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Important upcoming dates
PTO Information
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& 2017-18 Dates!

AUGUST/SEPTEMBER 2017

WEST BAY ELEMENTARY



FROM THE PRINCIPAL

West Bay Families,

I hope you've enjoyed time off this summer and had the opportunity to re-charge with family and friends. It's always sad when the summer days come to an end, but there is nothing better than the anticipation and excitement of a new school year!

There is a wealth of information in this Aug/Sept. Newsletter. Please take the time to check the dates on the right. In addition to the typical beginning of the year excitement we will also be experiencing a Solar Eclipse on Aug. 21st. I've had several emails and questions about what we will be doing at West Bay to recognize this once in a lifetime event. Please see page two for more eclipse information and check your back to school packet for the Eclipse Positive Parent Participation form. This form must be completed for your child to participate in the eclipse viewing.

As always, feel free to email, call or contact me with any questions or concerns! See you soon and enjoy the last days of vacation!

Jen Coltvet, West Bay Principal
jcoltvet@epsne.org

UPCOMING EVENTS:

AUGUST 2017

- 1st Facility Use Request can be submitted
- 2nd New Student Registration 8:00-4:00
- 3rd New Student Registration 8:00-4:00
- 9th Back to School 101 10:00-7:00
Kdg Curriculum Night 7:00-7:30
- 15th Open House ALL GRADES-6:00-7:00
- 17th First Student Day!!
- 23rd Pre-K Curriculum Night 5:00-6:00
1st-5th Curriculum Night 6:00-7:00
5th Grade Outdoor Ed. Parent Meeting 7:00

SEPTEMBER 2017

- 4th- LaborDay- NO SCHOOL
- 7th & 8th- 5th Grade Outdoor Ed.
- 14th West Bay PTO Walk-A-Thon
- 15th 5:30-7:30 PTO Fall Social
- 18th No School- Inservice
- 22nd- Family Circles

WALKING CLUB *Aug. 21st 7:55-8:07*

The regular Walking Club schedule will begin on Monday Aug. 21st. Please remember drop off begins at 7:55. There is no supervision for students before 7:55. Please DO NOT drop children off before 7:55 unless they attend EKC or pay for breakfast with Sodexo.

Solar Eclipse-Monday Aug. 21st

As some of you may be aware, a total solar eclipse with 98% totality will be viewable in our community on Monday, August 21 from 11:30 a.m. – 2:20 p.m. This event will be both educational and historical for our students to witness, as an eclipse with this level of visibility has not occurred since 1918.

District science teachers and administrative staff have been busy preparing for the event by ordering special glasses for all students to be able to view the eclipse, as well as preparing learning materials and resources for staff to adequately engage students at all grade levels in this event. Some schedules will also be adjusted in order to allow for participation and viewing. Pre-K and Kindergarten students will not participate in the viewing, but will discuss and watch a video about the eclipse in their classrooms.

While all staff will be trained on safety measures to be taken in regards to protecting all students, there is a potential for retinal injury by viewing the eclipse directly, when done without the protection of the glasses. Due to this possibility, we are requiring positive parent permission for students to participate. Please fill out and return the below permission slip if you would like your child to participate. If you have any questions or concerns regarding this event, please feel free to contact me.

West Bay Student Treat Guidelines

Birthdays are important milestones in each child's life. At West Bay Elementary we look forward to sharing in the students' excitement over their own special day. Each morning birthdays will be read over the announcements and students will be invited to come select a book to keep from the "birthday book" containers in my office. Summer birthdays will be announced on the student's ½ birthday to ensure each child enjoys this special recognition during the school year.

If you would like to send a special treat or token for your child to pass out to classmates, **please send only NON-EDIBLE tokens or treats to school.** Ideas or suggestions may include items such as small erasers, pencils, or stickers. Classroom teachers may also offer other suggestions. This decision has been made with considerable thought given to healthy eating habits, food allergies, and convenience for parents. I appreciate your support as we create a healthy and welcoming environment for every student at West Bay.

