### Important Information

See November calendar below and please take note:
- Clocks go BACK ONE HOUR on November 2nd.
- Tuesday, November 11 is Veterans Day and there will be no school.
- Tuesday, November 25 is an early release day and students have no school from Wednesday, November 26 through Friday, November 28 for the Thanksgiving holiday.

### November 2014

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23/30</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **2** Daylight Savings Ends
- **3** SAC Meeting
- **5** Early Release
  - Makeup Picture Day
- **7** 5th Grade Kennedy Space Center Field Trip
- **11** No School—Veterans Day
- **12** Early Release
- **19** Early Release
- **25** Early Release
- **26-28** No School—Thanksgiving holiday

### Tardy Procedure

If your child arrives after the tardy bell has rung at 7:55, please have them go straight to the office to get a pass.

### Breakfast/Lunch Prices 2014-2015

- $1.00—Breakfast
- $2.00—Lunch

### Reduced Meal Prices

- $.30 Breakfast
- $.40 Lunch

Parents may pre-pay for their child’s meals by visiting the cafeteria manager or by credit/debit card at mylunchmoney.com.

### Mission Statement

Parents, teachers, and community, working together, will challenge students to fulfill their potential.
PARENT & TEACHER POEM
BY RAY A. LINGENFELTER

I dreamed I stood in a studio
And watched two sculptors there,
The clay they used was a young child's mind
And they fashioned it with care.
One was a teacher;
the tools she used were books and music and art;
One was a parent with a guiding hand
and a gentle loving heart.
And when at last their work was done
They were proud of what they had wrought
For the things they had worked into the child
Could never be sold or bought.
And each agreed she would have failed
if she had worked alone
For behind the parent stood the school,
and behind the teacher stood the home.
What is bullying?
According to VCS Policy 208-Student Code of Conduct, bullying is repeated, intentional and unprovoked. Bullying occurs where there is an imbalance of power. Often the bullying occurs over something that your student cannot help, like gender, appearance, disability, religion, or culture. Support our message at home by encouraging a student to never be afraid to let someone in authority know if they think they are being bullied. It is important to report!

Let’s keep Osceola BULLY-FREE!

Counselor’s Corner
Greetings, Parents!
What a whirlwind this year has been so far! Let me take some time to introduce myself. I’m School Counselor, Kathleen Sullinger. If you use our parent pick up area off Lucky Drive, you have seen me as a member of that very busy crew. You may also see me in the cafeteria or at the Seminole gate. As a counselor, safety of our students is one of my prime concerns. A word of thanks goes out to all those parents who are helping us by following established procedures.

Another area included in my responsibilities is student attendance. I want to take this time to remind parents that an automated call goes out each time your child is absent. Please respond to the call with a reason for the absence to avoid having unexcused absences recorded for your child.

Here’s a hint for those of you who are battling that late bell in the mornings. Put the whole procedure into a more positive light – and perhaps trick yourself into regular on-time attendance – by changing the target. Adjust your mornings to have your student here by the first bell 7:45. Don’t aim for late (7:55), aim for on time!

I will be starting classes in November by sharing time with Mrs. Keck in the Media Center. Due to directives from the district, the safety program for which you received permission slips has been put on hold until a committee can further review it.

Soon to be coming: a Counseling page on our school’s website.
Skyler’s Place... 
What’s Up in Media??

The Science of Magic is coming to Feature Island. Did you know that lots of scientific principles found in chemistry and physics can help make the illusions of magic tricks? That’s what our new Feature Island is all about. We will be learning about things like center of gravity, light and sound energy and chemical reactions. Maybe you can teach a magic trick to Mr. or Mrs. Keck! They would love to learn a trick or two. There’s a brand new Explorer sheet for “the Science of Magic” as well! Encourage your child to become a Feature Island Explorer!

Over 400 RIF books were chosen by students the week of October 6th through 10th. If your child has not received their RIF book yet, it is probably due to an outstanding library book that is due. Students may still select a RIF book after getting up-to-date with their checkouts.

Reading Counts is up and running and students are earning awards and media bucks. Please read with your child every day! If your child is a 2nd through 5th grader, please encourage them to take the Reading Counts quiz for any books they have read or those you have read together! We recognize students who have earned an award not only when they come to their media class, but also on the morning WONN news broadcast. This month with every Reading Counts award that is earned, your child also receives a Congratulations Certificate from Stonewood Grill & Tavern (which also includes a complimentary kids meal.)

