THE HUSKY HOWLER

Brought to you by the Heritage Lakes School PTA

Vol. XXVII No. 10 C. Housour, Editor May 2017 hlpta@ccsd93.com

Spring has finally sprung here in Carol Stream! Be sure to get out and get some fresh air and enjoy the long-lost sunshine! May 1st-7th is Screen Free week! A packet was sent home with pledge cards and activities. If you need an additional packet, please contact the school office. There will also be a Family night Oberweis on May 8th, so be sure to include that in your plans!!

Our final PTA meeting of the year will be on 5/22 at 6:30 in the LLC. Please plan on attending as we will be voting on our new board members and there may or may not be cookies! © Every vote counts and yes, your kids are always welcome!

We are also in the process of filling some open committees for the next school year. We will be providing more information on these committees also. If you have a few hours to spare, or a few hours each month, we have something for you! In addition, it's a great opportunity to help our school and your kiddos!

Secretary - take notes and type them up at our meetings. Perfect if you'd like to attend the meetings and keep up to date on school happenings!

Office calendar - Coordinate our volunteers to create a fun calendar in our office. Perfect for that creative streak in you!

Pancake Breakfast - Coordinate the annual Holiday Pancake Breakfast. A bit more time consuming, but it only happens once a year and we have lots of volunteers!

DuPage Children's Museum - work with the school staff to coordinate dates for this awesome program.

Fundraisers - Coordinate 2-3 fundraisers a year. We would love to hear your ideas that will benefit our school!

Holiday Workshop - Purchase items and coordinate our Holiday Workshop. Once a year, coordinating volunteers and purchasing the items.

Reflections - A visual arts program offered thru the national PTA. This happens in the fall, just communicate the program to the students, and watch for their awesome works of art!

Raffle Baskets - Procure and coordinate raffle baskets for our events. Perfect if you have some great contacts willing to donate awesome items!

School Picnics - Plan 2 picnics a year. The two picnics are the back-to-school picnic and the end of the year picnic.

Staff Appreciation - Let our staff know they are appreciated. Plan multiple lunches or other events. **Volunteer Organizer** - Obtain volunteers for things like picture day and vision and hearing screening

We would love your help! Come to the PTA meeting to find out more!

Jen Frechmann
PTA President
Jfrechmann@comcast.net

CATS NEWS FOR APRIL

MUSIC: MRS. ELLEN KALTENBACH ART: MISS STEPHANIE KUECKER PHYSICAL EDUCATION: MR. PAT HARRIS MR. ANTHONY GALLINA

ART NEWS

The students are excited to share their art at Open House on April 19th!

Unit 7: Impressionism

Kindergarten: Students are learning about artist's impression of light. They are creating lily pads inspired by Monet.

First grade: Also inspired by Monet, students are drawing a bridge. They are using dabs of oil pastel to copy impressionism strokes.

Second grade: After discussing Van Gogh style of brush strokes, students are creating a copy of Van Gogh Sunflowers.

Third grade: Like the artist, Mary Cassatt, students are drawing and coloring portraits.

Fourth grade: After comparing and contrasting the artwork of Picasso and Seurat, students are creating an abstract face.

Fifth grade: Students will be taking reviewing impressionism.



angelo, 2nd grade





MUSIC NEWS

Our Musical for this Month is Thoroughly Modern Millie. The students have been singing Jazz Baby and Baby Face.

Students in Grade 3 have been learning about instruments of the orchestra. Grade 4 has been learning about instruments in bands and orchestra, identifying their sounds and classifying them into instrument families. Grade 5 students have been studying about opera.

Students in Grade 2 have been working on identifying instruments used in Peter and the Wolf. Grade 1 is working on recognizing the instruments and songs found in The Carnival of the Animals. Kindergarten students have been working on quarter and eighth notes.



sнweта, згр grape

PHYSICAL EDUCATION NEWS

All students grades K-5 recently completed our "Body Management" unit, which includes rolls, stunts, balances and jumps. Students were assessed in each category; with 3rd- 5th grade students putting together routines. We have high hopes that the spring weather shows up and we can start to go outside for PE. Please remember to send your child to school dressed for the weather to participate in outdoor P.E. Here in Chicago that could mean a warm jacket or remembering the sun screen!

