



## SANDOWN NORTH ELEMENTARY SCHOOL

October 2020



### From the desk of Mrs. Stafford, Principal

I am happy to share that the first few weeks back to school have been, from our perspective, successful. Our hybrid students and staff in both cohorts love having the opportunity to be together during their in person days. Our remote learners have gotten into a structured routine and are figuring out how to best navigate the technology involved. For both our hybrid and fully remote students, we recognize that a full day of remote

learning is quite a shift, especially for our young learners. That said, we are seeing student engagement, technology skills and stamina improve each day. However, we remain mindful of the need for physical movement, and screen breaks for students throughout the day, and we are working to incorporate them as needed. Witnessing the hard work of full days of remote and in person learning I have felt so very grateful for our teachers and parents and am so proud of our students.

You would be amazed at how well our hybrid students have acclimated to the new safety protocols we have put into place. Students are responsible with their masks and are adhering to our new procedures in the classrooms, as well as outside on our playground, during arrival, lunch and dismissal times. In addition to classroom procedures, teachers are modeling and practicing with students what zoom meeting procedures look like. Below are a few recommendations:

- Try to find a consistent space for your student to work at during remote days.
- Please be mindful of where your students are sitting. It is best to try and not have them working in a busy area of your home as the camera and the microphone may be on when students are unmuted.
- Just as it is helpful for them to have their backpack ready the night before, have your child have his/her materials at their workspace so they will not have to take time during the lesson to look for items.
- The workspace should be free from distractions, such as toys or other devices. When your child is in school, items brought from home are stored in backpacks until recess. Please remind your child that although they are home, they should not be playing with toys during lessons, as it becomes a distraction to themselves and their classmates.
- It is important that your child join live sessions on time.
- Students should have their cameras on and be ready to participate.

These are long days for children and we want to set them up for success by keeping them in a school routine even when learning remotely.

We understand that the technology piece can be challenging on certain days. This year, power outages take on a whole new meaning! We had a couple of issues this week. If a teacher does not show up on a zoom, it may be because they have lost power. Be sure and check Google Classroom as we will do our best to post an announcement there. Last week, our district technology department sent an email out to parents with some helpful links:

Help with Chromebooks Issues: [Student Chromebook FAQ's on Issues](#)

(continued on p. 2)

Help with Using Zoom: [Student Guide to Using Zoom](#) [Zoom Troubleshooting](#)

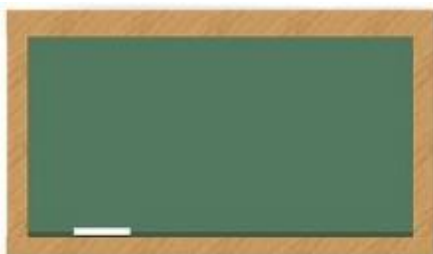
Troubleshooting tips with Internet/WiFi Issues: [TRSD Home Wi-Fi and Internet Tips](#)

This last week in September teachers held their Virtual Open Houses. Although it looked a lot different from years past, we were glad to be able to have the opportunity to share and answer general questions. Mrs. Guanci and I “visited” many of the sessions and heard wonderful feedback from families. Those of you who were able to attend saw the enthusiasm from these educators. What they are doing has never been done before! There is no roadmap, no courses they could take prior to this to guide them, and frankly, not a lot of time to prepare. However, our teachers are passionate about their careers. They care deeply about their students and work tirelessly to find creative ways to meet the needs of each child. Because of these traits, when asked to make a change, provide learning in a different format and location, they are also able to find creative solutions to problems that may occur. I really could not be prouder of our entire staff.

We also understand the incredible amount of shifting this has caused you and your families. I truly believe that together we are stronger. We may not always agree, but I hope you know we are here to work with you and support you, as our ultimate goal is the same, to continue providing meaningful learning experiences for our students. As I have for the past two years, I will host **Coffee & Conversation** meetings with parents. This year, I’ll be offering a time during the day as well as an evening time. Mrs. Guanci and I will hold our first meeting on **Thursday, October 29th, from 1pm-2pm and 6pm-7pm**. We will address strategies to help keep students focused and become more independent during their remote learning days. We will also allow time for additional questions or concerns. If you plan to attend, please complete this form [Coffee & Conversation Sign up](#) and we will send you the link the morning of October 29th.

