



THE TRAILBLAZER



Volume 2, Issue 8

CLEARWATER FUNDAMENTAL MIDDLE SCHOOL

"Our Learning Lasts a Lifetime"

April 2011

Dates to Remember

- Apr. 5th - Yearbook Meeting, 2:45 - 3:30 PM, Rm. 411
- Apr. 20th - 2nd Reading Counts Quiz Due
- Apr. 6th, 13th, 20th, & 27th - Chess Club, 2:55 - 3:40 PM, Rm. 203
- Apr. 7th - Civics Field Trip Hawthorne/Coker
- Apr. 7th & 21st - F.I.S.H. Meeting, 7:40 - 8 AM, Rm. 204
- Apr. 7th - NJHS Officer's Meeting, 7:35 AM, Rm. 309
- Apr. 7th - Spring Pictures, Gym
- Apr. 8th & 22nd - 6th Grade "Girls Get It" Club, 7:30 - 8:10 AM, Rm. 407
- Apr. 8th - S.T.E.P. Field Trip
- Apr. 11th, 12th, 13th, 18th - FCAT Testing
- Apr. 11th - Dodgeball, Begins 3 - 4:15 PM, gym
- Apr. 12th - NJHS Meeting, 7:35 AM, Gym
- Apr. 14th - PMAC Meeting, 2:50 - 3:45 PM, Rm. 207
- Apr. 14th - STEP Club, 7:45 AM, Room 402
- Apr. 14th - SAC, 6 PM, Gym
- Apr. 15th - Student Council Mtg., 7:50 AM, Rm. 102
- Apr. 19th - PTA Meeting, 7 PM, Countryside High Auditorium
- Apr. 22nd - School Spirit Day
- Apr. 22nd - End of 5th Marking Period
- Apr. 25th - No School for Students
- Apr. 26th - 6th Grade Field Trip
- Apr. 29th - Walk-A-Thon

Just a few words from Mr. "R" ...

With Spring Break behind us, there is a tendency among some of our students to experience "Spring Fever". The symptoms often include increased absences, the earning of excessive demerits and less attention paid towards upholding our behavioral expectations. With our eighth graders facing promotion to high school and summer vacation for all students seemingly about to begin, it becomes a greater challenge for some students to maintain the same level of performance they did just a few weeks ago. Your child's teachers, staff and administrative team remain committed to upholding the standards and expectations throughout the remainder of the school year. Maintaining parental support is vital as we enter the last two months of school. It is my belief that the last marking period of the school year is just as important as the first marking period.

Noting the importance of every school day, school wide FCAT testing will take place during the second and third weeks of April. Further into this newsletter parents will find the FCAT schedule. Testing begins on Monday, April 11th, and runs through Monday, April 18th. The FCAT covers progress made in Reading, Mathematics and Science. Beyond the school's rating, student results will also determine placement for the following school year. While a good night's sleep and breakfast play an important role in preparing students for their day at "work" every morning, please note that testing days are both intellectually and physically challenging for your children. An extra hour of sleep could mean a significant improvement in one's test results.

I was recently asked by one of our families if I felt we had a bullying problem on campus. My answer was, that of the incidents we were aware of, that the situation appeared to be well under control. While I would like to think that our campus is the friendliest and kindest of all of the middle schools locally, it has been brought to my attention that we have several students who are being bullied or teased on a weekly basis. Sometimes it is what one does not know that one needs to be concerned with. This month's PTA meeting will include a presentation on bullying and how to stop it. However in the meantime, I am asking all parents to spend some time in conversations over the concern. Is your child being bullied? The school will be asking the students to complete a survey; the results will be presented at the next PTA meeting. In the meantime, please let us know if you have any concerns.

Thank you for reading my "just a few words", Mr. "R"
rosenbergerd@pcsb.org



SAVE THE DATE

Annual *Family Fun Night* at the Threshers Game
 Saturday, May 21, 2011, 5:00 PM-8:00 PM
 Brighthouse Field
 More information to follow!



Hello Fantastic Volunteer Community,

We want to thank you for your continued support here at C.F.M.S.

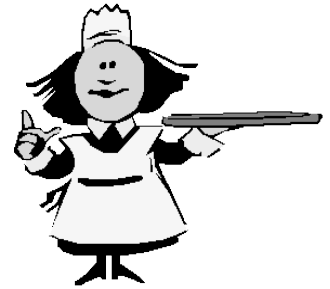
We are very grateful for the granola bars and water we have received so far, however, we still need additional contributions for all students.

