



THE TRAILBLAZER



Volume 2, Issue 9

CLEARWATER FUNDAMENTAL MIDDLE SCHOOL

"Our Learning Lasts a Lifetime"

May/June 2011

Dates to Remember

- May 2nd - Report Cards
- May 3rd - STEP Field Trip
- May 4th - Women of History Tea Party
- May 4th, 11th, & 18th Chess Club, 2:55 - 3:40 PM, Rm. 203
- May 5th & 19th - F.I.S.H. Meeting, 7:40 - 8 AM, Rm. 204
- May 5th - NJHS Officer's Meeting, 7:35 AM, Rm. 309
- May 10th - NJHS Meeting, 7:35 AM, Gym
- May 11th - 1st Reading Counts Quiz Due
- May 12th - SAC, 6 PM, Gym
- May 13th & 27th - 6th Grade "Girls Get It" Club, 7:30 - 8:10 AM, Rm. 407
- May 16th - Progress Report Week
- May 16th - 5th Grade Students Visit
- May 17th - PTA Meeting & Spring Concert, 7 PM, Countryside High Auditorium
- May 20th - School Spirit Day
- May 20th - PTA Dance, 6 - 9 PM, Gym
- May 21st - Threshers' Family Fun Night, Bright-house Field
- May 23rd until Sold Out - Yearbook Sales 7:45 - 8:15 and lunches
- May 27th - Last Day to Check-out Books from the Media Center
- May 30th - Memorial Day No School for Students
- June 1st - 2nd Reading Counts Quiz Due
- June 3rd - 6th & 7th Grade Field Trips
- June 8th - 1/2 Day Last Day of School

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

As the end of our second year as Clearwater Fundamental Middle approaches, I have been asked by many individuals from our school community how I feel the school year has gone to date. In looking back, I sincerely feel that this school year has been incredibly successful. I believe that the faculty, staff, students and their parents could not have worked any harder than they did as a whole to make this a productive year. I believe that both the PTA and School Advisory Committee (SAC) jumped in at every opportunity when help was required or challenges needed to be taken on, head on. At the same time I will readily admit that many things still need to be accomplished. Add to that fact the knowledge that the Pinellas County Schools are faced with record setting budget shortfalls that will impact all of us during the next school year is never far from my mind.

With the support of our PTA and SAC leadership teams, we have addressed illegal and prescription drug abuse by teenagers, the dangers of technology and how quickly the Internet can be turned into a liability. Most recently, concerns over campus civility and the pain inflicted by bullying behavior was addressed. And while each subject was covered extensively, I feel that many of our families remain unaware how vulnerable their children are to the dangers of each. During the remaining weeks of the current school year, the administrative team will continue to send home the message of how easily bad things can happen to good families. In planning for next year, we are working on processes that will make our campus safer and friendlier for everyone.

A quick reminder that the first week of May is designated as Teacher Appreciation Week. If you have a moment this week, please send a card, short note or email to your child's teachers. While we all feel blessed to be assigned to a school with hard working students and supportive parents, I believe that there is no faculty or staff within Pinellas that works any harder than the group of professionals assigned to Clearwater Fundamental. Thank you for all you do.

In closing, there are so many parents, guardians, faculty and staff that I would like to thank individually. However, as soon as I publish a list ... someone's name will be left off in error. Please know I appreciate everyone's efforts and support. I truly feel blessed to be a part of this program, having the opportunity to work with each of you. To the families leaving the program and moving on, please know that you will be missed. May your future be bright and successful. For everyone returning next August, may you find some time to rest and rejuvenate over the summer months. The first day back at school will come much sooner than one would think.

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

Yearbook Signing Rules



During the last week of school CFMS will be distributing the 2011 edition of the Trailblazing yearbooks to students who ordered one. Unfortunately, in past years, students have taken it upon themselves to deface this memorable publication, destroying its use for others. We feel obligated to explain the possible repercussions to any student who chooses to deface or write anything inappropriate in another student's yearbook.

