



# Wildcats Newsletter

**September 2022**

5400 Mail Creek Lane  
Fort Collins, CO 80525

**Principal**  
**Hayden Camp**

**Assistant Principal**  
**Butterscotch Culhane**

**Office**  
**488-5550**

**Attendance Line**  
**488-5551**

**Fax**  
**488-5552**

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

**Page 1**

WERNER ELEMENTARY PTA



Find us on  
**Facebook**



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

Dear Werner Community,

We're off to a great start! The start of the school year feels as though we picked up where we left off in May, with the addition of about 90 new faces! Thanks so much for your support in getting the new year started. Our staff are working hard to build relationships, routines, and expectations to help your child thrive!

With the start of a new school year, I want to take the opportunity to share about this year. As a district, we are committed to focus on some key priorities over the coming years: Literacy, Mental Health, Graduating with Options, and School Safety. You will see some communication coming soon regarding the opportunity to share your thoughts on the key areas. I hope you will take the opportunity to engage in opportunities for input through a community engagement session and/or the community survey. Stay tuned for more information from PSD.

*continued on next page*

The  
**Women's Clinic**  
of Northern Colorado

**Schedule Your Appointment Today!**

We are here for your child's health!  
¡Estamos aquí para la salud de su hijo!

**Schedule your school or sport physical today!**  
¡Programa hoy su examen físico para la escuela o deporte!

**Salud Family Health** (303) 697-2583  
(303) MYSALUD

1635 BLUE SPRUCE DR | FORT COLLINS < CO  
**OUR CARE IS DINO-MITE!**  
MEDICAL • PEDIATRICS • DENTAL • BEHAVIORAL [saludclinic.org](http://saludclinic.org)

# September 2022

## Fall Youth Club Registration is OPEN!

Whether you are just dipping your toes in the climbing world, or looking to move into competitive climbing, there is a place for you at Ascent!

**Clubs fill FAST!  
Register today!**



970.999.5596

2150 Joseph Allen Drive  
Fort Collins, CO 80525  
[ascentstudio.com/youth\\_clubs](https://ascentstudio.com/youth_clubs)

ASCENT  
STUDIO

## CLICK IT

Click on the  
Ads in this  
Newsletter

...to learn more about  
these great companies!

**Page 2**

## Note From The Principal

*continued*

Back-to-School nights are coming soon. Please take time to attend these important times to meet your child's teacher and hear more about what your child will be learning this year and how you can support. Opportunities for volunteering will also be introduced during this week. Please watch for communication from your child's teacher and our communications for when and where Back-to-School meetings will be.

Last, I want to share about a few great opportunities to connect with others. Our PTA will be hosting our biggest event of the year, the Fall Fun Festival, on September 23 from 4:30-7:00. Come out for some food, fellowship, and fun during this great night! More details will come soon. Next, PSD and CSU are excited to have the [Canvas Community Classic](#). Players from Poudre School District's four comprehensive high schools will go head-to-head in cross-town football games at Colorado State University's Canvas Stadium as part of the inaugural Canvas Community Classic. Rocky Mountain High School and Poudre High School will kick off at 4:30 p.m., Friday, Sept. 30, at Sonny Lubick Field on CSU's main campus in Fort Collins. Then Fort Collins High School will take on Fossil Ridge High School at 7 p.m. Tickets can be purchased through the [CSU Ticket Office website](#). Tickets are \$10 for adults, and free for PSD and CSU students. We hope to see you out there to support our feeder school, Fossil Ridge High School! Last, our Werner Jazz Cat Choir has the opportunity to join other choirs in singing the National Anthem at the Colorado Rockies game on Sept. 24. Look for the flier in this newsletter for more information about how you can get discounted tickets. Our music program will receive \$2 kickback on every ticket sold!

*continued on next page*



The Youth Clinic  
caring for our future generations

## 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!**

# September 2022



... The best  
school supply  
is FREE.

GET A  
LIBRARY CARD  
TODAY!



