1800 Lakeshore Dr La Crosse WI 54603



(608) 789-7980 (608) 789-7175 fax

December 22, 2023

#### **Greetings Summit Families,**

It is the end of the year or the beginning of the year. It depends on how we look at the end of a cycle. As I reflect on it, I realize 2023 was a great year. I know we faced challenges, but there were great successes. Last night, we started a new tradition that will last many years. The Winter Solstice Festival was fun to be together, build community, celebrate, and enjoy each other's company. Looking forward, we have several family and community events for you all. You can look forward to information on our movie night, jump-a-thon, ice fishing, concerts, field trips, Earth Day celebrations, and many more. We always value your feedback and encourage you to volunteer to organize the activities. We are all TEAM SUMMIT!

Happy Holidays! And a Prosperous New Year!

With Thanks, Oscar Uribe Principal



#### DATES TO REMEMBER

No School Mon. Dec. 25th thru Mon. Jan. 1st

School Resumes Tues. Jan. 2nd

PTO Meeting Wed. Jan. 10th

No School Mon. Jan. 15th

Last Day of Qtr 2 Fri. Jan. 19th

No School (Staff Development) Mon. Jan. 22nd

Check us out—we're on the WEB!

www.lacrosseschools.o rg/Summit

It is the policy of the School District of La Crosse, pursuant to s.118.13 WI Statute and P19, that no person – on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional, or learning disability, may be denied admission to any public school in this district or be denied participation in, benefits of, or be discriminated against in any curricular, co-extracurricular, pupil services, recreational, or other program or activities.









December was a fast one! We were super

busy with our gingerbread and holiday units. Thank you to all who donated items to help make our experiences at school possible! As the weather continues to get colder, please remember to send snow gear each day

(snowpants, snow boots, hat mittens, coat). We do try to go out every day. In January, we will learn more about this beautiful things called "snow", which is always a fun unit for the kids.

Please enjoy a few pictures from our activities in December.

Kindergarten worked together to create festive window displays for our first Summit Winter Carnival. We have been learning about animals in science. Especially reindeer facts at this time of the year. In math we are adding up our bucket fillers to make the nice list!









First grade is continuing to work on addition and subtraction strategies to solve story problems and math facts. Please continue to practice math flashcards at home and read for 10 minutes. In Language Arts, the 1st graders are working on a special writing project that will be completed and sent home before winter break. Students are also reviewing parts of speech. In Content, we're working on

mapping. Everyday first graders are working hard, being respectful to others, being responsible learners, safe peers-please continue to reinforce these behaviors especially once winter break ends.

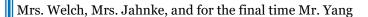


Our 2nd graders have been learning about holidays around the world as part of our Self Identity and Culture unit. We have learned about Diwali, Hmong New Year, Rosh Hashanah and more! Identifying links between our own cultures and those of others has been a blast. Students are now taking time to

write about their favorite food during this holiday season. What a fun time of year!!



Happy December Third Grade Families! We are going into break ending all of our units so when we return on January 2nd we will be starting fresh. Third Grade took their math unit 6 test on area right before break and finished up learning about Native People of Wisconsin. Each class had so much fun learning about the different holidays celebrated around the world and decorating their classrooms to celebrate the Winter Festival! The entire third grade did a zoom live reading of "Santa Shark" with the author Mike Lowery. And we are ending our year with a heavy heart as we say good-bye to Mr. Yang, who accepted another position within the district but we are excited to welcome Ms. Sparano, who will take over the third grade position in the new year! We hope you all have a wonderful break and a very Merry Holiday Season!











Fourth Grade had a busy December as they prepared for the Holiday concert. The class also participated in learning a variety of board games and decorating their windows for to celebrate the Winter Festival.

4th Graders have been working closely with the buddy classrooms to

build relationships with youngers students.



We also got to welcome back Mrs. Goodwin and say a "farewell for now" to Mrs. Huesmann.

Similar to 4th Grade, the 5th Grade also had a busy month preparing for the Holiday concert and Winter Festival. 5th Grade students also got to learn how to play the game of Sequence which will be stored within their classrooms with the opportunity to check them out to play at home with families.







Every month our students meet to celebrate our positive behaviors.