Sodexo Lunch Prices 2017-18

Elem. lunch \$2.50
Adult lunch \$3.85

Breakfast
K-5th \$1.50
Adult \$2.05

Lunch/Recess Schedule

Kdg Lunch 11:00-11:20	Recess 11:25-11:40
First Lunch 11:15-11:35	Recess 11:40-11:55
Second Lunch 11:45-12:05	Recess 12:10-12:25
Third Lunch 11:30-11:50	Recess 11:55-12:10
Fourth Lunch 12:00-12:20	Recess 12:25-12:40
Fifth Lunch 12:15-12:35	Recess 12:40-12:55

The kids are heading back to school, how about you?

The Elkhorn Public School District is currently seeking teacher assistant/paraprofessionals in our early education, elementary, and secondary settings. EPS is seeking caring and collaborative individuals with a desire to help students achieve.

- Family friendly hours – follows the school day and calendar
- Competitive pay (\$13.75/\$14.25)
- Rewarding working environment

Apply at www.elkhornweb.org Employment: Support Staff Non-Certified: Teacher Assistant

Furry Friends

If you walk to drop off or pick up your child please do not bring along your dog. I appreciate you being cognizant of those with allergies or fears. Thanks for helping to keep our students safe.



Visitor Guidelines

School safety is a major concern for both parents and school personnel. Several procedures at West Bay need to be followed by all visitors to our building.

- All visitors are required to sign in/out when arriving and leaving the building.
- Visitors will be asked to wear a visitor's badge while at West Bay Elementary.
- All visitors must use the front entrance.

Please ring the doorbell after 8:20 a.m. to be granted permission to enter the building. Please do not go directly to the classrooms without checking in at the office. If you have brought something that your child has forgotten, please drop it off at the office, and we will be happy to take it to your child. Please help us to minimize classroom interruptions.

From the Nurse...

Welcome back, I hope you had a great summer! We want to keep your student(s) happy, healthy, and safe while at school, so please read the following information carefully.

Sick Child Policy ~

Please remember if your student is running a fever of >100.0 or has vomiting/diarrhea, please keep them home from school until fever or vomiting free for 24 hours, without the aid of medication (Motrin, Tylenol, Advil, acetaminophen, ibuprofen).

Physical and Immunization Requirements ~

Nebraska law requires that all school children have a physical examination upon entry into school, at seventh grade, and when transferring from an out-of-state school. Students must provide proof of a visual evaluation to include testing for amblyopia, strabismus, internal and external eye health and visual acuity upon entry into school and when transferring from an out-of-state school. The law also requires your child be immunized and provide proof of immunization before attending classes. Please visit the Nebraska Department of Health and Human Services (link below) which outlines specific vaccine requirements. Link to DHHS vaccine summary for 2017-2018: Link to DHHS vaccine summary for 2017-2018:

<http://dhhs.ne.gov/publichealth/Immunization/Documents/2017-2018%20School%20RR%20English.pdf>

Medication for the 2017-2018 School Year ~

If your student requires any medication (over-the-counter and/or prescription) while at school, each medication must have a Medication Authorization form (link below) signed by the parent and a physician, before we can administer. All medications must be unexpired and provided in the original packaging and/or pharmacy container. For prescription medication, please only provide a maximum of 30 day supply at a time. All medication must be dropped off in the office by a parent or guardian. Please do not send any medications with your student. Link to print blank medication authorization form:

<http://www.elkhornweb.org/parents/student-medication-form/>

Students with Asthma, Severe Allergies, Diabetes, and/or Seizures ~

If your child has asthma, severe allergies, diabetes, and/or seizures, please submit an emergency action plan signed by your physician. Plans must be updated annually. Blank forms can be obtained at the school office, or your physician's office can use whichever form they prefer.

WEST BAY PTO INFORMATION



Stay Connected with West Bay's PTO:

- Website: www.westbaypto.com
- Facebook: West Bay PTO
- Email: westbaypto@gmail.com

President: Shagun Somasegaran
Vice President: Katy Bode
Treasurer: Stacey Mathis
Secretary: Kate Parsons
Community Liaison: Liz Borkowski

Back to School 101

Wednesday, August 9, 10am-7pm in the West Bay Cafeteria.

Volunteers Needed!

Click on the **Sign-Up** link under **Back to School Information** at westbaypto.com. Also, click on **Back to School 101** for additional information on what to expect at Back to School 101.

Apparel

West Bay Bengal and Elkhorn South Storm Spirit Gear is available for purchase at Back to School 101. Some items are available for cash and carry while others can be ordered through the PTO website at westbaypto.com under APPAREL. The items purchased online will be given to your student at school mid September. Don't miss your chance to show your BENGAL pride. Cash, check and credit cards accepted.

