



Wildcats Newsletter

October 2020

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It's a note from the principal ...

Dear Werner Community,

As we begin to shift to Phase 3 (K-2nd Oct. 5, 3rd-5th Oct. 19), we are excited to have students back in-person! Please know that we will do our part to make in-person learning safe and engaging. Also, Phase 3 with remote learning will look different and your teacher will communicate expectations specific to your child.

While in-person, students will work with their teacher on core lessons and they will attend specials in-person. On their days at home, students will have independent assignments and asynchronous lessons (as needed). Teachers will check in with their remote students at least once on their remote days. This check-in may adapt with time and experience. Our interventionists and paras will work with identified students on remote days via Microsoft Teams.

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Note From The Principal

continued

Our teachers will not provide live instruction via technology to remote students while they are teaching to students in-person. We know that many have asked about this possibility to only do remote learning from Werner and we simply do not have the capacity to teach live in-person and remotely at the same time. If you have concerns with being back in-person and need another option, please contact me (hcamp@psdschools.org).

While we know that this phase will be new for us all, please know that our teachers will continue to help transition slowly and adjust as needed. Please keep your teacher informed of your needs/questions. We will continue to send updates about our school-specific plans through our weekly communication, the Werner Weekly, and through our teachers.

Thanks for all your support in these challenging times!

Mr. Camp

Coming Up

Please check our Werner School Calendar on our website for up-to-date information: <https://wer.psdsschools.org/node/1075>

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October Dates to Remember

- 1 Spirit Day- Apple of My Eye-Snacks or Craft
- 5 K-2nd begin Hybrid Learning—
Group A 8:50 am-3:28 pm
- 6 K-2nd begin Hybrid Learning—
Group B 8:50 am-3:28 pm
- 8 PTA Meeting (via Zoom), 9:10-10:00 am
- 9 Spirit Day-Leave Scavenger Hunt
- 14 Spirit Day- Jack-O-Lantern (Orange or Black)
- 15/16 NO SCHOOL FOR STUDENTS-Parent/Teacher Conferences
- 19 3rd-5th begin Hybrid Learning—
Group A 8:50 am-3:28 pm
- 20 3rd-5th begin Hybrid Learning—
Group B 8:50 am-3:28 pm
- 23 Spirit Day- Decorate or do Pumpkin Art
- 30 Spirit Day-Halloween Costume



PSD Planning 2020-21

Stay up-to-date with PSD's plans for the 2020-21 school year at: <https://www.psdschools.org/psd2020-21>. This site will house all the information needed for the different phases and updates throughout the year.

**WATER RESTRICTIONS
BEGIN OCT. 1**

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9/20

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**October
2020**

Counseling Corner

I cannot tell you how excited I am for students to be returning to Werner. I know all of us here are on the countdown and are getting ready to make sure our school is a safe environment for all.



I have many resources on my Learning Page at <https://sites.google.com/psdschools.org/wer-learning-counselor-flemist/home>. If you don't see what you need, please do not hesitate to email at jflemist@psdschools.org.

If you think your child would benefit talking to me about any social problems (including anxiety about returning to school), please email me. I check in with kids often and we can set up a time and day easily. I have a couple of sites for parents (also on my Learning Page) that offer helpful tips and tools for calming the brain and other relevant social resources.

My Counseling website is:

<https://padlet.com/jflemist/l7fdazqa2vhv>

This site has resources on:

- PSD Elementary Counseling Resources <https://sites.google.com/psdschools.org/psd-elementary-counseling/home>
- Cyber Bullying Tips to keep students safe

Check out my new blog about parenting and counselorisms - tools for life skills and positive parenting

<http://117551676116791691.weebly.com/>

Check out the Werner calendar at <https://wer.pdschools.org/calendar> for updated information throughout the month as event times and/or dates can change.

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Here is an excerpt from my newest blog (copy the link above to read the rest):

Power of Kindness

I decided to continue my blog talking about the powers within us. Last month was about the Power of Positive Self-Talk and believing what we tell ourselves. We do this by practicing positive thoughts. I believe the same is with kindness. Practicing kindness is a power we are all capable of and most of us need to do more often.

I read a study many years ago about what makes humans happy. **There were a couple of key components that happy people have in common. Gratitude and kindness** are the two biggest factors for happiness. People who are thankful and grateful feel they are happier beings. The theory behind kindness is that it is hard to be in a bad mood when you are being kind.