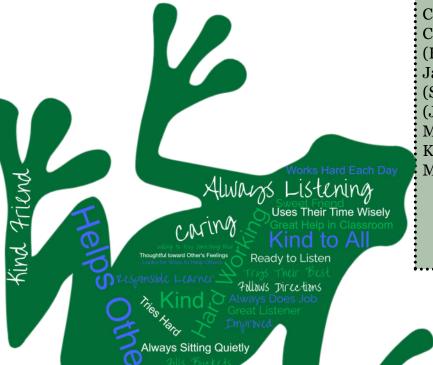
> Students are drawn from the "Bucket Fillers" for prizes and fun.

Next Assembly is Jan. 9th

In December, our Bucket Fillers of the Month were recognized for all of their hard work and leadership within their classrooms. Some common comments from their teachers are showcased on Hopper!

Congratulations to Amelia (Leon AM), Cora (Leon PM), Lucille (Ofte), Payton (Key), Memphis (Fechner), Maxwell (C. Jacobson), Amari (Anderson), Meah (Stanton), Kennedy (Chritton), Gibson (J. Jacobson), Cambria (Yang), Mackenzie (Welch), Andrew (Jahnke), Kayden (Thornsen), Jayden (Goodwin), Morgen (Sullivan), Brynlee (Rauls).

Keep up all of the hard work!!!



Makes Good Choices

#### Welcome to Art 2023-2024

Summit Students have been working hard on their artwork!



5th Graders have been creating cardboard sculptures, props for the concert, and agamagraphs.

4th Graders have created masks with paper mache, embossed metal, and created agamagraphs.

3rd Graders have created agamagraphs and artist trading cards.

2nd Graders created comic books, super heroes, cardboard sculptures, made characters out of tubes, and snowflake making.

1st Graders worked on warm and cool color review and created 3-D rooms, snowflake tape resist art, tube characters, and flip books.

Kindergarten reviewed warm and cool colors, folded and cut snowflakes, and created tape resist art.



























#### This month in music...

4th and 5th grade started December by performing their concert. I'm incredibly proud of them and all of their hard work —it was a fantastic first concert for me in my first year of teaching! After finishing their concert, the 4th and 5th began a unit learning to play the ukulele.





3rd grade spent December learning about instrument families and the orchestra. We learned about strings, woodwinds, brass, and percussion instruments. This unit is in preparation for the Symphony for Youth orchestra field trip that the 3rd graders will take in March.

Kindergarten through 2nd grade learned about the Nutcracker ballet by Tchaikovsky this month. This unit included listening activities, movements, and playing instruments.







### WHAT WE ARE LEARNING:

This month we had a great time participating in the Hour of Code. We've also enjoyed sharing books throughout the school with the You've Been Booked game. Ending the month with board games was the icing on the cake! Have a great break everyone!



#### Reminders:

Each classroom has a scheduled library visit once each 6-day cycle. Pre-K and K students check out one book at a time. 1st grade students check out two books at a time. 2nd thru 5th graders check out three books at a time.

#### LOOK AT US!





#### CONTACT

Mrs. Maxwell
dmaxwell@lacrossesd.org
(608) 789-8841







#### **Summit Elementary**

1800 Lakeshore Drive

#### **About the Program**

The playgroup is open to children with or without a disability who are age 3 and 4 who are not yet eligible for 4K. Our program will provide opportunities for your child to learn and grow their skills through developmentally appropriate, play-based activities.

Focus on: \*social-emotional learning \*independence/self-help skills and \*strengthening our motor skills

#### **Playgroup Info**

where: Summit Elementary

when: M/W or T/TH from 9:00-10:30

cost: FREE

transportation: NOT PROVIDED - parents are responsible for transportation to/from playgroup

#### **Contact Info**

Teacher: Lindsey Fox



lfox@lacrossesd.org



608-789-8833

Sign up by scanning the QR code below. Enrollment is dependent on availability





HELPING ALL KIDS ENJOY THE SEASON!

# SUMMIT WINTER GEAR CARE CLOSET

ALL SIZES

#### **GEAR AVAILABLE**

NEED ASSISTANCE
WITH WINTER GEAR?

