

THE HUSKY HOWLER

Brought to you by the Heritage Lakes School PTA

Vol. XXVII No. 3
C. Housour, Editor

October 2016
hlpta@ccsd93.com

Happy Fall Ya'll! October is such a fun month!! The air turns crisp, the leaves turn colors and fall, and the kids seem to be in a consistent school routine. We need LOTS of helpers for our class parties coming up on Halloween!! If you haven't signed up to be a Room Parent, please do so asap! Since Halloween falls on a Monday this year, our parties will be on Friday 10/28. The annual parade will also be on Friday. More information about the parties and parade will be coming home soon.

We had a great turn out for first PTA meeting and a big thanks to all who attended! I'd like to welcome our new Vice President, Danielle Diciolla, who was voted on to our Executive Board at the last meeting!

I love being involved at Heritage Lakes! The kids are great and the staff is fantastic too! We are so lucky to have such a great school community! There are many opportunities for helpers in our school. Please see the committee listing for a listing of all the committees the PTA runs. If you are interested in volunteering, please send me an email! If you have already submitted your name for volunteering, you should be hearing from the committee chair soon!

The Yankee Candle Fall Fundraiser ends Monday, October 3. Be sure to get your orders in! The Poinsettia Sale information will be coming home soon. Thank you for supporting the PTA!

Don't forget to order your school spirit wear! Now is the time we start pulling out the hoodies and long sleeves, why not show some school spirit with a Husky hoodie? Adult sizes available also and samples are displayed in the display case in the lobby! Orders are due on October 15th.

If you have any pictures from first day of school, the Back to School Picnic or Spirit Week, please email them to hlpta.yearbook@gmail.com. We are already planning the yearbook and would love to see as many students as possible represented.

Please consider joining the PTA. The fees associated with joining the PTA goes toward local and state PTA dues. Our next PTA meeting is October 24th at 6:30 PM in the school library.

Jen Frechmann
Jfrechmann@comcast.net

HERITAGE LAKES PTA MEMBERSHIP

Your membership enables the PTA to enrich your child's school experience with fun programs and extra-curricular activities. Members will also receive a school directory.

Single Membership: \$6.00 Double Membership: \$10.00

Member's Name: _____

Member's Name: _____

Student Name	Grade Level	Teacher

Please return this form with your dues in a sealed envelope marked: PTA Membership.

If paying by check, please make it out to: Heritage Lakes School PTA,

JOIN THE PTA, IT'S THAT EASY!

Please note, if you volunteer within the school, you must be a paid member.

(This would include room parties and field trips.)

PTA Meeting Dates 2016/2017 school year

All meetings are at 6:30 pm in the LLC

October 24
November 28
January 23
February 27
March 20
April 24
May 22

We hope to see you there!

CATS NEWS FOR SEPTEMBER

MUSIC: MRS. ELLEN KALTENBACH
ART: MISS STEPHANIE KUECKER

PHYSICAL EDUCATION: MR. PATRICK HARRIS
MR. ANTHONY GALLINA

ART NEWS

*We are off to a creative start!
We began the school year by
creating birds, they are now on
display in the hallway.
K-1 created the bark of the tree
and the nest, 2nd-5th made the
feathers of the bird.*

**At each grade level we are diving
into color theory:**

Kindergarten: Created caterpillars
while reviewing the primary colors.

1st grade: Created fall drawings
while learning secondary colors.

Second grade: Created oil pastel
landscapes. They highlighted warm
and cool colors.

Third grade: Is having fun with the
contrasts of complementary colors.

Fourth grade: Discovering a
monochromatic palette.

Fifth grade: Created paintings
using an analogous color scheme.



caterpillar
BY GIANNA IN ORANGE TEAM,
KINDERGARTEN



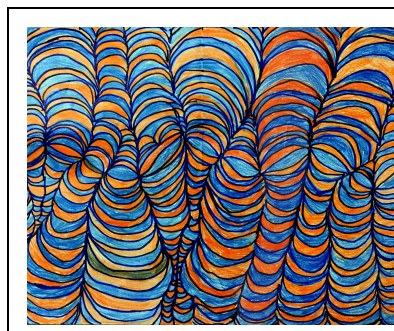
WARM AND COOL COLORS
BY GIANNA IN PURPLE TEAM,
2ND GRADE



MUSIC NEWS

Our Musical for this Month is Crazy for You. The students have been singing They Can't Take That Away from Me and I've Got Rhythm.