Students are not to write any type of profanity, vulgarity or suggestive material in someone else's yearbook. Should this take place, even if "code words, texting shorthand or letters" are used, it would be his/her responsibility to replace the yearbook. The student may also be suspended and referred to the Intervention and Appeals Committee (IAC) for additional disciplinary action. At the very least the student will lose the opportunity to participate in any of the end of the year activities. Including the Eighth grade Dance.

Please talk to your child and remind him/her that yearbooks are for lasting memories. When signing them, they should treat them with the same respect that is expected here at school throughout the entire year. This letter is sent home with all hopes that there will not be any concerns that the school will have to act on regarding this matter.

With Spring Break and the FCAT testing completed for the school year, many students start to look forward to the summer months with no school. While



only six weeks remain in the school year, our faculty will continue to teach and assign homework with every intent that it be completed and turned in on time. It is not uncommon for the last marking period to be the most challenging of the entire school year for many students. While the earning of demerits has dropped over years past, over the last couple of weeks the number of students being referred to the Intervention and Appeals Committee (IAC) has increased. Remind your child not to let spring fever endanger their continued enrollment here at our school.

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DRESS CODE



We jumped into the summer heat rather quickly this spring and it is beginning to show with the students trying to "stretch" the Dress Code as far as they can. The dress code will be enforced just as aggressively during the last six weeks as it was during the first six weeks, possibly even more so as the students should have the rules memorized by now. Students observed with exposed waist lines and plunging necklines can expect to be assigned a detention.

Of late, we also have been having to remind our students that only "natural" hair colors are appropriate and with it being well over 80 degrees that there is no need for students to be wearing gloves.

AFTERNOON PICK-UP REMINDER



As the school year progresses, more and more families are using the ball fields to pick up their children after school. While that is fine, we still have a number of students who are not using the crosswalk, instead running across Palmetto Street through traffic in an hurry to catch their ride. This is most dangerous. Please help the school in keeping the children safe. Children needing to cross the street to reach their ride home are expected to use the guarded crosswalk at the roundabout.

Parents are asked NOT to use the teacher's parking lot to pick up their carpools. While a few families are assigned to that for confidential reasons, other families should not be using this area for picking up their children.





MAY 21ST IS FAMILY FUN NIGHT

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,

Thank you so much for your support, both through donations and your valuable time.

Our students enjoyed the water and granola bars provided for them during the FCAT. We had a wonderful response for drivers for the "Grease" field trip, and our business partners and volunteer parents insured that the Earth Day activities were a success.

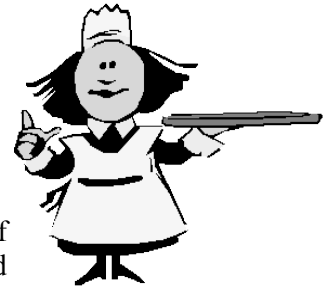
Two of our volunteer parents, Victoria Dickson and Bob Colmer have been selected as outstanding volunteers here at our school and are in the running for Outstanding Volunteer Of The Year at the district level.

Really, all our volunteers are outstanding and we here at Clearwater Fundamental Middle School truly appreciate you.

As always, thank you for all you do.

Fred Deveaux
Family & Community Involvement

CAFÉ HOTLINE



Dear CFMS family,

This is our last newsletter of the year but only the revised menu for May is ready. June's menu is manager's choice so we can deplete our stock before the end of the school year. It will be up in the cafeteria for June.

Now that we are reaching the end of the year, I will be sending home negative balance letters on a regular basis. As the year comes to a close, these letters will increase in frequency. Positive balances carry over to your student's account for the next year, but I have to absorb the negative balances on my profit & loss statement. SO I WILL BE HANDING OUT THOSE CHEESE SANDWICHES WITH A WHITE MILK THAT I KEEP TELLING THE KIDS NEXT TIME THEY WILL GET!! So please ask your children if they owe the cafeteria any money or if they received a negative balance letter. We tell all students every day when they are getting low and if they are negative, how much they owe. There should be no surprises to your students.