CONTACT THE OFFICE FOR THE GIFT OF WARMTH

GLOVES/MITTENS
HATS
BOOTS
WINTER COATS
WINTER BOOTS

**HAVE EXTRA GEAR?** 

CLEAN DONATIONS
WELCOME TO STOCK
THE CLOSET!





"IN SEED TIME LEARN, IN HARVEST TEACH, IN WINTER ENJOY."



Be sure to bring warm gear for outside play!



We also recommend a sweater for insidel

Need help getting winter gear? Please reach out to the office.



# MRTUAL BACK PACI

This is where you can find out about different events, programs, and opportunities for your child(ren) in the LA CROSSE community.



https://www.lacrosseschools.org/parents/virtual-backpack/



Parents need extra support? Call The Parenting Place at 608-784-8125 weekdays from 10-4:00 PM! A Parent Educator will answer your call – listen, support and provide suggestions to parents as well as share up-coming free classes, workshops, and schedule one-one-one opportunities. Give us a call!

# School Doors open at 7:45 a.m.



Please do not drop your student off before 7:45 a.m. as there is no supervision until that time.

# DONATE GENTLY USED CLOTHING TO OUR HEALTH ROOM!

Our Summit Health room is looking for gently used clothing to use for students. These items are used for accidents, spills, and other needs for students.

#### ITEMS OF NEED:

**BOYS**:

SIZE 7/8 SHIRTS, PANTS SIZE 4/6 PANTS

#### GIRLS:

SIZE 7/8 SHIRTS
SIZE 10/12 SHIRTS
4T UNDERWEAR\* (NOT USED PLEASE)

Clothing can be donated by dropping off in our main office. Please let the office staff know you'd like to donate gently used items.

#### Parents Health Guide



#### STUDENT HEALTH GUIDELINES

When should your child stay home because of illness?

FEVER: greater than 100 degrees.

VOMITING: return 24 hours after vomiting DIARRHEA: return 24 hours after diarrhea

RASH: rash that is open and draining or a rash with a fever

STREP THROAT, IMPETIGO: return after 24 hours of treatment with antibiotic

SCABIES, RINGWORM: must be treated before returning to school

CHICKEN POX: child may return to school 5-7 days after onset of rash, with all sores dry and scabbed over

Please notify your child's school if your child is absent due to illness or injury.

If your child has a serious illness or injury that affects school participation, please notify your school principal or school nurse so a plan can be implemented to meet your child's needs.



#### From the HEALTH ROOM

# It's that time of year for many illnesses. Please follow the Student Health Guidelines.

When should your child stay home because of illness?

FEVER: greater than 100 degrees.

**VOMITING**: return 24 hours after vomiting **DIARRHEA**: return 24 hours after diarrhea

RASH: rash that is open and draining or a rash with a fever

CONTAGIOUS DISEASES: strep throat, impetigo, return after 24 hours of

treatment with antibiotic

**NUISANCE DISEASES**: head lice, scabies, ringworm - must be treated before

returning to school

CHICKEN POX: child may return to school 5-7 days after onset of rash, with all ...

sores dry and scabbed over

Please notify your child's school if your child is absent due to illness or injury.

If your child has a serious illness or injury that affects school participation, please notify your school principal or school nurse so a plan can be implemented to meet your child's needs.

#### **ILLNESS OR INJURY AT SCHOOL**

Students who become ill or injured at school will be seen in the health room by trained staff. If your child is unable to return to class, a parent will be contacted. For your child's comfort please make arrangements to pick them up as soon as possible. Please notify us of any phone number changes/updates.

\*\*\* Cough drops/lozenges are considered medications. Please try to administer at home before and after school. If you find it necessary to have your child use it during the school day the cough drops/lozenges MUST be brought into the Health Room and a Medication Procedure form filed out. Cough drops CANNOT be kept with the child during the day.

The best defense against illness is washing your hands frequently.

## pouble-Click Page to Access Links



#### SCHOOL DISTRICT OF LA CROSSE 2024-2025 4K Preschool Registration

\*\*New Student Online Enrollment for the 2024-25 school year will open on January 3rd, 2024\*\*

Students must be 4 years old on or before September 1, 2024 to enroll into 4K Preschool.

