Dear Families,

I can’t believe another month has flown by. March is here and very soon we will have SPRING! The weather has been fairly nice, which helps to keep our kids active outside. It can also make for lots of wet clothing, but please make sure you continue to send all snow gear, even as the snow melts.

This month, I’ve had the opportunity to join classrooms for their morning meeting time to talk about, “what are you PROUD of?” Building time into our daily schedule for students to talk and be heard is vital to their success in education. “Research supports adult and child communication as one of the top literacy skill development strategies.” (Carrie Shrier, 2017) It was joyous to listen to our students share what they are PROUD of and hear how their peers engaged in this conversation. I loved the smiles, cheers, and students supporting students during this lesson. What started out as a simple idea led to a great interaction amongst the peers. I also gave the students homework - were you asked what you are PROUD of? The website below has a great article about how we can make a difference by talking to our children. “Did you know one of the most important ways to help children be prepared for school is simply to talk with them frequently? ... Think of a conversation with your child like playing a game of catch. You want the ball to go back and forth. Support your child engaging in the conversation. Ask open-ended questions instead of questions that have a yes or no answer.”

[Website Link]

Looking forward to a great March and SPRING!

In Partnership,
Kate R. Moll
Spence PTO is preparing to kick off the Butter Braid fundraiser at the beginning of March! Watch your child’s folder for more information, as well as order forms. This sale will run from March 2-16, with delivery on April 6.

The PTO will also be increasing funding for the Spence Garden artist in residence, covering $3500! This will allow all students two lessons with our visiting artist, Natalie Hinahara, who is also an educator! We look forward to supporting this activity and allowing ALL students to have a hand in the wonderful things happening at Spence.

Miss Sue Hulsether recently wrapped up her folkdance residency at Spence, which was also funded by PTO. Miss Sue worked with students during their PE and music times for one week, teaching them dances, folk music, instruments, songs and games. Her residency wrapped up with the Family Folk Dance on Thursday, February 13.

As our school year winds down, please consider attending one of the final PTO meetings. On April 21, we will nominate officers for the 2020-2021 school year. During our final meeting, on May 12, we will vote for next year’s officers. Jocelyn Buxton, our current president, will be stepping down after this year, as her last child moves on to middle school. If you, or someone you know is interested in being a Spence PTO officer, please email us at spencepto@gmail.com. If you are interested in one of the positions that is currently filled, that’s okay! We will put together a ballot of all interested parties for voting.

All PTO meetings are open to all Spence families, and include a pizza dinner. Children are welcome to attend as well. Even if you are not interested in being an officer, please consider attending to hear about all the amazing things happening at Spence! It has been great to see so many new faces at our PTO meetings this year, and we look forward to your continued involvement with Spence PTO.

Upcoming Events:
Butter Braid Sale: March 2-16, with delivery on April 6 (fundraiser)
DQ Night: Tue., May 5, 5-8pm (fundraiser) after music concert(s)
Family Recess Night: Thur., May 14, 4-6pm
Spence Night at the Loggers: Wed., May 27, 6:35pm (fundraiser)

Jocelyn Buxton - President
Britney Zeimentz - Vice President
Tricia George - Secretary
Lindsey Branson - Treasurer
spencepto@gmail.com

“The Kohl Teacher Fellowship program recognizes and supports teaching excellence and innovation in the State of Wisconsin. Our goal is to support teachers in the pursuit of their unrealized goals for their classrooms or professional development.”
kohleducation.org

Congratulations to our own Michelle Powell for receiving this honor; she has been chosen as a 2020 Herb Kohl Education Foundation Fellow!
This month we will be celebrating reading and Dr. Seuss’s birthday! I will be sharing The Cat in the Hat Knows A lot About That series with grades kindergarten through second grade. This is a series based on Dr. Seuss’s popular character, The Cat in the Hat. This series is designed to spark a love of learning and an interest in science and math. You can also find games, videos and print outs available on the PBS Kids website at http://pbskids.org/catinthehat/. We also have a large collection of his original stories for your child to enjoy.

The Matt Hessel-Mial writing contest has been introduced to all the students in grades second through fifth. This is a contest that promotes the love of writing in memory of Matt Hessel-Mial. All entries are due by March 4. A brochure was sent home with all interested students.

