

# WESTMERE ELEMENTARY NEWSLETTER

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

## NOVEMBER 2017

Mrs. Beth Bini  
*Principal*

Dear Westmere Families,

Welcome to November! As we enter our third month of school, it's exciting to share updates on our building theme, "Embracing yourself for who you are." Based on the book You Be You, by Linda Kranz, every child at Westmere hand painted a rock in art class that is as individual as they are. These rocks are now outside Westmere highlighting the uniqueness of our students while also showing they we all have something to contribute in this world. Be sure to stop and notice these rocks just to the right of our main entrance.

Thank you for your continued support at home as we work together to help your child continue to learn and grow. As Linda Kranz shares, "You are an original . . . Celebrate just how special you are!"

Warmly,

Beth Bini  
Principal

#### SCHOOL OFFICE HOURS

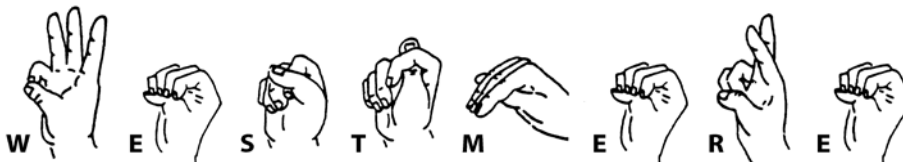
7:30 A.M.-3:30 P.M.

Telephone: 456-3771

Secretaries:

Mrs. Marie Wark

Mrs. Laurie Hilton





**IMPORTANT DATES TO REMEMBER**

- November 1 **NO SCHOOL** K-5 Parent-Teacher Conference Day
- November 2 PTA meeting 6 PM Library
- November 7 Lockdown Drill
- November 10 **NO SCHOOL** Veteran's Day
- November 14 11:30 Dismissal K-5 Parent-Teacher Conference Day  
BOE Meeting 7 PM HS LGI
- November 16 Report cards available on School Tool
- November 22-24 **NO SCHOOL** Thanksgiving Recess
- November 27 Building Cabinet 2:15 PM
- November 29 Bus Safety Drill
  
- December 5 BOE Mtg. 7 PM HS LGI
- December 11 Lockdown Drill
- December 19 Winter Concert 7 PM  
BOE Mtg. 7 PM HS LGI
- December 25-29 **NO SCHOOL** Winter Recess

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**



**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.

The Westmere Health Office has been a very busy place this year and as we approach **Cold and Flu Season**, I want to encourage the students, families, and staff of Westmere to have their annual flu vaccination. The CDC recommends that everyone 6 months and older should be vaccinated yearly against the Flu. It takes about 2 weeks after vaccination for your body to build antibodies against the Flu, so get vaccinated early before the Flu appears in our community.



**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.

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. Please contact me if you need any assistance with obtaining the Flu vaccine.

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

Here are some helpful tips on keeping healthy during this time of the year:

- Hand hygiene is a critical step in stopping the spread of the Flu. Hands should be washed for 20 seconds with soap and water.
- Cover your cough or sneeze with a tissue or in the crook of your elbow. Hands should be washed after coughing/sneezing.
- Get plenty of rest. Children need at least 8 or more hours of sleep each night.
- Eat a healthy diet including fruits and vegetables and drink at least 8 glasses of water daily.

Children should bring a water bottle to school to keep hydrated.

- Get plenty of exercise, children should be active at least 60 minutes each day.

The New York State Department of Health ([www.health.ny.gov](http://www.health.ny.gov)) and the Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)) both have education and resources for the cold and Flu.

If your child is sick with cold like symptoms or the Flu, **please do not** send them to school. Keeping sick children home helps stop the spread of germs and keeps everyone healthy. If your child has a temperature of **100.0 or higher**, they should stay at home until they are fever free for 24 hours **without** the use of fever reducing medication like Tylenol or Motrin. If your child has vomited or had diarrhea during the night, they need to stay home from school. Your child must be healthy and feeling well in order to learn.

Please call the Westmere Main Office **each** morning your child is sick to report the absence and the nature of the illness so we can work together to stop the spread of illness.