Family Fun Night

Orange Leaf

Tuesday, August 29th, 4pm to 10pm
16811 Burke Street

Freddy's

Friday, September 29th, 5pm to 10pm
2920 S 180th Street

West Bay Bengal Fun Run Fundraiser

This year, we are replacing the Eileen's Cookie Dough fundraiser with a Bengal Fun Run! Families will gather pledges for every lap your student runs (30-35 laps), and we'll celebrate at the **Fun Run on September 14th**.

With a big goal of raising \$20K for a track and additional parking, we asked the Fun Run experts at Boosterthon to power our Fun Run and make it more profitable, easier, and fun. Please help our school by reaching out to sponsors. All families are invited to come out and cheer on your student at the Fun Run! Additional information will be sent home with students. Direct any questions to Shagun Somasegaran at ssomasegaran@gmail.com.

Koa Luau Family Fall Social

Friday, September 15th, 5pm to 7:30pm

Enjoy the tropical evening filled with Island inspired games, DJ, fabulous food and drink, favorite raffles, hula dancing and fun! Look for more information in your Friday Folders and westbaypto.com.

School Supply Pack Donation

West Bay PTO donated \$131.17 (proceeds of 120 school supply packs purchased) to Womenade of Elkhorn. The donation supports the Backpack Project that provides school supplies to less fortunate children within the Elkhorn Public Schools district. School supply packs are available for purchase in May and June for the following school year and delivered to the student's desk for open house.

PTO Meeting September 11th, 6PM

(Free childcare for all ages in cafeteria.)

Following are some of the topics we will discuss:

- Share PTO Committee Information
- Fundraising Goals for 2017-2018:
 - Track (Utilized for Walking Club, Gym, Etc.)
 - Additional Parking
 - Additional Ideas – All Parents/Ideas Welcomed!

West Bay Online Directory

Every student's name will be included in the 2017-18 Online Directory. Confirm your family information and pay \$5 for access via the email sent on Wednesday, August 9th from **West Bay Elementary** with a subject line of "Response Required: West Bay Directory Confirmation of Data & Purchase."

If you are new to West Bay and/or did not receive an email to confirm your family information simply go to join.myschoolanywhere.com, type in the join code of **westbay** and click Accept Invitation. Find the link to the directory at westbaypto.com which can be accessed by mobile phone, tablet and computer during the school year and next summer. Please direct questions to Katy Bode at katy.bode@gmail.com.

Volunteer Opportunities

There are still several open volunteer positions available for the 2017-2018 school year! Available positions listed on the West Bay PTO website (westbaypto.com) under the **Committees & Volunteers** tab. Sign up to volunteer or ask questions by contacting Liz Borkowski at blborkowski@hotmail.com.

Hy-Vee Receipts

Collect Hy-Vee receipts starting September 1st from ANY Hy-Vee grocery, gas station, pharmacy and the Caribou coffee at 180th & Pacific. Receipts must be dated September 1st to December 31st! Turn in the receipts at West Bay or drop in the "West Bay Elementary" containers at the front of Hy-Vee stores (180th & Pacific –OR– 180th & Q). For every **\$200** spent, Hy-Vee will donate **\$1** to West Bay Elementary PTO.

Yearbook

Starting August 9th order your 2017-2018 West Bay yearbooks by visiting westbaypto.com and click on YEARBOOK or place your order **online** at Back to School 101. The cost per yearbook is \$30, Personalization and/or an Icon can be added for an additional \$5 each. Price goes up to \$35 after **September 16, 2017**. Questions may be directed to the Yearbook Committee at westbayyearbook@gmail.com.

THANK YOU WEST BAY FAMILIES!!!

We Appreciate Your Continual Support Throughout the Year!

Thank you for your financial support and volunteering last school year! Your valuable contributions allowed the West Bay PTO to purchase bottle fillers for the water fountains, a canyon climber for the playground, a lost & found cabinet, a microwave for the teacher's lounge, set aside funds for second field trips for West Bay students this school year, bring in the Omaha Children's Museum show for winter assembly, organize and host teacher appreciation week, organize, run and provide snacks for Halloween and Valentine's parties, provide meals for staff during parent/teacher conferences, create and print an amazing yearbook and provide teachers with discretionary funds.