Once again, we had a successful Battle at Spence. The top two teams, The SEEA and The Book Buddies represented Spence at the district Battle of the Books. I am proud of the extra effort put forth by all of the students that chose to participate in this year’s battle!

Happy Reading!

-Mrs. Dunn
Congratulations Ezra Mask, Emma Furuseth and Severyn Lambert!

These students are representing Spence Elementary at the State Youth Art Month Exhibit. Their work will be displayed in the State Capitol Building Rotunda from February 22nd through March 9th and will be eligible for a number of prizes that will be awarded at the YAM Art Show closing ceremony on March 6th at 12:00 PM.

Mural Artist-in-Residence Coming This Spring

We are EXCITED to welcome Natalie Hinahara to our school to be an artist-in-residence with Spence students! Ms. Hinahara is an inspiring painter and printmaker. https://www.nataliehinahara.com/

She will collaborate with students on a mural to be installed in our Spence garden space. To date, this residency is supported by our Spence PTO, Garden PTO and local philanthropic group Beer by Bike Brigade. We are so grateful for their support. You can contribute, too. Make donations to Spence Garden PTO/mural.

Any Requests?

If you have a teacher request for the 2020/21 school year, please write a short letter of request, including your rationale. Return it to the Spence office, addressed to Mrs. Moll. Do NOT send via email, as these are often misdirected to a SPAM folder. Deadline for requests is April 3, 2020. All requests will be considered, but not guaranteed, as we work hard to create balanced classrooms.

Thank you to our Folk-Dance-Artist-in-Residence Sue Hulsether. Sue was here in February for her 11th year of residency at Spence! Our kindergartners through 5th graders had so much fun, and we had a great family dance on February 13 with live music! Thank you to all families that were able to attend.

An election will be held in the School District of La Crosse on Tuesday, April 7, 2020. The term of office for a school board member is three years beginning on Monday, April 27, 2020. Three candidates will appear on the April 7, 2020, spring election ballot for three school board spots. The candidates are: Laurie Cooper Stoll (i) Brenda Leahy Shaundel Spivey Incumbents Dave Rudolph and Connie L. Troyanek have filed noncandidacy and are not seeking another term.
**Gold Mustang Pride Awards**

*Congratulations to our first Gold Pride Recipient of this school year: Lily Yang!*

**Silver Mustang Pride Awards**

*Congratulations to all of the following Silver Pride Recipients:*


**Bronze Mustang Pride Awards**

*Congratulations to all of the following Bronze Pride Recipients:*

Oliver Cadmus, Avery Millin, Malayah Simpson, Adelyn Froh, Savannah Kuehn, and Quin Northwood, Jenna Peterson, Elizabeth Corcoran, and Sylvie Keeney.

---

**PBIS UPDATE**

In February, students met in their Champions groups and focused on kindness. Together, they explored ways that kindness can color the world. Each student completed a kindness square with a way that they showed kindness during Kindness Week or the week after. Upon returning to the classroom, students worked together to create the word KIND with the squares. These KIND posters are now hanging in our hallways, so be sure to check out all the ways that Mustangs color the world with kindness!

- Spence PBIS Team
- Positive Behavior
- Interventions & Support
CLOTHING DONATIONS NEEDED
The School District of La Crosse families and community members rely heavily on the generosity of Trinity Lutheran Church members for hosting and staffing a community clothes closet for children (birth - 18). Specifically, district staff visit to get shirts, socks, shoes, coats, and pants for our students. Currently, they have a very limited supply of clothing of sizes ranging between 5 and 8.

Here is a detailed list of what is needed: jeans, leggings, long or short sleeved shirts, fleece jackets, hooded sweatshirts. Sizes needed are between 5 and 8 (children). The clothing can be gently used and must be freshly washed. At this time, they do NOT need dresses, skirts, button down shirts, sweaters, pjs, or clothes out of the size range of 5 to 8 due to limited space.

You can drop your donations off at anytime (24/7) at Trinity Lutheran Church at 1010 Sill Street. If the building is not open, you are welcome to put clothing in the recycling bin located outside by the little library. If you are unable to drop clothing off at Trinity, feel free to contact Beth Hartung at Northside Elementary School at bhartung@lacrossesd.org to arrange items to be picked up.