**Reminder:**

**Medical physicals are due for children in the following grades:**

- **New students to the Guilderland School District**
- **Kindergarten**
- **2nd Grade**
- **4th Grade**

\*\*\*Physicals must be completed in **New York State** and be dated after **09/05/2016**. Please send completed physicals to the Health Office if you have not done so already.

A reminder will be sent home to parents if their child is still in need of submitting this information.

Please contact me if you have any questions or concerns or need additional information. I can be reached at (518) 456-3771 x 4142 or [javoroskij@guilderlandschools.net](mailto:javoroskij@guilderlandschools.net).



**FROM THE MICKI  
NEVETT LIBRARY**

The Micki Nevett Library  
Westmere Elementary School



The Westmere Library has been a very busy place and I am so excited to share what has been going on!

The PTA hosted the Scholastic Book Fair in the Library during the month of October and students were able to browse/purchase the many wonderful books available to them. Thank you for the support!

During October, students in Kindergarten continued to practice good library manners. We spent our time sharing books as we learned that just like us, books have parts. We have a name and book has a title. People have families and so do books; author and illustrator. We celebrate a birthday and so does a book; copyright. Books have jackets to help keep them safe/warm and so do we. Did you know that books have a spine too? They sure do! Just like our spine helps keep us straight and tall, a book spine does the same. These concepts have been reinforced as we have shared some delightful books during our time together.

First Grade students continue to review the parts of a book and have begun learning about the parts of a fiction story. As we share books, students identify the character, setting as well as beginning, middle and end. Now, we have added predictions. So many great books!

Grade 3 students have spent time learning about book awards; the Caldecott Award is given to an illustrator each year. We have share "Finding Winnie", "Flotsam" and "Last Stop on Market Street". It is interesting to investigate all the wonderful differing illustrative styles. Please remind your child to return library books weekly so that he/she can continue to checkout great books.

Grades 4 and 5 students continued exploring digital citizenship/online safety but took a break to enjoy some picture books during the last two weeks in October. Grade

4 enjoyed “The Legend of Sleepy Hollow” and its connection to New York State, The Revolutionary War and the season. Students in grade 5 enjoyed some picture books about friendship to compliment the grade level read aloud of “Wonder”.

Finally, if you are available and might be interested in volunteering at the Westmere Library on Monday, Wednesday or Friday afternoons to shelve books, please reach out to me at [johnsond@guilderlandschools.net](mailto:johnsond@guilderlandschools.net) .

Thank you so much for sharing your children and their LOVE of READING with the Westmere Library; it is AMAZING to see them get so excited about books!



## MUSIC

5th grade Band, 4th and 5th grade Chorus, and 5th grade Orchestra rehearsals are in full swing!  
Our concert is December 19th @7:00 p.m.

4th and 5th grade instrumental students *should* be practicing 15-30 minutes four to five days a week. Please encourage your child's practice and ask them to play a song for you. YOU are their greatest motivator!

Mrs. Russo  
Mr. Herchenroder  
Mrs. Close



## PE

The annual SCHWEST cross-country fun run was a huge success. Thank you for your participation and your support. It was great to see our community involved and engaged with the health and fitness of our children.

Our K – 4<sup>th</sup> grade students have been learning about foot-eye and hand-eye coordination and our 5<sup>th</sup> graders have been involved with soccer, football and team ball.

Our just run program for our 3<sup>rd</sup>-5<sup>th</sup> grade students is off to a great start with over 90 boys and girls working hard! They are putting many miles in along with trying some new fruits and vegetables plus being great citizens while doing their just deeds.

Information on Fifth Grade Ski Club will be coming out soon so please look for it in your child's backpack.

We also want to remind all 5<sup>th</sup> and 4<sup>th</sup> graders about Monday and Tuesday Intramurals. It is open to all 5<sup>th</sup> and 4<sup>th</sup> grade students and they come whenever it fits into their schedule. We play a variety of games and activities along with taking suggestions from the students.

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



## ART

Art students are studying a variety of artists, media and concepts this month. Kindergarten is creating colorful “crumpled” paintings inspired by the book *Ish* by Peter H. Reynolds. This is a story that celebrates the creative spirit of artists and reminds us that inspiration is often more important than striving for perfection.