As always, do not hesitate to reach out regarding any questions or concerns.

Best regards,  
Nancy Stafford, Principal



### **The Curriculum Corner**

**Meaghan Guanci, Assistant Principal and Curriculum Coordinator**

---

It has been a fantastic start for our village at Sandown North. We are so appreciative of the efforts of families, students, and staff to make our hybrid learning plan a success. This upcoming month, we will be looking to administer benchmarking assessments in math and reading for all of our students. Symphony Math is a program that we will be using to promote and track student growth in mathematics. In the next few weeks, if they haven’t already, students will be taking a Symphony Math benchmarking assessment. This assessment is adaptive, and therefore, will progress to material that your student has not worked with before to determine where each student is in their development. Students will also begin Reading Record assessments later this month; an assessment that staff and students are accustomed to doing multiple times throughout the course of the school year. This allows teachers to hear students read and evaluate their progress and skills.

In addition to our school benchmarking, students in Grades 4 and 5 will be taking part in the Interim NHSAS Benchmarking later this month. This is meant to provide our staff with a more complete understanding of how

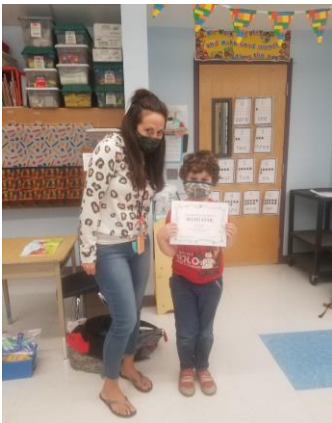
our students are progressing and help acclimate students to the state testing taking place this spring. More information will be forthcoming in the coming weeks.

Please remember, when your student is taking assessments at home, please do not provide help with the assessment beyond helping your student log into the application. This ensures that staff have an accurate picture of where students' skillsets lie and we can better instruct and challenge your child academically. In addition, for some of the computer adaptive assessments, like Symphony Math, allowing students to complete the assessment independently ensures that the subsequent content recommended based off of their performance is appropriate and not too difficult.

### STAR Classroom Spotlight

Our staff has been working very hard to make the start of this school year a success. We have seen much creativity to find ways to continue engaging students and make learning fun. Over the course of the year, we will select a staff member to feature in this section.

This month, we would like to feature Mrs. Melissa Siuda. Mrs. Siuda is one of our Grade 4 teachers, known for her engaging lessons and creative twists- and this year is no different! One of the challenges staff have faced this year is teaching students spread out between two classrooms. Mrs. Siuda has embraced this challenge by synchronously providing instruction by using a document camera and projecting herself visually and audibly into two classrooms. Please watch [THIS VIDEO](#) for a quick look!



### STAR Student Spotlight

Congratulations to first grader, Asher Savery, for completing the 100 Minutes of Math Summer Challenge! Asher, who is in Mrs. Robinson's class, worked very hard this summer on his math skills.

We are so proud of you, Asher, excellent work!

### Tips for Making Remote Learning a Success

**Participation is KEY!** Whether in school or on zoom, students need to be active participants in their learning. Encourage your child to ask and answer questions on zoom calls. If your student is shy, consider alternative ways to participate outside of speaking on a zoom call. For example, utilizing the chat function to type in a response or question or providing hand gestures- thumbs up, down, or in the middle to showcase understanding.

**Set Timers!** Special shout out to third grade parent, Mrs. Lombard, for sharing this tip during Open House. Set a timer on your child's device to help them make their Zoom meetings on time- this is especially helpful for students who you are trying to help become more independent or those who cannot tell time yet.

**Assignment Completion:** Work completion is integral for teachers to work with students to build their skill sets, and ultimately, evaluate the competencies for core content and Unified Arts. On remote days, if a student is sent home with work to complete during independent work time, students should be completing this work and turning in this work on their next cohort day.

**Shifting Mindsets:** It can be very hard for students to separate their homelife and school life. Having these two merged together can be confusing and challenging for some students. In order to start the day off on the right note, consider using this [“Ready to Learn” checklist](#). Special thanks to Mrs. Titelbaum and Mrs. McDonough for sharing!