FOOD DRIVE
In celebration of Mr. Rogers’ March 20th birthday and his devotion to creative play, children’s social and emotional learning, and overall community, we will honor him by doing a food drive for our school! Our food pantry at Spence provides food bags monthly to 36 families and fills the void whenever possible for many families. Please send your students with the items as listed below –

March 10 through 20
Mr. Rogers Celebration Spence Food Drive

4K – Fruit Snacks & Kleenex
Kindergarten – Rotini or Penne Noodles & Toilet Paper
1st Grade – Mac & Cheese & Paper Towel
2nd Grade – Instant Oatmeal (variety pack) & Q-tips
3rd Grade – Cereal & Dish Soap
4th Grade – Pasta Sauce & Liquid Hand Soap
5th Grade – Apple Sauce Cups (6 packs) & Napkins

You can drop off your food drive items in the TROLLEY in the Spence entryway.
February was a busy month for 4K students! We started the month by making our predictions for Groundhogs Day, and discussing key math concepts, more than, less than, and equal to. We embarked on a mission to complete a milk jug igloo in honor of learning the letter I and all about the Inuit culture. We are happy to report that even though it took ALL of February, our igloo is finished and incredible! Our social emotional learning was booming this month, with learning emotions like: ignored, loved, overwhelmed and aggravated. Our February Family Day took us to Mount La Crosse where we learned the history of the mountain and practiced our gross motor coordination skiing.

First graders have been working hard to complete an informational research book. Students chose an animal to read about and write facts in their own words and then create an informational book. We have learned amazing facts about many animals in the world. In math we have finished our unit four on place value. We are now working on word problems in addition and subtraction. We will enjoy reading a variety of Dr. Seuss books during the first week of March!

Third-grade students are learning about the biomes. Mr. Xiong is teaching about the desert, Mr. Bina is teaching about the rainforest, and Ms. Woolley is teaching about the polar region. We will then switch and make sure each student learns about each of the three regions.

In math, fifth-graders are working on multiplication and division of whole numbers and decimals. In writing, we are doing a change makers report and wax museum project. In reading, we are working on identifying the 5 text structure types, compare/contrast, cause/effect, description, sequence, and problem/solution. We are doing units on Earth and Sun, Living Systems, and Mixture and Solutions in science. We are working on digital portfolios as well.

April was a busy month for 4K students! We started the month by making our predictions for Groundhogs Day, and discussing key math concepts, more than, less than, and equal two. We embarked on a mission to complete a milk jug igloo in honor of learning the letter I and all about the Inuit culture. We are happy to report that even though it took ALL of February, our igloo is finished and incredible! Our social emotional learning was booming this month, with learning emotions like: ignored, loved, overwhelmed and aggravated. Our February Family Day took us to Mount La Crosse where we learned the history of the mountain and practiced our gross motor coordination skiing.

First graders have been working hard to complete an informational research book. Students chose an animal to read about and write facts in their own words and then create an informational book. We have learned amazing facts about many animals in the world. In math we have finished our unit four on place value. We are now working on word problems in addition and subtraction. We will enjoy reading a variety of Dr. Seuss books during the first week of March!

Third-grade students are learning about the biomes. Mr. Xiong is teaching about the desert, Mr. Bina is teaching about the rainforest, and Ms. Woolley is teaching about the polar region. We will then switch and make sure each student learns about each of the three regions.

In math, fifth-graders are working on multiplication and division of whole numbers and decimals. In writing, we are doing a change makers report and wax museum project. In reading, we are working on identifying the 5 text structure types, compare/contrast, cause/effect, description, sequence, and problem/solution. We are doing units on Earth and Sun, Living Systems, and Mixture and Solutions in science. We are working on digital portfolios as well.

April was a busy month for 4K students! We started the month by making our predictions for Groundhogs Day, and discussing key math concepts, more than, less than, and equal two. We embarked on a mission to complete a milk jug igloo in honor of learning the letter I and all about the Inuit culture. We are happy to report that even though it took ALL of February, our igloo is finished and incredible! Our social emotional learning was booming this month, with learning emotions like: ignored, loved, overwhelmed and aggravated. Our February Family Day took us to Mount La Crosse where we learned the history of the mountain and practiced our gross motor coordination skiing.

First graders have been working hard to complete an informational research book. Students chose an animal to read about and write facts in their own words and then create an informational book. We have learned amazing facts about many animals in the world. In math we have finished our unit four on place value. We are now working on word problems in addition and subtraction. We will enjoy reading a variety of Dr. Seuss books during the first week of March!