Some volunteer activities for April include the need for parent volunteers on April 22nd for the schoolwide Earth Day activities. Also, we need additional drivers for the April 26th field trip to East Lake H.S.

Again, thank you for all you do here at C.F.M.S.

Fred Deveaux
 Family & Community Involvement
deveauxf@pcsb.org

CAFÉ HOTLINE



Dear CFMS family,

We hope everyone had a wonderful spring vacation. Just two reminders I wanted to mention:

- 1) Please check the monthly cafeteria menu in this newsletter - NOT the one on PCSB website. Although this newsletter menu has everything that the county menu has, there are additions for Clearwater Fundamental.
- 2) Please remind your children that if there is a negative balance on their lunch account and they choose to go to the ala carte line with cash to buy cookies, drinks, ice cream, etc. (except for the hot meal that is served for that day) the money will be taken and applied to their negative balance.

Thank you for your support and the chance to serve your great kids. I mean that sincerely - best bunch of kids my staff and I have ever served.

As always, please contact me if there are any questions or concerns. My e-mail address is hymanc@pcsb.org.

Catherine Hyman
 Food Service Manager
 727-298-2363



7TH GRADE IMMUNIZATION REQUIREMENTS



For the **school year 2011-12**, there is a State of Florida immunization requirement for 7th grade. Students entering (or attending) 7th grade will be **REQUIRED to have a Tdap (tetanus- diphtheria- pertussis) prior to attending class.** A Td (Tetanus/Diphtheria) will NOT be accepted.

If students have had a recent Td, they will require a Temporary Medical Exemption for school entry (this must be documented on the standard Blue 680 Immunization record by the Department of Health clinic or a physician's office) which will allow them to wait 2 years from the date of the immunization received and they will then be required to receive the Tdap immunization at that time.

- Remember: No Shot (Tdap) - No Admittance to School!

If you have any questions, please contact your school nurse or School Health Services at 588-6320.

If your student has received the vaccine, please make sure the school has the documentation.

PICK UP MEDICATIONS

Reminder: All medications must be picked up by a parent or guardian by 2 PM on June 8th. Any medications left after that time will be destroyed, as we are not permitted to keep medications on campus after school closing. Thank you!



NEWS FROM NURSE ANDI



I am writing to you all for the last time as nurse for Clearwater Fundamental. I have accepted a job in another county and will be starting after spring break.

I have enjoyed working with you all and wish you only the best in all that you may do.

Sara O'Toole RN has been assigned to Clearwater Fundamental and will continue to be here on Mondays.

Andi Spinale RNBC
School Nurse

* FCAT COMING

Donations of water bottles and granola bars needed!



Classroom Wish List

- The Front Office could use: tissues and hand sanitizer
- Items **BADLY** needed in Ms. Basey's class: tissues and paper towels.
- Mrs. Walker is in need of tissues and Clorox wipes
- Mrs. Roche is in need of 2" packing tape for the soldier packages.

THANK YOU for YOUR SUPPORT!!

STUDENTS ADOPT SOLDIERS



Students in the sixth and seventh grade are “adopting” soldiers who are serving in Iraq and Afghanistan this year. Stop by to see the display in the front foyer introducing our soldiers to you. These men in harm’s way are either related to or are close friends to our school family. Every month we will be sending them cheery letters and boxes full of goodies to remind them how much we care. Anyone can help in this effort. Check out the list of suggested items and donate any of them to the project.

We can also use donations of money to be used for postage. Each package costs \$12.95 to send. Items and money can be brought in to the front office. Thank you in advance for caring!

Mrs. Roche, Gr.6 Reading Teacher and
Project Sponsor

SUGGESTED ITEMS

Microwave popcorn
 Packages of peanuts, sunflower seeds, and other dried snacks
 Granola bars, raisins
 Beef jerky, tuna packs
 Chewing gum
 Candy that won’t melt in transit
 Cookies
 Flavored powder for water
 Books, current magazines, and puzzle books
 Baby wipes,
 Chapstick, sunscreen
 Socks
 Decks of cards
 Deodorant, powder

PROHIBITED ITEMS: pork or pork by-products, American flags, liquids, flammable items, fragile items, chocolate or other food that would melt.