The PTO is committed to providing a fun year for families, students and staff. Throughout the 2017-2018 school year, the PTO will host THREE main fundraisers:

1. West Bay Bengal Fun Run September 14th
2. Nothing Bundt Cakes sales between February 23rd and March 9th
3. Bingo Night Spring Fundraiser on April 26th

All other PTO events are hosted at no additional cost for West Bay families to participate. With your support, the goal of our 2017-2018 PTO Board is to explore the financial feasibility of building a track for walking club and gym use as well as additional parking at West Bay and/or identify other opportunities to enhance West Bay. Thank you for your continued support, ideas and time to make West Bay a great place! Looking forward to a fantastic year ahead!

West Bay PTO

2017-2018

Back To School 101 Stations



West Bay PTO Board

President	Shagun Somasegaran
Vice President	Katy Bode
Treasurer	Stacey Mathis
Secretary	Kate Parsons
Community Liaison	Liz Borkowski

Get Connected

Website: www.westbaypto.com

Facebook: West Bay PTO – Parent Teacher Organization

Email: westbaypto@gmail.com

Not receiving West Bay PTO email updates? Send an email to westbaypto@gmail.com and request to be added.

1

Directory

Confirm your family's information and **Pay** for access to the 2017-18 Online Directory through the email sent to you on Wednesday, August 9th from **West Bay Elementary** with a subject line of "Response Required: West Bay Directory Confirmation of Data & Purchase." Click on the secure link in the email to confirm your family information, make changes if necessary, opt-out if you wish, and save. After saving, you will be prompted to pay \$5 through a secure PayPal link for online access available throughout the school year and next summer. Payment is required for a secure access code to the directory which will be sent via email by the end of August. The directory can be accessed by mobile phone, tablet and computer.

If you are new to West Bay and/or did not receive an email to confirm your family's information simply go to join.myschoolanywhere.com, type in the join code of **westbay** and click Accept Invitation.

Every student's name will be included in the directory.

2

Yearbook

Starting August 9th order your 2017-2018 West Bay yearbooks by visiting www.westbaypto.com and click on YEARBOOK or place your order **online** at Back to School 101. The cost per yearbook is \$30.00, Personalization and/or an Icon can be added for an additional \$5.00 each. Price goes up to \$35.00 after September 17, 2017. Online payment by credit card is required when order is placed. Questions may be directed to the Yearbook Committee at WestBayYearbook@gmail.com.

3

Apparel

West Bay Bengal **and** Elkhorn South Storm Spirit Gear are available for purchase at Back to School 101. Some items are available for cash and carry while others can be ordered through the PTO website at westbaypto.com by clicking on APPAREL. The items purchased online will be given to your student at school mid September. Don't miss your chance to show your BENGAL pride. Cash, check, and credit cards accepted.

4

Volunteer & Support Opportunities

WE NEED YOU! Every parent with a student at West Bay Elementary is a member of the West Bay PTO at no cost. PTO is run **solely** by parent volunteers and support. Questions about any of the following information may be directed to Shagun Somasegaran at ssomasegaran@gmail.com.

Volunteer: Open Chair, Co-chair, and committee positions include; BINGO Night Spring Fundraiser, Trophy Case, Walking Club, Bengal Fun Run, and Classroom Parties. A complete list of PTO Committees can be found at www.WestBayPTO.com under the COMMITTEES tab. Sign up at Back to School 101 to fill an open committee position.

Pick up your [District/PTO Calendar of Events](#) along with other important information at the Checkout Table.



WEST BAY ELEMENTARY DISTRICT & PTO CALENDAR | 2017-2018

2017-2018 West Bay PTO Board

President **Shagun Somasegaran**
 Vice President **Katy Bode**
 Treasurer **Stacy Mathis**
 Secretary **Kate Parsons**
 Community Liaison **Liz Borkowski**

PTO MEETINGS ARE HELD IN THE LIBRARY @ 6:00. FREE CHILDCARE!