SSYRA Charms! Third, Fourth and Fifth grade students who read any of the Sunshine State Young Reader Award books may earn one of our special charms by successfully completing the Reading Counts quiz for the book and then filling out the form on Mrs. Keck’s checkout desk. Students who read at least five SSYRA books will receive an invitation to the voting party in the spring. Now is the time to get reading!!!

Remember the sky’s the limit,
Skyler

Dismissal

If there is a change in how your child will be going home, you must call the office at 258-4669 by 1:30 p.m. (12:30 p.m. on Early Release Days). No changes may be accepted after these times.
NOTES FROM MUSIC

Mark your calendar! The Osceola Singers will be holding their annual Holiday Concert on December 11 at 7:00 PM in the cafeteria. The music will feature traditional Holiday favorites as well as new Holiday selections. The Singers will also be participating in the “Home for the Holidays Parade” in the City of Ormond Beach. Come join us for a great time and get into the Holiday Spirit!

WORDS OF ART

Some of Osceola students’ artwork will be on display November 1-2 at the Halifax Art Festival on Beach Street in Daytona Beach. Art classes are working on “Developing Art” this grading period which includes using the elements and principles of art in artworks, learning new tools and techniques and focusing on improving craftsmanship.

Take a look at some of last month’s completed artwork from each grade level. Way to go, Osceola artists!

PHYSICAL EDUCATION NEWS

PE classes are gearing up for the new FITNESS GRAM. The new nine weeks has started, so PLEASE check for PE days and wear SNEAKERS. As the temperature gets cooler many students wear boots, but the Volusia County Dress Code states “Athletic Shoes Only” for any PE class. Best advice the Coaches give: “WEAR SNEAKERS EVERYDAY”. Grades are given according to participation and shoes matter. Safety first!!!

The Walk/Bike to school unit went very well and the students really enjoyed having the Bike Trailer here. Thank you for allowing your child to bring in their own helmet. If you are in need of a helmet, please contact Coach Belfer.

FROM THE CLINIC

Flu season is upon us. Please remind your child to practice good hygiene and cover his/her mouth when coughing or sneezing. Also, remind students to wash their hands regularly with soap and water.
A VOLUNTEER

Helping out, lending a hand. Someone who will understand.
A person who will always be there. Without a doubt someone who cares.
A Volunteer.
~Author Unknown~

THANK YOU FOR MAKING BINGO FOR BOOKS A SUCCESS!

Thank you for making Bingo for Books a success!

DRESS CODE

UPPER GARMENTS
All garments must cover shoulder to shoulder.
All garments must be long enough to clearly overlap the beltline or stay tucked. **NO halter tops, tanks tops, spaghetti straps or muscle shirts.**

LOWER GARMENTS
Undergarments and the buttocks MUST remain entirely covered even while seated.
**Dresses, skirts and shorts must be at least mid-thigh or below in length**

The dress code is school board policy.
You can see a full copy of the dress code on the district website at myvolusiaschools.org
Thank you for your donations to Osceola Elementary School!

NASCAR
International Speedway
Bank of America
Energizer Personal Care/Hawaiian Tropic
Hilton Daytona Beach Ocean Front Resort
Daytona State College
Florida Memorial Medical Hospital
Halifax Medical Center
Florida Health Care Plan
Chick-fil-A
Olive Garden
Red Lobster
Winn Dixie
Publix Trails Shopping Center
CVS
Walgreens
Peach Valley Café
Subway Belair Plaza
Lois Lupker

Houligan’s
D.B. Pickles
RIPTIDE
Outback Steak House
PEPPER’S
The Black Sheep Pub
Bone Fish Grill
Charlie Horse Restaurant
Ocean Deck Restaurant & Beach Club
Michaels
Dustin Bar-B-Que
Hershey’s Ice Cream
Purple Dragonfly
LuLu’s Oceanside Grill
Joe’s Crab Shack
Sam’s Club
The Daytona Plaza Resort & Spa
Cracker Barrel Old Country Store
Morgan Polans

Who Earned Chiefie?
Congratulations to Mrs. Lastinger’s, Mrs. Evans’, Mr. Bishop’s and Mrs. Dockery’s classes. Each earned a week with our mascot, Chiefie, thanks to their excellent cafeteria behavior.
OSCEOLA ELEMENTARY SCHOOL
PTA
CALENDAR OF EVENTS
(Dates subject to change)