Spelling EE Results

The Scripps National Spelling Bee’s Regional contest took place at Admiral Farragut School in St. Petersburg, on Saturday, March 5, 2011. Students from several different counties and many different schools, both public and private, as well as homeschooled students, took part in the contest.

For a second year, the CFMS winner, Miss Amelia G, did a really wonderful job of representing our school there. Amelia has a great interest in words and their spellings. She worked hard preparing for the competition learning hundreds of words along with their Greek, Latin, French, and German roots. She spelled *jovial*, *catkin*, *vendetta*, *synergy*, *hacienda*, *erudite*, *amicable*, and *rhetoric* flawlessly for eight rounds of the competition, but was put out in the ninth round by the unusual word, *gopak*, the name of a Cossack dance.

Well done, Amelia! We are proud of you.

Evelyn Grosch
 Spelling Bee Coordinator

STUDENT ACHIEVERS



- **Emmanuel K** has qualified to represent our school at the state level of the National Geography Bee. Mr. Dalton has been working with the bee for at least 15 years and this is only the second time our school has made it to state competition. Congratulations Emmanuel!
- **Joseph E** has won the first chess tournament held at CFMS within the Chess Club. Well done, Joseph!

A Night Under The Stars

The winter time is always a great time to star gaze. Because the air is cooler, thermal columns that affect viewing do not exist and therefore, the atmosphere is mostly clean except for the surrounding light pollution.



The CFMS Science Department could not have picked a better time than Friday, March 11, for their second annual Night Under The Stars event. Approximately 150 students and parents showed up to view the night sky with the help of amateur astronomer, Jim Hunter. With his groups' telescopes both parents and students were amazed at the sights of Jupiter and four of its moons, the Orion nebula, a close up of our own moon's surface and many other distant stars. As a bonus they were able to watch the International Space Station as it streaked across the evening sky and witness the launch of a US spy satellite from 150 miles away.

From ancient civilizations, man has always looked up at the stars for guidance, entertainment, knowledge and inspiration. We can only hope that viewing these celestial objects, one can walk away with a better understanding of mans place in the universe. We hope to see you again next year.

George Fatolitis, M.Ed.
CFMS Science Department

S.T.E.P. CLUB COMMUNITY PROJECT



The S.T.E.P. Club is sponsoring a fundraiser to support the Ronald McDonald House of Tampa Bay. Club members are collecting aluminum can tabs to benefit this wonderful organization and they are asking students to turn them in to their Literacy classes. Thanks for helping our students help others.



WALK-A-THON

The Student Council of Clearwater Fundamental School has again elected to support **All Children's Hospital** via a fundraising **WALK-A-THON** to be held on April 29, 2011. The **WALK-A-THON** will be held during lunch hours on Friday, April 29th, and will be hosted by the Seminole-Largo All Children's Hospital Guild. The Guild volunteers are all very proud of the students for undertaking this endeavor as a way of "giving back" to their community and to the many, many children helped by All Children's. What a great way to support our community and have energetic fun at the same time! More information will come home with your student on April 14th. Students will turn in donations to school on April 20th and 21st. The donations are tabulated before the actual walk so that we can determine who can wear shorts on the day of the Walk-A-Thon.

Prizes include:

Shorts Day Pass for donations of \$5.00 to \$14.99

Shorts Day Pass and Chick-fil-A certificate for \$15 to \$34.99

Shorts Day Pass, Chick-fil-A and "Clearwater Fundamental" Lunch bag for \$35 +

A special prize will be awarded to the top three students in the school.

Tentative Timeline:

April 12th materials to teachers from All Children's

April 14th letters to go home with students

April 20th and 21st Students bring in donations for All Children's, donations will be collected in the AM by ACH volunteers

April 26th Results and Shorts Day Passes back to teachers

April 29th Walk-A-Thon during extended lunch





BLOOD DRIVE

CLEARWATER FUNDAMENTAL
is sponsoring

THE PINT SIZE HERO BLOOD DRIVE
ON WEDNESDAY, APRIL 20, 2011
7:30 AM - 3:15 PM

Any student who sponsors a non-school-employee adult will receive a Certificate of Appreciation and a "I'm a Pint Size Hero" t-shirt.