Third-grade students are learning about the biomes. Mr. Xiong is teaching about the desert, Mr. Bina is teaching about the rainforest, and Ms. Woolley is teaching about the polar region. We will then switch and make sure each student learns about each of the three regions.

In math, fifth-graders are working on multiplication and division of whole numbers and decimals. In writing, we are doing a change makers report and wax museum project. In reading, we are working on identifying the 5 text structure types, compare/contrast, cause/effect, description, sequence, and problem/solution. We are doing units on Earth and Sun, Living Systems, and Mixture and Solutions in science. We are working on digital portfolios as well.
Spotlight on Building Healthy Mind

We often hear about the importance of being physically healthy, but what if we put just as much focus on being mentally healthy? Current statistics tell us that in a given year, about 1 out of 5 children will experience a mental health disorder. As we learn more about mental health, research is showing us that there are many activities schools and families can do to help promote a healthy mind.

To build healthy minds at school, we have been teaching students the Social Emotional Learning Competences of Self-Awareness, Self-Management, Relationship Skills, Social Awareness, and Responsible Decision-Making.

Below are a few ideas to help build healthy minds at home:

**Mindfulness**: Mindfulness is a research-based tool that starts with purposefully bringing focus to thoughts, emotions, physical feelings, and environment. It allows kids to learn how to pause, which can be very beneficial for them both in school and at home.

**Monitor Screen Time**: For children 2 to 5 years old, try to limit screen time unrelated to school to 1 hour per day. For kids 6 and older, as a general rule, 2 hours should be the daily limit.

**Sleep**: It is recommended that school-aged kids between 6 and 13 years old get between 9 and 11 hours of sleep per night.

For more information, please visit the Children’s Hospital of Wisconsin, Mission: Health Kids Website.

Guidance Topics this Month

PS – Solving Problems with Breath, Think, Do

K – Conflict Resolution Skills including Size of the Problem, Walking Away, and Ignore

1 – Showing respect by using your manners, being honest, and showing gratitude

2 – Using Positive Communication by thinking before you speak and monitoring your tone of voice

3 – Responding to conflicts with I-Messages

4 – Responding to Conflict and Bullying situations

5 – Self-Awareness with Values and Character

Contact Information
Katie Jeseritz
School Counselor
(608) 789-8890
KJeserit@lacrossesd.org
EXPLANATION:
This month we’re talking about the virtue of Courage - to help our children be courageous and learn to conquer things that frighten or scare them. Children need reassurance that fear is one of our feelings and to help them understand that it’s okay to feel afraid. Courage isn’t fearlessness, but instead our ability to choose the right thing even when we are scared! The definition we will be talking about is:

Courage is to choose what is good, right, and kind even when it is hard or scary.

CONVERSATION STARTERS:
• Talk with your child about what used to frighten you as a child. Be open about how you courageously worked to overcome that fear. Talk about who helped you or what strategy helped you along the way.

• Talk about the things that frighten you as an adult today. Open up an honest conversation about how you work intentionally to show Courage often.

• Make a list over dinner about who are the people in your network that show Courage. How can you tell that they have Courage? Why is it important that they show Courage? How might their example help make your Courage stronger?

QUESTIONS YOU COULD ASK:
• What is something that scares you? What do you imagine might happen if you do that thing? Who might encourage you to try it? What could someone do to help you?

• Think back to a time when you showed or witnessed great Courage. What happened? How did it feel?

• What are some strategies that have helped you feel calm even when you’re being asked to be brave? What have you learned in class about how to stay courageous even when it’s hard?

APPLICATION:
Books:
• Be Brave Little One by Marianne Richmond
• Wemberly Worried by Kevin Henkes
• Don’t Worry Bear by Greg Foley
• Scaredy Squirrel by Melanie Watt
• Some Things Are Scary by Florence Perry Hyde
• Courage by Bernard Waber
• The Day You Begin by Jacqueline Woodson
• What Do You Do With A Chance? by Kobi Yamada
• Jabari Jumps by Gaia Cornwall

FOR YOUR READING:
• 9 Ways to Cultivate Courage in Kids by parenting expert Dr. Michele Borba
**ACTIVITY:**
Encourage your children to document their experience this month as they conquer fears and gain Courage. This could be something as simple as a journal where they write something like this:

I used to be afraid to/of __________________________ until I _________________________.

Now I show Courage by ___________________________ _____________________________.

