



THE BEAR FACTS

October 27, 2008

October 2008							November 2008						
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5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30						

Mark Your Calendar!

Oct 27-31 ... Fall Scholastic Book Fair
 Oct 31 Halloween Parties & Parade
 Nov 6 Picture Retakes
 Nov 7 Staff Inservice-No School
 Nov 21 Parent/Teacher Conference
 1/2 Day (No Kindergarten)
 Nov 24 Parent/Teacher Conference
 1/2 Day (No Kindergarten)
 Nov 25 Parent/Teacher Conference
 No School
 Nov 26-28... Thanksgiving Break
 No School

HSA Meeting Dates

Nov 18 @ 9:15 May 13th
 Feb 18 @ 7:00 pm June 3 @ 9:15
 Apr 21 @ 9:15

*all meetings are held in the large group room
 *HSA meeting minutes will be available, for you to view, in the HSA file folder in the main office, on the HSA website, and on the HSA bulletin board in the lobby.
 *For those of you who have volunteered, or are considering it, the district "Guidelines for Volunteers" will be in the HSA file folder in the main office for you to look at!
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575 Beaumont Road •Devon, PA 19333
 Office: 610-240-1400
 HSA Website: www.beaumonthsa.org

District Hotline: 610-240-1970
 District Website: www.tesd.net

Hello Beaumont Families,

Time is flying by! I can't believe it is already the end of October and we are starting to plan our Winterfest! I would like to thank those of you that have been busy organizing our Fall fundraisers. Thanks to Alexis Bove for the great new clothes in our school store and coordinating all the orders for the Art Stamps. Susan Huck and Judy Evangelista have been working hard to complete the Wrapping Paper Sale. I would like to take a minute to explain that the Wrapping Paper Sale is our largest fundraiser at Beaumont. We use the money raised to support many of the wonderful activities that we give to our children such as the assemblies throughout the year, Theme Week, and all of the class parties. We also use the money to help support the teachers by purchasing equipment for the school. The sale ends on Friday October 31st and we are WAY UNDER our projected goal. If you have not already done so, please consider purchasing wrapping paper to help support our HSA. Without the involvement of all the wonderful parents that Beaumont has, we would not be able to run so many exciting events for our school!

As always, we have many great events coming in the next few months! Keep an eye out for information on Winterfest and Barnes and Noble Night! These are two great shopping experiences coming right in time for the holidays!

Remember to check out the Beaumont HSA website (beaumonthsa.org). It is an easy way to get connected to what we are doing at Beaumont. Any flyer, order form or important information is on the website.

Thank you for being an important part of our Beaumont community.

Warmest Wishes,
Sherril Gartner
 HSA President
 On behalf of our HSA Board

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NEXT BEAR FACTS: November 21, 2008 SUBMISSION DEADLINE: November 17, 2008
 SUBMISSIONS TO: beaufacts@beaumonthsa.org CONTACT: Kerri Martin, Editor

GET THE BEAR FACTS ONLINE!

In our continued efforts and commitment to reduce paper waste, we began moving towards email delivery of The Bear Facts monthly newsletter beginning last year. Last year, about 100 families signed up for this great service! Those families will continue to receive The Bear Facts electronically and will not receive a paper version. If you have signed up previously and your email has changed, please notify us.

Please, if you have not already done so, sign up soon!

How does it work? You will receive an email with a link to the newsletter online, letting you know that the issue is available on the website. Please add bearfacts@beaumontsa.org to your address book to ensure delivery to your inbox.

To receive *The Bear Facts* notification by email, complete the tear-off below and return to the school office. Alternatively, send an email to website@beaumontsa.org with the following information:

- Parent or Guardian Name(s)
- Child(ren)'s Name(s)
- Child(ren)'s Grade(s), Teacher(s), and Room Number(s)
- Email address
- Your phone number

All the above information must be in the email in order to be processed. Your phone number is needed for any questions regarding sign-up.

TO: HSA Website Coordinator

Yes, I would like to receive email delivery of The Bear Facts!

Parent's Name(s): _____

Email(s): _____

Child(ren)'s Name(s)/Grade(s): _____

Check One:

- ☐ Yes, include me on the email list for other HSA communications *
- ☐ No, do not include me on the email list for other HSA communications

Signature: _____ Date: _____

Please direct questions to Jeanne Dechiario at jeanne@beaumontsa.org or 610-647-4692

* The HSA has not yet sent communications via email, but plan to roll out this form of communication during the 2008-09 school year.