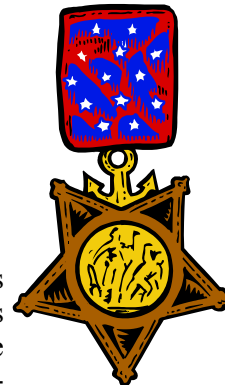
The school will receive a "Health Kit" for any successful adult blood donation.

Help your school receive much needed health items and your child receive a cool t-shirt by signing up at the school office today!

ALL DONORS MUST HAVE A PHOTO I.D. AND BE AT LEAST 17 YEARS OLD. PLEASE EAT AND DRINK WELL BEFORE AND AFTER DONATING.

Questions? 1-800-68BLOOD
www.fbsblood.org

TURN-AROUND STUDENT AWARD



The winner of the 2010-2011 Turn-Around Student Award is **Jesse B.** This award recognizes a student, who during the course of their middle school experience, has overcome an obstacle – whether personal, emotional, academic, or physical and turned themselves around by demonstrating effort, perseverance, and commitment. Jesse's "can do" attitude during his years at Clearwater Fundamental Middle School has made him most deserving of being our Turn-Around student. Congratulations Jesse!

2010-2011 PRIDE AWARD WINNERS

Mathematics - Austin K
Science - Nicholas H
Social Studies - Molly C
World Languages - Natalie W
Writing - Grace B



The criteria for selection of a Pride Award winner is a GPA of 3.5 or higher in the subject area. The student should demonstrate a high interest in the subject by having participated in clubs, lab programs or competitions. The student must also exhibit a positive attitude, good citizenship and work habits as evidenced by showing responsibility, reliability, honesty, self-motivation, and respect for others and following rules and procedures. The final selection is the recommendation of the principal and staff.

Please congratulate these students on a job well done!

ORGANIZATIONAL CLASS

Every Tuesday MORNING for students new to the class from 7:40 - 8:15 AM

and

Every Tuesday AFTERNOON for students who have been to the class at least once from 2:50 - 3:30 PM

All students needing extra help learning to keep organized are invited to attend.

MRS. WOODS' ROOM # 406

Upstairs next to Guidance



IMPORTANT PHONE NUMBERS

Pinellas County Schools Administration - 588-6000

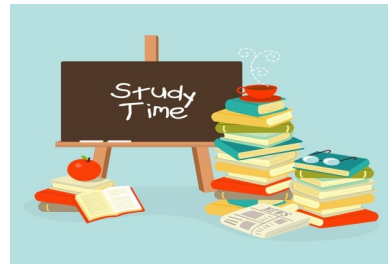
Pinellas County Schools Help Desk - 588-6060

School Board Office - 588-6300

PSTA Customer Service - 540-1900

YMCA - 442-8296

April's Character Quality is
Self-Control



Study groups are scheduled in the morning with Mrs. Woods starting at 7:40 AM. Please see the calendar for weekly study groups outside the door by the basketball courts. They are also on morning announcements. Room #406 (upstairs next to Guidance)



HOMework HELPLINE

Homework Helpline is a free service for students to receive homework help. Certified teachers are on the phone ready to help. Monday-Thursdays 5-8p.m. call: 547-7223 or 442-3226

Please be patient and call back if the line is busy.

Homework Helpline will begin September 7, 2010.

Useful Websites

Clearwater Fundamental: <http://cfms.pcsb.org/>

Clearwater PTA: www.cfmspta.org

Pinellas County Schools: www.pcsb.org

Faculty / Staff: last name first initial @ pcsb.org
(example: rosenbergerd@pcsb.org)

To Add Money to Lunch Accounts:
www.MealpayPlus.com

Clearwater Fundamental Middle School
1660 Palmetto Street
Clearwater, Florida 33755
727-298-1609 FAX: 727-298-1614
Dave Rosenberger, Principal

ELECTRONIC DEVICES AND CELL PHONES DURING FCAT

As everyone knows, cell phones and other electronic devices are not to be used once a student has arrived on campus on any day without a **NO CELL PHONES!** faculty or staff member's permission. This is especially important on testing days. While the normal consequence for using an electronic device is the earning of a detention, FCAT Rules and Procedures set by the state recommend that the student's entire testing session to be considered disqualified. Even though we ask students to leave their cell phones in their lockers while here at school, we know that many students simply set their cell phones on "silent" when attending class. During the testing sessions, cell phones and other electronic devices must be turned off and left in the locker. An even better suggestion would be for students to leave their cell phones and other electronic devices at home on testing days.