**Setting up for success:** Work with your child to create a school environment in your home. Think about workspace options- do you have multiple children sitting at the same dining room table? No problem! Consider using tri-fold presentation boards to create a more private work area. Your child can even decorate and personalize their space. Utilizing headphones or earbuds also helps limit distractions and helps children to stay more on task. And speaking of distractions, keeping children away from television sets is certainly helpful too!

**Movement Breaks:** While many of our staff work to build in movement breaks to their daily virtual schedules, our Physical Education teacher, Mrs. Kim DeCristofaro has some wonderful movement suggestions to share. Check out many movement break ideas by [clicking here](#).

## October Technology News



I was delighted to work with grades 2 and 1 in September. We were able to make a lot of progress in our technology skills with our daily meetings. With our first trimester emphasis on using technology to learn, create, and communicate as responsible digital citizens, students are using tutorials and related programs to build and try out new skills.

Students are welcome to join their grade level technology class early to get a preview or head start on tutorial work and assignments. There are also helpful student resources at the top of the classwork page. The stream contains

district technology resources and information that may be of interest to parents. Students can join with their grade level technology Google Classroom ahead of time with the following classroom codes:

Grade 3: diex6dn

Grade 4: mqzft7p

Grade 5: kgacz6c

I look forward to working with Kindergarten and grade 5 in October, and grade 4 and 3 in November.

Sincerely,  
Justin Bentley-Melle



Welcome Back! We will be having a virtual PTA Meeting on Wednesday, October 14 at 6pm.

All are welcome!

Thank you  
Lucinda Quinney  
PTA President

<https://us02web.zoom.us/j/85949660367?pwd=azBoZTc1Q0w4R1hWdzhRUXdYN3h0dz09>

Meeting ID: 859 4966 0367

Passcode: 353502



## Music News



Welcome back! It has been my pleasure to work with second and third graders in music class so far. I look forward to seeing the rest of my Sandown North musicians later during this trimester!

Some of you have reached out to me or our office staff about the Music Department's co-curricular activities. For now, the Music Department is postponing its recruitment and registration for beginning instruments (band and chorus); no date for enrollment has been set. For students who have already been playing a band or string instrument: Please stay tuned! The Music Department is working out details about how we can present this instruction to your child this year. Once there are updates, Mr. Mainella and I will reach out to our returning band and string families for next steps.

If your child is *not* continuing lessons this year and you plan to return the rental instrument, contact the company directly to make arrangements. If you have not done so already, please send an email to me (strings) or Mr. Mainella (band) to let us know.


Due to scheduling challenges, chorus will not be offered this year to 4th and 5th graders. Instead, I will offer optional self-directed opportunities for those students who are interested. These will be presented either as part of their Music Google Classroom page or in a separate Google Classroom for singing resources.

Please feel free to contact me or Mr. Mainella if you have any questions or concerns about your child's music education. Take care and be well.

Musically yours,

Mrs. Alison Yankowskas [Alison.Yankowskas@timberlane.net](mailto:Alison.Yankowskas@timberlane.net)

Mr. John Mainella [John.Mainella@timberlane.net](mailto:John.Mainella@timberlane.net)



### Qué te pasa calabaza? Nada, nada limonada What's New in Spanish Class

#### October Curriculum

**First Grade**

- School Objects
- Basic Greetings & Calendar
- Fall Weather
- Basic Questions (Age/Name/Date)

**Second Grade**

- Basic Questions (Age/Name/Date)
- Numbers/ Colors
- School Objects
- School Subjects

**Third Grade**

- Calendar
- Basic Questions (Age/ Name/ Date)
- School Objects
- School Subjects

**Fourth Grade**

- Basic Greetings & Calendar
- Basic Questions about Self & Others
- Introductions (formal and informal)
- Descriptions of School Activities

**Fifth Grade**

- Basic Greetings & Calendar
- Basic Questions about Self & Others
- Introductions (formal and informal)
- Descriptions of School Activities
- Describe Feelings of Self & Others

#### FLES Program Information

FLES this year is composed of one pre-recorded lesson found on your child's Spanish Google Classroom and one "LIVE" Zoom class.

