

WESTMERE ELEMENTARY NEWSLETTER

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

DECEMBER 2017

Mrs. Beth Bini
Principal

Dear Westmere Families,

Happy Holidays and welcome to December! As we enter one of the busiest months of the year, I encourage you to look for the small things that remind us of one of the biggest gifts of all- kindness!

"Kind words do not cost much. Yet they accomplish much!" - Blaise Pascal

This month try to find time to spend with your child whether it is listening to them read a story, playing a game together or helping others this holiday season. At Westmere will be showing kindness by collecting food for the **Guilderland Food Pantry**. We are asking students to donate the following items which will help local families in our community have a festive holiday meal.

Kindergarten- Boxed Bread Mixes
First Grade- Canned Vegetables
Second Grade – Canned Fruit
Third Grade – Cranberry Sauce
Fourth Grade – Boxed Stuffing
Fifth Grade - Gravy

Your kindness is greatly appreciated. From all of us at Westmere, we wish you a joyful and peaceful holiday season. Happy Holidays!

Fondly,

Beth Bini
Principal

SCHOOL OFFICE HOURS

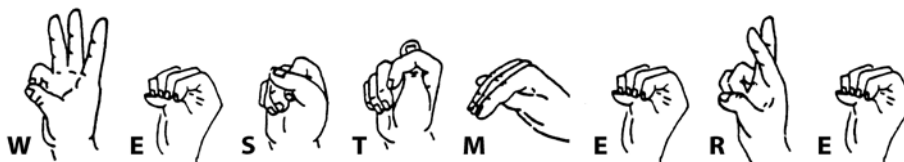
7:30 A.M.-3:30 P.M.

Telephone: 456-3771

Secretaries:

Mrs. Marie Wark

Mrs. Laurie Hilton





IMPORTANT DATES TO REMEMBER

December 5 BOE Mtg. 7 PM HS LGI
 December 11 Lockdown Drill
 December 19 Winter Concert 7 PM Large Gym
 BOE Mtg. 7 PM HS LGI
 December 25- **WINTER RECESS-NO SCHOOL**
 January 1

January 2 **Classes Resume K-5**
 January 4 PTA Mtg. 6 PM Library
 January 8 Bldg Cabinet 2:15 Conference Room
 January 9 BOE Mtg. 7 PM HS LGI
 January 12 Lockdown Drill
 January 15 **NO SCHOOL** Martin Luther King Jr. Day
 January 18 Incoming Kindergarten Information
 Night 6:30 Library
 January 23 BOE Mtg. 7 PM HS LGI
 January 26 PE Family Fun Night 6-8 PM
 January 31 Incoming Kindergarten Registration



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



Reminders for heading into cold and flu season:

- Wash hands with soap and water or use sanitizer frequently
- Disinfect table tops, desks, and door knobs
- Cough into elbow or shoulder instead of hands
- If running a fever, vomiting, or diarrhea, stay home from school and contact a healthcare provider if severe symptoms persist
- Stay well hydrated and eat a well-balanced diet
- It’s not too late to get your **Flu shot!**

There are still many **outstanding physicals** for students in:

- **Kindergarten**
- **2nd grade**
- **4th grade**
- **All new students**

A physical conducted after **09/05/2016** is acceptable. The physical must be conducted by a **New York State** licensed healthcare provider, out of state/country physicals are not able to be accepted.

I will be sending out additional reminders to the families who are in need of a physical.

Please send in as soon as possible. If a physical is not received, your child will need to be examined by the school doctor. If you have any questions or problems obtaining an exam, please contact me at 518-456-3771 so I can assist you.

Happy Holidays!

Your school nurse,

Janeen Javoroski, BSN RN



**FROM THE MICKI
NEVETT LIBRARY**

The Micki Nevett Library
Westmere Elementary School

Once again, it is exciting to share all of the wonderful learning taking place in the Westmere Library each week.

Whether it be learning how a library is organized, becoming better searchers of information, or simply enjoying great books, the children are having a great time.

Kindergarten and Grade 1 continue exploring the parts of a book with a focus on illustrators and how the pictures in a book can help tell the story. We have identified author, illustrator, cover, title, and spine, etc. Next, our young friends will continue working on the parts of a book with an introduction to the differences between fiction and nonfiction; we will be sharing some great titles. In Kindergarten students will explore the Library organization with a focus on Gingerbread. This is an extension of the classroom and grade level unit. Perhaps the children and I will even “build” our own Gingerbread House. We plan to include some activities as well to compliment that classroom content. Students in grade one will continue sharing fiction and nonfiction with a focus on “SNOW”!

Students in Grade 2 have also been focusing on the parts of a book including author, illustrator, title, spine, and cover. We will continue to focus on those skills along with differences between Fiction and Nonfiction text.

Students will compare Fiction and Nonfiction as they share about different holidays celebrated during the upcoming weeks. Students will be introduced to the Caldecott Award as they share during December as well.