First Grade is studying insect anatomy and habitats and creating colorful watercolor painting of imaginative symmetrical insects.

Second Grade is studying the art of American artist and social activists Keith Haring. He often created colorful simplified figures who communicate emotion through body posture and hue. Students are creating their own expressing paintings with “feeling” colors of their choice.

Third Grade is working with the theme of “tea party” after viewing work by American artist Mary Cassatt and illustrations from Lewis Carroll’s *Alice in Wonderland*. Students are creating imaginative scenes with tables and cups in perspective and characters and scenes that tell a personal story.

Fourth grade is studying the artwork of Rube Goldberg, an American Pulitzer prize winning cartoonist who created unique drawing of inventions. Students are creating their own imaginative machine drawings that will solve a problem of their choice.

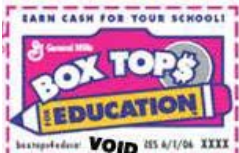
Fifth grade is studying the artwork of American artist Alexander Calder and using his inspiration to create their own circus figures. Many students will be using art and engineering principles to create moveable/kinetic sculptures that will perform in the circus.



# WESTMERE PTA NEWSLETTER

## November 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** – Are you cleaning out your closets? Have your children outgrown some clothes? Please consider donating your clothing to the Blue Box located in Westmere’s parking lot. The Westmere PTA receives a donation based on the weight of the box each month. If you require a receipt, scan the QR code on the box for an easy receipt of your donations.

**Colonie Center** – Westmere has enrolled in a program offered by Colonie Center, to receive a percentage of all sales collected. Holiday shopping is just around the corner. Please save all your Colonie Center receipts, including movies, food and store purchases and send them in with your student.

**School Banking** - We are so happy to see so many of our Westmere School Bankers back this year, along with many new bankers! Our prizes change often, so make sure you bring your deposit **EVERY WEDNESDAY!!** 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](mailto:bvattimo@gmail.com) or Kim Phelan – [kphelan@mtb.com](mailto:kphelan@mtb.com)

**PTA Membership** – 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](mailto:rs551040@aol.com) or any PTA Board Member. **\*\*Meetings are held every first Thursday of the month\*\***

**Thank You** - The PTA would like to thank all the volunteers that offered their talent and time for Bingo Night and making this year’s Westmere Book Fair a success!