Please refer to your child's daily schedule to determine when he or she has the "LIVE" class and when the pre-recorded lesson is scheduled.

If you have any questions please reach out to your child's Spanish teacher.

Kimberly Buchwald (Grades 2,3, & 5)  
[kimberlybuchwald@timberlane.net](mailto:kimberlybuchwald@timberlane.net)

Nicole Vaccarezza (Grades 1 & 4)  
[nicolevaccarezza@timberlane.net](mailto:nicolevaccarezza@timberlane.net)

#### Important Dates

Please join us September 30th at 5-5:45 or at 6-6:45 for the Unified Arts and FLES Virtual Open House

Come ask questions and learn about the UA and FLES programs this year.

## ***From the Sandown North Library Media Center***

Dear Parents,



The Sandown North School Library has been busy preparing for the school year. While things may look a bit different this year, we are here and excited to provide library services to everyone. The Sandown North Library has wonderful resources that your child will still be able to take advantage of throughout the year. In the upcoming weeks your child will learn more about what the library has to offer as well as information about book check out, return procedures, and the proper way to care for books. While children won't be visiting the library in person at this time, please know that the library is a resource that is still accessible for all students and families of the Sandown community.

We will be operating the library differently to accommodate for the current situation. Children in first and second grade will be filling out "Book Menus" to request a book. This graphic form will allow for children in the younger grades to choose a book based on their interests, as well as to request a specific book. The library staff will deliver the requested book to the classroom the next day that the student is in school. We are excited that students will still be able to take home books to enjoy. Please take the time to read and discuss the story and illustrations with your child. Reading aloud with children is one of the best ways to develop their language skills and to foster a lifelong love of literature.

Students in grades three through five will have library orientation with Mrs. Ross over the next few weeks during their special time. They will learn how to place a book on hold using Destiny. Library staff will then deliver the requested items to the classroom. In the meantime, if a student in any grade has a book request please email [joann.evans@timberlane.net](mailto:joann.evans@timberlane.net) so that we can get your book for you!

The process to request books is the same for remote students. Once you have made a request on Destiny, your books will be placed outside the school, labeled for parent pick-up. Pick-up days will be **Tuesdays and Fridays, between 10:00 AM and 3:30 PM** starting Tuesday, September 29th. Remote students can place returned books in the bin that will be provided outside. Students in the building are asked to return books to the cart outside of the library. Upon their return, books will be quarantined, untouched, for one week before being checked back into the library collection.

Books will be checked out for a period of two weeks and can be renewed for longer. Students will be informed and reminded of the rules of proper book care over the next few weeks. Please help your child find a spot at home to keep library books safe. It is the policy of the Timberlane Regional School District to charge students the replacement cost of library materials that are lost or damaged.

Thank you and I look forward to helping your child take full advantage of our library resources this year. If you have any questions, please feel free to contact me at 887-8505 x 7542

*Mrs. Laura Ross, Library Media Specialist*

*JoAnn Pinard-Evans, Library Assistant*

# OCTOBER HEALTH OFFICE NEWS



## FALL WEATHER REMINDERS



1. Dress in layers and be prepared for cool or wet weather
2. Send your student in with change of clothes in case they get wet on playground



FLU SEASON



DON'T FORGET TO GET YOUR FLU VACCINE



COVID

Any student or staff experiencing any of the following symptoms will need to stay home and be COVID tested.

- Headache
- Muscle and body aches, fatigue
- Sore throat, runny nose, congestion
- Nausea, vomiting, diarrhea
- Fever New cough, shortness of breath, or difficulty breathing
- New loss of taste or smell

Please refer to the district web site

<http://www.timberlane.net/wp-content/uploads/Timberlane-Evaluating-Sick-Students-and-Staff-Color-1.pdf>



TRSD MASK PROTOCOL








Thank you for sending your student into school with a clean mask each day. As a reminder masks need to fit properly and be able to stay in place to cover the nose and mouth without the student having to constantly touch the mask. Please send in a second mask spare in with your student each day.