Celebrate their baby steps and milestones as they work to become their most courageous selves.

**PURPOSEFULL PURSUITS:**

**Neighborhood Portraits**
Who are the people in your neighborhood? Work together to draw a family portrait, then step out in Courage and find a neighbor that you don’t know yet. Introduce yourselves and have your child introduce everyone using the family picture you drew together.

**Toughness:** 2  
**Time:** 1  
**Type:** Group

**From Class to Community**
Talk about students in your child’s class. Who’s someone they don’t quite know yet? Is there a family that you don’t know either? Invite that child and their family over for a playdate to build community between children and adults!

**Toughness:** 3  
**Time:** 2  
**Type:** Group

**Courage Control**
Sometimes taking control is a way to face your fears and practice Courage. Talk about something that your child fears. Have them give it a name. Then, have them take control by writing a story or drawing a picture about their fear.

**Toughness:** 2  
**Time:** 1  
**Type:** Pair

**Conversations in Courage**
What’s something that you’ve been afraid to discuss with your child? Something that might be difficult to explain about our community or the world. Chances are they will hear about it eventually, and it may come from someone who’s less informed or less supportive than you. Have a courageous conversation with your child. It could be about bullying, the environment, uncertainty, etc. Remind them that love and support are two tools that we can use to practice Courage. Brainstorm ways they can practice Courage around the issue you discuss.

**Toughness:** 2  
**Time:** 4  
**Type:** Group
Spence Elementary

Literacy Night
THURSDAY, MARCH 19

You're Invited

Featured Storytelling Presentation by:
MICHAEL SCOTT,
parent educator

5:00 pm – light dinner in cafeteria
(while quantities last)

5:30 pm – Michael Scott Presentation in LMC

6:00 pm – Social Emotional Learning Presentations

All children who attend will receive a free book.
How does screen time affect kids’ mental health?

The National Institute of Health estimates that kids spend an average of five to seven hours a day using screens for entertainment, which is equal to or even greater than the total time spent in the classroom. This has increased two and a half hours a day from just 10 years ago.

Surveys are showing that they also face more anxiety, depression, and other mental health struggles than previous generations. There are a number of factors thought to be contributing to this, but screen time is a major one, according to Peggy Scallon, MD, medical director of the FOCUS Adolescent Mood Disorders program in Oconomowoc.

“There are huge implications for youth,” Dr. Scallon says. “What are they not doing when they’re on screens? What experiences are they missing out on?”

The distractions of the screen mean less time for homework, physical activity, family interactions, and face-to-face time with peers. Without these necessary social interactions, kids are growing up unprepared and unable to cope—sometimes creating an unhealthy environment for their mental well-being.

“We know that anxiety and depression are correlated with high levels of screen time,” Dr. Scallon says.

The content on the screen matters just as much as the amount of time spent on them. Teens grow up looking at airbrushed models on Instagram or seeing friends doing something fun without them. Dr. Scallon warns that some then perceive their own life as unglamorous in comparison.

Bullying is another issue, which has changed significantly since parents themselves were kids.

“Kids may be bullied while sitting on the couch next to their parents who may not even know it, and the kids can’t escape it,” Dr. Scallon says. “They carry these phones with them 24/7, so they are experiencing near-constant social scrutiny.”

Gaming addiction and screen time

Around 91% of kids growing up today play video games. Dr. Scallon says that kids who spend too much time playing games, at the detriment of other activities, can also show signs of addiction.

“These games are very compelling for kids, and they often engage in gaming at the expense of other activities.” Dr. Scallon says. “And when kids use screens excessively, it can lead to anxiety, depression, family conflict, or another mental health disorder.”

Hear Dr. Scallon talk with Wisconsin Public Radio’s The Ideas Network where she weighs in on video game addiction as a mental health disorder and the signs to watch for.

As explained in an earlier blog with Dr. Heather Jones, supervising psychologist for Rogers’ FOCUS Adolescent Mood Disorders program, kids can create a cycle of avoidance by using games, TV, or phones to avoid dealing with the challenges of anxiety, depression, or another mental health disorder.

“In the short term, I might be distracted by the games, but this leads to increased feelings of depression in the long term because I’ve sat around all day without getting anything productive done,” Dr. Jones explains.