Field Day is scheduled for **Friday**, **May 26th**. Students in grades 3-5 will participate in the morning from 9:30am-11:30pm. Students in AIP and grades K-2 will participate from 1:25pm – 3:15pm. We are extra excited this year as our Field Day format has changed! Please keep an eye out for Volunteer Forms as this year we will need plenty! If you are interested in volunteering, Please print, fill out, and return it to Mr. Harris or Mr. Gallina.

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!

Heritage Lakes PE is on **Twitter**! Follow us @HeritageLakesPE

AUBYY, 1ST Grade



YOU'RE INVITED!

What: to play Pokémon Go!

When: Monday, May 8th - 6-7 pm

Where: Your CCSD93 School

Who: with your Teachers and

Local Police Officers and Firemen!

The Carol Stream Education Association (CSEA) is hosting a Pokémon Go event! We want you there! Here are a few details you need to know:

- On Monday, May 8th meet your teachers and local servicemen at the front door of your school building!
- Download Pokémon Go onto your mobile device.
- You will get to hunt for Pokémon around your school grounds and playground!
- All CCSD93 students must attend with a parent chaperone.
- Students and Families will not be permitted into the buildings.



Please Contact: CSEAcares@gmail.com with questions and for more information! We look forward to seeing you there!







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



Grade entering Fall 2017:

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	of this order form with payment by	y: May 26, 2017
Student's First Name:			
Student's Last Name:			
Phone Number:			
Email:			
Grade entering Fall 2017: Number of Sui	oply Kits Ordered:	Order Total: \$	

Number of Supply Kits Ordered:

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. <u>Lunch boxes, gym shoes and other personal belongings must be marked with student names for identification purposes</u>. 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			Fiskars scissors – metal with plastic handle
			1	each	(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
		Luggage tag, to be filled out and attached to			Full Day Kdg. Only – Gym shoes, to remain
1	each	backpack	1	pair	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,	4	each	Size .77 oz. Jumbo Elmer's school glue stick
		NO Binder			(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	btl.	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		DESCRIPTION
				UNIT	
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	1	each	Ruler, inches and centimeters *
		(one for art) *	1		,
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
			4	each	Double pocket, 3-prong folder (one for art & two
3	each	Black or blue pens			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			



SMILE @

This "Thank You" goes out to our two generous volunteers who helped make our spring picture day another success. A **BIG** thanks goes to Julie Caputo, Angela Kovich, and Bailey Emody!! We couldn't have done it without you© Our PTA is the best!!! Thank you so much for giving of your time.

From the Nurses office

Insect Bites

There are many different types of insects that bite or sting. Some bites and stings, like those from fire ants, wasps, hornets, and bees, are painful. Some can also spread illnesses, such as Lyme disease (black-legged tick), Rocky Mountain spotted fever (dog or wood tick), and West Nile virus (mosquito). The bites of other bugs, such as mosquitoes, mites, and fleas, are itchy and uncomfortable, but usually harmless.

Mosquito Bites

A mosquito bite is a very itchy round, red, or pink skin bump. Mosquito bites can spread the West Nile virus, though this is rare: Only 1 percent of mosquitoes in areas where infected mosquitoes have been found actually have been shown to have the virus. Still, it's important to recognize the symptoms, which commonly appear 5 to 15 days after the bite: headaches and body aches, fever, and possibly swollen glands and a skin rash. People with a more severe infection may develop encephalitis, with symptoms such as stiffness in the neck, a severe headache, disorientation, high fever, and convulsions.