FCAT AND ARRIVING TO SCHOOL ON TIME



Please make every effort to have your child or carpool to school a little early on FCAT testing

days. Because of the testing format, students arriving late to school may not be allowed to enter the testing room late. Students unable to complete a testing session will have to complete the missed assessment on one of the make-up dates. Students completing the FCAT during one of our make-up sessions will lose instructional class time. We want all of our students to do their best as the scores recorded may be used when assigning courses for the following school year. We look forward to seeing academic gains made by all of our students.

DRESS CODE FOR THE 8TH GRADE CELEBRATION AND DANCE

Girls



- While spaghetti or strapless dresses will be allowed, they should be appropriate for a middle school student attending an event at a church. Undergarments cannot be exposed. Young ladies with doubts may want to bring a jacket or sweater to the celebration.

- Necklines should not expose excessive cleavage or the lower back.

- Dress lengths must be within three inches of the knee including any splits

- The midriff cannot be exposed.



Boys



- Pants should not be baggy or dragging on the floor.

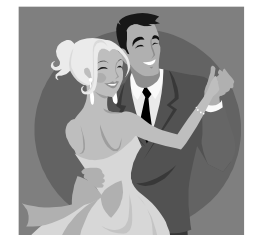
- A dress shirt is expected however a tux is not required

- Dressy shoes (boat, deck or loafers OK) with socks are required



Both

- The dress code does **not** include shorts, jeans, sweat-pants, t-shirts, athletic gear, flip/flops or bedroom slippers. *If you think it violates the intent of the dress code, assume it does and do not wear it.*



Florida Comprehensive Assessment Test®

Spring 2011 FCAT/FCAT 2.0 Reading/Mathematics/Science

Daily Test Administration Schedule – **REVISED JANUARY 2011**

Day 1 – Monday, April 11		
Grades 3, 4	Reading – Session 1	70 minutes
Grade 5	Mathematics – Session 1	70 minutes
Grades 6, 7, 8, 9, 10	Reading – Session 1	70 minutes
Grades 11 – Adult	Reading Retakes	Untimed
Grades 11 – Adult	Mathematics Retakes – Computer Based	Untimed
Day 2 – Tuesday, April 12		
Grades 3, 4	Reading – Session 2	70 minutes
Grade 5	Mathematics – Session 2	70 minutes
Grades 6, 7, 8, 9, 10	Reading – Session 2	70 minutes
All Grades	Make-up Testing	
Day 3 – Wednesday, April 13		
Grades 3, 4	Mathematics – Session 3	70 minutes
Grade 5	Reading – Session 3	70 minutes
Grades 6, 7, 8	Mathematics – Session 3	70 minutes
Grades 6, 7, 8	Mathematics – Session 4	70 minutes
Grade 10	Mathematics – Computer Based	160 minutes
All Grades	Make-up Testing	
Day 4 – Thursday, April 14		
Grades 3, 4	Mathematics – Session 4	70 minutes
Grade 5	Reading – Session 4	70 minutes
All Grades	Make-up Testing	
Day 5 – Friday, April 15		
Grade 5	Science – Session 5	55 minutes
All Grades	Make-up Testing	
Day 6 – Monday, April 18		
Grade 5	Science – Session 6	55 minutes
Grade 8	Science – Session 5	55 minutes
Grade 8	Science – Session 6	55 Minutes
Grade 11	Science – Session 1	65 Minutes
Grade 11	Science – Session 2	65 Minutes
All Grades	Make-up Testing	
Days 7, 8, 9, 10 – Tuesday, April 19 through Friday, April 22		
All Grades	Make-up Testing	

There should be no deviation from the established FCAT/FCAT 2.0 administration schedule unless districts requested and received written approval from the FDOE prior to implementation.

MAKE-UP TESTING

Make-up testing may begin on Day 2 and continue through Day 10, as needed.



Student Assignment 2011-12: Open Enrollment Period – April 4-18

The Open Enrollment period is for parents who would like to request another school other than their child's assigned school for the 2011-12 school year. This year, there will be a limited number of seats available during open enrollment due to class size and No Child Left Behind requirements.