In the meantime, please call me with any questions/concerns before the end of school. And if I don't hear from you, the cafeteria staff wishes all of you a wonderful summer vacation!!

Catherine Hyman

Food Service Manager



ATTENTION 6TH AND 7TH GRADERS

Keep your school padlock in a safe place this summer! You will be able to use it again next year for your locker and save your family some money!



Kathryn M. Carrubba, Bookkeeper

NEWS FROM NURSE SARA



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!

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

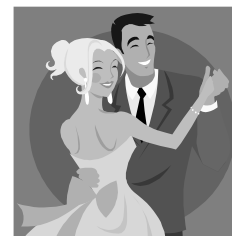


- Pants should not be baggy or dragging on the floor.
- A dress shirt is expected however a tux is not required
- Dressy shoes (boat, deck or loafers OK) with socks are required



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.***



CFMS Salutes Our Soldiers

The Adopt-a-Soldier project is drawing to a close for the school year. Many Literacy classes put so much time, effort and love into filling up boxes of goodies for our soldiers in Iraq and Afghanistan. It's time to thank the students and teachers of the following Literacy classes: Mrs. Zaffiri, Mr. White, Mrs. Nelson, Mrs. Hawthorne, Mrs. Bohnet, Mrs. Slee, Mrs. Santangelo, Mr. Fatolitis, Mrs. Walker, Ms. Chatman, Mrs. Schaaf, Mrs. Callaway, Mrs. Szirmai, and Mrs. Roche. To the students, you did a wonderful thing in helping to send cheer to our men and women in harm's way. Remember your generosity and continue to be the thoughtful people that you are. Look for opportunities to serve or to bring a special kindness to others in need. I am so proud of you.



To the staff and parents who anonymously paid for postage and dropped off loads of snacks for the soldiers: THANK YOU! This month we send out the last five packages. In total, we sent over 30 packages this year.

Mrs. Roche
Reading Teacher and
Adopt-a-Soldier Project Sponsor

STUDENT ACHIEVERS

- **Ben I.** received honorable mention for his short story titled "The Redirecting Tragedy" at the 27th Annual Stanley Shalit Short Story Competition, sponsored by the Friends of the Largo Library. There were 8 middle school and 8 high school students selected from a total of 240 applicants. The level of writing presented was impressive, and he should be very proud of himself. There were 4 Osceola High students recognized, including former Clearwater Fundamental student, Asunta R.

Congratulations to you, Ben!

- **Jennifer S.** will be performing at Busch Gardens on May 7th with Ruth Eckerd Hall's Children's Choir. Congratulations on being accepted in to this fine choral group.



- Congratulations to **Nicholas B** who has become our school's first dodge ball manager. Nicholas is working under the supervision of Mr. White and Ms. Griffin assisting in the after school intramural program. His coaches agree that Nicholas's "energy and spunk are going to make him a great addition to dodge ball." Did you know that Nicholas is also a poet? He recently wrote this excellent poem describing his dodge ball experience for Mrs. Brown's reading class.

DODGE BALL

By Nicholas B.

The ball whizzes by,
Then bang, a cannonball hits.
Run, Run, Run!
Jump like a rabbit.
Bang! Miss!
The ball flies like a
Missile on target.
Move out! Bang!
Grab! Throw! Out!
One in, Bang!
The ball hits where
It was aimed.
Whizzzz!
Bang!
Miss!
Bang!
Miss!
Whizzzz!
Catch, one out,
One in.
Bang!
The ball hits its target.
No Catch!
I'm out!





EGG DROP COMPETITION

Once again our students will be participating in the Space Florida/Universal Studios Egg Drop Competition at Universal Studios Orlando on May 21st. Last year our school carried 1st, 2nd and 3rd

place in this statewide competition and we hope to do the same this year.