Health and Fitness News

From the T/E Elementary Physical Education Department



Get Smart! We all know exercise is good for us. But recently, researchers have added a startling new perk to its long list of benefits--it may make you smarter and help you stay that way as you age. According to neuroscientists, exercise increases blood flow in the brain, encourages activity between the neurons, and even promotes new neurons to grow, which plays a major role in memory and learning. Turns out, exercise boosts brainpower regardless of age, which is why you, no matter what age should get moving!!

Brain Boosting Foods

Here are just a few -Avacados, banana, broccoli, brown rice, whole grains, brussel sprouts, cantaloupe, cheese, chicken collard greens, eggs, flax oil, legumes, oatmeal oranges, peanut butter, salmon, spinach, tuna, wheat germ, yogurt, olive oil, omega 3 fatty acids, almonds, walnuts
www.active.com

Increase Water Intake - Given that your **brain** is about 80 percent water, the first rule of brain nutrition is adequate water to hydrate your brain. Even slight dehydration can raise stress hormones which can damage your brain over time. Drink at least 84 ounces of water a day. It is best to have your liquids unpolluted with artificial sweeteners, sugar, or caffeine. You can use herbal, non-caffeinated tea bags, such as raspberry or strawberry flavored, and make unsweetened iced tea. Green tea is also good for brain function as it contains chemicals that enhance mental relaxation and alertness.

Activities in the Area

October 12th - Radnor Steeplechase Run , Malvern

October 18th - Patriots 5K Run, Chesterbrook

October 25th - Conestoga 5K Run/Walk

October 25th - Footsteps for Friends 5K Run/Walk , Haverford

Also check out www.active.com for information on other activities and sports.

Quote of the Month

It is not because things are difficult that we do not dare, it is because we do not dare that things are difficult"

- Seneca Indian

PE FAMILY HOMEWORK

The elementary PE department challenges you as a family to stay healthy and active together. Your family homework for the month is to do at least two of the following activities as a family!

- Have a football catch in the backyard after dinner.
- Take a bike ride together in your neighborhood or nearest park.
- Go bowling together as a family.
- Learn a new sport or physical activity together.
- Go outside and rake the leaves!
- Participate in one of the activities in the area we suggested.

Healthy ReciPE of the Month

This is a quick and easy-to-make after-school snack. Try adding ham or chicken as a topping for added protein!

- Preheat the broiler.
- Place wholegrain English muffin on the serving sheet.
- Spread tomato sauce over the muffin
- Top with cheese
- Sprinkle fresh basil and tomato on top
- Boil until sauce is bubbly and cheese is brown!

www.kidshealth.org



School Board Update



Summary of School Board Committee Meetings Provided by Committee Members

September 2008

Education Committee

submitted by DEBBIE ROLLINS

The Education Committee met on September 9th. The administration introduced a DVD on the topic of special education in an inclusive classroom. The program was presented in preparation for changes in special education practices based on the state's elimination of the "part-time learning support" category of instructional delivery.

Next the Committee heard a report on Pennsylvania Economic League (PEL) enrollment trends and the latest straight-line progressions which was followed by a discussion about the possible, projected need for changes in the use of existing classroom space.

The administration then reported on the status of the proposed Pennsylvania Graduation Competency Assessments (GCA). Although there have been delays in the implementation of the GCA, all Pennsylvania school districts have been asked to submit their local graduation assessments for review by the state. Board members noted the importance of continuing to advocate against GCA's and for local control of student assessments.

The presentation of three drafts of a 2009-2010 calendar prompted discussion about start and end dates. With Labor Day falling on September 7th of that year, all three draft calendars have school ending during the week of June 21st. The administration will consider other possible start dates and the calendar will be discussed again at a future meeting.

Facilities Committee

submitted by PETE MOTEL

The Facilities Committee met on September 19th. Members heard an update on current District construction projects. All of the summer projects are completed except for work at T/E Middle School. This work was expected to be finished in December, but is ahead of schedule and will finish up in October.

Proposals for summer 2009 projects were reviewed. These include continued re-roofing, lighting and restroom updates.

Consultation services for the IT renovation project were proposed. The Committee agreed to put the proposal on the agenda for the September Board meeting. The work will renovate the old T/E High School across from T/E Middle School into space for the IT department. The Committee heard an update on the status of the District network upgrade and asked for a report outlining future technology needs.

