



# Wildcats Newsletter

**February 2022**

5400 Mail Creek Lane  
Fort Collins, CO 80525

**Principal**  
Hayden Camp

**Assistant Principal**  
John Passantino

**Office**  
488-5550

**Attendance Line**  
488-5551

**Fax**  
488-5552

[www.wer.psdschools.org](http://www.wer.psdschools.org)

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## *It's a note from the principal ...*

Dear Werner Community,

At Werner, we value educating the whole child and one of our core values is meeting the needs of each child to promote individual growth (social, emotional, behavioral, physical, artistic, and academic). We believe in educating the mind, but also developing the heart and body. During the month of February, your student will have the opportunity to participate in the annual 5210 Challenge sponsored by Healthy Kids Club and our Wellness Committee. We encourage your whole family to participate in daily challenges that will help promote and develop healthy habits. You can find more information at [Healthy Kids Club](#) Top schools will receive prize money to go towards physical education equipment and wellness initiatives. We hope you participate and enjoy this challenge as a family!

*continued on next page*



## TIME WELL SPENT

Your child's Well Care Visits  
help us address the following:



Diet & Nutrition



Chronic Health Issues



Parental Concerns



Growth, Development & More



**Click Here to Self-Schedule Your Child's Well Care Visit Today!**

**February  
2022**

**SELLER'S  
MARKET**  
Call today!



Joe Mivshek  
970.420.7163  
joe.mivshek@km.com



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Ads in this  
Newsletter



...to learn more about  
these great companies!

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## Note From The Principal

*continued*

Here's what to look forward to for February:

Healthy Kids 5210+ Challenge, Feb. 1-28- Flyers sent home in Friday folders.

- PTA Meeting, Feb. 8- Join our fabulous PTA on Zoom to get updates and to stay involved in supporting our school! An agenda will be sent out closer to the meeting.
- Valentine's Day Parties, Feb. 11- We are planning to have our annual parties at this point. More details will come from teachers. These parties are limited to two classroom volunteers.
- No School, Feb. 21- This is a staff work day.
- Science Fair- Our annual Science Fair is scheduled for March 4. Details about the science fair and registration will come soon.

Have a great February!

Best regards,

*Hayden*

**We are here for your child's health!**

**Schedule your school or  
sport physical today!**

We have the COVID vaccine  
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**The  
Women's Clinic**  
of Northern Colorado

**Schedule Your Appointment Today!**

# February 2022



## Counseling Corner February 2022

I wanted to thank the Werner community again for all their support, time, and effort with Meals that Matter and The Giving Tree. The staff and families are eternally grateful for all the help our community provided to make the holidays a good one for everyone.

Every grade level has learned about resiliency – what a great life skill for every age! Resiliency can be defined as not letting fear or something hard stop you from doing things. If something goes wrong, then you figure out another way to do it. I heard a wonderful GT speaker, Jenny Hecht, share how to build resiliency and relieve stress:

1. Move your body – get up and do some jumping jacks or something to get moving.
2. Breathe – practice taking 3 deep breaths throughout your day.
3. Imagine – imagine the positive. What if things went well?
4. Create – bake, knit, build Legos, or whatever drives your create side.
5. Cry – crying physiologically releases stress. Have emotional experiences.
6. Connect – engage with other human beings.
7. Intimate connection – hugging a loved one for 20 seconds releases stress.
8. Connection with nature – using your senses to enjoy nature.
9. Spiritual connection – belonging to something bigger than ourselves.

Try one or all to see improvement if you are wanting to build resilience in your family.

*continued on next page*





**February  
2022**



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Auxiliary aids and services are available for persons with disabilities.



Check out the Werner  
calendar at [https://  
wer.pedschools.org/calendar](https://wer.pedschools.org/calendar)  
for updated information  
throughout the month as  
event times and/or dates can  
change.

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## **Counseling Corner**

*continued*

If you think your child would benefit from talking to me about any social problems (including anxiety about illness or any other emotional challenges), please email me. I check in with kids often and we can set up a time and day easily.

I also enjoy Love and Logic as a parent and educator. When we take care of ourselves, we can be there for others. Here an email article about taking care of ourselves:

### Taking Good Care of Yourself

Parents and educators are feeling more stressed than ever, especially with the ongoing pandemic affecting us in so many ways. We think it might help to remember the First Rule of Love and Logic: Loving our children and our students requires that we first take care of ourselves in loving, unselfish ways.

Too frequently, we are led to believe that “good parents” and “good educators” should sacrifice their own needs to serve their children. While this sounds sweet and ever so appropriate, trying to accomplish it leaves our love reserves depleted:

***When our bucket is empty, we have nothing to give.***

Love and Logic is not about being narcissistic or selfish—it’s about giving kids the gift of patient, encouraging, relaxed, and enthusiastic role models. Here are a few reminders that we hope will help you as we look forward to the holiday season and the New Year.