POUDRE RIVER  
PUBLIC LIBRARY

POUDRELIBRARIES.ORG

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

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## Note From The Principal

*continued*

Coming up in September:

### Werner Calendar

- Sept. 5: No School, Labor Day
- Sept. 6: Kindergarten Back-to-School Night, 5-6 pm
- Sept. 7: 1st grade Back-to-School Night, 5-6 pm/ 3rd grade, 6-7 pm
- Sept. 8: 4th grade Back-to-School Night, 5-6 pm/ 2nd grade, 6-7 pm
- Sept. 16: NO SCHOOL, Staff Work Day
- Sept. 21: Picture Day
- Sept. 23: Fall Fun Festival, 4:30-7:00 pm
- Sept. 24: Werner Jazz Cat Choir @ Colorado Rockies Game
- Sept. 30: Community Football Classic @ Canvas Field, 7-9 pm

Thanks, again, for another great start! We look forward to seeing you at the events we have planned this month!

Best regards,

*Hayden*

## Supporting our Schools



**Joe Mivshek**

[Joe.Mivshek@KW.com](mailto:Joe.Mivshek@KW.com)

**kW** NORTHERN  
COLORADO  
KELLERWILLIAMS.

**970.420.7163**



**September  
2022**



**WeClean**  
while the  
kids are  
in school.

**SAVE  
\$30**  
WITH CODE:  
**PSD30**



**WECLEANLOCAL.COM**

**Page 4**

## Counseling Corner

Welcome back to another great school year. For those who do not know me, I am the School Counselor at Werner. My name is Julie Flemister and my office is located just west of the cafeteria. I am fortunate to teach in the classroom every other week different social skills, including but not limited to, getting along skills, conflict resolution, bully proofing, mindfulness, and Acts of Kindness.



My focus this year will be on valuing kindness. Students will be learning about the powerful impact of kindness within in their classroom, Werner, and our community. Building a kind environment will hopefully encourage tolerance, respect, and empathy.

I also have lunch with many of the students, so please do not be alarmed if your student comes home and says they had lunch with the counselor. I feel it so important to know each student, so if something does come up, they are comfortable coming and talking with me. I also help in crisis, talking with students, and working with parents on helping their child feel successful in school.

Please let me know if you need resources in our community. I have some amazing sources for what life can throw us at times. My email is [iflemist@psdschools.org](mailto:iflemist@psdschools.org).

I also refer to Love and Logic as a parent and as a counselor. The following article is taken from their email resources. I am consistently working on demonstrating kindness for my own children so that they may pass it forward to their peers and teachers. Kindness is a gift to all!

### *The Best Gift for a Teacher*

*Of course, all of us dedicated educators want to be appreciated for our hard work, long hours, and willingness to be exposed to every germ known to humankind. It's nice to be appreciated for the fact that we choose to love kids even when they behave badly and produce noxious fumes. It's great to*

*continued on next page*

## 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)



*be appreciated for the fact that we take classrooms full of kids with different needs, abilities, behaviors, and troubles and turn them into high-powered learning teams.*

### ***Great teachers are amazing!***

*The best gift we can give them involves our own parenting. The most wonderful display of our appreciation is to send them students truly ready to be respectful, responsible, and eager to learn. No doubt this gift also benefits our children, who will rise to the top when equipped with such character attributes.*

*Listed below are just a few things you can do:*

- *Make sure that your kids overhear you saying positive things about their school and their teachers.*
- *Ensure that they are doing chores without reminders at home, so that they know how to do assignments without reminders at school.*
- *Allow very little time with technology, including video games, texting, surfing the web, watching videos, television, etc. These activities make it more difficult for our children to remain calm and content at school.*
- *Have family meals together, where you enjoy each other and talk about all the things you've learned during the day.*

*Thanks for reading, and thanks for raising great kids who have what it takes to benefit from the privilege of schooling!*

*Dr. Charles Fay*

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.