The Egg Drop competition is an event where students apply their knowledge of math and science to solve a real world problem. This year the students are required to design and build a planetary capsule that will protect a raw egg from a fall of 20 feet onto a concrete sidewalk. It may sound easy but the lander cannot be bigger than 10" X 10" X 10". The parachute can only be 4" in diameter and the capsule cannot be built with foam. The students will be interviewed and judged by aeronautical engineers and must demonstrate teamwork and sportsmanship. Many other challenges are put on the teams to make this competition both fun and educational.

Last year's award winning plague is currently on display in our awards case. We anticipate having another one.

George Fatolitis
Science Department Chairperson

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.

EARTH DAY



It was December of 1968 when a photo showing Earth rising over the moon's horizon was first published in the national news media. It showed what appeared to be a bright blue marble floating in a velvet black background. From this picture people began to see Earth as our home, with no boundaries and extremely fragile. In 1969, after witnessing a massive oil spill in Santa Barbara, California, then U.S. Senator Gaylord Nelson recognized the importance of environmental awareness. Inspired by the student anti-war movement of the time, he realized that if he could channel that energy with an emerging public consciousness about air and water pollution he could put ecological issues into the national political agenda. Fifty years later people all over the world look forward to celebrating what is now called EARTH DAY.

This year on April 22, 2011, the faculty, staff and students celebrated EARTH DAY by promoting ecological awareness through hands-on activities. Organized by the CFMS Science Department, students enjoyed playing with earthworms, creating wildflower bouquets and designing a metal boat that will stay afloat filled with a number of pennies. Students were encouraged to make etchings of tree bark and express their creativity through sidewalk art. Students helped Mr. Rosenberger plant cypress trees in the retention pond area and oak trees in the teacher parking area which will provide many years of shade. New plants were placed in the outdoor classroom and a new rock table was installed.

This EARTH DAY event was truly a community project. Although the CFMS Science Department was instrumental in putting it all together, it was the volunteers that helped make it happen. We wish to thank, Bob Colmer, Roy Fitzgerald, Carol Sampey, Wendy Schweiger, and Rachel Stott for their contributions.



Taking Big S.T.E.P.s



Students Targeted for Educational Performance has been busy this year. The new year began with their community service project to benefit the Ronald McDonald House. Aluminum can tabs are still being collected for this worthy cause. Already, members have collected over 60 pounds of tabs.

Members travelled to Curtis Fundamental for Read Across America and shared their favorite Dr. Seuss stories with K-second graders.

Then they explored the Criminal Courts Complex on 49th Street with Circuit Court Judge Michael Andrews as their guide. Students were greeted by judges, lawyers, and bailiffs as they learned what happens in a court room. They got to sit in the seats of a Grand Jury and feel the power these citizens possess. The judges and lawyers were impressed by the level of questions they received from STEP members.



Not only did members get to speak with judges and lawyers, they got to see real criminals face their fates as they stood before the judges. Members were mesmerized by a tactical demonstration when they "went to jail". They saw how a team of officers would handle an unruly prisoner. They explored the jail cells and talked to guards.

More than ever, STEP members knew their aspirations were on the side

dispensing justice, not receiving the judgment.

Members will have the opportunity to participate in a Youth Explosion Summit on April 23, at Northeast High School. This activity promises great parent and student activities, food, and a dynamic speaker, Dr. Shelly Stewart of Inside Out Inc.

STEP has one more field trip to Bay News 9 where they'll see what it takes to be a reporter. Members will end a fantastic year with their End- of- the- Year Celebration Banquet to be held at Greek Town Grille in Clearwater.

Thanks to our teachers and volunteers for making this year the best yet!

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

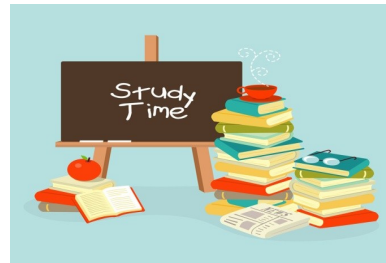
YMCA - 442-8296

May's Character Quality is

CARING

June's Character Quality is

COURAGE



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)



HOMWORK 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



6th Grade Field Trip to:

Kennedy Space Center

- When? **June 3**
- Cost? **\$55.00** (includes transportation, admission, & lunch)
(\$41.00 if you already have a pass)
- Money Collected? **May 2-6**
(before school and during lunch)
- Permission Forms? Will be handed out in science classes



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).