TRSD Mask Protocol

<http://www.timberlane.net/wp-content/uploads/TRSD-Mask-Protocols.pdf>

## Additional Reasons your child should stay home

-  **Fever** - Any fever over 100 degrees during the night or morning before school. Students should be fever free for 24 hours without the use of fever reducing medications such as Tylenol or Motrin before returning to school. For fevers over 101 a call to the doctor may be necessary.
-  **Head Lice**- According to the Department of Public Health and Human Service recommendations, a student with a confirmed case of head lice may return to school after proper treatment. All cases of lice should be reported to the school nurse.

- 
**Rashes** - In accordance with the Department of Health and Human Service guidelines, any student with an unusual rash or rash with fever, should be evaluated by a physician prior to returning to school.
- Conjunctivitis- (pink eye)**-According to the Department of Public Health and Service guidelines, students with crusty, itchy, red eyes with thick yellow drainage should be excluded from school. If a diagnosis of conjunctivitis has been made, the student may return to school after 24 hours of antibiotic treatment.
- 
**Strep throat**-In accordance with the Department of Health and Human Services guidelines, students with strep throat may return to school after 24 hours of antibiotic treatment and be free of fever.
- 
**Vomiting and/or Diarrhea**-Students should remain home for any episodes of vomiting or diarrhea occurring within 24 hours of the school day.

## IF YOUR CHILD IS ABSENT

Please call all absences into the attendance line.

**603-887-8505**

Please include symptoms of illness. In addition, please report any contagious illnesses, hospitalizations or injuries to the school nurse.

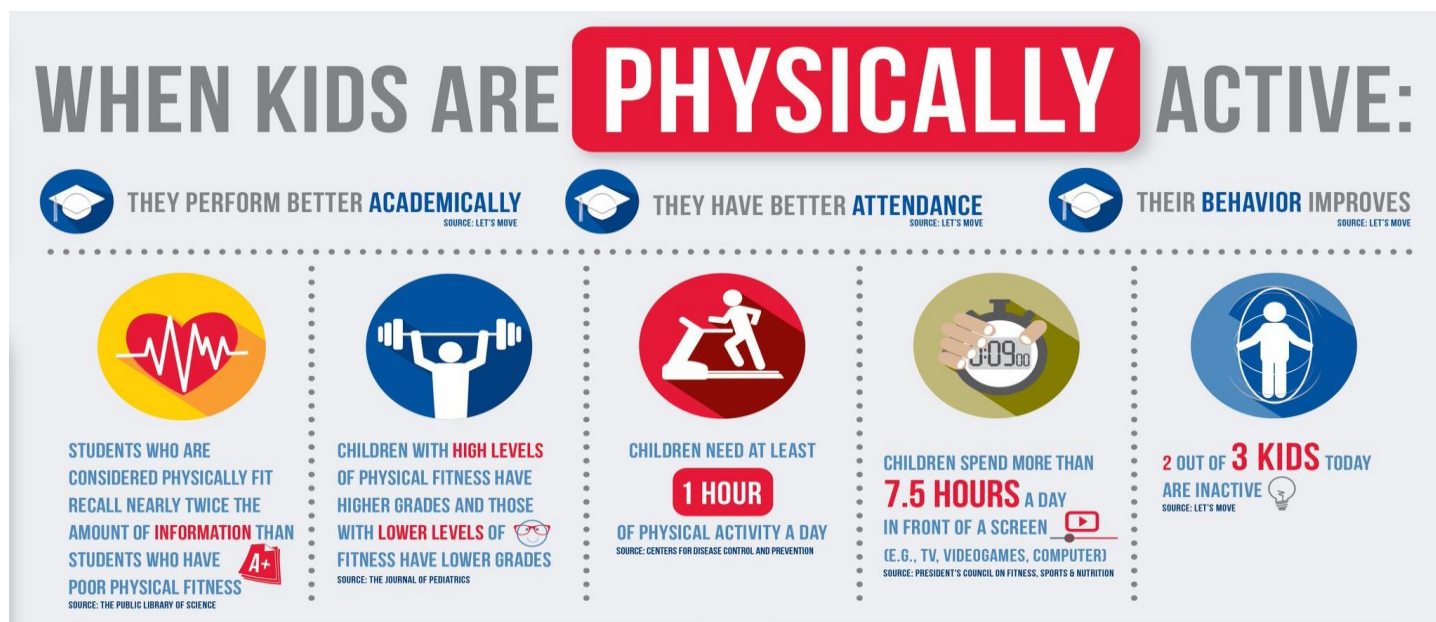
## IF YOUR CHILD IS INJURED

Doctor's notes are required for activity restrictions related to illness or injury for physical education, wellness, recess or school related activities. Any student with ace bandage, splint, cast, orthopedic brace, boot, crutches, etc. all require doctor's notes.