Bed Bug Bites

It does not hurt when the bed bug bites, but many people develop an allergic reaction to the saliva of the bug usually between 24 hours and three days later, resulting in a raised, red skin bump or welt that is intensely itchy and inflamed. Both the welt and the itchiness may last for several days. Bed bug bites can occur anywhere on the body, but are typically on uncovered areas, such as the neck, face, arms, and hands — and are often found in a row of two or more.

Spider Bites

Most spider bites are not poisonous; symptoms are much like those for a bee sting, including red skin, swelling, and pain at the bug bite site. Some people may develop an allergic reaction, with symptoms such as tightness in the chest, breathing problems, swallowing difficulties, or swelling of the face. A poisonous black widow spider bite can cause a much more severe reaction. The bug bite itself may or may not be painful, but 30 to 40 minutes later pain and swelling may begin in the area and within eight hours you may experience muscle pain and rigidity, stomach and back pain, nausea and vomiting, and breathing difficulties. Always seek medical attention immediately if you could have been bitten by a poisonous spider.

Brown Recluse Bites

The brown recluse spider is another poisonous spider found in the United States. Some people feel a small sting followed immediately by a sharp pain, while others don't realize they've gotten a bug bite until hours later — in four to eight hours, the bite may become more painful and look like a bruise or blister with a blue-purple area around it. It may become crusty and turn dark a few days later. Be sure to seek medical attention immediately if you could have been bitten by a poisonous spider.

Tick Bites

Some tick bites can be dangerous. Blacklegged ticks, formerly known as deer ticks, may carry Lyme disease, and dog ticks may spread Rocky Mountain spotted fever (RMSF). Symptoms of Lyme disease include a skin rash in the pattern of rings, much like a bull's-eye on a target, that can appear up to a month after the bug bite, fever, fatigue, headaches, muscle and joint aches, and irregular heart rhythms. Symptoms of RMSF include fever, headache, muscle aches, and a skin rash that begins on the ankles and wrists after a few days of fever and later spreads to the rest of the body.

Flea Bites

Symptoms of flea bites — which may begin within hours of the bug bite — include a small, red skin rash that may or may not bleed, itching (possibly severe), hives, and swelling around an injury or sore. Fleabites — which tend to be in groups of three or four — are more common on the ankles, armpits, around your waist, and in the bends of your knees and elbows. The rash turns white when you press on it and tends to get larger or spread over time.

Bee Stings

Bee stings cause a sharp pain — much like a shot from your doctor — that may continue for a few minutes, then fade to a dull, aching feeling. The area may still feel sore to the touch a few days later. A red skin bump with white around it may appear around the site of the sting. The area may also itch and feel hot to the touch. If you have been stung before, your body may also have an immune response to the venom in the sting, resulting in swelling where the sting occurred or in an entire area of the body.

Lice Bites

Lice bites are tiny red skin spots on the shoulders, neck, and scalp. Because these bug bites are so small, they don't hurt, but they do itch a lot. Some people may develop a larger, uncomfortable skin rash. Continual scratching of the itchy spots could lead to an infection with symptoms including swollen lymph nodes and tender, red skin. An infected bug bite may also ooze and crust over, and will need to be treated by a doctor.

Ant Bites and Stings

Some types of ants, like fire ants, are venomous. Ant bites and stings are typically painful and result in a red skin bump. Fire ants bite first to hold on and then sting. Fire ant stings produce a sharp pain and a burning sensation and result in a white, fluid-filled pustule or blister a day or two after the sting, lasting from three to eight days. There may also be itchiness, redness, and swelling at the site. Carpenter ants bite and, although they are not venomous, they spray formic acid into the bite, which causes a burning feeling.

Might Bites

Mite bites do not usually spread disease, but they often irritate the skin and cause intense itching. Itch mites usually feed on insects, but will bite other animals, including people. Their bites usually go unnoticed until itchy, red marks develop, which may look like a skin rash. Chiggers are a form of mite. They bite to inject their saliva so that they can liquefy and eat skin. In response to the chigger bite, the skin around the bite hardens. The surrounding skin becomes irritated and inflamed, and an itchy red welt develops.