### **Focus on what you can control**

A sure recipe for disaster involves trying to make kids happy, attempting to make them be good students, trying to make them get enough sleep, ensuring that they pick the right friends, etc. What we do have control over is what we model, the types of limits we set, and how we respond when these limits are tested.

*continued on next page*

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OF LEARNING  
AGAIN WITH  
HUNTINGTON**

**K - 12 TUTORING • TEST PREP**



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**February  
2022**

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LIBRARY CARD**  
... and get access to  
**FREE learning tools**  
and **eResources!**



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PUBLIC LIBRARY**  
DISTRICT  
[poudrelibraries.org/borrow](http://poudrelibraries.org/borrow)

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## **Counseling Corner**

***continued***

### **Set limits to avoid becoming a doormat**

Effective people set limits by describing how they will take care of themselves—not what others should do. For example:

I do the extra things I do around here when I feel respected.

I listen to students when their voices sound calm like mine.

I will \_\_\_\_\_ when I don't have to hear complaining or arguing.

### **Provide discipline when it's convenient for you**

Avoid falling into the trap of trying to solve problems or provide immediate consequences. Take care of yourself by taking the time you need to collect your thoughts and wait to handle the problem or provide appropriate consequences when you have the time, energy, and support you need.

### **Refresh your skills**

One teacher stated: "Love and Logic really works well when I remember to use it." Living these skills requires constant repetition and practice. I even find myself slipping when I've taken too long a break from learning.

This might be a good time to find some quiet time for yourself and review your favorite Love and Logic materials. For example, *Love and Logic Magic: When Kids Drain Your Energy* focuses on the Love and Logic Energy Drain technique, which can be very helpful during any stressful time.

All of us at Love and Logic hope that you take good care of yourselves and that you enjoy a safe and healthy holiday season!

Thanks for reading! Our goal is to help as many families as possible.

Dr. Charles Fay

## **Reach Parents in Larimer County through our mobile-ready newsletters**

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.

Advertise with The School Newsletter Company  
Joe Mivshek 970-420-7163 | [SchoolNewsletterCompany@gmail.com](mailto:SchoolNewsletterCompany@gmail.com)



## **PTA News**

### **International Night**

The PTA is excited to host our first ever International Night in the Spring. We are looking for volunteers to share their love of their culture with our community. We'll also be looking for volunteers to assist in the organization and hosting of the event. If you are interested in more details on how you can get involved, please reach out to us at [ptawernerelementary@gmail.com](mailto:ptawernerelementary@gmail.com).

### **Upcoming General Meeting**

Tuesday, February 08 | 9:00 am | Zoom

### **PTA Spirit Wear**

Make great Holiday gifts for Teacher's and Parent's Werner PTA has designed some [Grownup Tees and Coffee Mugs](#) for purchase to show your PTA spirit!

Follow us on [Facebook](#) to stay engaged with School Events and see what the PTA is up to at the school.

Join Us! We have a couple positions open this year on the PTA Board listed along with other volunteer opportunities on this [signup page](#).

Thank you for supporting the Werner Elementary PTA!

PTA President | *Anjani Rogenski*

PTA Vice President | *Nicole Kidd*

PTA Treasurer | *Patti Haswell*

PTA Secretary | *Chelsea Padgett*

PTA Board member | *Juliana Schump*

*There Is No Wrong Way To PTA. How Do You PTA?*



# DO GOOD WITH CHIPOTLE



## CHIPOTLE FUNDRAISER FOR WERNER ELEMENTARY

33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, FEBRUARY 16TH | 4-8PM  
2120 E HARMONY RD, FORT COLLINS, CO, 80528

ORDER ONLINE FOR PICKUP USING CODE **9W24GHH**  
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.



# Connections Collaborative Learning Event

Thursday, February 17th, 2022  
4:00-7:30 PM

Join Poudre School District (PSD) Integrated Services Specialists, Parents, and Community Experts for a virtual learning event to learn about supporting students with disabilities.

