


SANDOWN NORTH



SANDOWN NORTH ELEMENTARY SCHOOL

December 2019

From the desk of Mrs. Stafford, Principal



Once again the month has flown by! In November, we continued to reinforce our Community Heroes theme by observing Veteran's Day with a week of activities. Mrs. Ross, our media specialist, shared several resources for teachers which applauded our veterans and discussed patriotism. Many classes did activities which involved discussions of the symbolism of our flag, the significance of the Star Spangled Banner and Pledge of Allegiance. Ms. Healy, our school nurse, created a special Veteran's Day bulletin board honoring our "behind the scenes" heroes, our veteran nurses.

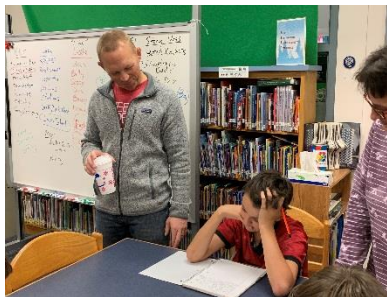
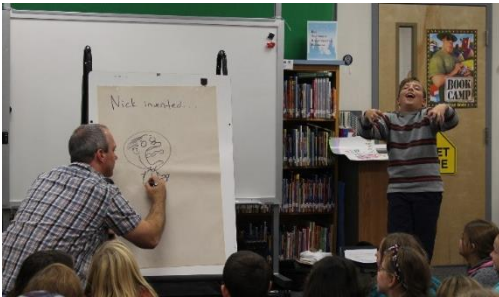
World Kindness Day was celebrated on Wednesday, November 13th. Students participated in kindness themed activities, and many of our staff wore cardigans to channel the spirit of Mr. Rogers and the kindness he modeled and encouraged! We continue



to highlight the acts of kindness and star behaviors exhibited by our students by posting about our students on the easel in the front lobby for all to see. We are so proud of their community spirit.

Our latest school wide rollout theme to promote a kind and supportive community is *Listen and Follow Directions*. To celebrate our student's efforts, teachers held a Game Day during the week of November 18-22. Students had the chance to play board games, which helped to reinforce listening, following directions, and turn taking skills.

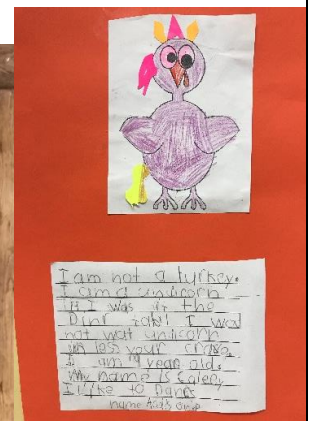
Thanks to our wonderful PTA and parents for supporting our Scholastic Book Fair, we had two local authors visit in November! Marty Kelly, illustrator and author of several fun-loving children's books returned to our school and presented to our students in Grades 1-3 to talk about the writing and editing process. He had students come up with inventions and then illustrated our student and his invention. Rob Buyea, author of the popular Mr. Terupt series of novels about a fifth



grade teacher, presented and held writer's workshops with our fourth and fifth graders. The students loved having both authors!

Giving thanks and turkeys were prevalent throughout the building as Thanksgiving approached. Our Thankful bulletin board, created by Title One teacher, Danielle

Accorto, gave us all the opportunity to express what we love and give thanks for each day.



With the hustle and bustle of this season of celebrations, December is magical but also can be a stressful time. As excited as children may be, they may also feel stress. Although we have some special activities at school, we also try to keep to a regular schedule. Keeping schedules and bedtimes as consistent as possible will help our kids to navigate through the anticipation and excitement of the holidays. With the dark, cold nights upon us, taking a few extra minutes at night to sit and read together is a perfect way to spend some peaceful, quiet, one on one time with your child during a fun, but stressful time.

Wishing you a joyful, healthy, and peaceful holiday season!

Nancy Stafford, Principal

Follow your north star!

We are the village!