Friends in Grade 3 have been working on the features of Nonfiction text. During December, we will explore Holidays Around the World; countries include Norway, Mexico and the United States. Of course we will also share some great book suggestions.

Grades 4 enjoyed learning about Native American Folktales and move on to explore “coding” over the next few weeks. Students in Grade 5 will focus on SNOW and explore Character Development as we share “Brave Irene” and “Snowflake Bentley” during December.

Finally, I would like to encourage you to stop by and utilize our public library. They offer many great programs and resources for our community; the Guilderland Public Library can be accessed at <http://www.guilpl.org/>



MUSIC

December is an exciting month for Music at Westmere!

On December 19th, the 5th grade band and Orchestra and the 4th and 5th grade chorus will perform their first concert of the school year. Students have been working hard to polish up their pieces to be ready for performing. Please come and join us at 7:00 p.m. for this wonderful event.

Karylene Close
Jeff Herchenroder
Judy Russo



PE

All classes continue to run smoothly. Our K – 4th grade students have been involved with foot-eye & hand-eye coordination. Our 5th graders have been enjoying Volleyball, Basketball and Soccer units.

Congratulations to the 90 plus 3rd, 4th & 5th graders who participated in our fall “JUST RUN” program. It is great to see so many of our students logging miles, making healthy nutrition choices and doing just deeds to be good citizens. It is a great program sponsored

by the Hudson Mohawk Road Runners Club. The culminating event was a cross-country race at Tawasentha Park, which over 40 of our students participated in. Be on the lookout for the spring flyer announcing the "Just Run" program.

With the Winter Holiday season fast approaching we encourage you to get involved with outdoor activities that you can do with your child. When purchasing Holiday gifts think about items that will promote healthy lifestyles.

The 5th grade district wide ski club program flyers went out last week. This is a great way for your child to meet 5th graders from the other Guilderland elementary schools, get outdoors and possibly try a new sport. Talk with them about the opportunity!

We are planning on going outdoors with our classes for an outdoor unit in late January or early February based upon snowfall amounts. Be on the lookout for our notice, which will be sent home informing you of when our winter unit will begin. This means get those boots, snow pants, jackets, gloves & hats ready. If you have any of these items that your children have grown out of we would appreciate donations.

If you have any questions call Mrs. Reed-Best or Mr. Schwan at school (456-3771).

Thank-You for your support.

Your Physical Educators
Mrs. Reed-Best & Mr. Schwan



ART

This month in the art room Kindergarten artists are looking at the work of American author and illustrator Jan Brett. Using watercolor paint, students will create their own nature scene featuring gingerbread people.

First Graders are studying about the Russian Artist and art theorist Wassily Kandinsky and his painting *Color Study, Squares With Concentric Circles, 1913*. After learning about abstract art, students will use mixed media to create two-dimensional and three-dimensional circle assemblages.

Second graders are studying Adinkra textiles, a printed or stamped traditional cloth made by the Ashanti people in Ghana. They will be using this inspiration to create their own personal works.

Third graders are learning about Hamsa hands. These decorative works contain symbolic designs that have been popular in many cultures, including those in the Middle East, Northern Africa and India.

Fourth graders are studying the artwork of Terryl Anne Whitlatch, an American scientific and academically trained illustrator. They have created concepts drawings of imaginary animals blending their knowledge of biology, anatomy and observational drawing.

Fifth graders are continuing their study of American artist Alexander Calder and are in the process of sculpting their circus figures using mixed media materials including clay, paper mache, wire, yarn, fabric, found objects, and paint.



LOST & FOUND

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.

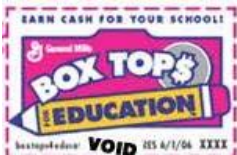




WESTMERE PTA NEWSLETTER

December 2017

Box Tops for Education – Box tops can be found on various household items (Ex. Ziploc bags, cereal boxes, etc.) For every box top collected, Westmere receives money, so please continue to collect Box Tops for our school and send them in with your student.



Clothing Donations – Out with the old in with the new! But we can use your old! If you (or your family or neighbors) clean out your closets please drop your bags of used clothing in the blue bin just to the left of the school where the buses park. We earn lots of money each year but can always use more! There are directions on how to get a donation receipt or just reach out to kphelan@mtb.com for a tax deductible receipt for your itemized donation!

Colonie Center – Help us earn money! We can earn money if we are a top 10 school!

1. Bring your receipt from ANY Colonie Center store, restaurant or movie theatre to GUEST SERVICES (next to Five Guys/Moes on the lower level).
2. We get 1 School Buck point for every dollar spent.
3. Receipts must be turned in within 60 days of purchase.
4. Last day to turn in is June 1 2018.

5. No email receipts.
6. Tell Aunts, Uncles, Grandparents, Neighbors and Friends. They can all help our school!
7. If you can't make it to the Guest Services at Colonie Center, just send them in to the main office and the PTA will bring them in for you!
8. Make sure you tell them it is for Westmere Elementary so we get credit!

