

Reeceville Elementary School  
248 Reeceville Rd., Coatesville, PA 19320  
Phone: 610-383-3785  
FAX: 610-383-3789  
WEB SITE: [www.coatesville.k12.pa.us/](http://www.coatesville.k12.pa.us/)

Mrs. Catherine Van Vooren, Principal



# REECEVILLE REPORTER

FEBRUARY 2014

## School Calendar



### February


- 10-28 Gertrude Hawk Fundraiser
- 14 No School for Students
- 17 No School
- 21 Family Dance (6-9 PM)
- 28 Read Across America

### March

- 4-7 Kindergarten Registration
- 5 PTA Meeting (7 PM)
- 5-6 Prelude to Spring Concert  
Rescheduled (7 PM)
- 10-1 Scholastic Book Fair



### Dress for the weather



The cold weather is upon us and our students should be dressed appropriately. While hats, gloves, scarves and coats are needed for outside recess and gym, they may not be worn indoors unless permission is granted and conditions deem it necessary.

## KINDERGARTEN REGISTRATION FOR 2014-2015 SCHOOL YEAR



March 4th to March 7th!

Please call the school secretary at 610-383-3875 ext. 27510 to schedule an appointment.

## PSSA TESTING

The Pennsylvania System of School Assessments or PSSA's will start on March 25th. This assessment is given to our third, fourth and fifth grade students. It assesses the student's knowledge in math, reading, writing and science. Although the test dates are still over a month away, test preparation is in full swing. Your child's teachers are working diligently to provide your child with skills and test taking strategies. Attendance during both preparation time and test dates is essential. If possible, try to schedule appointments after school hours. It is important that we support our children both at home as well as in school to ensure that they perform to their maximum potential. We wish all the students great success during this test taking time!

### Reading & Math (3rd-5th grade)

3/25/14 - 4/1/14

### Writing (5th grade)

4/8/14 - 4/10/14

### Science (4th grade)

4/29/14 - 4/30/14

# REECEVILLE ELEMENTARY SCHOOL

248 Reeceville Road  
Coatesville, PA 19320  
Phone: 610 383 3785  
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Coatesville Area School District

Catherine Van Vooren, Principal

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## IT'S TIME TO REGISTER YOUR CHILD FOR KINDERGARTEN!

The Coatesville Area School District offers a full day kindergarten program for all students. Kindergarten registration takes place at Reeceville Elementary. Your child must be five years old on or before *September 1, 2014*, to qualify for kindergarten for the 2014-2015 school year.

### To register the following items are required:

- Verification of the child's birth date
- Proof of residency
- A copy of your child's most recent physical and dental exams (completed within one year of the first day of school)

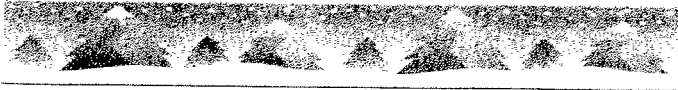
### Children must have the following immunizations to enroll and attend school:

- Four doses of diphtheria, tetanus and pertussis (DTaP) — one dose must be after the child's 4th birthday
- Three doses of polio
- Three doses of hepatitis B
- Two doses of measles, mumps, and rubella (MMR) — first dose must be after age one
- Two doses of varicella (chicken pox) — given after age one or dates of chicken pox disease

Kindergarten registration will take place at Reeceville on **March 4<sup>th</sup> and 5<sup>th</sup>, 2014**, by appointment only. Please contact Ms. McDonald, our secretary, as soon as possible to schedule an appointment. The registration process includes a parent interview and pre-school evaluation of your child by our professional staff.

Reeceville Elementary      248 Reeceville Road, Coatesville      610-383-3785

Registrations for grades 1 through 8 are being accepted through **Central Registration**. Appointments can be made by calling 610-466-2400.



### **Student Recognition**

*Congratulations to the following students who have received recognition in the following areas for the Months of December and January!*

#### **Good Citizenship K-5**

**Kindergarten:** Brooke Whiteman, Marquinn Suber, My-Lee Lambert, Ja'lyl Washington, Vivian Morrow, Luis Corona, Alia Kabatt, Ashely Flores, Chase Charron, Tucker Jones, Adamaris Maldonado, Angel Johnson, Florencio Martinez-Hernandez, Mackey Fox, Desiree Valentine, Kaitlyn Finley

**First Grade:** Alaysia Smith, Elijah Whitaker, Miranda Connor, Damien Kurtz, Ayair Pernsley, Quinland Suber, Kareem Smith, Mikayla Reeder, T.J. Hobson, Jazmin Cedillo Miranda, Rihanna Capriotti, Catalina Carr, Samere Jackson, Natygh Simmons, Tahir Styer, McKenzie Schuler

**Second Grade:** Ruth Galarza-Sanchez, Etieanna Randolph, Spencer Phillips, Nathan Gilmore, Paige Smoyer, Blayne Moreno, Carli Kummerer, Chris Wang, Brandon Perez-Castro, Kayla Topper-Adams, Mariah Colon, Brian Chung, Robby Porreca, Dalton Jason, Jada Martin, Perez Phillips

**Third Grade:** Scarlett Shaeffer, Nathaniel DelSantoro, Jennifer Hernandez-Silva, Jada Taggart, Brian Chung, Ruth Galarza-Sanchez, Pablo Rodriguez, Ashely Montoro, Kimberly Hernandez, Blayne Moreno, Rafael Loaeza, Carli Kummerer, Connor Monaghan, Paris Navarro-Terry, Hugo Pedroza, Glendaliz Pabon

**Fourth Grade:** Matt Bendowski, