



Wildcats Newsletter

December 2022/January 2023

**5400 Mail Creek Lane
Fort Collins, CO 80525**

**Principal
Hayden Camp**

**Assistant Principal
Butterscotch Culhane**

**Office
488-5550**

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www.wer.psdschools.org

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It's a note from the principal ...

Dear Werner Community,

It feels like November went in a flash and here we are in December! This month will feel quick as well! We will be combining content for December and January into one newsletter with the shortened month.

Thanks so much for your help with our Meals That Matter and Turkey Round Up! Through your generosity, we had over 40 turkeys donated to the Larimer County Food Bank and over \$1,100 donated to support our Meals That Matter. Thanks for your generosity! Coming up in December, you can help with our Giving Tree to support gifts for those in need in our community. Look for more details in this newsletter.

As we begin to end this calendar year, we are already in preparations for the upcoming school year. Registration is now open for the 2023-24 school year for our incoming kindergarten class. Look for more

continued on next page

**We understand the stress
of caring for a sick child.**

Our providers are here to help get
your family on the fast track to healthy.



The Youth Clinic
caring for our future generations



**Pediatric
Urgent Care**
OF NORTHERN COLORADO



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Note From The Principal

continued

information in this newsletter for next steps. During the month of January, we will have our annual survey for priorities for the coming school year. Look for more information to come later. Here's what we have coming up the next few months:

Coming up in December/January:

[Werner Calendar](#)

- Nov. 28-Dec. 16- Giving Tree, Main Office
- Nov. 29-Dec.1- Book Fair, Media Center
- Dec. 7- Kindergarten Registration in-person (available online Nov. 28), 8:00 am-4:00 pm
- Dec. 13- Werner Jazz Cat Choir Cocoa and Caroling, 2:45-3:15 pm
- Dec. 21- Winter Parties (TBD)
- Dec. 22- Jan. 3- No School, Winter Break
- Jan. 10- PTA Meeting, 6:00 pm, Media Center
- Jan. 16- No School, MLK Day
- Jan. 19- YES Concert Field Trip (4th and 5th grade students), 10:30-11:30 am

Thanks, again, for making Werner a great place to be! I hope you all take time to reflect and recharge during this holiday season.

Best regards,
Hayden

CLICK IT

Click on the
Ads in this
Newsletter

...to learn more about
these great companies!

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Women's Clinic
of Northern Colorado

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We are here for your child's health!
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¡Programa hoy su examen
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Salud
Family Health

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OUR CARE IS DINO-MITE!

MEDICAL • PEDIATRICS • DENTAL • BEHAVIORAL saludclinic.org

**December
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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

December 2022

Kindergarten is learning about friendship skills and what we have in common. They are incorporating that learning with the value of how to be a good friend, how to make a friend, and acceptance of differences. 1st and 2nd graders are wrapping up MindUp and how to calm our brains faster when we get upset. Please ask your student(s) about the 3 parts of the brain we are focusing on and what tool they use the most to calm themselves down.

3rd grade is completing Conflict Resolution and will be moving onto Resiliency and GRIT. They will be learning tools for overcoming obstacles and managing stress. 4th Grade is moving onto Mindfulness and calming their brains. If you have a 4th grader, ask them about the tools they are choosing to calm their Amygdala.

5th graders are growing more with learning about Bully Proofing. They will be understanding tools for standing up against mean people and bullies. We will also be studying Normal Peer Conflict vs. Bullying. Please see my site on the Werner website for tools, definitions, etc. about Bullies and Conflict.

Every grade will learn about normal peer conflict (problems with friends in kindergarten, 1st, and 2nd, including Little Deal vs. Big Deal) and what is a bully vs. mean person (3rd – 5th). I want students to understand the difference and know that they have the power to help themselves and each other. Students learn about bystanders and how to become an upstander. I have many of the resources below that are also on my website.



continued on next page

Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com

kW NORTHERN
COLORADO
KELLERWILLIAMS.

970.420.7163



NORMAL PEER CONFLICT VS. BULLYING

Equal power	vs.	Imbalance of power
Happens occasionally	vs.	Repeated negative actions
Accidental	vs.	Purposeful
Not Serious	vs.	Serious threat of harm (physical & emotional)
Effort to solve the problem	vs.	No effort to solve the problem
Remorse (take responsibility)	vs.	No remorse (blames others)

I also developed tools for student to use when they feel or see someone else being bullied or having conflict with another person. Please ask your student(s) about the tools and what they have learned from the bully-proofing lessons. It spells out **Everyone HAS A ROAR**.

continued on next page



Counseling Corner

continued

WHAT I CAN DO IF I OR SOMEONE ELSE IS BEING BULLIED OR BEING MEAN:

EVERYONE is included

HELP (FIND A TRUSTING ADULT)

ASSERT YOURSELF ("STOP!")

