

# WESTMERE ELEMENTARY NEWSLETTER

<http://www.guilderlandschools.org/westmere/Westhome.htm>

## APRIL 2017

Mrs. Beth Bini  
*Principal*

Dear Westmere Families,

Welcome to April,

As we begin this new month, please be aware of changes to the school calendar. Based on the two recent snow days, all students will be in attendance for a full day on Friday, **May 26**. In addition, students in grades K-2 will attend school for a half day on **Tuesday April 4**. Dismissal on April 4 will be at 11:30 with no lunches served. Students in grades 3-5 will have a regular full day of school on April 4. Some conferences will remain as planned on April 4, others will be rescheduled. Please check with your child's teacher.

Westmere will also be in recess for the spring vacation from **April 14- 21**. No school on those days.

The third marking period ends mid-April and report cards will be available on School Tool on **Thursday April 13**, the day before the spring recess. Please be sure to log in and review your child's growth and progress.

Let's hope spring is just around the corner and warmer weather is on the way! Happy Spring everyone!

Sincerely,

Beth Bini  
Principal

### SCHOOL OFFICE HOURS

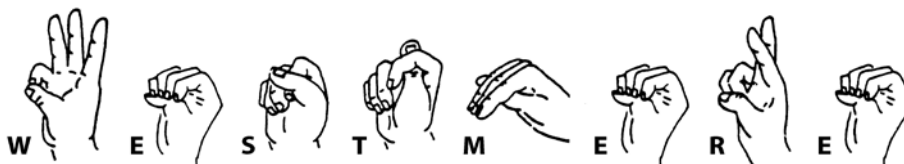
7:30 A.M.-3:30 P.M.

Telephone: 456-3771

Secretaries:

Mrs. Marie Wark

Mrs. Laurie Hilton





**IMPORTANT DATES TO REMEMBER**

- April 4**      **K-2 Half Day 11:30 Dismissal**
- April 5**      **Parent-Teacher Conferences**
- April 5      Gr. 4-5 Enrichment 2:10-3:40
- April 6      Westmere Spring Concert 7 PM
- BOE Meeting 7 PM HS LGI
- April 11      Bldg. Cabinet 2:15 Conf. Room
- BOE Meeting 7 PM HS LGI
- April 12      K-2 Half Day 11:30 Dismissal
- Parent/Teacher Conferences
- Grade 4-5 Enrichment 2:10-3:40
- PTA McDonald's Night 4-7 PM
- March 13      Report Cards released on School Tool
- 5<sup>th</sup> Grade Marketplace
- April 14**      **NO SCHOOL-Good Friday**
- April 17-21**   **NO SCHOOL-Spring Break**
- April 25      Ready, Set...Kindergarten
- Incoming 2017 students
- April 26      Gr. 4-5 Enrichment 2:10-3:40
- PTA Meeting 6 PM Library
  
- May 2      NYS Math Test Gr. 3-4-5
- BOE Meeting 7 PM HS LGI
- May 3      NYS Math Test Gr. 3-4-5
- PTA Walk A Thon 1:15-1:45
- Gr. 4-5 Enrichment 2:10-3:40
- May 4      NYS Math Test Gr. 3-4-5
- Story Pirates 12:35 K-2/1:10 Gr. 3-5
- PTA Talbots Night/Stuyvesant Shopping
- Night 4-7 PM
- May 9      Bldg. Cabinet 2:15 Conf. Room
- May 16      SCHOOL BUDGET VOTE 7AM-9PM
- Mystery Door Hunt at Westmere 3-9 PM
- May 18      5<sup>th</sup> Grade Visit to FMS @ 11:30
- Ready, Set...Kindergarten 2:15
- May 19      5<sup>th</sup> Grade Luau 6-8



**MORNING DROP-OFF**

Students may be dropped off **no earlier** than 7: 30 AM and then proceed down to the cafeteria where there is supervision until 7:45.

Student drop off is at 7:45 when our school day begins. Please drop off as close to that time as possible. Dropping off children from 7:55 -8:00 already puts your child in a "catch up" mode. Help your child avoid being late. Drop off at 7:45!



**SCHOOL SAFETY**

Please make sure you let friends or family members who may be picking up your child know they will be asked for an ID if they are picking up a child or entering the building. We truly appreciate your understanding as we work to find the most efficient ways to process visitors while keeping our school as secure as possible.

During the day the doors will be locked while students are in school and you will be requested to follow the school rules for visitation. We are going to be asking you to help us expedite the process by "R.S.V.P.ing" to your classroom teacher for class events so we can pre-register you for your visit. This will help us ensure you have a pleasant visit to Westmere so you can enjoy time with your child.