Fifth graders are reviewing note values so they will soon be able to label beats. Fourth graders have been learning about Time Signature. Third graders have learning tempo and dynamic terms. Second graders are learning about steady beat and rhythm. First graders are learning about steady beat. Kindergartners have been working on finding their singing voices.



COMPLIMENTARY COLORS
BY AVERY IN RED TEAM,
3RD GRADE

PHYSICAL EDUCATION NEWS

Students in Grades K-2 have been working on basic safety rules in the gym and low organized tagging games.

Students in Grades 3-5 have been working on several low organized tagging games and we have gotten outside to play some simplified kickball games.

Quick Reminder please remind students to have Gym Shoes at school on days that they have PE!

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



MONOCHROMATIC COLOR
BY MADDY IN PURPLE TEAM,
4TH GRADE



ANALOGOUS COLOR
BY ANDY IN BLUE TEAM,
5TH GRADE

PBIS TIER 2 at Heritage Lakes



★ What is PBIS Tier 2?

Tier 2 Interventions are designed for students who will benefit from additional supports to **encourage and reteach** positive behaviors that will help them learn. These interventions are designed to be **quick, efficient and flexible!**

★ How are students identified for PBIS Tier 2?

There are several ways students are identified for Tier 2 Interventions and Supports. These include the use of **minor and major data, teacher or parent referrals, or student request.** The Tier 2 Building Team gathers this information to make intervention decisions for specific students.

★ What is the goal/purpose of Tier 2 Supports?

Tier 2 is designed to provide a student with frequent, specific positive feedback throughout his/her day. Tier 2 provides the child with the additional support of a personal coach at the beginning and ending of the day. Tier 2 is a positive experience for students. **When isn't positive interactions with school staff a good thing?!**

HELP WANTED!!!

Getting involved at Heritage Lakes is fun and easy. You can decide how you would like to help the PTA make our school community better for the children and their families. There are many things that can even be done from the comforts of your home!

Check out the list below for all of the volunteer opportunities available. Please place a check in front of the way in which you are willing to help and the proper chairperson will contact you.

Thank you! We can't do this without you!!!

I am willing to:

- ☐ Donate food/paper goods for staff appreciation events or when extra items are needed for rewards and events
- ☐ Help at special events like picture day, vision and hearing screening, kindergarten roundup, etc.
- ☐ Help set up or clean up for school dance and/or game night (November and February)
- ☐ Help set up or clean up for Holiday Workshop (December)
- ☐ Help cook, set up or clean up for Pancake Breakfast (December)
- ☐ Assist in the library on a monthly basis
- ☐ Create fun and creative calendar for the office at the beginning of the month
- ☐ Facilitate Junior Achievement in my child's classroom
- Child's teacher: _____
- ☐ Take pictures at school events for the yearbook
- ☐ Assist with counting and submitting box tops (year round)
- ☐ Help sort and distribute fundraiser items (fall and spring)
- ☐ Help serve, set up or clean up for End of the Year picnic (June)
- ☐ Help sort and distribute treats on treat days

OPEN COMMITTEES & POSITIONS

- ☐ Membership (compile and track paid PTA memberships along with distribution of directory)
- ☐ Office calendar (coordinate creation of monthly calendar and bulletin board in the office)
- ☐ Reflections (coordinate school wide creative arts submissions)
- ☐ Staff Appreciation (coordinate staff appreciation events I.e. lunches and goodies)
- ☐ Treat Day (coordinate vendors, dates and distribution of treats)
- ☐ TV Turnoff (coordinate events and activates during TV turnoff week)
- ☐ Dance/game night co-chair (assist in coordination of school dance and game night)

Name: _____ Phone Number: _____

Email address: _____

If you have questions or would like more information please contact

Jen Frechmann

Jfrechmann@comcast.net

630/624-5309

****Room Parent Signup will be on a separate sheet.****

Classroom Volunteers Needed!