SELF TALK (POSITIVE THINGS TO SELF)

AVOID (STAY AWAY FROM THE BULLY)

RESPECT (Be respectful to others & property)

OWN MY BEHAVIOR (What was my role?)

ATTITUDE THAT IS POSITIVE (People choose positive people)

RESPONSIBILITY (Responsible to be a positive role model)

Please talk with your child about **Cyberbullying**. 3rd, 4th, and 5th grade students will be taught the following if cyberbullied:

- 1.**DO NOT** respond.
- 2.**DO NOT** delete (may need proof for an adult to see). The adult can then decide to delete it or not.
- 3.**DO NOT** keep it to yourself - tell a trusting adult.
- 4.**DO NOT** believe what the bully says.

This year Werner would like to continue the tradition of the **GIVING TREE**. If your family would like to help our community, please see all communication from Werner about this event.

If your family needs help this holiday season, please contact Julie Flemister or Jenny Whetsell at 488-5550.

I also refer to Love and Logic as a parent and as a counselor. The following article is taken from their email resources. Please visit the Love and Logic website for further information and resources. This time of year, my own children want and want. This is a great article about positive self-concept.

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The Best Way to Feel Good Is to Do Something Good

Over the past few decades, psychologists have placed huge emphasis on the importance of having a positive self-concept. Rightly so! How we feel about ourselves may be the single most important factor affecting how motivated we are to succeed in school, the types of friends we select, the person we marry, and our general well-being throughout our lives.

Due to its undisputed importance, people have spent tremendous energy trying different approaches to give kids good self-concept. Listed below are just a few of the many practices that have created kids who have a rather poor sense of self:

- Constant praise*
- Ensuring that they are always the center of attention*
- Making sure that they never encounter any hardships*
- Buying them everything they want*
- Rescuing them from the consequences of their misbehavior*
- Setting no limits so that they can “express their creativity”*
- Allowing unrestricted access and use of social media*

There’s only one approach that really works, and it’s based on the following age-old truism:

The best way to feel good is to do something good.

When parents place a high emphasis on good and respectful behavior, children look at themselves and think, “I act pretty darn good and responsible. I must be pretty darn good and responsible.”

True self-concept is developed when children encounter struggles in the real world (not the digital world), learn how to overcome these struggles, and then see themselves acting in respectful and responsible ways. Stated quite simply, self-concept is an inside job. The best antidote to the negative effects of social media is helping our kids develop a healthy self-concept.

[Dr. Charles Fay](#)

**December
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Upcoming Music Concerts:

Choir Concert:

We will have our 2nd annual Cocoa and Caroling concert on December 13th at 2:45 at Werner. The concert will be outside, weather dependent, so bring appropriate clothing to cozy up and enjoy the concert.



We will have cocoa provided for all audience and choir members to enjoy during and after the concert.

Music Programs:

1st and 2nd Grade: **March 1st** @ 5:30 at Fossil Ridge High School Auditorium

3rd and 4th Grade: **March 1st** @ 6:30 at Fossil Ridge High School Auditorium

5th Grade: **March 30th** in Werner's gym.

- Mrs. Harmes and Mrs. Beans class at 5:30
- Mr. Sonnen's and Mrs. Spencer's class at 6:30

Kindergarten End of the Year Program: **May 18th** @ 2:45 in the Werner gym.



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2023-24 Kindergarten Registration

[Online registration](#) will begin on November 28, 2022 and In-person Kindergarten registration will be available on December 7 from 8:00 a.m. until 4:00 p.m. If you are interested in a school tour, you may schedule that individually with Werner staff (970-488-5550). Prior to school beginning in August, our team will be providing opportunities to help with the transition and will have opportunities for connecting and touring the building.

In order to attend kindergarten, your child must be five years old on or before Oct. 1.

You will need the following information to register for school (bring with you if registering in person or upload if registering online):

- Verification of child's birth date (birth certificate, passport, baptismal certificate, military ID, original or certified copies acceptable).
- Proof of address (a copy of a lease agreement, mortgage statement, utility bill, etc., that shows that the parent/guardian lives at an address within school boundaries)
- Immunization record or an [immunization exemption form](#)
- Custody documents (if applicable)

If you do not live in the Werner attendance area, you must apply for [School of Choice](#) online through the Poudre School District website by 11:59 PM MST on December 15. Decisions on acceptance for School of Choice will begin by January 11, 2023.