**FROM THE NURSE**

Spring is finally here and believe it or not the Health Office starts looking forward to the next school year. This is a reminder that it is not too early to start making those appointments for your child to see their doctor and dentist. New York State requires physicals and dental exams on children entering Kindergarten. New York State is also in the process of changing the grade levels that a physical is required. Please "stay tuned" for future information regarding these changes.

Any physical done between **9/1/16 and 9/1/17** is acceptable. A certified New York State doctor or clinic must do this exam. Out of state and out of country physicals are not acceptable. This also includes all New students to the Guilderland School District and those students who are age appropriate in the Boces Special Education programs. Again please watch for future information regarding grade levels that will need the required physical in the future.

As 5<sup>th</sup> grade starts looking forward to the Middle School, there are also immunizations that are required for the entry to 6<sup>th</sup> grade. Students in 6<sup>th</sup> grade will need the booster vaccination of Tdap, and the full dosage of polio and varicella, if they have not received them already. Notices will be sent home with those students who still need the require immunizations for 6<sup>th</sup> grade. Please send all proofs of immunization to the Westmere Health Office

prior to the end of this school year or to the Middle School Health Office during the summer months.

This is also the time of year to watch for “ticks”. Please have your children wear light color clothes with long sleeves and pants, to help prevent the “tick” from attaching themselves to your child’s body. Ticks are everywhere. They can be on the ball field, playground, walking in the woods and in your own back yard. Please check your child when they come home from playing outside. But let this not stop your child from being outside and enjoying the good weather. Happy Spring. Stay Healthy – Marie Eoff, R.N.



**FROM THE MICKI NEVETT LIBRARY**

The Micki Nevett Library  
Westmere Elementary School



**Happy Birthday Dr. Seuss;  
Read Across America**

Greetings from the Westmere Elementary Library; March was certainly a busy month that was over before we knew it! What a great time we had celebrating the birthday of Dr. Seuss and Read Across America. The children listened to and participated in related activities during Library times during the first week of March. Now April is upon us and we are excited about what that will bring!

Children in Kindergarten have continued to explore the differences between fiction and nonfiction as we focus on “SPRING”.

Children in Grade 1 will begin to explore the organization of a Library; how are those books put on the shelf anyway and how exactly can I find what I am looking for? During the month of March, we started to explore “genres”. Not only did we learn what the word means but examples of the different books that Westmere has in the Library. We explored “mystery”, “fantasy”, and “Folk/Fairy Tales” along with others. Next, students will begin to become comfortable with suggesting books to friends (making recommendations). This will be great fun as we use emojis to do it.

Students in Grades 2 will explore “how to” books to compliment classroom activities. We will share book titles such as “How to Read a Story” and “How This Book was Made”.

Students in Grade 3 will continue exploring book titles that connect with what is happening in the classroom setting. We have already begun to explore what that library has related to South America and Water Cycle.

Students in Grades 4 will use technology to create book trailers and/or recommendations using the iPad, green screen and different apps. I am so excited for them!

Grade 5 will participate in book talks, share some great picture books and fine tune their searching skills as they prepare to head to FMS in the fall.

Before we know, it will be time for Summer Reading suggestions; be on the lookout for information about local summer reading programs and book checkouts. It is also most helpful if you have a look around the house and send back any stray “Westmere Library Books”.



**MUSIC**

Welcome Spring!

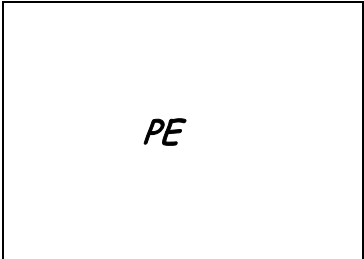
Our Spring concert is on Thursday, April 6th. The groups performing will be.....4th and 5th grade chorus, 4th grade band, 4th grade orchestra, 5th grade

band, and 5th grade orchestra. Look for information to come home.

As always, instrumental students should be practicing at *least* 15-20 minutes daily. (Please, encourage your child to play a song or two for you at home.)

3rd grade should be handing in their instrumental choice form as soon as possible. Feel free to e-mail questions to the addresses below.

Judy Russo  
Jeff Herkenroder (strings)  
[herkenroderj@guilderlandschools.net](mailto:herkenroderj@guilderlandschools.net)  
Karylene Close (band) [closek@guilderlandschools.net](mailto:closek@guilderlandschools.net)



**HAPPY SPRING!!** With the warmer than usual weather we hope you can find time to get outside and be a little more active with your family. Remember you are a great example for your child.

We would like to thank all of you who helped with our American Heart Association, Jump Rope For Heart Fundraiser! We raised just over \$4,400. Currently our Students are working hard on the **Floor Tennis, Indoor Tennis, Circus Arts Units** which have been a big hit!