### **Mindful Family Dinner Table Idea:**

#### **Check-In with a Simple Question**

Having a simple question that speaks to each of our experience is a great way to be present for each other amidst the busy-ness of family life. What do each of us most fundamentally need and want? Love and attention. Kindness and presence. Most of our lives are packed full, with many demands on our time. Just pausing to give each other our presence is a powerful gift. We are frequently given feedback by both children and parents that doing these Family Check-in activities is a highlight for them. Below are some of our favorites. *Tip: these are also wonderful questions for bedtime.*

*continued on next page*

## Counseling Corner

*continued*

- Highs & Lows: Share your highs and lows of the day or the week.
- Gratitude: Share three things you are grateful for. It can be a thing, person, animal, or activity.
- Sharing appreciations: Each family member goes around the table and shares one thing they appreciate about each person.
- Bucket filling: How did you fill someone's 'bucket' today? How did someone else fill your bucket?

Bucket Filling is one of the easiest ways to show kindness!

Taken from: [https://www.mindfulschools.org/inspiration/mindfulness-at-mealtime-tips-for-bringing-presence-kindness-into-daily-family-life/?utm\\_source=Mindful+Schools+Newsletter&utm\\_campaign=e76ed1a337-EMAIL\\_CAMPAIGN\\_Newsletter\\_2022\\_06\\_29\\_NONREG&utm\\_medium=email&utm\\_term=0\\_024a46d2a1-e76ed1a337-21058599](https://www.mindfulschools.org/inspiration/mindfulness-at-mealtime-tips-for-bringing-presence-kindness-into-daily-family-life/?utm_source=Mindful+Schools+Newsletter&utm_campaign=e76ed1a337-EMAIL_CAMPAIGN_Newsletter_2022_06_29_NONREG&utm_medium=email&utm_term=0_024a46d2a1-e76ed1a337-21058599)



### **PTA General Meeting**

Tuesday, September 13 | 9:00 am | Werner Teacher Lounge

Save the Date for our first General Meeting of the year! You do not have to be a member to attend meetings.

### **Join the Werner Elementary Parent Teacher Association!**

Receive a Wildcat's Roar yard sign as a FREE GIFT when you register with our PTA! Membership is a \$10 donation and does not obligate you to volunteer hours or to attend meetings. We'd love your support any way you can give it. Please fill out this [Google form](#) and submit your donation with our [PayPal link](#) (you don't have to have a PayPal account). we'll be handing out the signs on the playground at the School Supply Drop Off, Monday, August 15th. (Registration is per person, not per household)

### **PTA Hosts the FALL FUN FEST!**

Friday, September 23<sup>rd</sup> | 4:00 pm | Werner Elementary Playground

Save the Date! Our most popular event of the year. You won't want to miss it!

### **FREE MONEY FOR YOUR SCHOOL!**

Did you know there are ways to donate money to the school by doing things you already do?

- If you shop at [King Soopers](#) with a loyalty card they will donate to Werner when you sign up here.
- If you shop on Amazon, you can sign up for [Amazon Smile](#) and they will donate 1% of purchases.
- If you like to eat out, the PTA hosts *Werner Dines Out once a month and the restaurants we partner with will donate back to the school.*

### **Your Werner PTA**

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

### ***Thank you for supporting the Werner Elementary PTA!***

PTA President | *Nicole Kidd*

PTA Vice President | *Chelsea Padgett*

PTA Treasurer | *Patti Haswell*

PTA Secretary | *Juliana Schump*

PTA VP of Community Programs | *Marissa McNulty*

PTA VP of Fundraising | *Megan Bright*

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

## IMPORTANT HEALTH REMINDERS FOR THE NEW SCHOOL YEAR

Colorado law requires all students attending Colorado schools and licensed childcares to be vaccinated against certain diseases, unless an exemption is filed. Please provide an updated immunization record to us or complete an exemption.



### Exemptions

There are two ways to file a nonmedical exemption:

- File the certificate of nonmedical exemption **WITH** a signature from an immunizing provider OR
- File the certificate of nonmedical exemption received upon the completion of our online education module.
- Parents of students in grades K-12 claiming a nonmedical exemption **must file one annually.**
- Nonmedical exemptions expire June 30 each year. If you submit a nonmedical exemption on or before June 30, it will not be valid for the upcoming school year unless you signed the exemption during early registration.