We invite everyone to attend our next PTA meeting on October 8th from 9:10 until 10:00 am. Please look for a link in the next Werner Weekly or on our Facebook page at <https://www.facebook.com/wernerwildcats/>. We are looking for volunteers to join our committees to work on our plans for a Halloween event, yearbook, community service events, Speaker Series and even a Parents Night Out. Look for more information on our Facebook page and we hope to see you at our next meeting.

We would also like to remind you that we can support our school as we shop in different ways.

If you are buying on Amazon, please use our [Amazon Smile Shop](https://smile.amazon.com/ref=smi_ext_ch_84-1071767_dl?encoding=UTF8&ein=84-1071767&ref=smi_chpf_redirect&ref=smi_ext_ch_84-1071767_cl) (at https://smile.amazon.com/ref=smi_ext_ch_84-1071767_dl?encoding=UTF8&ein=84-1071767&ref=smi_chpf_redirect&ref=smi_ext_ch_84-1071767_cl)

King Soopers updated their gift card program so you can simply sign up for an account to designate Werner to receive a portion of the proceeds as you shop:

[Community Rewards](https://www.kingsoopers.com/i/community/community-rewards) (<https://www.kingsoopers.com/i/community/community-rewards>)

We are also excited for our first Werner Dines Out night on Tuesday, September 29 with Pappa John's Pizza, more details on the attached flier.

If you are not a member of the PTA please consider joining by filling out the form below and dropping it and a check off at the office (or putting it in an envelope addressed to the Werner PTA in your child's distribution folder).

MISSION OF THE WERNER PTA: To support and speak on behalf of the children and youth in the schools, in the community and before government bodies and other organizations that make decisions affecting children. To assist parents and children in developing the skills they need to help all children be successful. To encourage parent and public involvement in the public schools of this nation.

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The Werner PTA supports the Werner community through organizing classroom volunteers, fun community events, which in the past has included such activities as a Fall Fun Festival, Restaurant Nights, Fun Runs and Family Movie Nights. We also have encouraged various community service activities, so that Werner students and parents can reach out to others in the community. Finally, we have raised funds to pay for improvements to the school like new desks, books and technology. While every year presents new challenges and changes, we know that with your ideas and contributions, that we can continue to adapt our plans and respond to the needs of our school community.

JOIN THE PTA

The yearly membership dues are \$10. Please fill out this membership form and return it to the office along with cash or a check made payable to Werner PTA.

Name _____ Address _____ City _____
 _____ Zip _____
 Code _____ Phone _____
 Email _____ Questions? Contact Anjani Rogenksi at _____

wernerptapresident@gmail.com or 970-412-8577.



Werner Cares and Shares is a special tradition where we come together to make meaningful contributions to our community and give our children opportunities to experience the satisfaction of helping others. In the past we have hosted an evening full of hands-on projects and activities for families to do together. This year, instead, we will focus on one special group within our community each month and make handmade cards to express our gratitude and support.

The project is simple: We encourage you to use any materials you have at home to make a card. Notebook paper, construction paper, markers, tape, glue, scissors, etc. We will also have a stash of extra supplies in a box near Werner's front door that you are welcome to use. When you are done, you can bring your card to Werner (bring them to your class on in-person days or drop in the box by the front door) and we will collect them and deliver them for you to the group of the month.

For the month of OCTOBER we will focus on thanking our FIRE FIGHTERS for all they do to keep our community safe. Feel free to make one card or a whole stack! Please turn your cards in by Monday, October 26th.





Report to PARENTS

Managing Virtual Learning Stress

As schools across the country are conducting schoolwork remotely, many children are forced to deal with what some call "Zoom fatigue." Whatever the virtual platform they use, maintaining focus, eliminating distractions, and coping with self-consciousness presents new challenges and takes its toll on students. Fortunately, there are ways you can help your child proactively be more engaged and manage this fatigue.

Space Out Social Zooms

Planning for additional social times for your child is important during this time. If you're planning a Zoom or video chat "hangout" for your child, make sure to not plan them back to back with a class.

Increase Socialization Time

If you don't feel comfortable allowing your child to see other kids in person right now, it's a great opportunity to do more intentional face-to-face socializing with family members. Have dinners, play outdoors together, go on walks, play board games, or just talk on the patio.