Our next unit will be the **Rhythm & Dance** unit that is a big hit building wide. If you would like to come and join your son and daughter for a class of dancing come on in!

Enjoy Your Spring Break!!!

Your favorite Physical Education teachers

Mrs. Reed-Best & Mr. Schwan



Kindergarten students are looking at the artwork of Henri Rousseau, a French painter who often depicted jungle scenes. They are learning about the flora and fauna of the

jungle and creating three dimensional jungle works of their own.

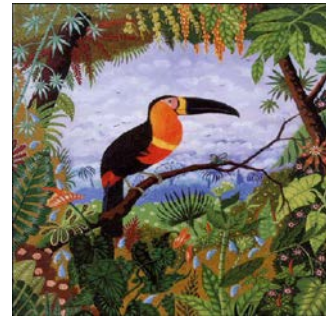
First grade is studying warm and color colors and painting a personal design based on this concept.

Second grade has been studying proper facial proportions and students are creating clay sculptures of faces using this knowledge and their imagination. When finished, the pieces will be fully painted.

Third grade has been studying Lunar new year, which is popular in several Asian Countries. They are creating large, pop-out dragon sculptures using cut paper and clay.

Fourth grade is studying Native American Pueblo storytellers and creating their own storyteller sculptures out of clay. These works feature a larger person/ animal telling a story surrounded by young audience members.

Fifth grade is studying the dynamics of the marketplace. In their homerooms they have brainstormed ideas of businesses and products they can create. In the art room they are now creating visual works to create interest and help advertise their products.



**Please put your child's name on their clothing and other items.** Each year items are donated because they cannot be identified. The Lost and Found is located outside the library in the main lobby.

# WESTMERE PTA NEWSLETTER

## April 2017

**Heather Rowe**  
President

**Kim Phelan**  
Vice President

**Maria Witazek**  
Treasurer

**Brenna Autrey**  
Recording  
Secretary

**Penny  
Martinsen**  
Corresponding  
Secretary

**Rebecca  
Simpson**  
Membership  
Chairperson



**SEFCU School Banking:** Calling all students! If you are not already a member of the SEFCU school banking it is time to join! You benefit from saving your money and winning a prize each week! And Westmere PTA gets rewarded with a cash bonus every year for each active banker! Join in the fun and help your school!

**Thanks to everyone who came to the Westmere Carnival.**

**It was a great night of fun for our Westmere families.**

**Don't forget...**As you are cleaning out clothes, you can put them in the **BLUE** donation bin at Westmere. The PTA gets a donation based on the weight of the bin each month. Every little bit helps! Thank you.

**Membership:** It's NEVER too late to join the PTA. Email Rebecca [rs551040@aol.com](mailto:rs551040@aol.com) for information.

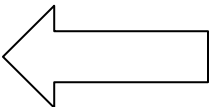
Our next PTA Meeting is Wednesday, April 26<sup>th</sup> – 6pm in the library. Please join us!

Interested in helping with the PTA next year? Nominations for officer positions for the 2017-2018 school year will be accepted at the April 26<sup>th</sup> PTA meeting. Come and share your ideas and interest. We are always looking for volunteers.

**McDonald's Teacher Night** is Wednesday, April 12<sup>th</sup>. Have dinner at McDonald's on Western Avenue and support your Westmere teachers. A flyer will be sent home in backpack mail.

**Mark your calendars...**The Walk for Westmere is Wednesday, May 3<sup>rd</sup>. More information will be coming home soon.