The following three sessions will be offered with various topics to choose from:

## Opening Session

4:00 – 4:30

## Session 1

4:30 – 5:25

## Session 2

5:30 – 6:25

## Session 3

6:30 – 7:25

### Session 1

- The Role of Multi-dimensional Language System in Literacy Development
- Developing Early Numeracy
- Curricular Adaptations & Modifications That Work
- Parent/Caregiver Community Resources
- Creating Successful Inclusion for All!
- Behavior Basics: Unraveling the Code
- Student Led IEPs
- IEP Development: The Golden Thread

### Session 2

- Dyslexia
- The Role of Multidimensional Language System in Literacy Development
- Math Skills for Secondary Students
- Making Accommodations & Modifications Work
- Understanding the Brain, Student Behavior, & Mental Health
- Conflict Resolution: Strategies that Resolve Conflict & Build Trust

### Session 3

- Dyslexia
- Parent/Caregiver Community Resources
- Creating Successful Inclusion for All!
- Student Led IEPs
- Conflict Resolution: Strategies that Resolve Conflict & Build Trust
- Behavior Basics: Unraveling the Code
- Fetal Alcohol Spectrum Disorders (FASD) – The Hidden Disability
- Curricular Adaptations & Modifications That Work
- IEP Development: The Golden Thread

## Director/Assistant Director Sessions

4:30 – 6:30

Join the Director/Assistant Directors of Integrated Services for a 10-minute one-on-one Session between 4:30 and 6:30. Register on the website to secure your spot. There will also be a waiting list.



Register for the Event Here:

[isconnections.psdschools.org](https://isconnections.psdschools.org)

## Questions?

Heidi Graber, Parent Liaison  
970.490.3225 | [hgraber@psdschools.org](mailto:hgraber@psdschools.org)







## Fostering Social and Emotional Learning at Home

Social and emotional learning (SEL) is a framework that gives students the skills to recognize and manage emotions and help solve problems effectively by establishing positive relationships. According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), encouraging SEL yields positive results for students, adults, and school communities. Parents can use these tips to help foster SEL at home.

### Focus on Strengths

When your child brings home a test, talk first about what they did well. Then talk about what can be improved. Praise specific strengths; don't just criticize things that were done wrong.

### Ask Children How They Feel

When you ask your child about their feelings, the message is that feelings matter and you care. It shows the importance of being a good listener and helps children feel heard in a way that fosters a strong parent-child relationship.

### Be Willing to Apologize

Parents need to be able to apologize to their children if what they said was not what they meant. Calmly explain what you really wanted to say. By doing this, you're being a good role model. You're showing how important it is to apologize after hurting someone. You're teaching that it's possible to work through problems with respect for the other person.

### Give Children Choices—and Respect Their Wishes

When children have a chance to make choices, they learn how to solve problems. If you make



all their decisions for them, they'll never learn this key skill. Giving children ways to express preferences and make decisions shows that their ideas and feelings matter.

### Ask Questions to Help Children Solve Problems on Their Own

When parents hear their child has a problem, it's tempting to step in and take over. However, this can harm a child's ability to find solutions on their own. A helpful approach is to ask good questions. Examples include, "What do you think you can do in this situation?" and "If you choose a particular solution, what will be the consequences of that choice?"



## Poudre School District 2022-23

## K-12 Student/Teacher Calendar\*\*

## 2022

AUGUST						
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	B/W	B/W	13
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## 2023

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\*\*PreK and Integrated Services Transition Programs may have different calendars. Check with the applicable department for details.

	Transition Day (6th and 9th grade only)
	Student Days
	School not in session - staff on duty
	School not in session - staff exchange day
	Elementary Schools not in session - staff exchange day
	First and Last Day for all Students
	School Break - School not in session
	Holiday - PSD District Offices Closed
	Board of Education Meeting

## February 2022

Werner Elementary

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<ul style="list-style-type: none"> <li>• Breakfast Round</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Cinnamon French Toast</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon Toast Crunch Soft Filled Bar</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Pancakes</li> <li>• Cheese Variety, or Substitute</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<ul style="list-style-type: none"> <li>• Whole Grain Cinnamon French Toast</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sausage Pizza</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Pancake Sausage Wrap BIC</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Round</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• WW Bagel &amp; cream cheese</li> <li>• Strawberry Banana Smoothie</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<ul style="list-style-type: none"> <li>• WGR Pumpkin Bread or Seasonal Loaf Bread</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Cinnamon French Toast</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sausage Pizza</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Round</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Cinnamon Rolls</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<ul style="list-style-type: none"> <li>• Cinnamon Toast Crunch Soft Filled Bar</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Round</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• WW Bagel &amp; cream cheese</li> <li>• Strawberry Banana Smoothie</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Pancake Sausage Wrap BIC</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>
<b>28</b>				
<ul style="list-style-type: none"> <li>• WGR Pumpkin Bread or Seasonal Loaf Bread</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk: fat free, 1%</li> <li>• Assorted Juice</li> </ul>				