November
3rd—SAC Meeting
6th—PTA Board Meeting
14th—Ice Pop Friday
18th, 19th, & 20th—Papa John’s Pizza Nights

December
1st—SAC Meeting
5th—Ice Pop Friday
11th—PTA Board Meeting
TBD—Home for the Holidays Movie Night
8th – 12th—Santa Secret Shop

January
8th—PTA Board Meeting
9th—Ice Pop Friday
TBD—Osceola Writes Night

February
2nd—SAC Meeting
3rd, 4th, & 5th—Papa John’s Pizza Nights
12th—PTA Board Meeting
13th—Ice Pop Friday

March
2nd—SAC Meeting
6th—Ice Pop Friday
12th—PTA Board Meeting
Reading Night: Dr. Seuss Night

April
6th—SAC Meeting
9th—PTA Board Meeting
10th—Ice Pop Friday

May
4th—SAC Meeting
5th, 6th, & 7th—Papa John’s Pizza Nights
7th—PTA Board Meeting
8th—Ice Pop Friday
Teacher Appreciation Week
Volunteer Appreciation Breakfast
Kindergarten Orientation
School Carnival/60th Year Reunion

Volunteers Needed!
If you are interested in assisting the PTA during the school day, please call 258-4669 ext. 51634

Papa John’s Pizza Night
Order from Papa John’s Pizza
On Nov. 18th, 19th, or 20th
And Don’t forget to mention Osceola when ordering.
Papa John’s will donate 15% back to our school!
Call 386-252-7272
OSCEOLA ELEMENTARY
2014-2015

GREAT FAMILY EVENTS AND ACTIVITIES PLANNED FOR THIS SCHOOL YEAR

- MEET THE TEACHER
- Open House
- PUBLIX MATH NIGHT
- Parents to Kids Literacy program
- TITLE I PARENT MEETING
- Bingo For Books
- Family Math Nights
- Family Science Nights
- Dr. Seuss Night
- Osceola Writes Night
- Holiday Luncheon
- Extended Media Hours

PARENT CONTACT

Osceola Elementary’s
Parent Contact is Mrs. Ann Greene. Her office is located near the media center where she has some wonderful resources available for checkout. Mrs. Greene can provide you with information on how to help your child be more successful in school. You can reach Mrs. Greene at 258-4669 or through email at gagreene@volusia.k12.fl.us

COMMUNICATION

Information about Title I programs is provided through newsletters and an informational video shown during Open House. The Title I booklet is sent home with each student. Curriculum and testing information is shared by teachers at Open House, during parent/teacher conferences, and through newsletters. We have an open door policy; parent’s concerns are welcomed!

FLEXIBLE PARENT MEETINGS

Osceola Elementary will offer parent involvement events that are convenient for parents. Therefore, we will offer events during the evenings, afternoons, and during school hours. The events will include vital information to help your child be successful.

OSCEOLA ELEMENTARY’S MISSION STATEMENT:

Parents, Teachers, and Community working together will challenge each student to fulfill their potential.
SUGGESTIONS:

QUESTIONS:

CONTACT INFO (OPTIONAL):

If you are interested in becoming more involved, please join us for the following events:

- PTA Meetings are scheduled the second Thursday of each month
- SAC Meetings are scheduled for the first Monday of each month
- Check out our Calendar of Events for the entire school year which can be found in the front office.

To view the full version of our School Improvement Plan and Parent Involvement Plan, please visit our school website.

Also, to see your child’s daily grades and attendance, please sign into Pinnacle. If you need your child’s login and password information, please see our Registrar in the front office.
Dear Parent(s)/Guardian(s),

Welcome!
This year Osceola Elementary will continue collecting Box Top coupons to raise money for our school. Did you know that some local schools raise thousands of dollars for their schools each year, just from clipping and submitting Box Tops?

Box Top coupons are on the packaging of hundreds of participating products that you probably use every day.

**At Osceola, we have two Box Top collection options:**

**Option 1:** Cut Box Tops off of participating products, write your child’s name on the back, write their teacher’s name on the back, and send them to school with your child. Each day on the school news, we select one box top from the collection bin. If your child’s Box Top is selected, he/she gets to be a guest anchor on the news for the day.