Take Outdoor Breaks

Getting your children outside relaxes their eyes and minds. You can tell them to take a walk around the block, ride their bikes for five minutes, or just stare off into space. Even if it's just to read, being outside can get them out of the sometimes unnatural feeling of Zoom.

Consider "Cameras Off" Breaks

Reach out to see if your teacher is OK with students to turn off their cameras during class, as this could help mitigate self-consciousness or anxiety your child might feel. Let your student choose a five-minute window when they might turn their camera off.

Share Feedback With Your School

Tell your school what works and what doesn't. Be open and transparent in a way that builds a respectful partnership.

Have Kids Make Their Lunch

If your child is in back-to-back classes, sometimes they need to engage a different part of their brain. Making a meal is a tactile activity that can help them

feel more connected to concrete objects and things. It also can give a sense of control as they choose what to eat.

Avoid Excessive Multitasking

Make sure students' physical space is not cluttered. Ensure they have the Zoom view on full screen to avoid pulling up other websites or online activities.

Build in "Brain Breaks"

Build in brain breaks during the day for your child and makes sure they step away from the screen. A good rule of thumb is to look away from the screen for 20 seconds every 20 minutes. Brain breaks are crucial for students' focus and mental energy.

One-on-One Phone Calls

When possible, if your child feels overwhelmed with Zoom fatigue, try to work with the teacher to schedule one-on-one tutoring or office hours via phone instead of video.

Teach Your Child Mindfulness Activities

Working on social-emotional skills and mindfulness can limit the amount of multi-tasking your child does, increase social-emotional health, and increase their ability to focus and be present.

Content courtesy of Possip, Inc.



Web Resources:

- **Possip**, a parent-school engagement platform: possip.com
- **A Mindfulness Activity** from Move this World: bit.ly/32yJl6c



How Sick is Too Sick?

When Children and Staff Should Stay Home from School or Child Care

During Colorado's response to the COVID-19 pandemic, children and staff who have been exposed to a positive case or who have symptoms consistent with COVID-19 listed below, must follow the [Guidance for Cases and Outbreaks in Child Care and Schools](#).

MAJOR SYMPTOMS of COVID-19

- Feeling feverish, having chills or temperature of 100.4°F or greater
- Loss of taste or smell
- New or unexplained persistent cough
- Shortness of breath or difficulty breathing

MINOR SYMPTOMS of COVID-19

- Sore throat
- Runny nose or congestion
- Muscle or body aches
- Headache
- Fatigue
- Nausea, vomiting
- Diarrhea

There are four main reasons to keep children and adults at home:

1. Someone who the child or staff lives with (or has had close contact with) has been diagnosed with COVID-19, or has symptoms of COVID-19.
2. The child or staff member does not feel well enough to take part in usual activities. For example, a child is overly tired, fussy or will not stop crying.
3. A child needs more care than teachers and staff can give while still caring for the other children.
4. The symptom or illness is on this list, and staying home is required.

Remember, the best ways to stop the spread of infection is through good hand washing and staying home when sick.

Symptoms	Child or staff must stay home?
Diarrhea Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine.	Yes - if the diarrhea can be explained* by a specific illness then follow the exclusion guidelines for that illness. If the diarrhea is unexplained then follow the COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools . Children and staff may return 24 hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer.
Fever Fever is a temperature of 100.4°F or greater. Babies who are 4 months or younger need to see a doctor right away for a fever of 100°F or higher.	Yes - If the fever can be explained* by a specific illness then follow exclusion guidelines for that illness. If the fever is unexplained then follow the COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools .





Symptoms	Child or staff must stay home?
Vomiting/Throwing Up	<p>Yes - if the vomiting can be explained* by a specific illness then follow the exclusion guidelines for that illness. If the vomiting is unexplained then follow COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools.</p> <p>Children and staff may return 24 hours after their last episode of vomiting unless the vomiting is caused by an illness that requires them to stay home longer.</p> <p>If a child with a recent head injury vomits, seek medical attention.</p>

*An explained symptom means that the symptom can be attributed to one of the following:

1. A known occurrence (ex. a child gagged which caused vomiting); or
2. A known health condition (ex. diarrhea caused by irritable bowel syndrome, cough caused by asthma or allergies etc.); or
3. A documented diagnosis from a health care provider (ex. fever caused by strep throat) which excludes other conditions of concern.