Parents should log into the Student Reservation System (SRS) on the district website, www.pcsb.org, using their User ID and password between April 4-18. All assignments will be made on a space-available basis. Students do not lose their current seat just by requesting another school. Incoming kindergarteners and other students new to the district in 2011-12 must be enrolled in a school (registered, not just a reservation) to participate.

Parents who make their zoned school their first choice will be reviewed for placement as a priority. A Connect-ED message will be sent to all parents who have provided a valid phone number and/or email address. This notification will inform you that a new assignment has been completed or that the child's name will remain on the list for the summer and fall review cycles.

Here are some Open Enrollment questions to keep in mind:

Q. How can I get my older child into the zoned school that my younger child is already in?

A. You will have the opportunity to try and change schools during the Open Enrollment period.

Q. If I request a change in a school assignment for my child during Open Enrollment, will my child receive school bus transportation?

A. No, not unless the school requested is your zoned school and you live more than two miles from the school.

Q. When will I know if I received my request for a non-zoned school?

A. There will be a mid-summer and a fall notification. No placements will be made after Oct. 14, 2011.

Q. My child has opted to stay at his non-zoned school. Can my younger child attend that school as well?

A. Younger siblings will be assigned to the family's zoned school. Families can request that the younger child be moved to the older sibling's non-zoned school during the Open Enrollment.

Q. When will I know if I received my request for my zoned school?

A. Parents who requested to attend their zoned school as their choice will be notified by May 9th by a Connect-ED message.

Q. What do parents need to do if they have received their requested school change during Open Enrollment?

A. If the parent's child is issued a new school assignment during the Open Enrollment period, they will need to visit the newly assigned school and provide the required documents (Birth Certificate, proof of residency, recent report card if available, Florida Certificate of Immunization, physical examination certificate).

Kindergarten Registration

Registration for the 2011-12 school year is scheduled from April 4-June 3, 2011. Simply follow the easy steps below to register your child:

STEP 1: Find Your Zoned School

Go online, www.pcsb.org, or call Student Assignment, (727) 588-6210.

STEP 2: Reserve a Seat Go to your zoned or any nearby school to get a User ID and password (if you don't already have one for another child in your family). Using the school computer or your home computer, log in to the Student Reservation System (SRS), located on the home page of the district website to reserve a seat.

STEP 3: Register at Your Child's Zoned School To complete your registration, visit the assigned school to deliver the required documents (list of documents can be found on the district website).

NOTES:

- Students must be 5 years old on or before Sept. 1, 2011, to attend kindergarten.
- All incoming kindergarteners will be assigned to their zoned school.
- Current VPK students may or may not attend kindergarten at their current school site. It will depend on whether the site is their zoned school. VPK students will need to register for kindergarten by following the above steps.

Planning to Move?

If you move, you are required to give the school your new phone number and provide proof of residency. To update your address and phone number sign in to the Student Reservation System (SRS) on the district website and follow the steps (or visit your school to give the updated information).

DRESS CODE FOR THE 8TH GRADE CELEBRATION AND DANCE



Girls

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- Necklines should not expose excessive cleavage or the lower back.
- Dress lengths must be within three inches of the knee including any splits.
- The midriff cannot be exposed



Boys

- Pants should not be baggy or dragging on the floor.
- A dress shirt is expected however a tux is not required.
- Dressy shoes (boat, deck or loafers OK) with socks are required.

Both

- The dress code does **not** include shorts, jeans, sweatpants, T-Shirts, athletic gear, flip/flops or bedroom slippers. If you think it violates the intent of the dress code, assume it does and do not wear it.