May 2011

Pinellas County Middle Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>2 Whole Grain Pop Tarts breakfast burrito</p> <p>chicken nuggets/cheese & pepp.</p> <p>Pizza/pasta marinara</p> <p>Chicken Caesar salad</p> <p>Leafy green salad/Capri blend</p> <p>Fruit & juice/garlic breadsticks</p> <p>Ala carte – popcorn chicken</p> | <p>3 Egg Patty/ Sausage Link/ Toast</p> <p>Meatball subs/corn dogs/veggie chili</p> <p>Egg salad chef</p> <p>Romaine salad/deli potatoes</p> <p>Fruit & juice/crackers/dessert</p> <p>Ala carte – spicy chicken sandwich</p> | <p>4 Breakfast Pizza</p> <p>Maxibits/hot dogs/sloppy joes</p> <p>Spicy chicken salad</p> <p>Veggies w dip/red bliss mashed potatoes</p> <p>Fruit & juice/wheat bread</p> <p>Ala carte – later tota/hash browns Egg rolls</p> | <p>5 Belgian Waffle Sticks Pizza pocket</p> <p>Breaded chicken/teriyaki chicken & rice/rib-q sandwich</p> <p>Farmer's salad</p> <p>lett & tom salad/oriental veggies</p> <p>Fruit & juice/white wheat roll</p> <p>Dessert</p> <p>Ala carte - cheeseburgers</p> | <p>6 Yogurt or Sausage Biscuit</p> <p>Pizza variety/fish sticks</p> <p>Entrée salad</p> <p>Tossed salad/carrots</p> <p>Fruit & juice/hush puppies</p> <p>Ala carte – popcorn chicken</p> |
| <p>9 Frittata Sausage & Cheese Breakfast burrito</p> <p>Spicy chx patty sand/baked potato</p> <p>W cheese/cheese & pepp pizza</p> <p>Chicken Caesar salad</p> <p>Leafy green salad/ broccoli</p> <p>Fruit & juice/wheat bread</p> <p>Ala carte – popcorn chicken</p> | <p>10 Pancake Sausage Sandwich</p> <p>Tacos/maxibits/fiesta chicken</p> <p>Yogurt parfait/egg salad chef</p> <p>lett & tom salad/coorn/refried beans</p> <p>Fruit & juice/white wheat roll</p> <p>Dessert</p> <p>Ala carte – spicy chicken patty</p> | <p>11 Breakfast Pizza Pocket</p> <p>Cubana/grilled cheese sandwich</p> <p>Flatbread pizza</p> <p>Spicy chicken salad</p> <p>Veggies w dip/tomato soup</p> <p>Sweet potato wedges</p> <p>Fruit & juice/crackers</p> <p>Ala carte – later tota/hash browns Egg rolls</p> | <p>12 Chicken on a Biscuit</p> <p>Chili, cheese & scoops/ravioli</p> <p>Breaded chicken</p> <p>Farmer's salad</p> <p>Romaine salad/green beans</p> <p>Fruit & juice/garlic breadstick</p> <p>Dessert</p> <p>Ala carte – chicken parm sand.</p> | <p>13 Cinnamon Roll</p> <p>Pizza variety/fish sandwich</p> <p>Entrée salad</p> <p>Tossed salad/mxd veggies</p> <p>Fruit & juice/bread</p> <p>Ala carte – popcorn chicken</p> |