In the instance of a known occurrence or health condition, separate the child from group care and monitor them. If symptoms improve and COVID-19 has been ruled out in accordance with the [COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools](#) exclusion guidelines for COVID-19 they may return to group care. If the symptoms worsen the child or staff needs to be excluded.

Illness	Child or staff must stay home?
Chicken Pox	Yes - until the blisters have dried and crusted (usually 6 days).
Conjunctivitis (pink eye) Pink color of eye and thick yellow/green discharge	No - children and adults do not need to stay home unless they have a fever or are not able to participate in usual activities. Call your doctor for advice and possible treatment.
COVID-19 symptoms may include any of the following: Fever or chills New loss of taste or smell Fatigue New or unexplained persistent cough Shortness of breath or difficulty breathing Sore throat Runny nose or congestion Muscle or body aches Headache Fatigue Nausea or vomiting Diarrhea	<p>Yes - children and staff who have been diagnosed with COVID-19 must be excluded until:</p> <ol style="list-style-type: none"> 1. The child or staff member has not had a fever for 24 hours, AND 2. Other symptoms have improved (example, the cough or shortness of breath has improved), AND 3. At least 10 days have passed since the symptoms first appeared. <p>Prior to diagnosis, children and staff with symptoms or known exposure to COVID-19 should follow COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools the exclusion guidelines for COVID-19 found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools.</p>





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Health & Environment

Illness	Child or staff must stay home?
Fifth's Disease	No - the illness is no longer contagious once the rash appears.
Hand Foot and Mouth Disease (Coxsackie virus)	No - unless the child or adult has mouth sores, is drooling and is not able to take part in usual activities.
Head Lice or Scabies	Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment.
Hepatitis A	Yes - children and staff may return to school or child care when cleared by the health department. Children and staff should not go to another facility during the period of exclusion.
Herpes	No - unless there are open sores that cannot be covered or there is nonstop drooling.
Impetigo	Yes - children and adults needs to stay home until antibiotic treatment has started.
Ringworm	Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment. Keep the area covered for the first 3 days if participating in sports with person to person contact.
Roseola	No - unless there is a fever or behavior changes.
RSV (Respiratory Syncytial Virus)	No - children and staff can go to school unless they are not well enough to take part in usual activities and/or they have trouble breathing. Call your doctor for advice. Follow COVID-19 Guidance for Cases and Outbreaks in Child Care and Schools the exclusion guidelines for COVID-19 found at https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools .
Strep Throat	Yes - for 12 hours after starting antibiotics unless the doctor says that it is okay to return to school sooner. Children and staff also need to be able to take part in usual activities.
Vaccine Preventable Diseases Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)	Yes - Children and staff can return to school once the doctor says they are no longer contagious.
Yeast Infections Thrush or Candida diaper rash	No - follow good hand washing and hygiene practices.
Other Symptoms or illnesses not listed	Contact the child care center director or school health staff to see if the child or staff member needs to stay home.

This document was developed in collaboration with the Children's Hospital of Colorado School Health Program. The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

References

American Academy of Pediatrics. *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide*. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.20.
Colorado Department of Public Health and Environment. *Infectious Diseases in Child Care and School Settings: Guidelines for Child Care Providers and Health Consultants, School Nurses and Other Personnel*. 2019.

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Jared Polis, Governor | Jill Hunsaker Ryan, MPH, Executive Director



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¿Qué tan enfermo es demasiado enfermo?

Cuándo los niños y el personal deberían quedarse en casa y no asistir a la escuela ni a la guardería

Existen tres razones principales por las cuales los niños y adultos deben quedarse en casa:

1. El niño o el integrante del personal no se siente lo suficientemente bien como para participar de las actividades habituales. Por ejemplo, un niño está excesivamente cansado, irritable o no deja de llorar.
2. Un niño necesita más cuidado del que los maestros o el personal pueden brindarle sin descuidar a los demás niños.
3. El síntoma o la enfermedad se encuentran en esta lista y es necesario que se quede en casa.

Recuerde, la mejor manera de evitar que se propague una infección es una buena higiene de manos y permanecer en casa ante una enfermedad.