District architects presented possible locations for the relocation of the Maintenance Department. They were asked to design a plan for a District central storage facility at one of the sites. Because the deed for that site may allow only for a school building, the administration was asked to review the deed.

The administration reviewed the Capital Source and Use Report which lists the capital funds. All of the 2008-09 projects are currently under budget and will be fully paid by December.

Finance Committee

submitted by BETSY FADEM

The Finance Committee met on August 18th and September 15th. The Committee recommended for full Board approval a contract to provide automated phone notification for our students and families. This system will allow the District to quickly contact by phone all families, for any reason, but specifically in cases of emergency or weather related situations. This service will be available this year.

Next, the administration presented the revised Food Services budget and recommendation for price increases. The increase was necessitated due to a 24 percent increase in food costs.

It was reported that the District may be over budget on our expenses for fuel if indeed prices do not decrease. The administrative staff, along with Krapf Bus service, are vigilant in their efforts to reduce our fuel use which will in turn help to offset fuel costs.

The administration is analyzing the advantages of joining the Delaware Valley Healthcare Coalition (DVHCC). An agreement has not yet been developed but preliminary estimates indicate a projected savings to the District of \$170,000 in the first year if retroactive to July 1st. This topic will be discussed at future Finance Committee meetings.

In September, the Committee heard a report from the Transportation Department. The Committee then listened to community members input and concerns regarding the timing of bus runs. Further analysis on some runs is continuing and the Committee will get a report at next month's meeting on the noted bus runs.

The Committee began its first look at the 2007-08 year end fund balance designation recommendations. The Committee will make a recommendation to the Board following a review of the capital projects plan by the Facilities Committee, a review of the Sources and Uses data, and the completion of our annual audit.

Policy Committee

submitted by LIANE DAVIS

The Policy Committee met on September 2nd. The Committee recommended the following policies for a second reading by the full Board at their September 22nd regular meeting: Policy 3185, Fund Balances Management; and Policy 8210, Records Management.

Next the Committee discussed Policy 5401, Student Discipline. The District solicitor noted that recent legislation requires all Pennsylvania school districts to have an approved bullying policy in place by January 2009. In addition, age appropriate copies of the policy must be posted in all classrooms. The policy was recommended for a first reading by the full Board on September 22nd.

The Committee discussed Policy 6152, Classroom Assignments and recommended it for a first reading by the Board in September.

Finally, the Committee discussed Regulation 5225, Pupil Records; electronic background checks and Policy 4041, Obligation to Report Criminal Offenses. No recommendations were made on these topics at this

time. Topics to be discussed at future meetings include a new Right-to-Know policy and School Board by-laws.

Public Information Committee

submitted by PAT WOOD

Public Information met on September 4th at the new administration offices on West Valley Road. A community member reminded the Committee that, while the leadership of BUILD has changed, the group continues to be active.

There was discussion about the location for the monthly school board meetings. They are currently held in the cafeteria at Conestoga High School and it was decided to recommend to the Board that they continue to be held at Conestoga. All other meetings will be held at the new administration offices.

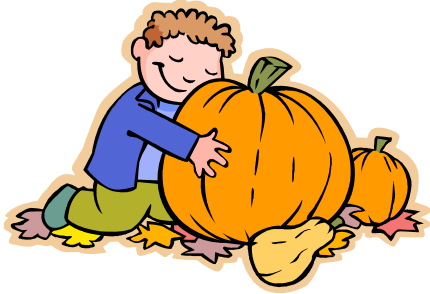
The Committee received a report on communication of changes in the PAYPAMS online cafeteria payment system. All student households received a letter containing information on the costs of the system. Parents may still send a check or cash if they do not want to use PAYPAMS to fund their child's account.

There was discussion about the possibility of distributing the T/E Insight (community newsletter) electronically. At this time, the Committee recommended to continue to send the newsletter to each recipient through the mail.

The Committee received a report on the new set in the Conestoga High School TV studio. The set will enable the TV studio to accommodate additional participants on set, utilize different set configurations and provide a more updated and professional look to TETV.

Ways to inform the community about transportation procedures were discussed. The administration will consider including a FAQ on transportation in the T/E Insight and on the web site. In addition, the middle schools were asked to repeat morning announcements during the first two weeks of school to accommodate students who may be late due to bussing issues at the beginning of the school year.