## HAPPY THANKSGIVING!!



### 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><b>What is a meal?</b><br/> <b>An Entrée (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza)</b><br/> <b>2 Fruits</b><br/> <b>2 Vegetables</b></p>  |   | <p>1<br/> <b>Superintendent Conference Day</b></p>  | <p>2<br/> <b>Hot Dog</b> Served on WG Bun<br/>                 2 PC's of Ketchup (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Tiny Tasty Tree Tops (Broccoli) Kickin' Corn<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>   | <p>3<br/> <b>Grilled Chicken &amp; Cheese Sandwich</b> on a WG Bun Served w/ PC Ranch Dressing (2 ½ Protein &amp; 2 Starch)<br/>                 or<br/> <b>Meatloaf Sandwich</b> on a WG Bun (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>WG Breaded Chicken Pattie</b> Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein &amp; 3 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Assorted Fresh Vegetables<br/>                 Dragon Tongue Beans(veg)<br/> <u>½ c Fruit (may take 2)</u><br/>                 Assorted Fresh Fruit<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>   |
| <p>6<br/> <b>WG Chicken Quesadilla</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>2 oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 8 Tater Tots (2 ½ Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 X-Ray Vision Baby Carrots<br/>                 Silly Dilly Green Beans<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>   | <p>7<br/> <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)<br/>                 or<br/> <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>BBQ Rib on WG Bun</b> (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 X-Ray Vision Baby Carrots<br/>                 Power Punch Broccoli<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 Blueberries<br/>                 2 Varieties of Asst. Canned/Frozen Fruits</p>  | <p>8<br/> <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)<br/>                 or<br/> <b>Pepperoni Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>Egg &amp; Cheese &amp; Sausage on a WW Bun</b> (2 ½ Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Go-Go Cucumber Wheels<br/>                 Tom Thumb Peas<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>   | <p>9<br/> <b>1 c WG Macaroni &amp; Cheese</b> Served w/ 3 oz Cheese Sauce Over Top (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Tiny Tasty Tree Tops (Broccoli) Kickin' Corn<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>   | <p>10<br/> <b>Veteran's Day</b></p>   |
| <p>13<br/> <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>WG Tuna Wrap Served w/ Romaine Lettuce and Tomatoes</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>Bosco Sticks</b> Served w/ 1/3 cup Marinara Sauce (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 X-Ray Vision Baby Carrots<br/>                 Silly Dilly Green Beans<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>  | <p>14<br/> <b>Early Dismissal K-5 Parent Conferences</b><br/> <b>No Lunches Served</b></p>   | <p>15<br/> <b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <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)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Go-Go Cucumber Wheels<br/>                 Tom Thumb Peas<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>                           | <p>16<br/> <b>Cheeseburger</b> Served on WG Bun<br/>                 2 PC's of Ketchup (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>WG Chicken Quesadilla</b> (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Tiny Tasty Tree Tops (Broccoli) Kickin' Corn<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>  | <p>17<br/> <b>Oven Roasted Sliced Turkey</b> Served w/ Mashed Potatoes and WG Dinner Roll<br/>                 or<br/> <b>WG Breaded Chicken Pattie</b> Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>3 Pancakes w/ 1 oz Maple Syrup</b> Served w/ 1 Chicken Sausage Pattie (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Assorted Fresh Vegetables<br/>                 Dragon Tongue Beans(veg)<br/> <u>½ c Fruit (may take 2)</u><br/>                 Assorted Fresh Fruit<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p> |
| <p>20<br/> <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)<br/>                 or<br/> <b>WG Chicken Quesadilla</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>Grilled Chicken &amp; Cheese Sandwich</b> on a WG Bun Served w/ PC Ranch Dressing (2 ½ Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 X-Ray Vision Baby Carrots<br/>                 Silly Dilly Green Beans<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p> | <p>21<br/> <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)<br/>                 or<br/> <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>BBQ Rib on WG Bun</b> (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 X-Ray Vision Baby Carrots<br/>                 Power Punch Broccoli<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 Blueberries<br/>                 2 Varieties of Asst. Canned/Frozen Fruits</p> | <p>22<br/> <b>No School</b></p>   | <p>23<br/> <b>Thanksgiving</b></p>    | <p>24<br/> <b>Recess</b></p>    |
| <p>27<br/> <b>2 WG Eggo Waffles</b> Served w/ 1 Chicken Sausage &amp; Maple Syrup (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>2 oz WG Grilled Cheese Sandwich Served w/ Tomato Soup</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>Bosco Sticks</b> Served w/ 1/3 cup Marinara Sauce (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 X-Ray Vision Baby Carrots<br/>                 Silly Dilly Green Beans<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p>                             | <p>28<br/> <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)<br/>                 or<br/> <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>BBQ Rib on WG Bun</b> (2 Protein &amp; 2 Starch)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 X-Ray Vision Baby Carrots<br/>                 Power Punch Broccoli<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 Blueberries<br/>                 2 Varieties of Asst. Canned/Frozen Fruits</p> | <p>29<br/> <b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>Baked Potato</b> Served w/ 2 oz Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Go-Go Cucumber Wheels<br/>                 Tom Thumb Peas<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p> | <p>30<br/> <b>Hamburger</b> Served on WG Bun<br/>                 2 PC's of Ketchup (2 Protein &amp; 2 Starch)<br/>                 or<br/> <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)<br/>                 or<br/> <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)<br/> <u>½ c Vegetables (may take 2)</u><br/>                 Tiny Tasty Tree Tops (Broccoli) Kickin' Corn<br/> <u>½ c Fruit (may take 2)</u><br/>                 Apple Fairies<br/>                 Sunshine Smiles (Orange Wedges)<br/>                 3 Varieties of Asst. Canned/Frozen Fruits</p> | <p><b>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</b></p>   |

## Available Daily at the Elementary Schools

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

### *New State & Federal Regulations for 2017-2018*

**$\frac{3}{4}$ -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](http://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:**

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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.