Please feel free to contact me should you have any questions, 603-887-8505, ext. 7519.

Thank you,

Maureen Healy, RN BSN, Sandown North Elementary School







## Welcome Back!

Hi Everyone,

My name is Ms. Lynch, and I will be covering Mrs. Houlihan while she is taking this time to enjoy the much joyful time of her newborn baby. I will be here to cover her until she returns. I am so excited to meet all your children and become part of the Sandown North Stars community!

### SEL Calendar

It has been a challenging six months with all these new changes. not just to our education, but our lives. This calendar can be something fun and a great way to start your morning with the kids.

## COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

**30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏**

<b>1</b> Make a plan to help you keep calm and stay in contact	<b>2</b> Enjoy washing your hands. Remember all they do for you!	<b>3</b> Write down ten things you feel grateful for in life and why	<b>4</b> Stay hydrated, eat healthy food and boost your immune system	<b>5</b> Get active. Even if you're stuck indoors, move & stretch	<b>6</b> Contact a neighbour or friend and offer to help them	<b>7</b> Share what you are feeling and be willing to ask for help
<b>8</b> Take five minutes to sit still and breathe. Repeat regularly	<b>9</b> Call a loved one to catch up and really listen to them	<b>10</b> Get good sleep. No screens before bed or when waking up	<b>11</b> Notice five things that are beautiful in the world around you	<b>12</b> Immerse yourself in a new book, TV show or podcast	<b>13</b> Respond positively to everyone you interact with	<b>14</b> Play a game that you enjoyed when you were younger
<b>15</b> Make some progress on a project that matters to you	<b>16</b> Rediscover your favourite music that really lifts your spirits	<b>17</b> Learn something new or do something creative	<b>18</b> Find a fun way to do an extra 15 minutes of physical activity	<b>19</b> Do three acts of kindness to help others, however small	<b>20</b> Make time for self-care. Do something kind for yourself	<b>21</b> Send a letter or message to someone you can't be with
<b>22</b> Find positive stories in the news and share these with others	<b>23</b> Have a tech-free day. Stop scrolling and turn off the news	<b>24</b> Put your worries into perspective and try to let them go	<b>25</b> Look for the good in others and notice their strengths	<b>26</b> Take a small step towards an important goal	<b>27</b> Thank three people you're grateful to and tell them why	<b>28</b> Make a plan to meet up with others again later in the year
<b>29</b> Connect with nature. Breathe and notice life continuing	<b>30</b> Remember that all feelings and situations pass in time	<p style="font-size: 1.2em; margin: 0;">“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>				

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)



### Family Time!

Some of us may have gained video recording skills, or our kids may have! Let's show off our skills with our family to the community! If comfortable, you can follow the steps provided and submit your video of your family moving! I would love to send a dance video out once a week to keep our community connected.

1. Each family member must decide on one dance move they want to add to the family dance
2. Stand in a circle and have a DJ choose a song
3. Each family member takes a turn showing their dance move and the rest of the family must repeat
4. Decide as a family on the sequence of dance moves, putting all the dance moves to create your family dance
5. Watch the video together and laugh uncontrollably!
6. If you would like to be featured, please send it to me at [carly.lynch@timberlane.net](mailto:carly.lynch@timberlane.net)

### Why?

This activity builds focus and memory muscle. Movement is important for brain development and everyone needs time to relax and de-stress as well. Add your family dance throughout your week or have a special song you can use to signal everyone to spontaneously to break out into the dance!



Let's talk about...why students need class meetings now more than ever!