The administration will expand the advertising of the new after school activity program at the middle schools. The after school activities program is designed for families with students who would like to participate in an after school activity but do not have a ride home following the activity. Information is also available on the middle school web sites.



HALLOWEEN PARADE & PARTIES REMINDER FRIDAY, OCTOBER 31

The Halloween parade will begin at **2:00 PM** for all students in grades 1 -4 and PM Kindergarten. The students will parade in the car pool circle behind the school. Please do not park your cars in the car pool circle so we can have enough room for all parents to see the parade. There is extra parking available across the street at Hilltop Park. Parents who are helping with party or parade preparation may arrive at **1:30 PM**. The parties will begin immediately following the parade.

The morning Kindergarten students' parade will begin at **9:30 AM**. They will parade through the hallways of the school and in the car pool circle. Their party will begin immediately following the parade.

Remember when choosing costumes please avoid costumes that include:

1. gory subjects - costumes depicting monsters, blood, death, horror creatures, controversial political figures, or other frightening characters.
2. weaponry - items resembling guns, swords, rifles, knives, or other weapons
3. avoid full face coverings - material or masks that inhibit vision or breathing or cause students to be unrecognizable. Latex masks are not allowed.

TREASURER'S BOX

BY
Joan Gaidimas



The Beaumont HSA has a history of generosity toward our school. Over the summer we were able to donate more than \$13,000 to the school for the installation of Smart Boards. In addition, since the start of this school year, we have funded two cultural arts performances, we have purchased the assignment books used by our 3rd and 4th graders, and we have made an annual gift to our teachers to help them defray the cost of the many extras they buy with their own money.

Our annual budget includes total expenses of over \$30,000. The only way we can meet this budget is if our families support our fundraising efforts. **Our biggest fundraiser of the year, the wrapping paper sale, is occurring now. Please consider purchasing something from Sally Foster for the benefit of your children as well as the entire school community.**



WRAPPING PAPER SALE

All orders are due **Friday, October 31, 2008**

You can order online or use the paper form, but please do not use both (unless placing separate orders).

Order pick-up:

Cafeteria

November 21, 24, and 25th for non-online orders.

Order online at sallyfoster.com

Click on the Seller's Section to sign up for the fast and easy email program.

Beaumont's Group/Account number is **277063**.

This is an easy and convenient way for you or out-of-town family and friends to support Beaumont.

Anyone can order online at any time and the orders are shipped direct to home in just a few days.

Free Shipping on Orders Over \$70!

BE BEAUMONT PROUD!



Order your Beaumont car magnet today.

Name _____

Child's name _____ Room # _____

Quantity _____ Amount (\$5 per magnet) \$ _____

Please make checks payable to Beaumont HSA.

Any questions contact Pam Albertson at pamalbertson@comcast.net or 610-647-0124



Take a trek to the Scholastic Book Fair!

Where: Beaumont Large Group Room

**When: October 27th – October 31st
 8:20 a.m. – 4:00 p.m. (Fri. till 1:30)**

Special Events:

- **Family Night – Tuesday, October 28th,
5:30 -8:30 p.m. Enjoy tasty snacks and special
bedtime stories.**
- **Special Someone Breakfast – Thursday, October
30th, 8:00 - 8:45 a.m. Your child can take someone
special with them to the fair and enjoy breakfast
treats while shopping!**



BEAUMONT ELEMENTARY SCHOOL PINT CARD SALE NOVEMBER 17TH – DECEMBER 8TH

How many pints of Handel's Ice Cream does your family and friends buy a year?

Imagine earning **\$2** for Beaumont every time your family and friends buy a Handel's pint!

Stay tuned for details.

Sponsored by the Beaumont HSA.