4K Preschool Registration is a 2-step process:

- New Student Online Enrollment (opens January 3rd, 2024)
- 4K Preschool Site Selection (opens March 18th, 2024). Families will receive emailed information on the site selection process after the New Student Online Enrollment (Step 1) has been completed.

Step 1— New Student Online Enrollment opens on January 3rd, 2024 to enroll your 4-year-old for the 2024-2025 school year.

- Visit our 4K Preschool Enrollment page at https://www.lacrosseschools.org/enrollment/preschool/ or scan the QR code and select whether you're an existing family or a new family to the district.
  - Existing Family in District: You will log in using your Skyward family account information and click the New Student Online Enrollment on the top left.
  - New Family in District: If you are new to the school district, follow the prompts to create an account and complete the New Student Online Enrollment process in Skyward.
- You may upload or email a picture of the student's birth certificate and your proof of address to the New Student Online Enrollment application or email to preschool@lacrossesd.org. These documents must be submitted to secure your site selection on March 18th.
- Note: If you want to participate in 4K site selection when it opens on March 18th, your student's 4K enrollment must be completed by March 1st. Applications submitted after March 18th will be processed as soon as possible.

Families are welcome to come into Hogan Administrative Center (807 East Avenue South La Crosse, Wisconsin - Monday-Friday 7:30am-3:30pm) to complete the enrollment process on a computer if needed.

4K Preschool Office preschool@lacrossesd.org 608-789-7006









# NEXT MEETING: January 10th, 5:30 p.m. in person at the school.

Missed a meeting?

View PTO news And meeting notes on the Summit School



Laura Steigerwald- Vice President

ljstokes06@gmail.com

Adriane Melby - Treasurer

Summit Elementary PTOWI@gmail.com

Michelle Powell - Secretary

mipowell@lacrossesd.org

District Wide Rep - Open

#### **BOX TOPS**

Summit Students benefit from Box Tops, download the app and scan your receipt. Then select Summit Elementary School, La Crosse, WI!

**HOW IT WORKS** 

## BOX TOP\$ EDUCATION

#### BUY BOX TOPS PRODUCTS

Look for the logo. You can find it on hundreds of products you know and love.



SCAN YOUR RECEIPT

No more clipping. Tap the scan button and snap a photo of your receipt within 14 days of purchase.



EARN
CASH FOR YOUR SCHOOL

It's that easy! Box Tops earnings are identified and automatically updated online.





#### Join us on Facebook for Updates

Summit Environmental PTO









# THANK YOU

for your generosity!

Thank you Olivet Church!
Olivet Church supported many of our holiday family wish lists this season, thank you for spreading holiday cheer!



#### SUMMIT SHOWCASE—WIN Time!

WIN Time (or "What I Need" Time) allows students to get targeted skills practice in smaller group settings. Here is a quick snippet at what Mrs. Davis and her group have been able to accomplish:

My name is Mrs. Davis and I have the pleasure of guiding a 3rd Grade WIN group. We have tackled 6 books so far. Jenner, Harrison, Catalina, Aimsleigh, Daya and Hunter not only read our books out loud but they complete worksheets for every chapter. We have fun in our group including some games on Fridays. 2 weeks ago I tasked my group with writing a book about a Christmas Elf or Christmas Ferry. I encouraged them to create and imagine a story all on their own. We had hurdles of illness and scheduling changes, but they took it upon themselves to continue their writing. Daya, Aimsleigh and Jenner completed their stories and received help from the rest of the group to complete the covers. They are encouraged to read the story to their classroom. I am proud of this group and we will meet again in the new year!









# HARVEST OF THE MONTH NEWSLETTER JANUARY 2024





#### Select – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

Prepare – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

#### Beets are The Harvest of the Month!

#### Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

Make meals and memories together. It's a lesson kids will use for life.