During these unprecedented times, Covid-19 pandemic has fundamentally disrupted children's lives, both at home and at school. Building-or rebuilding-strong relationships with peers and school staff is a critical first step in helping students cope.

The pandemic and the changes to school schedules are exposing students to trauma. For students who may already experience trauma at home, or students who may be experiencing trauma for the first time, school schedule changes (remote learning or hybrid) are experiencing increasingly stressed and anxious family members, such as parents who are trying to balance work and childcare, or who may have lost jobs, or who are caring for others who are ill. Left unaddressed, these traumas can lead to toxic stress.

Fortunately, educators can be an important buffer against trauma during this crisis. With the barriers that we are encountering, educators can provide a supportive online sanctuary where students can build strong connections with adults and peers.

With the information provided, I am hopeful we can all work together as a community and help one another out as much as possible.

If you have any questions or concerns, please reach out to me.



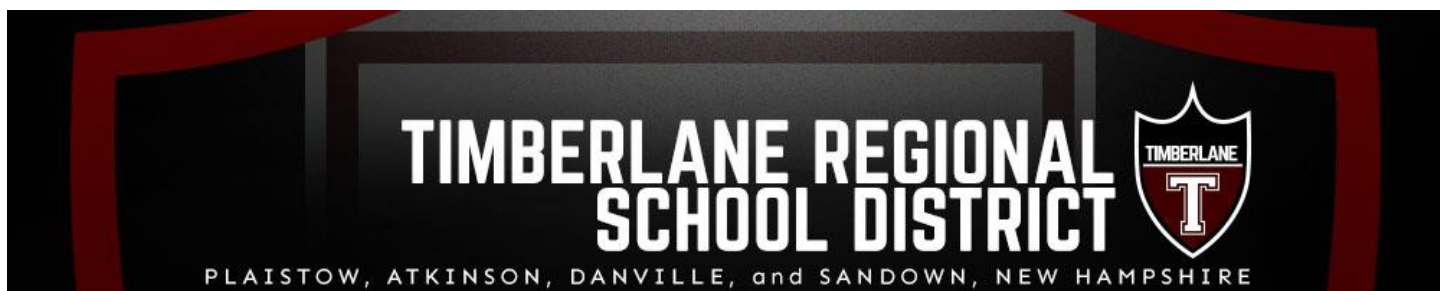
Best wishes

Carly Lynch

School Counselor, ext. 7543

[Carly.Lynch@timberlane.net](mailto:Carly.Lynch@timberlane.net)

Sources: [Secondstep](#), [Images](#), [Calendar](#)



## Timberlane Regional School District Food Service programming update.

The District will be offering no charge breakfast and lunch meals (regardless of free/reduced status) to all District students under a program extended by the USDA until December 31, 2020, or until USDA funding runs out.

### 1. Hybrid Students:

- a. Meals will be available in schools on days when students are in school.
- b. Every Wednesday, the elementary school in each town will have meal pickup from 8:00am to 11:00am (see below for a listing of schools).
- c. Three breakfast meals and three lunch meals will be made available to cover days the students are learning remotely.

### 2. Remote Students:

- a. Every Wednesday, the elementary school in each town will meal pickup from 8:00am to 11:00am (see below for a listing of schools).
- b. Five breakfast meals and five lunch meals will be made available to cover days the students are learning remotely.

Distribution of Meals on Wednesdays from 8:00am to 11:00am will be at the Kitchen Door at the following Elementary Schools:

- Atkinson Academy: 17 Academy Avenue, Atkinson, NH 03811
- Danville Elementary: 23 School Street, Danville, NH 03819
- Pollard Elementary: 120 Main Street, Plaistow, NH 03865
- Sandown North: 23 Stagecoach Drive, Sandown, NH 03873

The program is open to all District students, including High School and Middle School students. There is no need to qualify for Free or Reduced status. Parents or guardians may pick up their student's meals, students do not need to be physically present.

Although this program is scheduled to run until December 31, 2020 (or when USDA funding runs out), families are encouraged to get applications in early for Free or Reduced meals qualification for the remainder of the year. Please see the 2020-2021 Household Application for Free and Reduced Price School Meals on our District Food Service page:

<https://www.timberlane.net/lunch/>.