Get Connected

Website: www.westbaypto.com
 Facebook: West Bay PTO – Parent Teacher Organization
 Email: westbaypto@gmail.com

Send an email to request to be added to the PTO email list to receive PTO updates to westbaypto@gmail.com

JANUARY 2018						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 1-3 Winter Break
- 8 PTO Meeting 6:00
- 11 PTO Parent Social-The Good Life
- 15 No School
- 23 Texas Roadhouse Family Fun Night 4:00-10:00
- 29 PTO Meeting 6:00-Dr. Habrock Visit
- 30 Yearbook Order Deadline

AUGUST 2017						
S	M	T	W	Th	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 1 Facility Use Request can be submitted
- 2-3 New Student Registration 8:00-4:00
- 9 Back to School 101 10:00-7:00
- 9 Kindergarten Curriculum Night 7:00-7:30
- 15 Open House ALL GRADES 6:00-7:00
- 17 First Day of School
- 23 1st-5th Curriculum Night 6:00-7:00
- 23 5th Grade Outdoor Ed Parent Meeting 7:00
- 29 Family Fun Night-Orange Leaf 4:00-10:00

FEBRUARY 2018						
S	M	T	W	Th	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

- 8 2nd & 3rd Music Program
- 9 Valentine's Parties 2:15
- 12 5th Grade Yearbook Ad Deadline
- 14-15 P/T Conferences (1 hour early dismissal)
- 14 **Breakfast w/a Buddy**
- 15 Family Fun Night
- 16 No School
- 19 Yearbook Photo Deadline
- 23 Nothing Bundt Cakes Fundraiser begins
- 26 Kindergarten Round-up Parent Meeting 6:30

SEPTEMBER 2017						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 4 Labor Day – No School
- 7-8 5th Grade Outdoor Ed
- 11 PTO Meeting 6:00
- 14 Bengal Fun Run
- 15 Fall Bengal Bash 5:00-7:30
- 18 Teacher In-service-No school
- 22 Freddy's Family Fun Night 5:00-11:00

MARCH 2018						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 2 Kindergarten Round-up
- 5 PTO Meeting 6:00
- 5-9 Teacher Appreciation
- 9 Nothing Bundt Cakes Orders due
- 9 Freddy's Family Fun Night 5:00-11:00
- 15 End of 3rd quarter
- 16 Teacher In-service-No school
- 19-23 Spring Break
- 30 Nothing Bundt Cakes Order Pick up

OCTOBER 2017						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 2 PTO Meeting 6:00
- 12 End of First Quarter
- 13 Teacher In-service-No school
- 17-18 P/T Conf (1 hour early dismissal)
- 17 Chipotle Family Fun Night 4:00- 8:00
- 20 No School
- 26 Health Screenings
- 27 Halloween Parties

APRIL 2018						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- 2 PTO Meeting 6:00
- 5 Kindergarten & 1st Music Program
- 19 The Good Life Family Fun Night 4:30 – 7:30
- 20 Teacher In-Service-No School
- 26 Spring Fundraiser 5:00-7:30

NOVEMBER 2017						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 6 PTO Meeting 6:00
- 7 Oscar's Family Fun Night 5:00-Close
- 9 4th & 5th Music Program
- 23-24 Thanksgiving Vacation

MAY 2018						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 9 PTO Planning Meeting
- 23 DQ Family Fun Night 11:30-3:00
- 23 Last Day *if NO missed days*
- 24 Last Day *if only 1 missed school day*
- 25 Last Day *if 2 or more missed school days*

DECEMBER 2017						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 8 Freddy's Family Fun Night 5:00-11:00
- 11 Last Day for Yearbook cover contest submission
- 22 Winter Assembly-Omaha Street Percussion
- 22 End of 2nd Quarter
- 28 West Bay Lancer's Hockey Night 7:05
- Dec 25- Jan 3 Winter Break

Calendar Key:

- First & Last Day of School: ☆
- No School: ■
- P/T Conferences: △
- 1 Hour Early Dismissal: ○

- Family Fun Nights: ■
- School Events: ■
- PTO Meetings: □
- PTO Events: ■
- PTO Fundraisers: ■

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

2

3

4

7

8
**Gluten Free Option (listed at the bottom of each day)

9

10



14

15

16

17
1 - Ham & Cheese Wrap
2 - Pizza Sticks w/Marinara
3 - Chicken Soft Tacos
4 - Strawberry Banana Parfait

**Ham & Cheese Wrap

18
1 - Ham Kydz-able
2 - Chicken Fried Steak
3 - BBQ Riblet Sandwich*
4 - Popcorn Chicken Salad