#### Did you Know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin! #WIHarvestofthemonth

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XOXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

#### Recipe of the month

#### Root Vegetable Gratin

#### Serves 8

#### Ingredients:

- 1 Tbsp softened butter
- 1-2 sweet potatoes
- 3 medium beets
- 3 parsnips
- 14 Tbsp milk, divided
- 5 oz grated parmesan cheese, divided
- 1 Tbsp fresh thyme (or 1 tsp dried)
- 1 clove garlic, minced (or 1/2 tsp powder)
- Salt and Pepper to taste

#### Directions:

Preheat oven to 400°, grease a 3-quart baking dish with softened butter. Peel vegetables and thinly slice and transfer each vegetable to its own bowl. Pour 4 T milk onto potatoes and parsnips, and 2 T onto beets. Add 1/2 oz cheese, thyme, and salt and pepper to each bowl. Toss each bowl until all slices are well coated. Pour remaining milk, parmesan, thyme, and garlic into bowl and mix well, pour into bottom of baking dish. Layer and arrange vegetable slices neatly in the baking dish, pouring any remaining liquid in bowls over the top. Season with salt, pepper and remaining 1 oz parmesan. Cover with foil and bake for 30 minutes. Uncover and bake an additional 15-20 minutes until edges and cheese are lightly browned and vegetables are fork tender.

Per serving: 153 calories, 6g fat, 8g protein, 18.4g carbohydrate, 3.3g fiber, 211mg sodium











Source: laxf2s.org



Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System-Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

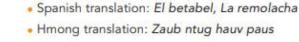


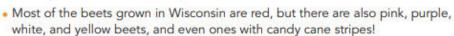
#### ACTIVITY GUIDE BEETS

#### LEARN

#### facts











 Red beets get their bright red color from pigments called betalains, also known for their cancer-fighting properties.

Chioggia Beets

- Beet juice is a basic ingredient of Russian borscht. Beet juice can also be used as a natural dye! The Victorians dyed their hair with beet juice in 19th century England.
- Beets are native to the shores of North Africa, Europe, and the Middle East. Beets were first grown by the ancient Romans.

#### EAT

#### nutrition & seasonality



#### Key nutrients:

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.

Folate - Helps prevent birth defects, is needed to make DNA, and helps your cells divide, including red blood cells.

Potassium - Helps maintain normal blood pressure.

Fresh beets grown in Wisconsin are available from June through October.

#### TASTE

#### taste testing



Nutritious,

Delicious,

Wisconsin!

Purchase fresh beets and canned beets from the grocery store. Cook the fresh beets by boiling and then peeling them, or place beets with about ¼ cup of water in a microwave-safe dish and cover with a lid or plastic wrap. Microwave on high until tender (about 10-12 minutes). Let kids try one slice of fresh beet and one slice of canned beet. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the beets. How are they the same or different?

(about 10-12 minutes). Let kids try one slice of fresh beet and one slice of canned beet. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the beets. How are they the same or different?

To sweeten the fresh and canned beets prior to tasting, marinate them overnight in orange.

To sweeten the fresh and canned beets prior to tasting, marinate them overnight in orange juice or orange juice concentrate (depending on how sweet you want the taste testing).

Credit Julie Yezek, FoodWlse Nutrition Educator



#### ACTIVITY GUIDE . BEETS

#### FUN





#### activity: Grow Your Own Beet Greens

Objective: Kids will learn how to grow beet greens from cuttings.

Supplies: Beets, shallow plate, water, and a chef's knife (for adults!).

#### Procedure:

- 1. Buy a bunch of beets with the tops still attached.
- Trim the greens off (and save them for eating! You can wash the beet greens, chop, and saute them in olive oil - yum!).
- 3. Cut off the top of the beets with at least ½ inch of beetroot still attached.
- 4. Set the beet tops cut-side down in a dish of water and leave in a sunny spot in your classroom. Change the water every other day.
- 5. Use the leftover beetroot for taste testing.
- 6. Ask kids to make daily observations as the beets begin to grow more leaves. Discuss what plants need to grow. Answer: sunlight, water, and air (carbon dioxide). Once the leaves are big enough, cut a few to taste!

- Credit: Nicole Leipski, FoodWlse Teaching Coordinator

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: An educator can grow beet greens and share the process with kids over a virtual learning platform. You can also share a link to a video: https://youtu.be/5VJbkjBU3jY.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

#### READ





- Tops and Bottoms by Janet Stevens
- The Big Beet by Lynn Ward
- Squash Boom Beet: An Alphabet for Healthy, Adventurous Eaters by Lisa Maxbauer Price
- Beets: Fun Facts on Fruits & Vegetables by Michelle Hawkins
- . The Farmer & the Beet by Jeremy David



# CONNECTION OF THE PROPERTY OF

#### planting

Beets are tolerant to frost and can be planted in the spring, four weeks before the last frost. Plant seeds about ½ inch deep and one inch apart. Space rows 12-18 inches apart. Once the seedlings sprout, thin to 3 inches between seedlings. Beet seeds prefer cool and moist conditions, so remember to water your seeds regularly.