The Classroom Corner

On Friday, November 22nd, students in the fourth grade participated in Energy Day. Throughout the course of the day, students were immersed in three different lessons focused on three types of energy- sound, electric, and heat energy. Students were first hooked into each lesson through the exploration of a science phenomenon connected to the science concept. Students then proceeded with hands-on activities where they were able to experience the energy and phenomenon first-hand. To explore the power of sound energy, students utilized audio speakers and instruments to see how soundwaves impacted grains of rice. For electric energy, students were tasked with creating a circuit in order to turn a lightbulb on. As a way to understand heat energy, students took water bottles, dipped them in dish soap, and then immersed them into buckets of hot and cold water to see what would happen. Students also created models to explain why the phenomenon occurred. In some cases, students revisited their models and revamped them in order to yield better results. At the end of each lesson, students created a class summary table of their observations. Thank you to Mrs. Castano, Mrs. Howell, and Mrs. Siuda for putting together such a fun, interactive day for our students. Special thanks to Mrs. Iacozzi for stepping in to lead the sound lesson and to Mrs. Minihane, Mrs. Gurczak, and Mrs. Chaput for assisting our classes with the activities.



UPCOMING EVENTS



December 4 – Timberlane District Family STEAM Night, All invited, Timberlane Middle School, 5:00-8:00 pm

December 4 – Drama Club, SN, 3:15-5:00 pm

December 5 – School Board Meeting, SAU, 7:00 pm

December 9 – Monday Morning Meeting, Sandown North Cafeteria, 8:50 am

December 9 – Title 1 Family Celebration, Sandown North, 5:30-7:00 pm

December 10 – Vision Screening

December 10 – Elementary Honors, Band, Orchestral, Chorus Concert, PAC, 7:00 pm

December 11 – Drama Club, SN, 3:15-5:00 pm

December 11 – PTA Meeting, Sandown Central, 6:00 pm

December 12 – Drama Club, SN, 3:15-5:00 pm

December 12 – Fourth grade field trip, State House, 9:00 am

December 13 – Picture Retakes, 9:00-10:30 am

December 16 – Monday Morning Meeting, Sandown North Cafeteria, 8:50 am

December 18 – Drama Club, SN, 3:15-5:00 pm

December 19 – School Board Meeting, SAU, 7:00 pm

December 20 – Annual Holiday Sing-Along, Students and Staff only, 2:00 pm

December 23 to January 1 – Holiday Break

January 2 – School Re-opens

January 2 – School Board Meeting, SAU, 7:00 pm



Sandown North Mitten Giving Tree

The season of giving is upon us! Let's help care for our friends and neighbors together.

Staff and students are invited to hang new sets of mittens in all sizes on our tree.

Mittens will be donated to Timberlane's Mealy Meals program. Please bring your mittens in by December 11th.



Attendance Information

Please notify the school prior to the start of the school day (8:40 am) if your child will be absent or tardy. You may call the attendance line at 603-887-8503 or use the Pick Up Patrol website. All unconfirmed absences will be verified to ensure the safety of the students. If absences cannot be verified, a wellness check will be conducted by the Sandown Police Department.

Dismissal Changes

Please contact the school office with all dismissal changes by note or Pick Up Patrol prior to 2 pm. Please contact the office by phone for any unplanned last minute changes, or emergency dismissals only.

Revised School Year 2019-2020 Calendar

There has been a revision to the 2019-2020 School Calendar. The Professional Development day scheduled for January 28, 2020 has been rescheduled to February 11, 2020.

Therefore, school will be in session on January 28th but will be closed on February 11th.



December 2019 Music News

Upcoming performances for our Sandown North musicians are:

- **Tuesday, December 10, 2019 at 7:00 PM at the PAC:** Elementary Honors Band/Orchestra/Chorus Concert
- **Tuesday, January 7, 2020 at 7:00 PM at the PAC:** Sandown North Winter Concert, featuring all band, string, and chorus students

□ Mr. Mainella and I will be sending home detailed notices soon to families of ensemble students. Best wishes to you and your family as you prepare for the holidays! As always, please contact myself or Mr. Mainella if you have any questions regarding your child's progress in music.