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 communities 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. Each program builds upon the previous year's concepts to give kids a head start in the business world.

The best part is that **YOU** make learning fun. We recruit parents to teach the program. JA will supply all the materials **free** provided by generous donations of corporations and foundations.

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 completely scripted lessons that range from 25 to 45 minutes. All materials are included in a simple kit. Who can teach your children better than their first role model?

It's very simple and FUN to teach, no experience, no problem, it's a short time commitment and we'll give you training! It is very easy to teach and a relatively short commitment. You can work with your child's teacher on the timing of the program. Most opportunities are available in the spring.

If you really would like to go the extra mile, there are a few fall classes that really need a Junior Achievement volunteer. If interested, please fill out the form below and check the box, it would be appreciated! You can also volunteer for more than one class if you'd like, if one class has multiple volunteers, we'll do a random draw or work as a team to teach that class.

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

Sincerely,
John Jaszka

JUNIOR ACHIEVEMENT VOLUNTEER FORM

NAME: _____

PHONE: _____

E-MAIL: _____

TEACHER'S NAME: _____

If you are interested in teaching a Junior Achievement class other than your child's in the fall or in the spring for ANY open class that doesn't have a volunteer, please check this box: ☐

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!!!!

Teachers, please return this slip to Barb in the Office. Thank you!

Asthma information from American Lung Association

Asthma is a lung disease that makes it harder to move air in and out of your lungs.

There are four things that you should know about asthma:

- Asthma is chronic. In other words, you live with it every day.
- It can be serious – even life threatening.
- There is no cure for asthma, but it can be managed so you live a normal, healthy life.
- Asthma can start at any age. Sometimes, people have asthma when they are very young and as their lungs develop, the symptoms go away. But, there is a possibility that it will come back later in life. Sometimes, people get asthma for the first time when they are older.

What Causes Asthma?

The exact cause of asthma is not known. Asthma tends to run in families and may be inherited, but environmental factors may also play a key role. Scientists continue to explore what causes asthma, but we do know that these factors play an important role in the development of asthma:

- **Genetics.** Asthma tends to run in families. Genetics plays an important role in causing asthma. If your mom or dad have asthma, then you are more likely to have asthma too.
-
- **Allergies.** Some people are more likely to develop allergies than others, especially if your mom or dad had allergies. Certain allergies are linked to people who get asthma.
-
- **Respiratory Infections.** As the lungs develop in infancy and early childhood, certain respiratory infections have been shown to cause inflammation and damage the lung tissue. The damage that is caused in infancy or early childhood can impact lung function long-term.
- **Environment.** Contact with allergens, certain irritants, or exposure to viral infections as an infant or in early childhood when the immune system is developing have been linked to developing asthma. Irritants and air pollution may also play a significant role in adult-onset asthma.

Asthma Flare-Ups

After an asthma flare-up, you will probably feel tired. For several days after an episode, you are at increased risk of having another flare-up. For the next several days after a flare-up, be sure to:

- Avoid your asthma triggers
- Monitor your symptoms or check your airways using a peak flow meter
- Poor asthma management can lead to airway remodeling which is a serious condition that happens when asthma is untreated or poorly managed. The lungs become scarred, asthma medicines do not work as well, and less air is able to move through the airways.



MINDFUL
PRACTICES

Creating Calm at Home & School: *One Breath at a Time*

Parents and staff affiliated with CCSD 93 are invited and encouraged to attend a **FREE** two hour workshop dedicated to creating a more calm and ready to learn environment for students – both at home and school.

Mindful Practices, a school wellness vendor that has been providing health and wellness services to schools nationally since 2006 will be leading the interactive workshop. School staff and families will learn effective and **research-based SEL, mindfulness and yoga techniques** that can be used to help build student self-awareness, self-regulation and interpersonal skills.

The workshop format is very interactive and experiential which allows participants to move, breathe and "feel" each activity so that they can authentically use them with students (at home or in the classroom).