April 2011

**GET BETTER. FASTER. UNDER THE SUN. BEHOLD THE POWER OF LIFE!
WELLNESS IS A WAY OF LIFE!**

Pinellas County Middle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Whole Grain Pop Tarts Breakfast pizza chicken nugget/pasta marinara cheese & pepp pizza spicy chx salad leafy green salad/ Capri blend fruit & juice/garlic sticks ala carte - popcorn chicken	5 Egg Patty/ Sausage Link/ Toast Meatball subs/corndogs/veggie chili Farmer's salad Romaine salad/deli potatoes Fruit & juice/crackers/dessert Ala carte - spicy chx sandwich	6 Breakfast Pizza Maxibits/hot dogs/sloppy joes Spicy chicken salad Veggies w dip/fred bliss mashed Potatoes Fruit & juice/wheat bread Ala carte - hash brown/egg rolls	7 Belgian Waffle Sticks Pancake pups Teriyaki chx & rice/rib-que sand. Breaded chicken Farmer's salad Lett & tom salad/oriental veggies Fruit & juice/white wheat roll Dessert Ala carte - cheeseburgers	8 Yogurt or Sausage Biscuit Pizza variety/fish sticks Entrée salad Tossed salad/carrots Fruit & juice/hush puppies Ala carte - popcorn chicken
11 Frittata Sausage & Cheese Breakfast burrito Spicy chx patty sand/baked potato W cheese/cheese & pepp pizza Chx Caesar salad Leafy green salad/broccoli Fruit & juice/wheat bread Ala carte - popcorn chicken	12 Pancake Sausage Sandwich Tacos/maxibits/fiesta chicken Yogurt parfait/farmer's salad Lett & tom salad/coom/refried beans Fruit & juice/white wheat roll Dessert Ala carte - spicy chicken patty	13 Breakfast Pizza Pocket Cubana/grilled cheese sand. Spicy chicken salad Veggies w dip/tomato soup Sweet potato wedges Fruit & juice/crackers Ala carte - tater tot/egg rolls	14 Chicken on a Biscuit Chili, cheese & scoops/ravioli Breaded chicken Farmer's salad Romaine salad/green beans Fruit & juice/garlic breadstick Dessert Ala carte - chicken parm sand.	15 Cinnamon Roll Pizza variety/fish sandwich Entrée salad Tossed salad/mxd veggies Fruit & juice/bread Ala carte - popcorn chicken
18 honey bun Mini-burgers/hot dogs/cheese & pepp pizza Farmer's salad Coleslaw/baked beans Fruit & juice/wheat bread Ala carte - popcorn chicken	19 Canadian Bacon & Egg English Muffin Corndog/roasted chicken Mac & cheese Chicken Caesar salad Romaine salad/sweet potatoes Mxd veggies Fruit & juice/white wheat rolls Dessert Ala carte - cheeseburgers	20 Sausage biscuit Popcorn chx/breaded pork sand. Cheese quesadilla pizza Spicy chicken salad Leafy green salad/oven fries Fruit & juice/pretzel rods Ala carte - hash browns/egg rolls	21 strawberry pancake strips Chicken and biscuit Maxibits/tacos/cheeseburgers Spicy chicken salad Pbj/turkey sandwich Romaine salad/broccoli Peaches/fruit & juice/garlic rolls Dessert Ala carte - spicy chx sand.	22 Breakfast Yogurt Parfait Breakfast pizza Pizza variety/fish sticks Entrée salad Tossed salad/Capri blend Fruit & juice/bread Ala carte - popcorn chicken
25 No School Pro-Ed Day  Health Tip of The Month. Drink 6-8 glasses of water daily	26 pizza pockets Potato strips Chx & gravy/meatloaf/pork chop Sandwich Yogurt & fruit plate/farmer's salad Romaine salad/mashed potatoes Collards Fruit & juice/biscuit/dessert Ala carte - spicy chicken patties	27 Pancake Pups Beef dippers/sausage Chicken Caesar salad Leafy green salad/carrots/rice Fruit & juice/garlic breadstick Ala carte - tater tot/egg rolls	28 Chicken on a Biscuit Maxibits/breakfast for lunch Chicken tenders Farmer's salad Veggies w dip/mxd veggies Fruit & juice/white wheat roll Dessert Ala carte - chicken parm sand.	29 breakfast burrito Cheese Toast Sandwich Pizza variety/fish sandwich Entrée salad Tossed salad/green beans Fruit & juice/bread Ala carte - popcorn chicken

Divide an Prosper

There is a simple way to make sure you are eating good portions of the foods you put on your dinner plate: half the plate should be fruits & veggies, a quarter lean protein and a quarter starch, which should be

Breakfast

(1) Cereal & (1) Toast or (1) Menu Breakfast Entrée + (1) Fruit
(Fresh, Canned or Juice) + (1) Milk
Daily Lunch Choices
(1) Entrée, (3) Fruits or (3) Vegetables or (2) Fruit & (1) Vegetable
or (2) Vegetables & (1) Fruit + (1) Bread or Crackers + (1) Milk
Available At Lunch Daily
Meatless Entrée, Entrée Salads, Cold Sandwiches, Low-fat white,
Flavored or, Skim Milk



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