**Option 2:** Cut Box Tops off the selected products, attach Box Tops to our monthly handy collection sheets with glue or double stick tape (see back side for this month’s collection sheet), write your child’s name, grade and teacher’s name in identified area. Once a month, we pull a Box Top Collection sheet from the collection bin on the news. If your child’s name is pulled from the collection bin, he/she will receive a free Webkinz. Additional Box Top Collection sheets can be downloaded from our school website under the PTA tab.

We will be collecting Box Tops all year long, but our first submission deadline is at the end of October, so start saving and sending in your Box Tops today!

Be sure to track our progress at www.boxtops4education.com. Thanks for choosing to support our school by collecting Box Tops!

Sincerely,

**Osceola Elementary’s PTA**

*Parents, Teachers, and Community
working together will challenge each student
to fulfill their potential*
Float to the top of your class with Box Tops!
## Volusia County's School Way Café

### Menus for November 2014

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Cinnamon Roll  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>Ham &amp; Egg Bagel  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>Sausage Biscuit  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>Yogurt Parfait w/ Granola or 1 Toast or 1 Cereal  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>4 French Toast Sticks  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Pancakes  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>Breakfast Pizza  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>Breakfast Pizza  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>4 French Toast Sticks  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>4 French Toast Sticks  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pancakes  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>Chicken Biscuit  Cereal w/ Slice of Toast  2 Slices of Cinnamon Toast Sides: may choose 2; not 2 juice</td>
<td>No School  Thanksgiving Holiday</td>
<td></td>
</tr>
</tbody>
</table>

### Breakfast Prices:
- Menus subject to change
- Students—$1.00, Reduced $0.30
- Adults & Children not enrolled in a Volusia County School—$1.50
- Adult meals are not reimbursed by the government