**Chef Salad

21
1 - Pepperoni & Cheese Sub*
2 - Mini Corn Dogs
3 - Beef & Cheese Nachos
4 - Strawberry Fields Parfait

**Fruit & Yogurt Parfait

22
1 - Pepperoni Pizza Kydz-able
2 - French Toast Sticks & Sausage
3 - Meatball Sub
4 - Popcorn Chicken Salad

**Turkey & Cheese Sub

23
1 - Italian Sub*
2 - Chicken Nuggets
3 - Chicken Fajita Quesadilla
4 - Banana Split Parfait

**GF Chicken Nuggets

24
1 - Chicken Popper Kydz-able
2 - Cheese Pizza
3 - Hot Ham & Cheese*
4 - BBQ Chicken Salad

**Cheese Pizza

25
1 - Turkey & Cheddar Sandwich
2 - Chicken Patty Sandwich
3 - Spaghetti & Meat Sauce
4 - Double Berry Parfait

**GF Buffalo Chicken Salad

28
1 - Turkey Kydz-able
2 - Cheeseburger or Hamburger
3 - Chicken Soft Tacos
4 - Chicken Caesar Salad

**GF Hamburger

29
1 - Pepperoni & Cheese Sub*
2 - Pancakes & Cheese Omelet
3 - BBQ Turkey Sandwich
4 - Blueberry Patch Parfait

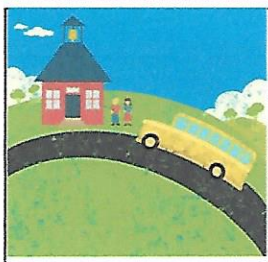
**Fruit Plate w/GF Muffin

30
1 - Pepperoni Kydz-able*
2 - Chicken Nuggets
3 - Goulash
4 - Fruit Plate w/Muffin

**GF Chicken Nuggets

31
1 - Ham & Cheese Wrap
2 - Pizza Sticks w/Marinara
3 - Sweet & Sour Chicken
4 - Strawberry Fields Parfait

**Ham & Cheese Wrap



Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all foods groups, at least 50% or more of the grains are whole grain rich and students are required to take at least ½ cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffisplayground.com



Nutrition • Achievement • Environment • Community • Activity

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 - Egg & Cheese Croissant 2 - Purple Daze Smoothie 3 - Assorted Cereal	1 - Ham, Egg & Cheese English Muffin 2 - Assorted Cereal
1 - Sausage Pancake Sandwich* 2 - Assorted Cereal	1 - Egg & Cheese English Muffin 2 - Mini Bagels 3 - Assorted Cereal	1 - Breakfast Pizza - Sausage* 2 - Assorted Cereal	1 - Bacon, Egg & Cheese Croissant 2 - Assorted Cereal	1 - Sausage & Cheese English Muffin 2 - Assorted Cereal
1 - Ham & Egg Bagel* 2 - Assorted Cereal	1 - Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Breakfast Pizza - Bacon* 2 - Assorted Cereal	1 - Egg & Cheese English Muffin 2 - Purple Daze Smoothie 3 - Assorted Cereal	1 - Bacon, Egg & Cheese Biscuit 2 - Assorted Cereal

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¼ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

Non-discrimination Statement

The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability or marital or family status. To file a complaint of discrimination, call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



2

3
**Gluten Free Option (listed at the bottom of each day)

4
1 - Ham Kydz-able*
2 - Chicken Gravy w/Mashed Potatoes
3 - Beef Soft Tacos
4 - Popcorn Chicken Salad

**Banana Split Parfait

5
Labor Day

6
1 - Cheese Pizza Kydz-able
2 - Pancakes & Scrambled Eggs
3 - Hot Ham & Cheese*
4 - Popcorn Chicken Salad

**Turkey & Cheese Sub

7
1 - Turkey Club Sub*
2 - Chicken Nuggets
3 - Meatball Sub
4 - Just Peachy Parfait

**GF Chicken Nuggets

8
1 - Chicken Popper Kydz-able
2 - Pepperoni Pizza*
3 - Pigs in a Blanket
4 - BBQ Chicken Salad

**Pepperoni Pizza

9
1 - Pepperoni & Cheese Sub*
2 - Chicken Patty Sandwich
3 - Chicken Fajita Quesadilla
4 - Double Berry Parfait