| <p>16 Honey Bun</p> <p>Mini-burgers/hot dogs/cheese & Pepp pizza</p> <p>Farmer's salad</p> <p>Coleslaw/baked beans</p> <p>Fruit & juice/wheat bread</p> <p>Ala carte – popcorn chicken</p> | <p>17 Canadian Bacon & Egg English Muffin</p> <p>Corn dogs/roasted chicken</p> <p>Mac & cheese</p> <p>Chicken Caesar salad</p> <p>Romaine salad/sweet potatoes</p> <p>Mxd veggies</p> <p>Fruit & juice/white wheat rolls</p> <p>Dessert</p> <p>Ala carte - cheeseburgers</p> | <p>18 sausage biscuit</p> <p>Popcorn chx/breaded pork sand.</p> <p>Chelupa</p> <p>Spicy chicken salad</p> <p>Leafy green salad/oven fries</p> <p>Fruit & juice/prezel rods</p> <p>Ala carte – later tota/hash browns Egg rolls</p> | <p>19 Strawberry Pancake sticks Chicken & biscuit</p> <p>Maxibits/tacos/cheeseburgers</p> <p>Spicy chicken salad</p> <p>Poj/turkey sandwich</p> <p>Romaine salad/broccoli</p> <p>Peaches/fruit & juice/garlic rolls</p> <p>Dessert</p> <p>Ala carte – spicy chicken sand.</p> | <p>20 Breakfast Yogurt Parfait Breakfast pizza</p> <p>Pizza variety/fish sticks</p> <p>Entrée salad</p> <p>Tossed salad/Capri blend</p> <p>Fruit & juice/bread</p> <p>Ala carte – popcorn chicken</p> |
| <p>25 Two Egg Omelet</p> <p>Hamburger/cheeseburger/cheese & Pepp pizza/bean burrito</p> <p>Egg salad chef</p> <p>lett & tom salad/ater tots</p> <p>Fruit & juice/wheat bread</p> <p>Ala carte – popcorn chicken</p> | <p>24 pizza pockets Potato strips</p> <p>Chx & gravy/pork chop sandwich</p> <p>Meatloaf</p> <p>Fruit & yogurt plate/spicy chx salad</p> <p>Romaine salad/mashed potatoes</p> <p>Collards</p> <p>Fruit & juice/biscuit/dessert</p> <p>Ala carte – spicy chicken patties</p> | <p>25 Pancake Pups</p> <p>Beef dippers/sausage</p> <p>Chicken Caesar salad</p> <p>Leafy green salad/carrots/rice</p> <p>Fruit & juice/garlic breadsticks</p> <p>Ala carte – later tota/hash browns Egg rolls</p> | <p>26 Chicken on a Biscuit</p> <p>Maxibits/breakfast for lunch</p> <p>Chicken tenders</p> <p>Farmer's salad</p> <p>Veggies w dip/mxd veggies</p> <p>Fruit & juice/white wheat roll</p> <p>Dessert</p> <p>Ala carte – chicken parm sand.</p> | <p>27 breakfast burrito Cheese Toast Sandwich</p> <p>Pizza variety/fish sandwich</p> <p>Entrée salad</p> <p>Tossed salad/green beans</p> <p>Fruit & juice/bread</p> <p>Ala carte – popcorn chicken</p> |
| <p>31 Egg Patty/ Sausage Link/ Toast</p> <p>Meatball sub/corn dogs/veggie chili</p> <p>Egg salad chef</p> <p>Romaine salad/deli potatoes</p> <p>Fruit & juice/crackers/dessert</p> <p>Ala carte – spicy chicken sandwich</p> | <p>COOK FRESH. A WAY OF LIFE!</p> <p>A lot of processed foods – bread, ketchup, cheese, and so on – contain high-fructose corn syrup, which is linked to obesity, diabetes, and heart disease. Instead, opt for whole grains, fresh fruits and vegetables, and lean proteins. These are often loaded with nutrients. Swapping out processed foods for fresh ingredients can help you feel better and live longer. To get the full benefits of fresh food, you need to cook from scratch. You can do it! Start by cooking fresh fruits and vegetables, and keep your pantry full of staples like rice, beans, and pasta. WELLNESS IS A WAY OF LIFE!</p> | | | |

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