Musically yours,

Alison Yankowskas

Technology News

Student designers are thinking from all angles. Students in grades 1 -3 are preparing their designs for virtual class markets. Grade 5 students are testing designs with scale models. Our fourth graders are choreographing group Bee Bot dances. Mrs. Bruce and I look forward to hosting a Bee Bot challenge at the Timberlane STEAM night on Tuesday, December 3rd from 5-8 pm at Timberlane Middle School. We hope to see you there!

Mr. Melle



PTA[®]

everychild.one voice.[®]

The Sandown PTA would like to give many, many thanks to our community for their support in helping and donating to both the Santa Sale and Festival of Trees. Thank you to all who donated toys to the Santa Sale, baked goods, AMAZING trees for the Festival of Trees, Art Signals Studio & Look What I Made for supplying the pottery for the children to paint, Triple Elm for donating the hot chocolate, and thank you to everyone who took time out of their schedules over the span of 3 days to help make the 2 events so successful! We truly have an amazing community. Between the 2 events, we raised almost \$2,000!! That money goes towards planning more events for the schools/community and to help support our schools through field trips, enrichment events, and so much more.

Are you interested in being part of our Festival of Trees next year? Please send any inquiries to kmccartneypta@gmail.com

Thank you!

Lucinda Quinney

PTA President





Hello!

I hope everyone was able to enjoy our first snowfall! For the winter months, I will be checking in with students about what Zones they are experiencing at the start of each lesson, moving on to discuss the topics of worry management, friendship, and problem solving! Throughout the remainder of the school year, I will continue to introduce and practice various types of mindfulness activities with all of the classrooms. I hope everyone has a wonderful holiday season! ★

SEL Classroom Lesson Snapshot



Ms. Worthen's classroom enjoying their mindful coloring moment at the end of their lesson; paired with calming music and a cool jellyfish video!

Attendance

Throughout the school year, with illnesses, colds and the flu, we understand it can be difficult to concentrate on school attendance. However, we do become concerned when we notice a child has frequent absences and/or tardiness to school. Research shows that students who miss just 5% (or 9 school days in a year) of their education are "at risk" for academic concerns and that students who miss 10% (or 18 school days in a year) are considered "chronically absent" and their education is being directly impacted. In fact, after just three years of absenteeism at or above 10%, a student will no longer be performing at grade level and may require specialized instruction to remediate skills.

✓ See attached handouts for more information on school attendance at the elementary level

Holiday Mindful Moments

FIND YOUR warmth

Hot chocolate, anyone?

Hold your hot chocolate in your hands. Feel the warmth from the cup. Let the warmth spread through your body. What else brings warmth into your life?



Sit comfortably in your space. Picture your favorite cozy spot to relax. Now, imagine you have a cup of your favorite warm drink. Maybe it's hot chocolate. Maybe it's tea or hot apple cider. Imagine you're holding the mug between your hands.

Take a deep breath in, inhaling the scent of your drink. Feel the steam rise up into your nose. Exhale slowly through your mouth, gently blowing on your drink to cool it off.

Feel the warmth from your cup travel through your hands, up through your arms, and into your heart. Picture the person or thing that warms your heart.

Inhale deeply, smelling your drink. Exhale slowly and completely, blowing on your drink before taking a sip.

What is warming your heart right now? Where in your body do you feel the warmth when you think about that person or thing?



Time to melt away the holiday chaos!

Imagine you are a snowman on a sunny beach. Feel your body slowly melt into the sand (taking the chaos with it!).

Sit comfortably in your space. Close your eyes and imagine that you are a snowman on a warm, sunny beach.

Paint a picture in your mind of yourself as a snowman. Build your body. Picture your snowman clothes. Add some arms and a nose.

Now, imagine the scene around you is a beach. You are a snowman relaxing on the beach. Feel the warm sun on your face. Feel your snowman face grow warm and gently begin to melt down into your snowman neck. Feel your neck grow warm and slowly melt into your shoulders and chest. As your chest and heart grow warm from the sun, feel the gentle ocean breeze float by.