Workshop Details: ☐

- Tuesday, 12/13/16 ☐
- 4:15-6:15 pm ☐
- CCSD 93 District Office
230 Covington Drive, Bloomingdales, IL 60108

Sign Up: **Limited space available!**

- CCSD 93 Employees: Sign up through My Learning Plan
- CCSD 93 Parents: Sign up with Louise Bartnick at bartnil@ccsd93.com

For More Information:

- Stacey Schram schrams@ccsd93.com 630.593.3161
- Julie Augustyn jaugusty@ccsd93.com 630.671.4369

2016-2017

GPS GLENBARD **PARENT SERIES**

Navigating Healthy Families



MISSION

To facilitate real-world parenting skills that enhance our teens' social and emotional development, encourage responsible decision-making, and promote respect-based relationships keeping our adolescents safe.



Join other parents, high school and middle school students and professionals to learn about issues facing today's youth.

The Glenbard Parent Series engages top experts, parents and school staff to become proactive and informed in pursuit of the mutual goal to strengthen our communities. **Programs are free and open to the public.**

Dr. David Larson,
Superintendent

Gilda Ross, *Student and
Community Projects Coordinator*



Rebecca
Skloot



David
Yeager



Temple
Grandin



Deborah
Heitner

CALENDAR OF EVENTS

August 2016

Fall Sports Orientation

Parent and Athlete Meetings

**Defining Character On and Off the Field:
Who Are you When No One is Watching?**

TUESDAY, AUG. 16

6 p.m., Glenbard North

7:30 p.m., Glenbard South

WEDNESDAY, AUG. 17

6 p.m., Glenbard East

6:30 p.m., Glenbard West

Family Read

THURSDAY, AUG. 25

Rebecca Skloot

The Immortal Life of Henrietta Lacks

7 p.m., Glenbard West

September 2016

THURSDAY, SEPT. 15

Dr. Laura Koehler, Linden Oaks

Behavioral Health

**Coping Strategies to Regulate Anxiety:
An Introduction to Distress Tolerance**

Noon, CCSD District 93 Administration Center

WEDNESDAY, SEPT. 21

Dr. Temple Grandin

Different ... Not Less

Temple Grandin may be the most famous person with Autism; Advocate/Animal Rights Activist/Author

3 p.m. and 7 p.m., Glenbard East

WEDNESDAY, SEPT. 28

Deborah Heitner

**Screenwise: Helping Kids Thrive
(and Survive) in Their Digital World:
Raising Digital Natives**

7 p.m., Glenbard West

October 2016

MONDAY, OCT. 10

Pre-meeting Columbus Day holiday dinner

6:30 p.m., Glenbard South

Dr. David Yeager

Motivating Teens

7 p.m., Glenbard South, Auditorium

Dr. Stephen Feifer

**Practical Strategies to Navigate
the Anxieties, Moods, and Emotions
of Young People**

7 p.m., Glenbard South, Little Theater

November 2016

WEDNESDAY, NOV. 16

THURSDAY, NOV. 17

Julie Lythcott-Haims

**How to Raise an Adult: Break Free
of the Overparenting Trap and Prepare
Your Child for Success**

7 p.m., Glenbard West (Nov. 16)

Noon, Marquardt Administration Center

(Nov. 17)

December 2016

TUESDAY, DEC. 6

Sarah Ward

**Develop Executive Functioning Skills
to Plan, Organize and Self-Monitor for
School Success**

7 p.m., Glenbard South

THURSDAY, DEC. 8

Melissa Hemzacek, LCSW Illinois

States Attorney

Liz Repking, Cyber Safety Consulting

**Tweens, Teens and the Tech Trends
of Today: Creating a Safe Digital Culture**

Noon, CCSD District 93 Administration
Center

Connect:



facebook.com/glenbardparentseries

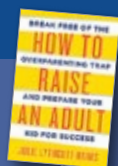


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glenbardparents.blogspot.com