**Congratulations to Mrs. Potter's 3rd Grade Class
for winning the Pizza Party Contest!**

**SAVE
THE DATE**

Beaumont Elementary School
Barnes & Noble
BOOKFAIR

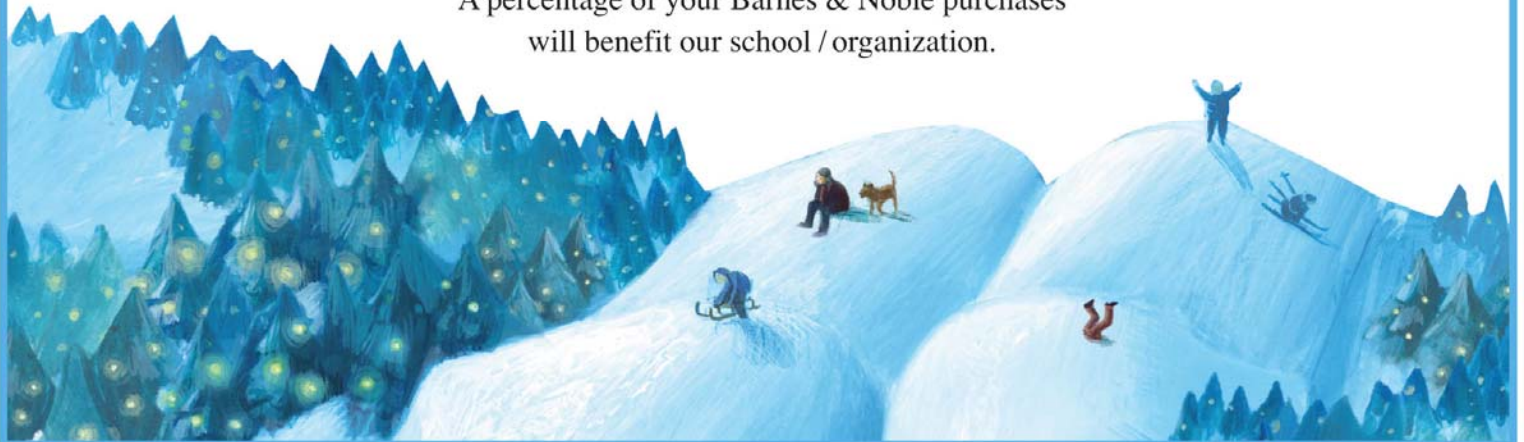
Friday, December 12th

Shop all Day!
Special Events will begin at 6pm

Barnes & Noble
150 W. Swedesford Road, Devon

Contact Margaret MacKenzie (610.725.9129) or Courtenay Homan
(484.320.8474) for information and volunteer opportunities

A percentage of your Barnes & Noble purchases
will benefit our school / organization.





Our Annual School Fundraiser will kick off on
Thursday Nov 13th with a ***Shopping Preview Night***
with extended hours from 7:00 pm to 9:00 pm.

Enjoy complimentary refreshments while you shop for
the holidays and donate 15% back to your school.

The fundraiser will continue all weekend long from
Friday November 14th - Sunday November 16th.

Don't forget to mention what school you're shopping
for at the register or bring in this flyer.

19 Leopard Rd. - Paoli Shopping Center
Paoli, PA • 610-408-2880
www.bluetulip.com

Supported by the Beaumont HSA



**Pioneer Quix Stix is the ultimate lacrosse program
for girls in grades 3 through 8 in Tredyffrin/Easttown.**

**Registration for the 2009 Spring Season
is ONLINE ONLY and is OPEN NOW!**

**Please visit our website at
<http://www.PioneerQuixStix.com>
to register and receive additional information!**



Halloween Candy Buy-Back

Turn Trick or Treating into
a **FUN** and **HEALTHY** event!

Bring in your candy
and we will give you
50 cents
for every pound!

Matching Funds will be sent to Juvenile Diabetes Research Foundation.

Candy Drop-off Dates:
November 3rd to November 7th 2008.

Sponsored By **Your Next Step**
39 Rittenhouse Place, Ardmore
(610) 642-8837
1410 Russell Road, Suite 201, Paoli
(610) 644-6501



Conestoga High School Girls Basketball Clinic

Join the Conestoga Girls Basketball staff and team to learn from the best!

Last year, the team won the Central League Championship for the third year in a row. And they'd love to share with you what they know how to do!

WHEN: Sunday, November 16

WHERE: Conestoga High School Gym

TIME: 1:00 - 4:00

WHO: Girls in grades 2 through 8

COST: \$40

Join us this season!

Please check our schedule at: TESD.net, click on SCHOOLS, then CONESTOGA.

Click on ATHLETICS, and then on LEAGUE SPORTS SCHEDULE. Or call the

Sports HotLine on game day at 610-240-1042 to confirm. We'd love to see you at the game!