**MAIN LINE MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What is a meal?</b>  <b>An Entrée (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza)</b>  <b>2 Fruits</b>  <b>2 Vegetables</b></p>	<p><i>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</i></p> 			
<p>3  <b>5 WG Chicken Nuggets</b>                  Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch)                  or  <b>WG Chicken Quesadilla</b> (2 Protein &amp; 2 Starch)                  or  <b>BBQ Rib Patty</b> on WG Bun 1/2c Potato Wedges (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  X-Ray Vision Baby Carrots                  Silly Dilly Green Beans  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>4  <b>Italian Dunkers</b> (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 3 Starch)                  or  <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  X-Ray Vision Baby Carrots                  Power Punch Broccoli  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  Blueberries                  2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>5  <b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ cup Long Grain Brown Rice (2 Protein &amp; 2 Starch)                  or  <b>Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch)                  or  <b>2 Stuffed Shells</b> (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  Go-Go Cucumber Wheels                  Tom Thumb Peas  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>6  <b>1 c WG Rotini</b> Served w/ 3 oz Homemade Spaghetti Meat Sauce Over Top (2 Protein &amp; 2 Starch)                  or  <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)                  or  <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  Tiny Tasty Tree Tops (Broccoli)                  Kickin' Corn  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>7  <b>Meatloaf on WG Bun &amp; Mini WG Pretzel</b> (2 Protein &amp; 2 Starch)                  or  <b>WG Breaded Chicken Pattie</b> Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein &amp; 3 Starch)                  or  <b>Pizza Bagel</b> (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Dragon Tongue Beans(veg)  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit                  3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>10  <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch)                  or  <b>5 Meatball Sub</b> (2 Protein &amp; 2 Starch)                  or  <b>Cheeseburger</b> on a WG Bun (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  X-Ray Vision Baby Carrots                  Silly Dilly Green Beans  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>11  <b>Italian Dunkers</b> (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 3 Starch)                  or  <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  X-Ray Vision Baby Carrots                  Power Punch Broccoli  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  Blueberries                  2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>12  <b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Grated Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch)                  or  <b>Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch)                  or  <b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  Go-Go Cucumber Wheels                  Tom Thumb Peas  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>13  <b>Hot Dog</b> Served on WG Bun 2 PC's of Ketchup or  <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)                  or  <b>Sloppy Joe</b> on a WW Bun (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  Tiny Tasty Tree Tops (Broccoli)                  Kickin' Corn  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>14  <b>Good Friday Holiday</b></p> 
<p>17  </p>	<p>18  </p>	<p>19  <b>Spring Recess</b></p>	<p>20  </p>	<p>21  </p>
<p>24  <b>5 WG Chicken Nuggets</b>                  Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch)                  or  <b>2 Stuffed Shells</b> (2 Protein &amp; 2 Starch)                  or  <b>BBQ Rib Patty</b> on WG Bun 1/2c Potato Wedges (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  X-Ray Vision Baby Carrots                  Silly Dilly Green Beans  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>25  <b>Italian Dunkers</b> (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 3 Starch)                  or  <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  X-Ray Vision Baby Carrots                  Power Punch Broccoli  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  Blueberries                  2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>26  <b>5 WG Chicken Nuggets</b>                  Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch)                  or  <b>Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch)                  or  <b>Cheeseburger</b> on a WG Bun (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  Go-Go Cucumber Wheels                  Tom Thumb Peas  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)                  3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>27  <b>Bosco Sticks</b> Served w/ 1/3 c of Marinara (2 Protein &amp; 2 Starch)                  or  <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)                  or  <b>Sloppy Joe</b> on a WW Bun (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  Tiny Tasty Tree Tops (Broccoli)                  Kickin' Corn  <u>½ c Fruit (may take 2)</u>                  Apple Fairies                  Sunshine Smiles (Orange Wedges)3                  Varieties of Asst. Canned/Frozen Fruits</p>	<p>28  <b>Pizza Bagel</b> (2 Protein &amp; 2 Starch)                  or  <b>2oz WW Grilled Cheese Sandwich</b> Served w/ ½ cup of Tater Tots (2 Protein &amp; 2 Starch &amp; 1 Veg)                  or  <b>3 Pancakes w/ 1 oz Maple Syrup</b> Served w/ 1 Chicken Sausage Pattie (2 Protein &amp; 2 Starch)    <u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Dragon Tongue Beans(veg)  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit                  3 Varieties of Asst. Canned/Frozen Fruits</p>

## Available Daily at the Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>

### New State & Federal Regulations for 2016-2017

**$\frac{1}{2}$ -3/4c Fruit Serving ( $\frac{1}{2}$  c portions served may take 2 daily)**

**$\frac{1}{2}$ -3/4c Vegetable Serving ( $\frac{1}{2}$  c portions served may take 2 daily)**

**(weekly minimums: 1/2c legumes, 1/2c dark greens, 3/4c red/orange, 1/2c starchy, 1/2c other, Plus an addition 1c weekly)**

**1-2 Grains Per day**

**1-2oz Protein per day**

**8oz Low Fat Milk (1%, Skim and Flavored Skim Milks offered daily)**

**Minimum- Maximum Calories 550-650**

**Saturated Fat- Less than 10 % of Total Calories**

**Sodium- 1230 mg or less**

**Zero Trans Fats**

**Menu is subject to change without notice**

**WG: Whole Grain    WW: Whole Wheat    LS: Low Sodium    RF: Reduced Fat**

**Visit Our Website at [www.guilderlandschools.org](http://www.guilderlandschools.org)**

**Student Lunch Price: \$2.80    Milk: \$.60    Adult Lunch Price \$3.45 plus tax**

**Breakfast \$1.95**

**A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged**

#### Non-discrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.