School Banking – WESTMERE SEFCU School Bankers - From now until December 20 you can win a Target Gift Card! Every Wednesday that you make a deposit you get another chance to win a TARGET gift card! More deposits – more chances! We hope to see you EVERY Wednesday between now and then. Please remember that for each banker and deposit, Westmere earns money from SEFCU! If you would like to enroll your student or have any questions regarding Westmere School Banking, please send an email to our School Banking Coordinators, Brian Vattimo – bvattimo@gmail.com or Kim Phelan – kphelan@mtb.com. *Good Savers start early!*

PTA Membership – Who doesn't love a PIZZA or ICE CREAM Party????

For any class that has the most PTA members you win a PIZZA OR ICE CREAM PARTY!

Join now! \$10 per family. Applications were send home last week in backpack mail. If you need another form just reach out – we can email it! And



WESTMERE PTA NEWSLETTER

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we take credit and/or debit cards. All proceeds of PTA memberships go right back into our school! The PTA aims to provide the best resources for our Westmere students and teachers. We welcome everyone to come to our meetings and get involved! It is never too late to join the PTA. If you are interested in joining, please feel free to contact Rebecca - rs551040@aol.com or any PTA Board Member.

****Meetings are held every first Thursday of the month****










YANKEE CANDLE – Thank you for your orders!

PTA Officers

President – Brenna Autrey **Vice President** – Kim Phelan **Treasurer** – Maria Witazek
Recording Secretary – Chrys Cholakis **Corresponding Secretary** – Penny Martinsen
Membership Chair – Rebecca Simpson

MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What is a meal? An Entrée (Protein & Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables</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>¹ Grilled Chicken & Cheese Sandwich on a WG Bun Served w/ PC Ranch Dressing (2 ½ Protein & 2 Starch) or Meatloaf Sandwich on a WG Bun (2 Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch)</p> <p><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>⁴ WG Chicken Quesadilla (2 Protein & 2 Starch) or 2 oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 8 Tater Tots (2 ½ Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch)</p> <p><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>⁵ Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or BBQ Rib on WG Bun (2 Protein & 2 Starch)</p> <p><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>⁶ Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ cup Long Grain Brown Rice (2 Protein & 2 Starch) or Pepperoni Stuffed Crust Pizza (2 Protein & 2 Starch) or Egg & Cheese & Sausage on a WW Bun (2 ½ Protein & 2 Starch)</p> <p><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>⁷ 1 c WG Macaroni & Cheese Served w/ 3 oz Cheese Sauce Over Top (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch)</p> <p><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>⁸ 2 WG Eggo Waffles Served w/ 1 Chicken Sausage & Maple Syrup (2 Protein & 2 Starch) or 2 oz WG Grilled Cheese Sandwich Served w/ Tomato Soup (2 Protein & 2 Starch) or WG Oven Roasted Turkey Wrap Served w/Romaine Lettuce & Tomato and PC of Ranch Dressing</p> <p><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>¹¹ WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or WG Tuna Wrap Served w/ Romaine Lettuce and Tomatoes (2 Protein & 2 Starch) or Bosco Sticks Served w/ 1/3 cup Marinara Sauce (2 Protein & 2 Starch)</p> <p><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>¹² Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or BBQ Rib on WG Bun (2 Protein & 2 Starch)</p> <p><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>¹³ Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or Stuffed Crust Pizza (2 Protein & 2 Starch) or 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch)</p> <p><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>¹⁴ Cheeseburger Served on WG Bun 2 PC's of Ketchup (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or WG Chicken Quesadilla (2 Protein & 2 Starch)</p> <p><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>¹⁵ Oven Roasted Sliced Turkey Served w/ Mashed Potatoes and WG Dinner Roll or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or 3 Pancakes w/ 1 oz Maple Syrup Served w/ 1 Chicken Sausage Pattie (2 Protein & 2 Starch)</p> <p><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>¹⁸ 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) or WG Chicken Quesadilla (2 Protein & 2 Starch) or Grilled Chicken & Cheese Sandwich on a WG Bun Served w/ PC Ranch Dressing (2 ½ Protein & 2 Starch)</p> <p><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>¹⁹ Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or BBQ Rib on WG Bun (2 Protein & 2 Starch)</p> <p><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>²⁰ Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or Stuffed Crust Pizza (2 Protein & 2 Starch) or Baked Potato Served w/ 2 oz Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein & 2 Starch & 2 Veg)</p> <p><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>²¹ Hamburger Served on WG Bun 2 PC's of Ketchup (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch)</p> <p><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>²² WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or Hot Dog Served on a WG Bun 2 PC's of Ketchup (2 Protein & 2 Starch) or 2 oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 8 Tater Tots (2 ½ Protein & 2 Starch)</p> <p><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>Winter</p>		<p>Recess</p>	

Available Daily at the Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk

New State & Federal Regulations for 2017-2018

$\frac{1}{2}$ -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.guiderlandschools.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, 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.

This institution is an equal opportunity provider.