Feel the rest of your snowman body slowly melt into the sand until you are completely relaxed as if your own body has gently melted into your seat.



Please feel free to contact me with any concerns you may have about your child throughout the school year.

Best Wishes,

Samantha Houlihan

School Counselor, Extension 7543

Samantha.Houlihan@Timberlane.net

WHEN IS SICK TOO SICK FOR SCHOOL?



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).



Adapted with permission from Baltimore City Public Schools.



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

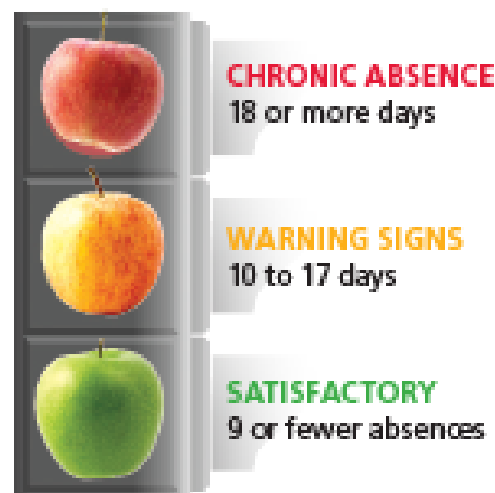
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org

Health office Reminders

- Cold and Flu season has arrived- If you haven't had your family get their flu vaccines yet, please consult with your physician. Convenient MD will also provide them for free.



- Please **DO NOT** send your child to school if they have had a fever, diarrhea, vomiting, or red crusty eyes in the last 24 hrs. Student should be fever free for 24 hours without using fever reducing medicine, before they return to school.



- Students should be coming to school dressed in layers and warm enough for winter weather. Sweatshirts are not enough. Students should have winter coats, hats, mittens and boots as needed. A letter from Mrs. Stafford went out to the families this month regarding this. It would also be helpful if your child had an extra pair of clothing in school in case they get wet.



Wishing you and your family a very happy holiday season.



HAPPY HOLIDAYS!!



Maureen Healy, RN, BSN Sandown North Elementary School Health Office



K9 Reeves

K9 Anthem

HOLIDAY SAFETY EDUCATOR

A Family Fire & Life Safety Education Newsletter

Count Your Blessings

The holiday season can be a very busy and hectic time. The NH State Fire Marshal's Office and your local fire department would like to urge all citizens to look for, and correct, potential dangers from cooking, heating, holiday lights, and decorations that could lead to fires or injuries. Please take a moment to help make sure that your family, friends and visitors are kept safe by looking over this newsletter. From all of us at the NH State Fire Marshal's Office, "May you and yours have a very safe and memorable holiday season!"

Be sure to click on the [red links](#) to learn more.



1. **TEST SMOKE ALARMS** If you did not change the batteries on Nov 3rd **PLEASE** take a moment to do so now. Remember smoke alarms themselves have an expiration date and need to be replaced every 10 years.

2. **CARBON MONOXIDE ALARMS** should be properly working and placed throughout the home on every level and in the garage according to manufacturer's directions. Periodically check to make sure they are working.



3. Create/review your home **ESCAPE PLAN** with **TWO WAYS OUT OF EVERY ROOM** and be sure the plan is hanging visible in a central location. Practice with family members and visitors, especially those spending the night.

4. Be sure your **OUTDOOR MEETING PLACE** is established and understood by all. Should an alarm sound, **GET OUT** and **STAY OUT**. As you exit, close all doors behind you. **Do not return into the home** for any reason.

5. **REVIEW** with children and family members **the proper use of 9-1-1** from both a home phone and cell phone so everyone knows how to contact 911 should an emergency arise and help be needed.

Traveling for the holidays? No matter where you are staying be sure to take a moment and **review escape plans and safety measures** for that type of home/building. Keep your family **SAFE** this holiday season!