Scabies Mite Bites

Female scabies mites burrow into the skin to lay eggs. When the eggs hatch, the larvae come to the skin surface, begin to molt, and burrow back into the skin to feed. This results in a skin rash that may look like acne pimples and create intense itching. The itching tends to be worse at night. You may also notice light, thin lines on the skin where the mites have burrowed. Scabies mite bites and burrow lines are commonly found in the folds of the skin, including between the fingers, in the bends at the wrists and knees, and under jewelry on the wrists and fingers.

FUNDRAISER COUPON



Take this coupon to the Oberweis Ice Cream and Dairy Store location below and we'll get up to 30% back on everything you buy!

Name of Organization: Heritags Lake School PTA

Oberweis Store Location: Oberweis Dairy 338 W Army Trail Rd Bloomingdale II 60108

Fundraiser Shopping Day: May 8 2017 Fundraiser Shopping Time: 10am - 10pm

Fundraiser Code:009-0046

To be filled in by store employee:
Amount of Purchase (not including tax):
Register Transaction #:
Only purchases made at the Oberweis Ice Cream and Dairy Store indicated above and during the specified date and time are eligible to earn funds for your organization. Oberweis Home Delivery purchases are not eligible in conjunction with this program.

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MAY. Breakfast. Menu. CCSD93



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

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C	orn S	Arrik	

Fried Foods Mystery Meats





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	2 Bagel w/Cream Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	Mozzarella String Cheese	4 Strawberry Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
8 Whole Grain Animal Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	9 Strawberry Banana Yogurt Graham Goldfish Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	10 Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	11 Cinnamon Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	1: Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
15 Strawberry Oatmeal Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	16 Bagel w/Cream Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	17 Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	18 Strawberry Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	19 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
22 Whole Grain Animal Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	23 Strawberry Banana Yogurt Graham Goldfish Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	24 Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	25 Cinnamon Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	20 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
29 No School Memorial Day	30 Whole Grain Animal Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	31 Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint		

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































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

High-Fructose Corn Syrup







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barra de avena de fresa Goldfish Grahams fruta fresca Jugo de fruta 100% 1/2 litro leche fría	2 Bagel c/queso crema fruta fresca Jugo de fruta 100% ½ litro leche fría	3 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	4 Poptart de fresa fruta fresca Jugo de fruta 100% ½ litro leche fría	5 Cereal de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría
Galletas de animalitos de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría	9 Yogurt c/ fresa y plátano Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	10 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	Poptart de fresa fruta fresca Jugo de fruta 100% ½ litro leche fría	12 Cereal de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría
Barra de avena de fresa Goldfish Grahams fruta fresca Jugo de fruta 100% ½ litro leche fría	16 Bagel w/crema queso fruta fresca Jugo de fruta 100% ½ litro leche fría	17 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	18 Poptart de fresa fruta fresca Jugo de fruta 100% ½ litro leche fría	19 Cereal de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría
22 Galletas de animalitos de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría	23 Yogurt c/ fresa y plátano Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	24 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría	25 Poptart de fresa fruta fresca Jugo de fruta 100% ½ litro leche fría	26 Cereal de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría
29 No hay clases	30 Galletas de animalitos de grano integral fruta fresca Jugo de fruta 100% ½ litro leche fría	31 Queso mozzarella Galletas Goldfish fruta fresca Jugo de fruta 100% ½ litro leche fría		