Please send \$40 (checks payable to CGBBC, please) to:
(All proceeds will benefit the CHS Girls Basketball team)

Erin Shine - CGBBC
526 Park Ridge Dr.
Wayne, PA 19087

Questions - call Erin Shine (610)293-9799

PLAYER NAME: _____

PLAYER ADDRESS: _____

SCHOOL: _____ GRADE: _____

PARENT E-MAIL: _____

EMERGENCY PHONE # FOR DAY OF CLINIC: _____

CPR INSTRUCTOR TRAINING

CPR training is an important part of the curriculum for the Health I classes offered at Conestoga. Students receive hands-on training in infant, child and adult CPR, first aid and the use of AEDs in addition to their class work. The hands-on training is facilitated by parents and community members who have been trained as CPR Instructors by the Red Cross. To become a certified CPR Instructor, volunteers must attend training sessions offered by Red Cross Instructor Trainers. The District pays for the training and is planning a training program for new instructors in late October or early November.

Parents or community members who are interested in becoming Red Cross certified Instructors should contact Pattie Littlewood at (610) 240-1913. The training is extensive, but the rewards are great in working with students in this important part of the health curriculum.

'stoga Music Theatre presents Our Town

Written by Thornton Wilder
Directed and produced by Jennie Eisenhower

Conestoga High School

November 19 - 7:30 pm November 21 - 7:30 pm November 22 - 2 pm & 7:30 pm

Our Town is a three-act play about the small, fictional town of Grover's Corners, New Hampshire. Two families, the Gibbs and the Webbs, are central to the play's themes of life, love and the heartbreaking finality of death. Thornton Wilder's time capsule of life in New England at the turn of the twentieth century is one of America's most popular plays because it contains life lessons relevant to any generation.

All Seats Reserved - **\$10**

Special Discount Tickets - **\$8** for Students (Age 19 & under), Seniors (62+) & TESD Staff

Go to www.stogamusic.com for 24 hour internet ticketing. Tickets available at CHS November 14, 17, 18 & 19 from 11 am to 12:45 pm and at the door 60 minutes prior to each performance.

1

YOU
are invited to hear
Karen Reivich, Ph.D.
speak about
The Resilient Family

Dr. Reivich will share how families can work together to build on the principles of resilience such as valuing emotions, creating positivity and enhancing gratitude



Monday, November 10, 2008
7:00 – 9:00 PM
Valley Forge Middle School

The evening will begin with a presentation of key results of the **2007 PA Youth Survey***. The data shared underscores the importance of maintaining positive and supportive relationships within the family, especially in response to social and economic pressures.

* Report on alcohol & other drug use by OUR local youth in grades 6, 8, 9, 10 & 12

Brought to you by ARCH – Area Residents Caring and Helping

We are a partnership of parents, school administrators, police officers, teachers, students, and community members committed to supporting families and helping youth form a strong positive self-image to enable them to make healthy choices and stay drug free. **ARCH**

Meet our DARE Officer
at the November ARCH Meeting

2

If you are interested in attending an ARCH meeting – the November 19 Meeting would be a great one to consider. During the meeting there will be a 20 minute presentation from T/ESD DARE Officer Jim Mutter. An informative conversation is sure to ensue.

You are invited to hear Officer Mutter
speak on Keeping Your Child Safe

Wed, Nov 19, 2008

8:45-10 am

At the New T/E School District Admin Office located in the West Valley Business Center
 (940 West Valley Rd, Suite 1700, Wayne) phone: 610-240-1900

Visit www.archcares.org for a full list of 2008/09 monthly meeting dates

ARCH accepts tax-deductible contributions. Donations can be made directly to ARCH or through United Way #03901. ARCH PO Box 149 Paoli, PA 19301