For more information about Kindergarten at Werner, go to our Kindergarten [website](#) to see a video presentation of our Orientation, FAQ, and how to register.

Parents/legal guardians of incoming kindergartners should complete online or in-person registration by Wednesday, Dec. 7, to allow schools to determine their classroom sizes, staffing needs and the number of school choice seats they can offer.

If you know of anyone with a new kindergarten child, we would appreciate it if you would pass this information along.

We look forward to seeing your child as a Werner Wildcat next year!

THE GIVING TREE 2022

November 28-December 16

Werner is carrying on the special tradition of The Giving Tree this holiday season. This year, we are partnering with [Serve 6.8](#) to host a Giving Tree for their Adopt-A-Family program. This is an opportunity to help families at Werner, and our community, who need a little bit extra during this holiday season.

Beginning November 28, you can stop by the office to pick up an ornament tag from the Giving Tree. Each ornament tag has an item that is needed or wished for by a child in our community. Please choose the gifts you would like to purchase, attach the ornament tag and return them to the office, unwrapped, by **Friday, December 16** at the latest.



If you would like to make a monetary donation, those can be dropped off in the main office and will be used to purchase gift cards for families. Make checks payable to Werner Elementary and write "Giving Tree" in the memo. Cash can be sent in a sealed envelope labeled "Giving Tree". Please make cash/check donations by **Friday, December 9**.

Serve 6.8 is also in need of volunteers for various projects to help the over 2,500 families who benefit from the organization. Werner has a group time on **Wed, December 14 from 6-8pm**. Limited spots are available for [sign up here](#). If that day/time does not work for you, Serve 6.8 also has designated sites and times where you can sign up individually [here](#). Children volunteers are welcome, you just need to provide supervision.

If your family needs a little assistance this holiday season for your children, please contact Julie Flemister (School Counselor) or Jenny Whetsell (School Secretary) at 488-5550. Please know your children's names will remain anonymous and private with only a select few staff members at Werner.

Together we can make this holiday season a special time for all the children in our community.

Questions? Contact Katie Birmingham at 970-413-4094 or katieb99@gmail.com

--PTA Community Service Committee--

Parenting Seminar

Starting The Year Off Right



With :
Dr Renee Cohn Jones

January 10, 2023
6PM @ Werner

Register At:

[https://tinyurl.com/Werner
ParentingPresentation](https://tinyurl.com/WernerParentingPresentation)

What's Happening at Werner



continued on next page

What's Happening at Werner

continued



December 2022

Werner Elementary

Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

2

- Breakfast Calzone
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

5

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

6

- Whole Grain Waffle, Maple
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

7

- French toast sticks
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

8

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

9

- Sausage & Cheese Bagel Sandwich
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

12

- Mini Pancakes
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

13

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

14

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

15

- Cinnamon Roll
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

16

- WG Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

19

- Whole Grain Waffle, Chocolate Chip
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