#### harvesting

Harvest beets when they are between 1-3 inches in diameter. Beets larger than 3 inches may be tough and fibrous. Remove greens before storing beets in the refrigerator. Remember, you can eat the beet greens too!

# JANUARY 2024

spec				**Menu	**Menu is subject to change. **
tful	MOM	TUE	WED	UHT	FRI
	Saaa	day 2  BREAKFAST  #1 French Toast  LUNCH  #1 Taco Triangles  #2 EZ Jammer & Cheese Stick	day 3  BREAKFAST  #1 Chocolate Chip Muffin  LUNCH  #1 Chicken Alfredo  #2 Yogurt & Cheese Stick	day 4  BREAKFAST  #1 Waffles  LUNCH  #1 Cheese Pizza  #2 EZ Jammer & Cheese Stick	day 5  BREAKFAST  #1 Egg & Sausage Sandwich  LUNCH  #1 Cheeseburger  #2 Ham & Cheese Sub
Be Des	day 6  BREAKFAST #1 Breakfast Burrito LUNCH #1 Grilled Chicken Burger #2 Yogurt & Cheese Stick	day 1  BREAKFAST  #1 Breakfast Pizza  LUNCH  #1 Cheese Quesadilla  #2 EZ Jammer & Cheese Stick	day 2  BREAKFAST 10 #1 Waffles LUNCH #1 Tater Tot Hot Dish #2 Yogurt & Cheese Stick	day 3  BREAKFAST  #1 Banana Bread  LUNCH  #1 Sausage Pizza  #2 EZ Jammer & Cheese Stick	day 4  BREAKFAST 12  #1 Cini Mini LUNCH #1 Hot Dog #2 Turkey & Cheese Sandwich
ponsible	NO SCHOOL!	day 5  BREAKFAST  #1 Chocolate Chip Muffin  LUNCH  #1 Wisconsin Chili  #2 EZ Jammer & Cheese Stick	day 6  BREAKFAST  #1 French Toast  LUNCH  #1 Lasagna Rollup  #2 Yogurt & Cheese Stick	day 1  BREAKFAST  #1 Egg & Bacon Sandwich  LUNCH  #1 Garlic Cheese Bread  #2 EZ Jammer & Cheese Stick	day 2  BREAKFAST  #1 Banana Bread  LUNCH  #1 Fish Sticks  #2 Ham & Cheese Sandwich
	NO SCHOOL!	day 3  BREAKFAST 23 #1 Mini Bagel + Cream Cheese LUNCH #1 Taco Triangles #2 EZ Jammer & Cheese Stick	day 4  BREAKFAST 24  #1 Breakfast Patty Sandwich  LUNCH  #1 Pasta & Meat Sauce  #2 Yogurt & Cheese Stick	day 5  BREAKFAST 25  #1 Pancake on a Stick  LUNCH  #1 Cheese Pizza  #2 EZ Jammer & Cheese Stick	day 6  BREAKFAST 41 Cini Mini LUNCH #1 Rib-E-Que Sandwich #2 Turkey & Cheese Sandwich
Be Safe	day 1  BREAKFAST #1 Mini Bagel + Cream Cheese LUNCH #1 Chicken & Waffle #2 Yogurt & Cheese Stick	day 2  BREAKFAST 30 #1 Chocolate Filled Crescent LUNCH #1 Beef Nachos #2 EZ Jammer & Cheese Stick	day 3  BREAKFAST  #1 Egg & Sausage Sandwich  LUNCH  #1 Spaghetti with Meatballs  #2 Yogurt & Cheese Stick	Breakfa Breakfa Lunch ii and cho	Breakfast is served with white milk. Breakfast choice #2 is always cereal. Lunch includes fruit, veggie, and choice of milk.