NOVEMBER: CARBON MONOXIDE AWARENESS & SAFETY



Carbon monoxide is known as an "Invisible Killer" because it is a colorless, odorless, poisonous gas. It can be caused by, or released from, faulty furnaces/heating appliances, cars left running in garages or misplaced portable generators. Landon reminds us never run vehicles or other fueled engines indoors. Be **SAFER** this winter season with this very important reminder from Landon.

COOK your TURKEY, NOT your HOME.

The NH State Fire Marshal's Office strongly discourages the use of outdoor gas-fueled turkey fryers that cook the turkey in hot oil. The use of turkey fryers can lead to devastating burns as well as property damage.

5 DANGERS OF FRYING A TURKEY:

1. Turkey fryers can easily tip over, spilling hot oil over a large area.
2. An overfilled cooking pot will cause oil to spill when the turkey is put in. A partially frozen turkey will also cause cooking oil to splatter when put into the pot.
3. Even a small amount of cooking oil spilling on a hot burner can cause a large fire.
4. Without thermostat controls, deep fryers can overheat oil to the point of starting a fire.
5. The sides of the cooking pot, lid, and pot handles can get dangerously hot.



Please take the time to visit the links below to learn more about the dangers of turkey frying, cooking alternatives and turkey fryer safety tips. WWW.CPSC.GOV WWW.USFA.GOV WWW.NFPA.ORG



HOLIDAY COOKING SAFETY

We know that the kitchen is the heart of the home, especially during the holiday season. Did you know that cooking fires are the number one cause of home fires and injuries? Follow a few safety tips to prevent these fires.



- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen when you are frying, grilling, boiling or broiling dinner.
- If you are simmering, baking or roasting food, check it regularly. Stay in the kitchen while food is cooking.
- Keep anything that can catch fire; oven mitts, wooden utensils, food packaging, towels, curtains, and/or clothing, away from the stovetop.
- Keep children away from the stove. The stove will be hot and kids should stay at least 3 feet away.

IF YOU HAVE A COOKING FIRE:

- Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.
- For an oven fire turn off the heat and keep the door closed.

IF YOU HAVE ANY DOUBT ABOUT FIGHTING A SMALL FIRE...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 from outside the home.

CLICK on one of these VIDEOS below for more on COOKING SAFETY.



DECK THE HALLS... SAFELY

Winter holidays are a time for families and friends to get together, but that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING



- ▶ Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- ▶ Keep lit candles away from decorations and other things that can burn. Consider using battery operated candles as a safer option.
- ▶ Some decorative lights are designated only for indoor, or outdoor use, but not both. Follow the manufacturers instructions for safe usage.
- ▶ Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for the number of light strands that can be connected together.
- ▶ Use clips, not nails, to hang lights so the cords do not get damaged.
- ▶ Keep decorations away from windows and doors.

Keep an eye on burning away from a heat source

HOLIDAY ENTERTAINING



- ▶ Test your smoke alarms and tell guests about your home fire escape plan and meeting place.
- ▶ Keep children and pets away from lit candles.
- ▶ Keep matches and lighters up high in a locked cabinet.

- ▶ Stay in the kitchen when cooking on the stovetop.
- ▶ Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.



3rd GRADE ANNUAL CALENDAR CONTEST

Every year the NH State Fire Marshal's Office and the NH Fire Prevention Society hold an Annual Fire & Life Safety Calendar Contest. This contest is open to ALL 3rd grade students in public, private and home school settings. Students are encouraged to pick a monthly topic (list found on the linked learn more page), to research the safety topic and to then design a clear and colorful poster with their important safety message. We need your help in keeping citizens safer and are looking forward to receiving your entry!

[LEARN MORE!](#)



DECEMBER: SAFE USE OF CANDLES and HOLIDAY SAFETY

By: Carter Blanco

Carter would like to remind us to unplug and shut off all of our Christmas tree lights before going to bed so the tree does not catch on fire while we are sleeping. Excellent reminder Carter, thank you!

CHRISTMAS TREES: Festive, Fun and FLAMMABLE

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly. Follow these recommended safety tips.