### Downloadable Certificate of Nonmedical Exemption:

[English](#) | [Spanish](#) (Español) | [Vietnamese](#) (Tiếng Việt) | [Arabic](#) (عربي) | [Korean](#) (한국어) | [Chinese](#) (中文) | [Russian](#) (русский) | [Somali](#) (Soomaali)

### Health Concerns

Your child is unique. Please give us the details that will help us be of assistance to your child at school. If he/she has a health concern, contact your school nurse or health technician.

Information you provide will be reviewed by the school nurse and a Health Care Plan may be developed.

### Medication at School

All medication given at school, whether doctor prescribed or over the counter, must be accompanied by the PSD Authorization to Administration Medicine form (available on the PSD website under the Parent tab, Health Services), signed by both the parent/guardian and the physician. Medication must be provided and brought to school by a parent, in the original prescription bottle or over the counter container. Pharmacists may provide you with two bottles if you ask them to label one for school use. If medication changes or medication is discontinued during the school year, please have the child's doctor fax us the new or correct orders.

**September  
2022**

## **IMPORTANT HEALTH REMINDERS FOR THE NEW SCHOOL YEAR** *continued*

Authorization for medication administration **MUST BE COMPLETED YEARLY** and health careplans updated annually.

Last tip on school meds: **PLEASE MAKE SURE THAT THE MEDICINE YOU SEND FOR USE AT SCHOOL HAS NOT EXPIRED.**

### **Phone Numbers**

It is important that we have your home and work phone numbers, as well as emergency contact(s) and phone numbers(s). Should your child become ill or hurt while at school, we **MUST** be able to reach you. If changes occur during the school year, please notify the school office.

Thank you!

Jenny Whetsell

(970) 488-5550 or [jwhetsel@psdschools.org](mailto:jwhetsel@psdschools.org)