# Welcome to our Lunch Cafe

## Timberlane Sandown North Elementary

**October 2020**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

### HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



5 Roasted Turkey with Gravy Dinner Rolls Or Crispy Chicken Sandwich Garden Salad Fresh Apple Fluffy Mashed Potatoes Diced Pear Cup Cranberry Sauce	6 Cheese Pizza 🍕 Or Cheeseburger Fresh Baby Carrots Baked Beans Side Salad Mixed Fruit Fresh Apple	7 Meal Pick up  Wednesday's  8:00am until 11:00am  At all 4 Elementary Schools	1 Roasted Turkey with Gravy Dinner Rolls Or Crispy Chicken Sandwich Garden Salad Fresh Apple Fluffy Mashed Potatoes Diced Pear Cup Cranberry Sauce	2 Cheese Pizza 🍕 Or Cheeseburger Fresh Baby Carrots Side Salad Baked Beans Mixed Fruit Fresh Apple
12 Columbus Day  No School	13 Cheese Pizza 🍕 Or Fish Patty Melt Sandwich Confetti Garbanzo Bean Salad Fresh Baby Carrots Side Salad Sliced Peaches	14	8 Nachos Grande Or Crispy Chicken Sandwich Mixed Fruit Sweet Corn Side Garden Salad Fresh Apple	9 Cheese Pizza 🍕 Or Fish Patty Melt Sandwich Confetti Garbanzo Bean Salad Fresh Baby Carrots Side Salad Sliced Peaches
19 Chicken with Gravy Whole Wheat Dinner Roll Or Crispy Chicken Sandwich Fluffy Mashed Potatoes Fresh Apple Garden Salad Diced Pear Cup Cranberry Sauce	20 Cheese Pizza 🍕 Or Bacon Cheeseburger Fresh Baby Carrots Caesar Salad Sliced Peaches Fresh Melon Cup	21	15 Chicken with Gravy Whole Wheat Dinner Roll Or Crispy Chicken Sandwich Fluffy Mashed Potatoes Fresh Apple Garden Salad Diced Pear Cup Cranberry Sauce	16 Cheese Pizza 🍕 Or Bacon Cheeseburger Caesar Salad Fresh Baby Carrots Sliced Peaches Fresh Melon Cup
26 Pasta & Meat Sauce 🍝 Or Crispy Chicken Sandwich Confetti Garbanzo Bean Salad Caesar Salad Broccoli Florets Applesauce Fresh Banana	27 Cheese Pizza 🍕 Or Tuna Salad Sandwich 🍷 Fresh Baby Carrots Side Salad Sliced Peaches Fresh Orange	28	22 Pasta & Meat Sauce 🍝 Or Crispy Chicken Sandwich Caesar Salad Confetti Garbanzo Bean Salad Broccoli Florets Applesauce Fresh Banana	23 Cheese Pizza 🍕 Or Tuna Salad Sandwich 🍷 Fresh Baby Carrots Side Salad Sliced Peaches Fresh Orange
			29 Soft Tacos 🌮 With Brown Rice Or Crispy Chicken Sandwich Sweet Corn Mixed Fruit Side Garden Salad Fresh Orange	30 Cheese Pizza 🍕 Or Turkey & Cheese Sandwich Fresh Baby Carrots Side Salad Mixed Fruit Fresh Apple



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD Meal Planner free of charge from the App Store or Google Play, and view your menu on your mobile device anywhere.



#### Lunch Prices:

\$2.60

Reduced Lunch .40

Low Fat Milk .50

100% Juice .50

#### Help Wanted

Food Service Worker

Contact John Fratiello

[fratielloj@whitsons.com](mailto:fratielloj@whitsons.com)



Vegetarian



Meatless

Natural Ingredients



Park



Smart Choice



More Info

Organic Ingredients

#### Also Available Daily

Bagel Lunch- Wheat Bagel, String Cheese, Organic Yogurt

Healthy Choice Salad - A bed of Lettuce, Grape Tomatoes, Cucumbers, Cheese and Whole Grain Rolls

Sunbutter & Jelly Sandwich

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. There is a subject to change notice posted above the menu board. All trademarks are the property of their respective owners.