Síntomas	¿Debe quedarse el niño en casa?
Diarrea Deposiciones frecuentes, blandas o acuosas en comparación con las habituales, que no son causadas por un alimento o medicamento.	Sí: si se presentan otros síntomas junto con la diarrea (como vómitos, fiebre, dolor abdominal, ictericia, etc.), la diarrea no puede contenerse en el inodoro, se observa sangre o mucosidad en las heces, el niño usa pañales o el integrante del personal manipula alimentos o biberones. Los niños y el personal pueden regresar 24 horas después del último episodio de diarrea, a menos que la diarrea esté causada por una enfermedad que requiera una permanencia más prolongada en la casa.
Fiebre Fiebre con cambio en el comportamiento u otra enfermedad. Los bebés de 4 meses o menos deben ser evaluados por un médico de inmediato en caso de fiebre de 100 °F o más.	Un niño no debe ser excluido si la fiebre no está acompañada de otros síntomas, a menos que tenga 4 meses de vida o menos. Sí: si también se observa sarpullido, dolor de garganta, vómitos, diarrea, cambios en el comportamiento, rigidez en el cuello o dificultades respiratorias.
Síntomas "gripales" Fiebre de más de 100 °F con tos o dolor de garganta. Otros síntomas gripales pueden incluir cansancio, dolor corporal, vómitos y diarrea.	Sí: al menos 24 horas después de que haya desaparecido la fiebre. La fiebre debe desaparecer sin el uso de antifebriles (acetaminofén o ibuprofeno).
Tos	Sí: si la tos es grave, no está controlada o el niño presenta sibilancia, agitación o dificultad para respirar. Se requiere atención médica en caso de sibilancia, agitación o dificultad para respirar. <u>Importante:</u> Los niños con asma pueden asistir a la escuela con un plan de atención de la salud escrito y la escuela tiene permitido administrar la medicación y el tratamiento.
Síntomas respiratorios o de resfriado leves Nariz tapada con secreciones transparentes, estornudos y tos leve.	No: los niños y el personal pueden asistir a la escuela si pueden participar de las actividades habituales. Los niños y el personal deben permanecer en casa si los síntomas son graves. Esto incluye fiebre y si un niño no presenta un comportamiento normal o tiene dificultad para respirar.
Vómitos Vomitarse dos veces o más en las últimas 24 horas, se presentan	Sí: hasta que no haya vómitos por 24 horas o un médico indique que no es contagioso. Si el niño tuvo una lesión reciente en la cabeza, esté atento a otros signos de enfermedad y a la



otros síntomas además de los vómitos (como fiebre, diarrea, etc.).	deshidratación. Los adultos que manipulan alimentos o biberones deben ser excluidos.
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Consulte la segunda página para ver una lista de enfermedades que requieren que un niño o integrante del personal permanezcan en casa.

Enfermedad	¿Debe quedarse el niño en casa?
Varicela	Sí: hasta que las ampollas se hayan secado y tengan costra (generalmente, 6 días).
Conjuntivitis Ojo de color rosado y con secreciones espesas de color amarillo/verdoso	No: no es necesario que los niños y adultos permanezcan en casa a menos que tengan fiebre o no puedan participar de las actividades habituales. Llame a su médico para recibir asesoramiento y un posible tratamiento.
Difteria (ver Tos)	Llame a su médico para recibir asesoramiento. Importante: Los niños y el personal pueden asistir a la escuela, a menos que no se sientan lo suficientemente bien para participar de las actividades habituales.
Quinta enfermedad	No: la enfermedad ya no es contagiosa una vez que aparece el sarpullido.
Enfermedad de mano, pie y boca (virus de Coxsackie)	No: a menos que el niño o adulto tenga llagas en la boca, babee y no pueda participar de las actividades habituales.
Piojos o sarna	Sí: los niños pueden permanecer en la escuela o la guardería hasta el final del día, pero no pueden regresar hasta haber recibido el primer tratamiento.
Hepatitis A	Sí: los niños y el personal pueden regresar a la escuela o guardería con la autorización del Departamento de Salud. Los niños y los miembros del personal no deben ir a otra instalación durante el período de exclusión.
Herpes	No: a menos que haya llagas abiertas que no puedan cubrirse o la persona babee constantemente.
Impétigo	Sí: los niños y adultos deben permanecer en casa hasta que se inicie el tratamiento con antibiótico.
Tiña	Sí: los niños pueden permanecer en la escuela o la guardería hasta el final del día, pero no pueden regresar hasta haber recibido el primer tratamiento. Mantenga el área cubierta durante los primeros 3 días si practica deportes de contacto.
Roséola	No: a menos que haya fiebre o cambios en el comportamiento.
RSV (virus respiratorio sincitial)	No: los niños y el personal pueden asistir a la escuela, a menos que no se sientan lo suficientemente bien para realizar las actividades habituales o tengan dificultad para respirar. Llame a su médico para recibir asesoramiento.
Faringitis estreptocócica	Sí: durante 12 horas después de iniciar el tratamiento con antibióticos, a menos que el médico indique que puede regresar a la escuela antes. Los niños y el personal también deben poder participar de las actividades habituales.
Enfermedades que pueden prevenirse con vacunas Sarampión, paperas, rubeola	Sí: los niños y el personal pueden regresar a la escuela cuando el médico indique que ya no hay contagio.