How Rogers handles screen time with kids

When a child or teen comes into one of Rogers’ residential programs, one of the big adjustments for them is getting used to much less screen time. It doesn’t always go over well at first, but Dr. Scallon says that this soon changes. “They will tell us openly ‘I feel so much better without having my phone,’” she explains.

When spending too much time with screens is the issue, it can be difficult coming up with a plan to reintegrate the electronics after treatment. Rogers asks parents to set limits on device use, remove certain devices from the house, and to lead by example.

Dr. Scallon adds, “It’s absolutely important for parents to model good behavior and etiquette for screens and devices, to limit their use, and to prioritize their relationship with their child. One of our biggest challenges in planning for discharge is working with kids and parents to limit and monitor the use of screen time in order to maintain health and wellbeing.”
A Galaxy Worth Visiting

School Breakfast Out of This World!™

Parents: Your child can get healthy breakfast options at school that are out of this world!

Students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

The school breakfast program serves more than 14 million children every school day!

National School Breakfast Week
March 2–6, 2020

Follow SNA and #NSBW20 on social media!
Family Friendly Activities

Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.

Nutrition Info

One ear of corn has 90 calories and provides fiber and vitamin C.

Fun Facts

The average ear of corn has 800 kernels, arranged in 16 rows. There is also one piece of silk for each kernel of corn!

Depending on the variety, corn may have yellow, white, red, black, blue or multicolored kernels.

Corn is grown everywhere except Antarctica.

Uses

Try grilled sweet corn. Simply peel back corn husks and remove silk. Place 1 tablespoon of butter and a pinch of salt & pepper on each piece of corn. Close husks. Wrap each ear of corn tightly in aluminum foil and place on preheated grill. Cook approximately 30 minutes, turning occasionally, until corn is tender.

Top homemade pizza with a combination of roasted vegetables such as corn, zucchini, tomatoes, peppers and onions.

Pick:

- Choose corn with green, fresh looking husks.
- Pull the husk back to ensure the ear has plump, tightly packed kernels.

Store:

- Corn should be used shortly after purchasing but can be stored in the refrigerator with the husks on for a couple of days.
- Blanched corn can be frozen for several months.

Prepare:

- To prepare, remove the husk and silk. Wash, then grill, steam or boil. For quick and easy cleanup, microwave corn with the husk on, 2-3 minutes per ear. Then remove the husk.

March Corn

Coulee Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.

Local corn in March? The corn served at schools is from Sno Pac located in Caledonia, MN. This corn was locally grown, harvested at peak season and processed by Sno Pac, making it available for year-round use. Sno Pac corn is also available in the natural food frozen section at most local grocery stores. Grab some and enjoy local corn at home! 
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>-Mac &amp; Cheese</td>
<td>-French Toast Sticks,</td>
<td>-Sloppy Joe on Bun</td>
<td>NO SCHOOL</td>
</tr>
<tr>
<td></td>
<td>2-Chicken Nuggets</td>
<td>Sausage Patty</td>
<td>2-Homemade Cheese Pizza</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2-Roasted Turkey Deli Sub</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WG Breadstick</td>
<td>Potato Wedges</td>
<td>WG Snack</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roasted Broccoli</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>NO SCHOOL</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>-Grilled Chicken Burger</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2-WG Corn Dog</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WG Cookie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>-Popcorn Chicken</td>
<td>-Beef Taco (Local Beef)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2-Hamburger</td>
<td>2-Texas BBQ Pork on WG Bun</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roasted Veggies</td>
<td>Fiesta Beans</td>
<td>Steamed Broccoli</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>-Teriyaki Chicken</td>
<td>-Lasagna Rollup</td>
<td>-Chicken &amp; Waffle</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2-Garlic Cheese Bread</td>
<td>Garlic Toast</td>
<td>2-Homemade Pepperoni Pizza</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roasted Veggies</td>
<td>Green Beans</td>
<td>Baked Beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mini Rice Krispies Treat</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>-Bakalars Hot Dog</td>
<td>-Mac &amp; Cheese</td>
<td>-Texas BBQ Pork on WG Bun</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2-Chicken Patty Sandwich</td>
<td>2-Pepperoni Pizza Calzone</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carrot Coins</td>
<td></td>
<td>Green Peas</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Oven Fries</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CHOICE 3 DAILY** – assorted yogurt (4 oz) & cheese stick
Also available daily: veggie bar, fresh fruit, assorted canned fruit, chocolate fat free milk, and lowfat white milk.