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

























MAY. Lunch. Menu. CCSD93



High-Fructose Corn Syrup







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brunch for Lunch! Whole Grain Pancakes Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit	1 2 Sloppy Joe Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	3 Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	4 Chicken Quesadilla Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	5 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Ice Cold Milk Pint				<u>Middle Schools</u> : Cinco de Mayo Beef or Cheese Enchilada
Brunch for Lunch! French Toast Natural Turkey Sausage Crispy Tator Tots	8 9 Meatball Sub Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	10 Cheese Quesadilla Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	11 Pizza Burger on WG Bun Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	12 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Just Picked Fresh Fruit Ice Cold Milk Pint				<u>Middle Schools:</u> Asian Flair Sweet & Sour Chicken
1! Brunch for Lunch! Waffles Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit	5 Salisbury Steak w/ Steamed Brown Rice Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	17 Cheese Filled Breadsticks Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	18 Chicken Fajita Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	19 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Ice Cold Milk Pint	ice cold Milk I lik			<u>Middle Schools</u> : Italian Flare Pasta w. Sauce
2: Brunch for Lunch! Egg & Cheese Muffin Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	Chicken Tacos W. Spanish Rice Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	24 Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	25 BBQ Chicken Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	26 Doughbro's Cheese Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
ice Cold Milk I lift	ice cold whik I lift			<u>Middle Schools</u> : Soul Food Fried or BBQ Chicken
20 No School Memorial Day	9 Taco Supreme Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	31 Cheese Filled Breadsticks Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint		
r	BURRITO	A CONTRACTOR OF THE PARTY OF TH	The Carlo	

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









MAY. Almuerzo. Menú CCSD93



High-Fructose Corn Syrup

Fried Foods Mystery Meats



4-Star Schod LunchProvider!

MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY
idesayuno para el almuerzo! Panqueques integrales Salchicha de pavo natural Tator Tots Vegetal al vapor fruta fresca ½ litro de leche fria	Sandwich de sloppy joe Vegetal al vapor fruta fresca ½ litro de leche fria	Mostaccioli al horno Vegetal al vapor fruta fresca ½ litro de leche fria	Quesadilla de pollo Vegetal al vapor fruta fresca ½ litro de leche fria	Pizza de queso de Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fria
8 Brunch for Lunch! French Toast salchicha de pavo Tator Tots Fruta fresca ½ litro de leche fria	9 Sandwich de Albondigas Vegetal al vapor fruta fresca ½ litro de leche fria	1 <mark>Quesadilla de queso</mark> Vegetal al vapor fruta fresca ½ litro de leche fria	O 11 Hamburgesa de pizza Vegetal al vapor fruta fresca ½ litro de leche fria	Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fria
iDesayuno para el almuerzo! waffles Salchicha de pavo natural Tator Tots Vegetal al vapor fruta fresca ½ litro de leche fria	16 Carne de Res con gravy y arroz Vegetal al vapor fruta fresca ½ litro de leche fria	1 Panesillos rellenos de queso Vegetal al vapor fruta fresca ½ litro de leche fria	7 Fajitas de pollo Vegetal al vapor fruta fresca ½ litro de leche fria	19 Pizza de queso de Doughbro Vegetal al vapor fruta fresca ¹ / ₂ litro de leche fria
iDesayuno para el almuerzo! Mantecadas de queso y huevo Vegetal al vapor fruta fresca	23 Tacos de pollo Con arroz amarillo Vegetal al vapor fruta fresca ½ litro de leche fria	Mostaccioli al horno Vegetal al vapor fruta fresca ½ litro de leche fria	4 25 Sandwich de pollo en barbeque Vegetal al vapor fruta fresca ½ litro de leche fria	Pizza de queso de Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fria
NO CLASES!	30 Tacos Supremos Verduras al vapor fruta fresca ½ litro de leche fría	Panesillos rellenos de queso Vegetal al vapor fruta fresca ½ litro de leche fria	:1	

