruta fresca ½ litro de leche fría	5 Papa al horno c. Topping de queso Vegetal al vapor fruta fresca ½ litro de leche fría	6 Rebanada de pollo c/Gravy con un panesillo de grano entero Vegetal al vapor fruta fresca ½ litro de leche fría	7 Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fría
10 Hamburguesa de pizza Vegetal al vapor fruta fresca ½ litro de leche fría	11 Quesadilla de queso y pollo Vegetal al vapor fruta fresca ½ litro de leche fría	12 Sandwich de Queso a la parrilla por favor! Vegetal al vapor fruta fresca ½ litro de leche fría	13 Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fría	14 NO CLASES!
17 idesayuno para el almuerzo! Panqueques integrales Salchicha de pavo natural Tator Tots Vegetal al vapor fruta fresca ½ litro de leche fría	18 Sandwich de sloppy joe Vegetal al vapor fruta fresca ½ litro de leche fría	19 Mostaccioli al horno Vegetal al vapor fruta fresca ½ litro de leche fría	20 Sub de Jamón caliente y queso Vegetal al vapor fruta fresca ½ litro de leche fría	21 Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fría
24 idesayuno para el almuerzo! waffles Salchicha de pavo natural Tator Tots Vegetal al vapor fruta fresca ½ litro de leche fría	25 mmmHamburguesa c/ queso Vegetal al vapor fruta fresca ½ litro de leche fría	26 Quesadilla de queso Vegetal al vapor fruta fresca ½ litro de leche fría	27 Fajitas de pollo Vegetal al vapor fruta fresca ½ litro de leche fría	28 Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fría

**Student Lunch
With Milk: \$2.80
Reduced: \$0.40
Milk: \$0.50**

**ELEMENTARY Daily Lunch
Choices Include:**

- Daily Special
- Weekly Rotating Special
- Turkey Sub
- Sun Butter & Jelly
- Veggie Salad

**ELEMENTARY Weekly
Rotating Choices:**

Mon- Cheese Filled
Breadsticks
Tues- Hot Cheese Nachos
Wed- All Beef Hot Dog
Thurs- 4 Star Mac &
Cheese
Fri- Doughbro's Pepperoni
Pizza

**MIDDLE SCHOOL Daily
Choices Include:**

- Daily Special
- Weekly Rotating Choice
- Cheese /Pepperoni Pizza
- Nacho Supreme
- Turkey Sub
- Veggie Salad
- Sun Butter & Jelly



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April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	PARCC Assessments Grades 3-8, April 10-28					
2	3 Classes Resume	4	5	6	7	8
9	10 6:30pm PTA meeting	11 6:30-8pm Expect Respect Task Force	12	13 7pm BOE (DO)	14 No school	15
16 Easter	17 5 th grade parent night at Jay Stream	18	19 6:30-7:30 pm Open House	20	21	22
23	24 7-8pm Middle School Accelerated Parent Info Night	25	26	27 7pm BOE (DO)	28 7pm Jay Stream Musical	29 2pm & 7pm Jay Stream Musical