**Cheese Quesadilla

10
1 - Turkey Kydz-able
2 - Cheeseburger or Hamburger
3 - Sweet & Sour Chicken
4 - Chicken Caesar Salad

**Hamburger

11
1 - Ham & Cheese Wrap*
2 - French Toast Sticks & Sausage
3 - Grilled Cheese w/Tomato Soup
4 - Fruit Plate w/Muffin

**Fruit Plate w/GF Muffin

12
1 - Pepperoni Kydz-able
2 - Chicken Nuggets
3 - Chicken Crispito w/Cheese
4 - Fiesta Taco Salad

**Chicken Nuggets

13
1 - Turkey & Cheese Sub
2 - Pizza Sticks w/Marinara
3 - Sloppy Joe
4 - Blueberry Patch Parfait

**Ham & Cheese Wrap

14
1 - Ham Kydz-able
2 - Chicken Fried Steak
3 - BBQ Riblet Sandwich*
4 - Popcorn Chicken Salad

**Chef Salad

15
No School

16
1 - Pepperoni Pizza Kydz-able*
2 - Pancakes & Cheese Omelet
3 - Meatball Sub
4 - Chef Salad

**Turkey & Cheese Sub

17
1 - Italian Sub*
2 - Chicken Nuggets
3 - Chicken Fajita Quesadilla
4 - Banana Split Parfait

**GF Chicken Nuggets

18
1 - Chicken Popper Kydz-able
2 - Cheese Pizza
3 - Hot Ham & Cheese*
4 - BBQ Chicken Salad

**Cheese Pizza

19
1 - Turkey & Cheddar Sandwich
2 - Chicken Patty Sandwich
3 - Spaghetti & Meat Sauce
4 - Double Berry Parfait

**GF Buffalo Chicken Salad

20
1 - Ham Kydz-able
2 - Cheeseburger or Hamburger
3 - Macaroni & Cheese
4 - Minnie Mouse Salad

**GF Hamburger

21
1 - Sunbutter & Jelly Sandwich
2 - Dutch Waffle & Sausage
3 - Goulash
4 - Fruit Plate w/Muffin

**Fruit Plate w/GF Muffin

22
1 - Turkey Kydz-able*
2 - Chicken Nuggets
3 - Super Cheesy Quesadilla
4 - Popcorn Chicken Salad

**GF Chicken Nuggets

23
1 - Buffalo Chicken Wrap
2 - Italian Dunkers w/Marinara
3 - Beef Soft Tacos
4 - Strawberry Banana Parfait

**Ham & Cheese Wrap

24
1 - Pepperoni Kydz-able*
2 - Chicken Gravy w/Mashed Potatoes
3 - BBQ Turkey Sandwich
4 - Hawaiian Salad w/Roll

**Banana Split Parfait

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 - Bacon, Egg & Cheese Biscuit 2 - Assorted Cereal
Labor Day	1 - Bacon, Egg & Cheese Croissant 2 - Oatmeal Round 3 - Assorted Cereal	1 - Sausage Breakfast Pizza* 2 - Assorted Cereal	1 - Ham & Egg English Muffin* 2 - Strawberry Yogurt & Cinnamon Roll 3 - Assorted Cereal	1 - Egg & Cheese Biscuit 2 - Assorted Cereal
1 - Sausage & Egg Biscuit* 2 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal	1 - Bacon Breakfast Pizza* 2 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Berry Patch Smoothie 3 - Assorted Cereal	1 - Ham, Egg & Cheese English Muffin 2 - Assorted Cereal
No School	1 - Egg & Cheese English Muffin 2 - Mini Bagels 3 - Assorted Cereal	1 - Breakfast Pizza - Sausage* 2 - Assorted Cereal	1 - Bacon, Egg & Cheese Croissant 2 - Strawberry Yogurt & Cinnamon Roll 3 - Assorted Cereal	1 - Sausage & Cheese English Muffin 2 - Assorted Cereal
1 - Ham & Egg Bagel* 2 - Assorted Cereal	1 - Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Breakfast Pizza - Bacon* 2 - Assorted Cereal	1 - Egg & Cheese English Muffin 2 - Purple Daze Smoothie 3 - Assorted Cereal	1 - Bacon, Egg & Cheese Biscuit 2 - Assorted Cereal

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

Non-discrimination Statement

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