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(sarampión alemán), Pertusis (tos ferina)	
Candidiasis candidiasis oral o del pañal	No: procure un buen lavado de manos y buenas prácticas de higiene.
Otros Síntomas o enfermedades que no se incluyen	Comuníquese con el director de la guardería o el personal de salud de la escuela para saber si el niño o el miembro del personal deben permanecer en casa.

Esto fue desarrollado en colaboración con el Programa de Salud de Escuelas de Children's Hospital of Colorado. La información presentada solo tiene fines educativos. No pretende reemplazar el consejo de su médico personal y no tiene como fin el diagnóstico, el tratamiento, la cura o la prevención de ninguna enfermedad. La información no debe usarse para reemplazar una visita, llamada o consulta o asesoramiento de su médico u otro proveedor de atención médica.

Referencias

American Academy of Pediatrics. *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide*. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.20.

Colorado Department of Public Health and Environment. *Infectious Diseases in Child Care and School Settings: Guidelines for Child Care Providers and Health Consultants, School Nurses and Other Personnel*. 2019.


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October 2020

Werner In - Person
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	1 8	2 9
<ul style="list-style-type: none"> • Cheese Calzone & Marinara • Pb&J Sandwich • Applesauce & Fruit Cup or Substitute • Carrots & Celery Sticks, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Cheese Pizza • Yogurt Parfait • Fresh Berries, or Substitute • Snap Peas & Red Bell Peppers, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Chicken Nuggets • Turkey & Cheese Sandwich • Fresh Peaches, or Substitute • Cherry Tomatoes & Celery Sticks or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Cheeseburger • Cold Deli Yogurt with Goldfish • Grapes • Salad with dressing • Chocolate Milk 	
12	13	14	15	16
<ul style="list-style-type: none"> • Cheese Ravioli & Goldfish Crackers • Ham & Cheese Sandwich • Grapes • Snap Peas & Red Bell Peppers, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Pepperoni Pizza • Yogurt Parfait • Applesauce & Fruit Cup or Substitute • Carrots & Celery Sticks, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Ham & Cheese Sandwich • Fresh Berries or Substitute • Fresh Broccoli, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • No School ELEM 	
19	20	21	22	23
<ul style="list-style-type: none"> • Cheese Pizza • Cold Deli Yogurt with Goldfish • Fresh Berries, or Substitute • Carrots & Celery Sticks, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Cheese Calzone & Marinara • Turkey & Cheese Sandwich • Whole Fruit, or Substitute • Snap Peas & Red Bell Peppers, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Cheeseburger • Yogurt Parfait • Fresh Peaches, or Substitute • Cherry Tomatoes & Cucumber Slices or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Chicken Strips & Goldfish • Turkey & Cheese Sandwich • Grapes • Salad with dressing • Chocolate Milk 	
26	27	28	29	30
<ul style="list-style-type: none"> • Pepperoni Pizza • Cold Deli Yogurt & Goldfish • Grapes • Snap Peas & Red Bell Peppers, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Cheese Ravioli & Goldfish Crackers • Ham & Cheese Sandwich • Applesauce & Fruit Cup or Substitute • Carrots & Cucumbers Slices, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Mac & Cheese • Yogurt Parfait • Fresh Berries, or Substitute • Fresh Broccoli, or Substitute • Chocolate Milk 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Ham & Cheese Sandwich • Fresh Peaches, or Substitute • Cherry Tomatoes & Celery Sticks or Substitute • Chocolate Milk 	

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