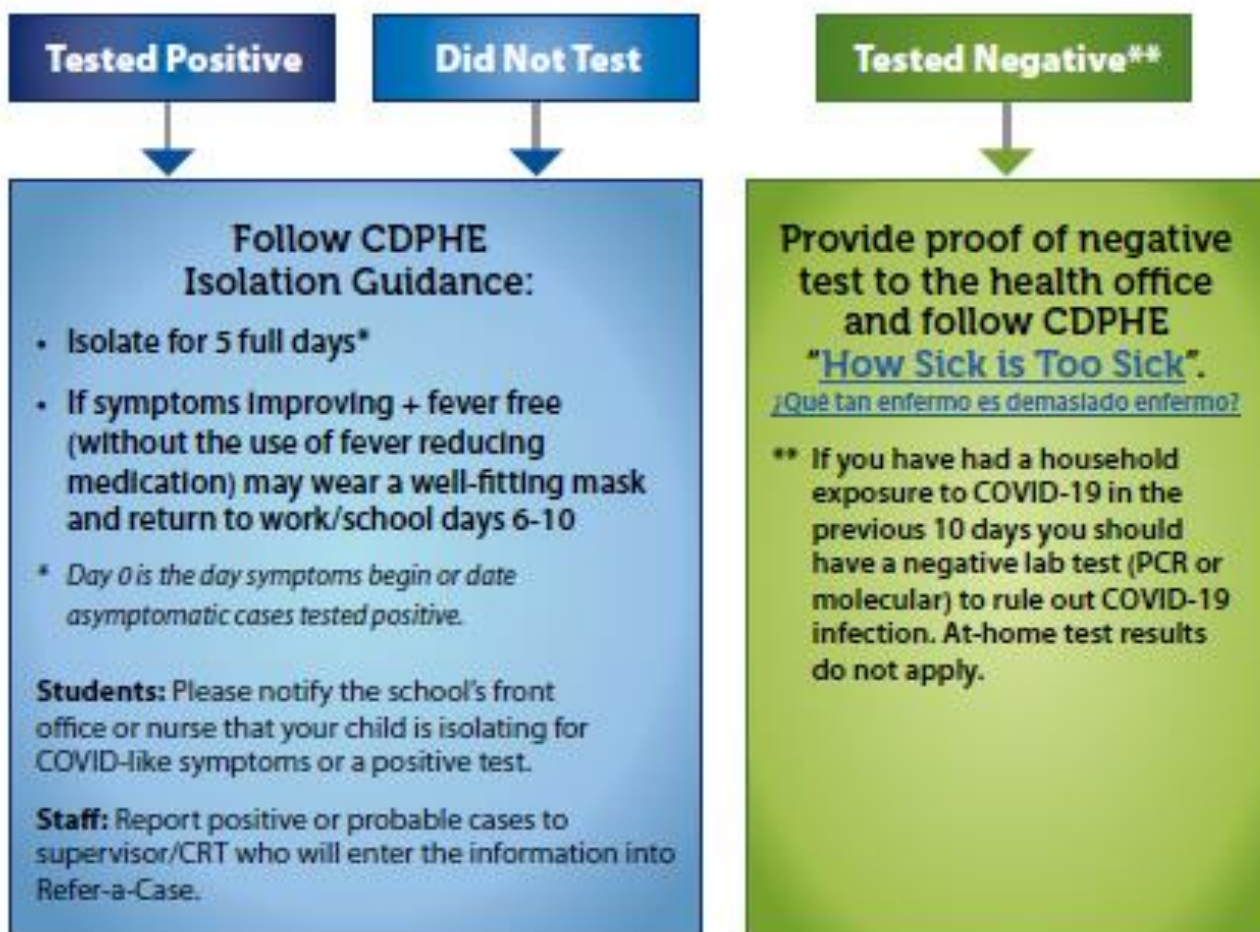
Lynne Ryan, RN

(970) 556-5908 or [eryan@psdschools.org](mailto:eryan@psdschools.org)



## Experiencing COVID-like Symptoms?

Any of the following symptoms which are not usual symptoms of a documented chronic condition<sup>†</sup> (regardless of vaccination status): fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.



<sup>†</sup> Provide the school's health office with a note or record from a healthcare provider documenting a chronic condition to be exempt from COVID-19 testing/isolation protocols.

### Additional Information:

- [CDPHE Isolation Recommendations](#)
- [LCDHE Isolation Recommendations](#)

**September  
2022**

JOIN US AT WERNER ELEMENTARY SCHOOL'S

# Colorado Rockies Game

Colorado Rockies vs. San Diego Padres

TO PURCHASE TICKETS  
SCAN ME!



COME AND JOIN WERNER'S COMMUNITY AT A ROCKIES BASEBALL GAME AND WATCHING WERNER'S CHOIR SING THE NATIONAL ANTHEM. PROCEEDS FROM TICKET SALES WILL BENEFIT WERNER ELEMENTARY. TICKETS START AT \$15.



SATURDAY, SEPTEMBER 24TH  
@ 6:10



[WWW.ROCKIES.COM/CHOIR](http://WWW.ROCKIES.COM/CHOIR)



**September  
2022**



A promotional poster for the Canvas Stadium Community Classic. The top features a collage of sports-related icons: a football helmet, a football, a stadium structure, and a person jumping. Below this, the text "canvas stadium" is written in a stylized font. The main title "COMMUNITY CLASSIC" is prominently displayed in large, bold, orange letters. A banner below the title indicates the date "September 30, 2022" with "FRIDAY" above the date. The bottom section lists two games: "IMPALAS VS. LOBOS" at 4:30 PM and "SABERCATS VS. LAMBKINS" at 7 PM. A central figure of a person in a striped shirt with arms raised is positioned between the game listings. The bottom of the poster includes the text "FOR TICKET INFORMATION GO TO [csurams.com](https://www.csu Rams.com)".