Picking the Tree

- Choose a tree with fresh, green needles that do not fall off when touched.

Placing the Tree

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand daily.

Lighting the Tree

- Use lights that have the label of a recognized testing laboratory such as UL or ASTM. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.

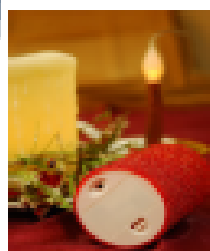
TREE Safety



**Tips: Prevent Holiday
Tree Fires**



CANDLE SAFETY



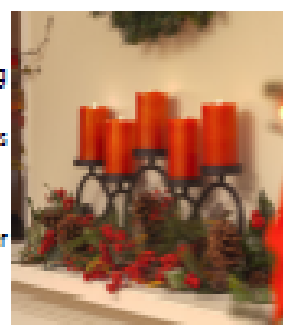
- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 12 inches away from anything that could burn.
- Use candle holders that are sturdy, and won't tip over easily.
- Put candle holders on a sturdy uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down — put it out before it gets too close to the holder or container.

- Never use a candle if oxygen is used in the home.

- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.

Learn more on Candle Safety

LEARN MORE



Paul J. Parisi
NH State Fire Marshal



DIVISION OF FIRE SAFETY
33 Hazen Drive
Concord, NH 03305
Phone: (603) 223-4289
Arson Hotline:
1-800-400-3526
FMO@dos.nh.gov

**PUBLIC EDUCATION
SECTION:**
DISTRICT CHIEF:
Danielle Cole
EDUCATORS:
Sheryl Nielsen
Mary MacCaffrie
Amy McLaughlin

Message from Marshal Parisi:

'Tis the season for gatherings, gratitude and get-togethers!

We all agree it is fun to decorate for the winter holidays, but what many of us do not realize is that the holidays, and their decorations, increase the risk for a home fire. As you deck the halls this season, please be fire smart.

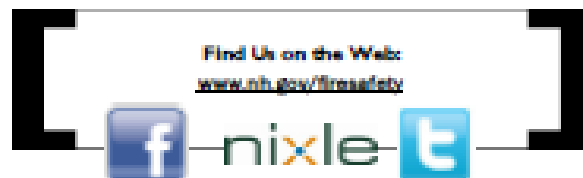
- While cooking traditional holiday meals, stay in the kitchen especially while cooking on the stovetop.
- Keep small children and pets at least 3 feet away from the stove.
- Read manufacturer's instructions for the number of light strands that can be safely connected together.
- While live Christmas tree fires are not common, when they do occur, they are rapid and dangerous. On average, 1 of every 31 reported home Christmas tree fires result in death.
- Make sure your tree is watered daily and at least 3 feet away from any and all heat sources.

By taking a moment to ensure that your home is safe this holiday season, your holidays will become much less worrisome. This interactive newsletter contains not only valuable information on how to do this, but excellent video links to enhance your understanding on the topics provided.

Should you have any questions please do not hesitate to contact your local fire department or the State Fire Marshal's Office.



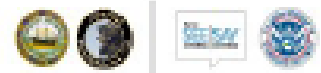
Paul J. Parisi
NH State Fire Marshal



If you **see** something, **say** something®
REPORT SUSPICIOUS ACTIVITY
Call 9-1-1 or your local police department

"If you see something, say something" is a national campaign that raises public awareness of the indicators of terrorism and terrorism-related crime, as well as the importance of reporting suspicious activity to state and local law enforcement.

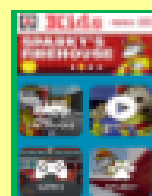
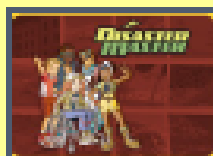
[LEARN MORE](#)



"If You See Something, Say Something" used with permission of the NH Department of Transportation Authority

KS, Student and Parent Approved Websites:

While we encourage students to disconnect and enjoy safe outdoor play we understand that sometimes the weather just doesn't cooperate. So when it comes to computer time try any one of these child friendly fire and life safety websites! Just click a picture to open the link and explore. Have fun learning to be safer!