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Orchestra Rehearsal 3:30 - 4:30 Storytelling Club 3:30 - 4:30 Lego Club 3:30 - 4:30 2 nd grade Sports Day 1	4 ELECTION DAY 3:30 - 4:30 Theater Club 3:30 - 4:30 Lego Club 3:30 - 4:30 3 rd grade Sports Day 2	5 7:30 AM Chess Club 3:30 - 4:30 Lego Club 3:30 - 4:30 4 th grade Sports Day 3	6 8:00 Chorus Rehearsal 11:00 - 1:00 Picture Retakes 3:30 - 4:30 Science Explorers 3:30 - 4:30 Lego Club Day 4	7 NO SCHOOL IN-SERVICE
10 3:30 - 4:30 Storytelling Club 3:30 - 4:30 Lego Club 3:30 - 4:30 2 nd grade Sports Day 5	11 3:30 - 4:30 Theater Club 3:30 - 4:30 Lego Club 3:30 - 4:30 3 rd grade Sports Day 6	12 7:30 AM Chess Club 8:00 Orchestra Rehearsal 3:30 - 4:30 Lego Club 3:30 - 4:30 4 th grade Sports Day 1	13 8:00 Chorus Rehearsal 3:30 - 4:30 Science Explorers 3:30 - 4:30 Lego Club Day 2	14 3:30 - 4:30 Crocheting Club Day 3
17 3:30 - 4:30 2 nd grade Sports Day 4	18 9:15 HSA Meeting 3:30 - 4:30 3 rd grade Sports Day 5	19 7:30 AM Chess Club 9:15 & 2:00 Fall Music Concert 3:30 - 4:30 4 th grade Sports Day 6	20 Kindergarten Feast 8:15 3 rd Grade to Pennsbury Manor 3:30 - 4:30 Science Explorers 3:30 - 4:30 Lego Club Day 1	21 1/2 DAY CONFERENCES Day 2
24 1/2 DAY CONFERENCES Day 3	25 NO SCHOOL CONFERENCES	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL



All lunches include a choice of skim, low-fat white or low-fat chocolate milk.



Tredyffrin Easttown School District

Elementary Lunch Menu

November 2008

Deposits for lunch, breakfast and snacks can be made in any dollar amount. Please include Pin #'s and your child's name with all payments.
 Paid Lunch \$2.35
 Reduced Lunch \$.40



Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 3	Day 2 4	Day 3 5	Day 4 6	Day 5 7
A. Turkey Sloppy Joe on a Bun B. Chicken Patty on a Whole Wheat Bun C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat Oven Baked French Fries Chilled Fresh and Canned Fruit	A. Chicken Fingers w/Dipping Sauce B. Chicken Patty on a Whole Wheat Bun C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Green Beans Chilled Fresh and Canned Fruit	A. Cheesesteak Sandwich on a Steak Roll B. Chicken Patty on a Whole Wheat Bun C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Garden Salad Chilled Fresh and Canned Fruit	A. Baked Potato Bar w/Broccoli & Cheese B. Chicken Patty on a Whole Wheat Bun C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tossed Salad Chilled Fresh and Canned Fruit	Staff In-service No School
Day 5 10	THANKSGIVING DINNER D6 11	Day 1 12	Day 2 13	Day 3 14
A. French Toast Sticks w/Syrup & Turkey Sausage Patty B. Pizza C. Tuna Salad on a Bun D. PBJ White or Whole Wheat Potato Wedge -Baked Chilled Fresh and Canned Fruit	A. Turkey w/Gravy & Stuffing  Mashed Potatoes C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Corn Cranberry Sauce Pumpkin Pie	A. Pasta w/Meat sauce B. Pizza C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Carrot Sticks w/Dip Chilled Fresh and Canned Fruit	A. Chicken Nugget w/ Whole Wheat Dinner Roll B. Pizza C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Whipped Potatoes Chilled Fresh and Canned Fruit	A. French Bread Pizza B. Hot Dog w or w/o Sauerkraut C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter Tossed Garden Salad Chilled Fresh and Canned Fruit
Day 4 17	Day 5 18	Day 6 19	Day 1 20	Day 2 21
A. Chicken Patty on a Bun B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat  Carrot Coins Chilled Fresh and Canned Fruit	A. Toasted Cheese Sandwich B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tomato Soup Chilled Fresh and Canned Fruit	A. Meatball Sandwich on a Sub B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tossed Garden Salad Chilled Fresh and Canned Fruit	A. Soft Taco w/Shredded Cheese, Tomato, Lettuce, Salsa B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Corn Chilled Fresh and Canned Fruit	School Conferences 1/2 Day
Day 3 24	Day 4 25	Day 5 26	Day 6 27	Day 7 28
School Conferences 1/2 Day	School Conferences No School	Thanksgiving Recess	Thanksgiving Recess	Thanksgiving Recess



Healthy Tip

A well balance diet includes eating form all of the major food groups:
Fruit, Grains
Vegetables
Dairy
Protein

Visit: <http://mypyramid.gov/kids/index.html> for more info.