20

- French toast sticks
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

21

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

22



23

- No School Today

26



27

- No School Today

28

- No School Today

29

- No School Today

30

- No School Today

December 2022

Werner Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
		<i>Food Offered Daily:</i> <ul style="list-style-type: none"> • Salad Bar • Fruit Salad • Assorted Salad Dressings • Whole Wheat Dinner Roll • Chocolate Milk • Milk fat free • Milk low fat 1% • Assorted Condiments 	<ul style="list-style-type: none"> • Beef Taco & Rice • Chicken Nuggets • Turkey or Ham & Cheese Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Black Beans • Mexican Condiments- ELEM • Nugget Dipping Sauces 	<ul style="list-style-type: none"> • Cheese Pizza • Hawaiian Pizza • Hummus & Veggie Box • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Corn • Assorted Italian Condiments
5	6	7	8	9
<ul style="list-style-type: none"> • Chicken Patty Sandwich • Turkey Gravy & Roll • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Mashed Potatoes 	<ul style="list-style-type: none"> • Penne & Meat Sauce • Pizza Bites • Ham or Turkey & Cheese Sandwich • Cold Deli Yogurt & Roll • Pb&J Sandwich • Green Beans • Assorted Italian Condiments 	<ul style="list-style-type: none"> • Asian Teriyaki Chicken & Rice • Pig in a Blanket • Ham or Turkey & Cheese Sandwich • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Veggies 	<ul style="list-style-type: none"> • Chicken Burrito • Grilled Ham & Cheese • Ham or Turkey & Cheese Sandwich • Cold Deli Yogurt & Roll • Pb&J Sandwich • Refried Beans • Mexican Condiments- ELEM 	<ul style="list-style-type: none"> • Cheese Pizza • Pepperoni Pizza • Yogurt Parfait • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Carrots • Assorted Italian Condiments
12	13	14	15	16
<ul style="list-style-type: none"> • Chicken Drumstick & Roll • Hamburger & Cheeseburger • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Mashed Potatoes 	<ul style="list-style-type: none"> • Cheese Ravioli & Roll • Cheese Calzone & Marinara • Turkey or Ham & Cheese Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Green Beans • Assorted Italian Condiments 	<ul style="list-style-type: none"> • Orange Beef & Rice • Chicken & Waffles • Turkey or Ham & Cheese Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Steamed Veggies 	<ul style="list-style-type: none"> • Homemade Chili & Corn Muffin • Chicken Nuggets • Turkey or Ham & Cheese Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Black Beans • Nugget Dipping Sauces 	<ul style="list-style-type: none"> • Cheese Pizza • Veggie Pizza • Chicken Caesar Wrap • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Corn • Assorted Italian Condiments
19	20	21	22	23
<ul style="list-style-type: none"> • Grilled Cheese Sandwich • Fish Sticks • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Tomato Basil Soup 	<ul style="list-style-type: none"> • Mac & Cheese • Lasagna with Beef • Ham or Turkey & Cheese Sandwich • Cold Deli Yogurt & Roll • Pb&J Sandwich • Green Beans • Assorted Italian Condiments 	<ul style="list-style-type: none"> • Cheese Pizza • Pepperoni Pizza • Chef Salad & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Peas • Assorted Italian Condiments 		<ul style="list-style-type: none"> • No School Today
26	27	28	29	30
	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today



January 2023

Werner Elementary

Breakfast

MONDAY

2

HAPPY
New Year

TUESDAY

3

- No School Today

WEDNESDAY

4

- No School Today

THURSDAY

5

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

FRIDAY

6

- Breakfast Calzone
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

9

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

10

- Whole Grain Waffle, Maple
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

11

- French toast sticks
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

12

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

13

- Sausage & Cheese Bagel Sandwich
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

16

HAPPY
★ MARTIN LUTHER KING DAY ★

17

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

18

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

19

- Cinnamon Roll
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

20

- WG Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

23

- Whole Grain Waffle, Chocolate Chip
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

24

- French toast sticks
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

25

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

26

- Egg Scramble with Tortilla
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

27

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

30

- WG Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

31

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

January 2023

Werner Elementary

Lunch

MONDAY

2



TUESDAY

3

- No School Today

WEDNESDAY

4

- No School Today

THURSDAY

5

- Beef Taco & Rice
- Chicken Nuggets
- Turkey or Ham & Cheese Sandwich
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Black Beans
- Mexican Condiments- ELEM
- Nugget Dipping Sauces

FRIDAY

6

- Cheese Pizza
- Hawaiian Pizza
- Hummus & Veggie Box
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

9

- Chicken Patty Sandwich
- Turkey Gravy & Roll
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Mashed Potatoes

10

- Penne & Meat Sauce
- Pizza Bites
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

11

- Asian Teriyaki Chicken & Rice
- Pig in a Blanket
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Veggies

12

- Chicken Burrito
- Grilled Ham & Cheese
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

13

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

16



17

- Cheese Ravioli & Roll
- Cheese Calzone & Marinara
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

18

- Orange Beef & Rice
- Chicken & Waffles
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Steamed Veggies

19

- Homemade Chili & Corn Muffin
- Chicken Nuggets
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Black Beans
- Nugget Dipping Sauces

20

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

23

- Grilled Cheese Sandwich
- Fish Sticks
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Tomato Basil Soup

24

- Mac & Cheese
- Lasagna with Beef
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

25

- Asian noodle & Meatball
- Pig in a Blanket
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Broccoli

26

- Beef & Bean Burrito
- Chicken Patty Sandwich
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

27

- Cheese Pizza
- Pepperoni Pizza
- Chef Salad & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Peas
- Assorted Italian Condiments

30

- Hamburger & Cheeseburger
- Fish Sticks
- Cold Deli Meat & Goldfish
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Steamed Carrots

31

- Chicken Alfredo
- Cheese Calzone & Marinara
- Turkey or Ham & Cheese Sandwich
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

Food Offered Daily:

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