**GPS GLENBARD
PARENT SERIES**
Navigating Healthy Families



Steve Feifer

David Sheff

Sarah Ward

Julie Lythcott-Haims

Drew Dudley

Susan Engel

Judge Stride

Carol Ann Tomlinson

Andrew Solomon

Delaney Ruston

January 2017

TUESDAY, JAN. 24

WEDNESDAY, JAN. 25

David Sheff

What Happened to My Beautiful Boy: A Father's Journey through His Son's Addiction

7 p.m., Glenbard North (Jan. 24)

Noon, Marquardt Administration Center (Jan. 25)

February 2017

THURSDAY, FEB. 2

Dr. Pamela Randall-Garner, Senior Staff Advisor at The Collaborative for Academic, Social and Emotional Learning

Social Emotional Learning and Restorative Justice: Teaching our Children the Skills of Building Peer Relationships for a Safe School Climate

Noon, CCSD District 93 Administration Center

WEDNESDAY, FEB. 22

Drew Dudley, "Live Life Well" Speaker

Everyday Leadership: Celebrating the Simple Actions that Improve Each Other's Lives

7 p.m., College of DuPage, McAninch Arts Center

March 2017

THURSDAY, MARCH 2

Carol Ann Tomlinson

Special Order: Discovering What Provides Academic Success for Your Unique Child

7 p.m., Glenbard West

WEDNESDAY, MARCH 22

Hon. Judge Chris Stride; Dr. Patrick McGrath, Alexian Brothers Behavioral Health Hospital; and Justin Wolfe, Linden Oaks Behavioral Health

Tough Teen Topics: Anxiety, Parties and Depression

7 p.m., Glenbard South

April 2017

TUESDAY, APRIL 11

An Evening with Andrew Solomon: Love, No Matter What

7 p.m., College of DuPage, McAninch Arts Center

THURSDAY, APRIL 27

Dr. Susan Engel

Educating for Happiness: A Blueprint for Schools

7 p.m., Glenbard East

May 2017

WEDNESDAY, MAY 3

THURSDAY, MAY 4

FILM SCREENING



Delaney Ruston, M.D.

Movie Producer/Director

Screenagers

7 p.m., Glenbard North (May 3)

Noon, Marquardt

Administration Center (May 4)

GPS Programs in Spanish

Dr. Lourdes Ferrer, Glenbard East

FRIDAY, OCT. 14

Parents in the Driver's Seat

6:30 to 8 p.m.

SATURDAY, OCT. 15

Grooming for Excellence Academy and SAT Prep

10:30 a.m. to 3 p.m.

FRIDAY, APRIL 7

Parents in the Driver's Seat

6:30 to 8 p.m.

SATURDAY, APRIL 8

Grooming for Excellence Academy and SAT Review

10:30 a.m. to 3 p.m.

For more information, contact
Gilda Ross, at (630) 469-9100 or
gilda_ross@glenbard.org.

glenbardgps.org



Patrick
McGrath

Dr. Lourdes
Ferrer

David
Swope

Ray
McElroy

Frank
Palmasani

Patrick
Donohue

Mental Health Strategies Series

Presented In Spanish

Mariana Proske, Glenbard East
School Psychologist
7 p.m., Glenbard East

WEDNESDAY, NOV. 30

***How to Talk to Your Teen about
Healthy Dating***

THURSDAY, JAN. 19

***The Special Education Process
Step by Step: Everything Parents
Need to Know***

WEDNESDAY, APRIL 19

***A Survival Guide to Parenting Boys:
Raising a Healthier Generation of
Young Men***

Translation headsets are available for
all GPS programs upon request.

African-American Parent Committee

F.U.S.E. Families United for Student
Excellence
Co-sponsored by the DuPage County
Branch NAACP

THURSDAY, AUG. 25

David Swope, College of DuPage
***Young People Have the Power
to Succeed and Kick-Off for School
Success Family Picnic***
6:15 p.m., Glenbard West Cafeteria

SATURDAY, NOV. 12

Ray McElroy
***Celebrating Our Gifts and Talents
and Holiday Party***
11:30 a.m. to 1 p.m., Glenbard North

SATURDAY, MARCH 18

Ray McElroy
Secrets to High School Victory
11:30 a.m. to 1 p.m., Glenbard South

GPS—Navigating Higher Education

All are welcome to attend.