## February 2022

Werner Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<ul style="list-style-type: none"> <li>Mac &amp; Cheese</li> <li>Turkey or Ham &amp; Cheese Sandwich</li> <li>Pb&amp;J Sandwich</li> <li>Fresh Carrots</li> <li>Green Beans</li> <li>Whole Fruit, or Substitute</li> <li>Applesauce or Fruit Cup or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Patty Sandwich</li> <li>Chef Salad with Goldfish Crackers</li> <li>Pb&amp;J Sandwich</li> <li>Salad with dressing</li> <li>Steamed Broccoli</li> <li>Whole Fruit, or Substitute</li> <li>Fresh Strawberries, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Beef &amp; Bean Burrito</li> <li>Turkey or Ham &amp; Cheese Sandwich</li> <li>Pb&amp;J Sandwich</li> <li>Fresh Cherry Tomatoes or Substitute</li> <li>Refried Beans</li> <li>Whole Fruit, or Substitute</li> <li>Watermelon or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich</li> <li>Fresh Cucumber Slice or Substitute</li> <li>Steamed Carrots</li> <li>Whole Fruit, or Substitute</li> <li>Fresh Pear</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<ul style="list-style-type: none"> <li>Chicken Drumstick with Goldfish</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Fresh Celery Sticks, or Substitute</li> <li>Corn</li> <li>Whole Fruit, or Substitute</li> <li>Fresh Blueberries, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Calzone &amp; Marinara</li> <li>Ham or Turkey &amp; Cheese Sandwich</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Bell Peppers, or Substitute</li> <li>Green Beans</li> <li>Whole Fruit, or Substitute</li> <li>Orange Wedges</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Ocean Treasures</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Fresh Cucumber Slice or Substitute</li> <li>Mashed Potatoes with Gravy</li> <li>Whole Fruit, or Substitute</li> <li>Fresh Kiwi, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Burrito</li> <li>Ham or Turkey &amp; Cheese Sandwich</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Salad with dressing</li> <li>Refried Beans</li> <li>Whole Fruit, or Substitute</li> <li>Fresh Cantaloupe, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Hummus &amp; Veggie Box</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Fresh Cherry Tomatoes or Substitute</li> <li>Steamed Broccoli</li> <li>Whole Fruit, or Substitute</li> <li>Cuties, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
 <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich</li> <li>Fresh Snap Peas, or Substitute</li> <li>Mashed Potatoes with Gravy</li> <li>Whole Fruit, or Substitute</li> <li>Grapes, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Lasagna Rollup</li> <li>Turkey or Ham &amp; Cheese Sandwich</li> <li>Pb&amp;J Sandwich</li> <li>Fresh Carrots</li> <li>Green Beans</li> <li>Whole Fruit, or Substitute</li> <li>Applesauce or Fruit Cup or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Patty Sandwich</li> <li>Chicken Caesar Wrap</li> <li>Pb&amp;J Sandwich</li> <li>Salad with dressing</li> <li>Steamed Broccoli</li> <li>Whole Fruit, or Substitute</li> <li>Fresh Raspberries or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Beef &amp; Bean Burrito</li> <li>Turkey or Ham &amp; Cheese Sandwich</li> <li>Pb&amp;J Sandwich</li> <li>Fresh Cherry Tomatoes or Substitute</li> <li>Refried Beans</li> <li>Whole Fruit, or Substitute</li> <li>Watermelon or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich</li> <li>Fresh Cucumber Slice or Substitute</li> <li>Steamed Carrots</li> <li>Whole Fruit, or Substitute</li> <li>Fresh Pear</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<ul style="list-style-type: none"> <li>Cheese Calzone &amp; Marinara</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Bell Peppers, or Substitute</li> <li>Green Beans</li> <li>Whole Fruit, or Substitute</li> <li>Orange Wedges</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Asian Meatballs &amp; Rice</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Fresh Cucumber Slice or Substitute</li> <li>Steamed Veggies</li> <li>Whole Fruit, or Substitute</li> <li>Fresh Kiwi, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Ocean Treasures</li> <li>Ham or Turkey &amp; Cheese Sandwich</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Salad with dressing</li> <li>Mashed Potatoes with Gravy</li> <li>Whole Fruit, or Substitute</li> <li>Honeydew Melon or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich with Pretzels or Goldfish</li> <li>Fresh Cherry Tomatoes or Substitute</li> <li>Steamed Carrots</li> <li>Whole Fruit, or Substitute</li> <li>Cuties, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>
<b>28</b>				
<ul style="list-style-type: none"> <li>Hamburger &amp; Cheeseburger</li> <li>Cold Deli Yogurt with Granola</li> <li>Pb&amp;J Sandwich</li> <li>Fresh Snap Peas, or Substitute</li> <li>Corn</li> <li>Whole Fruit, or Substitute</li> <li>Grapes, or Substitute</li> <li>Milk Variety</li> <li>Assorted Condiments</li> </ul>				