**canvas stadium**

**COMMUNITY CLASSIC**

**September 30, 2022**



**4:30 PM**  
**IMPALAS VS. LOBOS**  
*Hardy & McQuinn*

**7 PM**  
**SABERCATS VS. LAMBKINS**  
*Fort Collins*

FOR TICKET INFORMATION GO TO [csurams.com](https://www.csurams.com)

## September 2022

Werner Elementary  
Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <ul style="list-style-type: none"> <li>• Yogurt &amp; Cinnamon Roll</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Pancake &amp; Sausage Wrap</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>
<b>5</b> 	<b>6</b> <ul style="list-style-type: none"> <li>• WGR Pumpkin Bread or Seasonal Loaf Bread</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• Whole Grain Waffle, Maple</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• Yogurt Parfait</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Egg Omelet with Tortilla</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>
<b>12</b> <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>	<b>13</b> <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 Variety</li> <li>• Assorted Juice</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• Pancake &amp; Sausage Wrap</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>15</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 Variety</li> <li>• Assorted Juice</li> </ul>	<b>16</b> 
<b>19</b> <ul style="list-style-type: none"> <li>• Egg Omelet with Tortilla</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• Whole Grain Waffle, Maple</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• Breakfast Sausage Pizza</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Yogurt Parfait</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Mini Cinnamon Rolls</li> <li>• Muffin Assorted &amp; Yogurt Variety</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>
<b>26</b> <ul style="list-style-type: none"> <li>• Whole Grain Waffle, Chocolate Chip</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• Egg &amp; Cheese Burrito</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>28</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 Variety</li> <li>• Assorted Juice</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• Yogurt &amp; Cinnamon Roll</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• Pancake &amp; Sausage Wrap</li> <li>• Assorted Muffins</li> <li>• Assorted Cereal</li> <li>• Assortment of Fruit</li> <li>• Milk Variety</li> <li>• Assorted Juice</li> </ul>

## September 2022

Werner Elementary

Lunch

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

*Food Offered Daily:*

- Salad Bar
- Fruit Salad
- Assorted Salad Dressings
- Whole Wheat Dinner Roll
- Chocolate Milk
- Milk fat free
- Milk low fat 1%
- Assorted Condiments

**1**

- Beef & Bean Burrito
- Hot Dog
- Deli Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Black Beans
- Mexican Condiments- ELEM

**2**

- Cheese Pizza
- Pepperoni Pizza
- Yogurt Parfait
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Carrots
- Assorted Italian Condiments

**5****6**

- Hamburger & Cheeseburger
- Mac & Cheese
- Cold Deli Meat & Goldfish
- Cold Deli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Green Beans

**7**

- Asian Teriyaki Chicken & Rice
- Chicken Patty Sandwich
- Deli Sandwich
- Cold Deli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Steamed Veggies

**8**

- Beef Taco & Rice
- Chicken Strips
- Cold Deli Meat & Goldfish
- Cold Deli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Black Beans
- Nugget Dipping Sauces
- Mexican Condiments- ELEM

**9**

- Cheese Pizza
- Meat Lovers Pizza
- Chef Salad & Roll
- Cold Deli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Peas
- Assorted Italian Condiments

**12**

- Meatball Sandwich
- Chicken Drumstick & Roll
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Corn

**13**

- Lasagna with Veggies
- Cheese Calzone & Marinara
- Deli Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

**14**

- Orange Chicken & Rice
- Fish Fillet
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Broccoli

**15**

- Chicken Burrito
- Hot Dog
- Deli Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

**16****19**

- Chicken Nuggets
- Cheese Ravioli & Roll
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Steamed Broccoli
- Assorted Italian Condiments
- Nugget Dipping Sauces

**20**

- Pork Chop Sandwich
- Mac & Cheese
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

**21**

- Asian noodle & Meatball
- Chicken Patty Sandwich
- Deli Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Steamed Veggies

**22**

- Chicken Tacos & Rice
- Cheese Calzone & Marinara
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Black Beans
- Mexican Condiments- ELEM

**23**

- Cheese Pizza
- Pizza Bites
- Chicken Caesar Wrap
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Peas
- Assorted Italian Condiments

**26**

- Hamburger & Cheeseburger
- Cheese Ravioli & Roll
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

**27**

- Chicken Drumstick & Roll
- Chicken Alfredo
- Deli Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

**28**

- Tomato Soup & Grilled Cheese
- Fish Fillet
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Broccoli

**29**

- Beef & Bean Burrito
- Hot Dog
- Deli Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

**30**

- Cheese Pizza
- Pepperoni Pizza
- Yogurt Parfait
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Carrots
- Assorted Italian Condiments