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























MAY. Lunch. Menu. CCSD93



High-Fructose Corn Syrup







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brunch for Lunch! Whole Grain Pancakes Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit	1 2 Sloppy Joe Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	3 Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	4 Chicken Quesadilla Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	5 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Ice Cold Milk Pint				<u>Middle Schools</u> : Cinco de Mayo Beef or Cheese Enchilada
Brunch for Lunch! French Toast Natural Turkey Sausage Crispy Tator Tots	8 9 Meatball Sub Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	10 Cheese Quesadilla Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	11 Pizza Burger on WG Bun Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	12 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Just Picked Fresh Fruit Ice Cold Milk Pint				<u>Middle Schools:</u> Asian Flair Sweet & Sour Chicken
1! Brunch for Lunch! Waffles Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit	5 Salisbury Steak w/ Steamed Brown Rice Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	17 Cheese Filled Breadsticks Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	18 Chicken Fajita Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	19 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Ice Cold Milk Pint	ice cold Milk I lik			<u>Middle Schools</u> : Italian Flare Pasta w. Sauce
2: Brunch for Lunch! Egg & Cheese Muffin Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	Chicken Tacos W. Spanish Rice Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	24 Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	25 BBQ Chicken Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	26 Doughbro's Cheese Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
ice Cold Milk I lift	ice cold whik I lift			<u>Middle Schools</u> : Soul Food Fried or BBQ Chicken
20 No School Memorial Day	9 Taco Supreme Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	31 Cheese Filled Breadsticks Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint		
r	BURRITO	A CONTRACTOR OF THE PARTY OF TH	The Carlo	

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









MAY. Almuerzo. Menú CCSD93



High-Fructose Corn Syrup

Fried Foods Mystery Meats



4-Star Schod LunchProvider!

MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY
idesayuno para el almuerzo! Panqueques integrales Salchicha de pavo natural Tator Tots Vegetal al vapor fruta fresca ½ litro de leche fria	Sandwich de sloppy joe Vegetal al vapor fruta fresca ½ litro de leche fria	Mostaccioli al horno Vegetal al vapor fruta fresca ½ litro de leche fria	Quesadilla de pollo Vegetal al vapor fruta fresca ½ litro de leche fria	Pizza de queso de Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fria
8 Brunch for Lunch! French Toast salchicha de pavo Tator Tots Fruta fresca ½ litro de leche fria	9 Sandwich de Albondigas Vegetal al vapor fruta fresca ½ litro de leche fria	1 <mark>Quesadilla de queso</mark> Vegetal al vapor fruta fresca ½ litro de leche fria	O 11 Hamburgesa de pizza Vegetal al vapor fruta fresca ½ litro de leche fria	Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fria
iDesayuno para el almuerzo! waffles Salchicha de pavo natural Tator Tots Vegetal al vapor fruta fresca ½ litro de leche fria	16 Carne de Res con gravy y arroz Vegetal al vapor fruta fresca ½ litro de leche fria	1 Panesillos rellenos de queso Vegetal al vapor fruta fresca ½ litro de leche fria	7 Fajitas de pollo Vegetal al vapor fruta fresca ½ litro de leche fria	19 Pizza de queso de Doughbro Vegetal al vapor fruta fresca ¹ / ₂ litro de leche fria
iDesayuno para el almuerzo! Mantecadas de queso y huevo Vegetal al vapor fruta fresca	23 Tacos de pollo Con arroz amarillo Vegetal al vapor fruta fresca ½ litro de leche fria	Mostaccioli al horno Vegetal al vapor fruta fresca ½ litro de leche fria	4 25 Sandwich de pollo en barbeque Vegetal al vapor fruta fresca ½ litro de leche fria	Pizza de queso de Pizza de queso de Doughbro Vegetal al vapor fruta fresca ½ litro de leche fria
NO CLASES!	30 Tacos Supremos Verduras al vapor fruta fresca ½ litro de leche fría	Panesillos rellenos de queso Vegetal al vapor fruta fresca ½ litro de leche fria	:1	

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





















May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 6:30pm 5 th Grade Band Concert (Jay Stream)	3	4 7pm Magnet Parent Info Night (DO)	5 8:45am Magnet Classroom parent visitation	6
7	8	9:30am 4 th grade band assembly (JS)	10	7pm BOE (WT)	12	13
14	7pm 4 th /5 th grade Orchestra Concert	16	17	18 4 th grade band tryouts	19	20
21	22 6:30pm PTA mtg.	23	24	7pm BOE (DO) 3 rd grade orchestra tryouts	26	27
28	Remember Memorial Day No School	30	31			