Programs are presented in English and
Spanish. Free continental breakfast and
childcare are provided.

SATURDAY, SEPT. 17

Frank Palmasani, English presentation
Ercilia Jonas and Norma Vegas-Rodriguez,
Spanish presentation
***Conquering the Challenges
of College Costs***
10:30 a.m. to noon, Glenbard West

MONDAY, OCT. 17

***FAFSA Financial Aid Completion
Workshop for Seniors***
(Bring Necessary Forms)
6:30 to 8:30 p.m., Glenbard North
Computer Lab

Patrick Donohue, English presentation
Janet Reece, Spanish presentation
***The 4 Key Study Skills for Academic
Accomplishment***
7 to 8:30 p.m., Glenbard North

SATURDAY, OCT. 22

***FAFSA Financial Aid Completion
Workshop for Seniors***
(Bring Necessary Forms)
10:30 a.m. to 1:30 p.m., Glenbard East
Computer Lab

***The College Admission Test:
Tips to Prepare For the New SAT***
10:30 a.m. to noon, Glenbard East

Program Location Addresses:

Glenbard North: 990 Kuhn Road, Carol Stream, IL 60188

Glenbard South: 23W200 Butterfield Road, Glen Ellyn, IL 60137

Glenbard East: 1014 S. Main St., Lombard, IL 60148

Glenbard West: 670 Crescent Blvd., Glen Ellyn, IL 60137

CCSD District #93 Administration Center: 230 Covington Drive, Bloomingdale, IL 60108

College of DuPage, McAninch Arts Center: 425 Fawell Blvd., Glen Ellyn, IL 60137

District #15 Marquardt Administration Center: 1860 Glen Ellyn Road,
Glendale Heights, IL 60139

GPS GLENBARD →
PARENT SERIES
Navigating Healthy Families

***Please visit glenbardgps.org for
more information about all GPS
programming, schedule updates
and parent resources.***



**Glenbard Township
High School District 87**

Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



October. Breakfast. Menu.

CCSD93



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	4 Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	5 Bagel w. Cream Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	6 Cinnamon Breakfast Bar Graham Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	7 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
10 No School Columbus Day	11 No School Teacher Institute Day	12 Strawberry Banana Yogurt Graham Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	13 Whole Grain Strawberry Pop Tart Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	14 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
17 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	18 Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	19 Bagel w. Cream Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	20 Cinnamon Breakfast Bar Graham Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	21 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
24 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	25 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	26 Strawberry Banana Yogurt Graham Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	27 Whole Grain Strawberry Pop Tart Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	28 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
31 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint				

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!



October. Lunch. Menu.

CCSD93



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Brunch for Lunch! French Toast Natural Turkey Sausage Crispy Hash Browns Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Crispy Chicken Tenders Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Cheese Quesadilla w. Salsa Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>BBQ Grilled Chicken Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>No School Columbus Day</p>	<p>No School Teacher Institute Day</p>	<p>Mozzarella Melted Breadsticks w. Dippin' Sauce Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Chicken & Cheese Quesadilla w. Salsa Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>Chicken & Cheese Biscuit Sandwich Tasty Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Taco Supreme Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Grilled Cheese Please! Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Chicken Slider Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Doughbro's Cheese Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>Brunch for Lunch! French Toast Natural Turkey Sausage Crispy Hash Browns Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>MmmBurger w. Cheese Tasty Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Grilled Chicken Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>Whole Grain Pancakes Natural Turkey Sausage Crispy Hash Browns 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- Signature Cheese Calzone
- 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



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.

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 6:30 Orchestra Night 4 th grade (JS) Yankee Candle Fundraiser Due	4	5	6 6:30pm Expect Respect Task Force (DO)	7	8
9	10 No School Columbus Day 	11 No School Institute Day	12	13 7pmBOE (DO)	14	15
16	17	18 6:30pm Jay Stream Band Concert	19 6:30pm Stratford Band Concert	20 7pm Middle School Music Fest (GBN)	21	22
23	24 6:30pm HL PTA Mtg.	25	26	27 7pm BOE (DO)	28 2pm Halloween Parade 2:30pm Halloween Parties	29 