ReadyNH.gov
TAKE ACTION. BE SAFE.

Any questions or comments regarding this newsletter please feel free to contact:

Sheryl Nielsen
Public Education Specialist
Youth Firesetter Intervention & Education
Sheryl.Nielsen@dos.nh.gov 603-223-4289

Welcome to our Lunch Cafe at...

Timberlane Pollard Elementary

December
2019

Monday

Tuesday

Wednesday

Thursday

Friday



2 Chicken and Waffles Or Grilled Cheese Sandwich Garden Salad Fresh Baby Carrots Applesauce Fresh Orange	3 Soft Tacos Or Cheese Quesadilla Fresh Apple Sliced Peaches Side Garden Salad Cucumber Coins	4 Pasta & Meat Sauce Or Cheeseburger Green Beans Garden Salad Strawberry Cup Fresh Banana David's Chocolate Chip Cookie Chef Rich Visits Atkinson	5 Meatball Hero Or Crispy Chicken Sandwich Garden Salad Fresh Apple Ranch Flavored Hummus Fresh Baby Carrots Sweet Potato Fries Diced Pear Cup	6 Cheese Pizza Or Fruity Parfait Fresh Baby Carrots Side Salad Mixed Fruit Fresh Apple
9 Chicken Nugget & Mozzarella Stick Combo Whole Wheat Dinner Roll Or Grilled Cheese Sandwich Garden Salad Sliced Peaches Sweet Potato Fries Fresh Orange	10 Nachos Grande Or Turkey & Cheese Sandwich Mixed Fruit Sweet Corn Side Garden Salad Fresh Orange	11 Homemade Mac & Cheese Or Cheeseburger Baked Beans Broccoli Florets Fresh Banana Kiwi Pretzel Fun Lunch	12 Roasted Turkey with Gravy Or Crispy Chicken Sandwich Caesar Salad Fluffy Mashed Potatoes Fresh Orange With Cranberry Sauce Garlic Cheese Biscuit	13 Cheese Pizza Or Turkey & Cheese Sandwich Fresh Baby Carrots Side Salad Sliced Peaches Fresh Orange
16 Whole Grain French Toast Crispy Pork Sausage Links Or Grilled Cheese Sandwich Garden Salad Crispy Potato Puffs Strawberries Fresh Orange	17 Chicken Bowl with Gravy Whole Wheat Dinner Roll Or Tuna Salad Sandwich Sweet Corn Mixed Fruit Side Garden Salad Fresh Orange	18 Turkey Hot Dog on Bun Or Cheeseburger Cucumber Coins Baked Beans Fresh Banana Mixed Fruit Paradise Punch 100% Juice	19 Baked Chicken Fluffy Mashed Potatoes Or Crispy Chicken Sandwich Fresh Apple Strawberries Garden Salad Fresh Baby Carrots Cranberry Sauce	20 Cheese Pizza Or Whole Grain Fish Sticks With Whole Wheat Dinner Roll And Tartar Sauce Caesar Salad Fresh Baby Carrots Fresh Orange Sliced Peaches
23 	24	25	26	27

30	31	HARVEST MONTH  Whitson's proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.		
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We recognize consumers are reducing their meat intake and instead embracing more plant-based foods for their positive impact on the planet and our health. In response, we are expanding our menu offerings to include more plant-based, vegetarian, meatless options.



Help Wanted

Food Service Worker
Contact John Fratello
fratelloj@whitson.com

Lunch Prices:
\$2.60
Reduced Lunch: .40
Low Fat Milk .50
100% Juice .50

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

All Lunches Include:
Skim, 1%, Low Fat Chocolate Or Strawberry Milk
Vegetables/ Variety of Fresh & Cupped Fruits

Assorted Condiments available Daily

VEGETARIAN
 MADE WITH NATURAL INGREDIENTS
 PORK
 MADE WITH ORGANIC INGREDIENTS

*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.