Pre-pay at www.MyLunchMoney.com

USDA is an equal opportunity provider and emp-

---

### Feast o’ Fiber!

### What’s on YOUR plate?

#### Dig In!

#### 3. Eat Dark Green Vegetables

#### 4. Eat Orange Vegetables

#### 5. Begets a... Well, You Know...

#### 6. Get Fiber from Fruits

#### 7. Get Fiber from Grains

#### 8. Get Fiber from Legumes

#### 9. Get Fiber from Nuts and Seeds

#### 10. Get Fiber from Soy

#### 11. Get Fiber from Mayonnaise

#### 12. Get Fiber from Wheat

#### 13. Get Fiber from Whole Grains

#### 14. Get Fiber from Fruits

#### 15. Get Fiber from Vegetables

#### 16. Get Fiber from Legumes

#### 17. Get Fiber from Nuts and Seeds

#### 18. Get Fiber from Soy

#### 19. Get Fiber from Mayonnaise

#### 20. Get Fiber from Wheat

#### 21. Get Fiber from Whole Grains

#### 22. Get Fiber from Fruits

#### 23. Get Fiber from Vegetables

#### 24. Get Fiber from Legumes

#### 25. Get Fiber from Nuts and Seeds

#### 26. Get Fiber from Soy

---

### Veterans Day

**PLEASE JOIN US IN SAYING THANKS TO THOSE WHO HAVE SERVED THE CAUSE OF FREEDOM**

---

### November Early Release Days:
- 5, 12, 19, & 25 (a Tuesday)

---

### Available Daily

- We offer at least 4 food items and students must choose at least 3 food items, including 1 fruit.
- White Fat-free Chocolate & Strawberry Milk
- White milk is available for students with a medically documented allergy or intolerance.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chz Catzome w/Mariners Ham &amp; Chz Salad, WS Roll 1 or 2 PBJ Unconttactable Veg: may choose 2 ½ c Green Beans ½ c Fresh Carrots Fruit: may choose 2; not 2 juice ½ c Pineapple, Fr. Fruit, Juice</td>
<td>Meat &amp; Cheese Nachos Chz Nug. &amp; Chz Salad, WS Roll 1 or 2 PBJ Unconttactable Veg: may choose 2 ½ c Cheesy Beans: 1 c Lett/Tomato Fruit: may choose 2; not 2 juice ½ c Applesauce, Fr. Fruit, Juice Bonus: Mini Cupcake</td>
<td>Orange or Cherry Blossom Chicken ½ c Sweet &amp; Spicy Rice Ham &amp; Chz Salad, WS Slider 1 PBJ Unconttactable 1 Chz Stick Veg: may choose 2 ½ c Broccoli: ½ c Fresh Carrots Fruit: may choose 2; not 2 juice ½ c Mixed Fruit, Fr. Fruit, OJ</td>
<td>Steak &amp; Cheese or BBQ Chic Sand. Popcorn Chic/Chz Salad, WS Slider 1 or 2 PBJ Unconttactable Veg: may choose 2 1 c Tossed Salad ½ c Sweet Potato Waffle Fries Fruit: may choose 2; not 2 juice ½ c Orange Cup, Fr. Fruit, Italian Ice</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cheese Sticks w/Mariners Ham &amp; Chz Salad, WS Roll 1 or 2 PBJ Unconttactable Veg: may choose 2 ½ c Green Beans ½ c Fresh Carrots Fruit: may choose 2; not 2 juice ½ c Pineapple, Fr. Fruit, Juice</td>
<td>Hot Ham &amp; Cheese Sub Popcorn Chic Salad, WS Roll 1 PBJ Unconttactable 1 Chz Stick Veg: may choose 2 ½ c Mashed Pot.: ¼ c Celery Sticks Fruit: may choose 2; not 2 juice ½ c Strawberries, Fr. Fruit, OJ Bonus: Cookie</td>
<td>Popcorn Chic, WS Slider Ham &amp; Chz Salad, WS Roll 1 or 2 PBJ Unconttactable Veg: may choose 2 ½ c Baked Beans ½ c Sweet Potato Waffle Fries Fruit: may choose 2; not 2 juice ½ c Orange Cup, Fr. Fruit, Italian Ice</td>
<td>Pizza, Cheese &amp; Pep. Ham &amp; Chz Salad, WS Roll 1 or 2 PBJ Unconttactable Veg: may choose 2 ¼ c Broccoli w/ Chz Sauce 1 c Tossed Salad Fruit: may choose 2; not 2 juice ½ c Pears, Fr. Fruit, Juice</td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chicken Nuggets, WS Roll Ham &amp; Chz Salad, WS Roll 1 or 2 PBJ Unconttactable Veg: may choose 2 ½ c Green Beans ½ c Baked Beans Fruit: may choose 2; not 2 juice ½ c Pineapple, Fr. Fruit, Juice</td>
<td>Meat &amp; Cheese Soft Taco Chz Nug. &amp; Chz Salad, WS Roll 1 or 2 PBJ Unconttactable Veg: may choose 2 ½ c Corn; ½ c Lettuce/Tomato Fruit: may choose 2; not 2 juice ½ c Applesauce, Fr. Fruit, Juice</td>
<td>Pasta w/ Meat Sauce Ham &amp; Chz Salad, WS Slider 1 PBJ Unconttactable 1 Chz Stick Veg: may choose 2 ½ c Fr. Carrotis c Tossed Salad Fruit: may choose 2; not 2 juice ½ c Mixed Fruit, Fr. Fruit, OJ</td>
<td>Turkey &amp; Gravy w/ WS Glider &amp; Combread Stuffing Popcorn Chz/Chz Salad, WS Roll 1 or 2 PBJ Unconttactable Veg: may choose 2 ½ c Broccoli ½ c Sweet Potato Waffle Fries Fruit: may choose 2; not 2 juice ½ c Pears, Fr. Fruit, Juice</td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Veteran’s Day No School Today**

**Thanksgiving Meal**

**November Early Release Days:**
5, 12, 19, & 25 (a Tuesday)

---

**Lunch Prices:**
**Students:** $2.00
**Reduced:** $0.40
Children not enrolled in a Volusia county school: $5.75
**Adults:** $5.25. Adult meals are not reimbursed by the government.

Prepay at www.MyLunchMoney.com

**Nutrition to Go**

If your family wants to eat healthier, don’t try to do too much all at once. Start slow and make changes over time. For instance, make an effort to eat fish (unbreadcr) once or twice every week. Fish is typically lower in fat than other meats, and even higher-fat types of fish like salmon are sources of healthy omega-3 fatty acids.

**A Tasty Morsel for Parents**

We offer 5 food components; students must choose at least 5 food components including 1 fruit or veg.

*White & Fat free Chocolate and Strawberry*

White soy milk is available for students w/ a medically documented allergy or intolerance.

Assorted juices unless specified.

---

This symbol indicates that the product is made with Pork.

This symbol indicates that the product is made with Turkey.

This symbol indicates that the item is vegetarian or lacto-vegetarian.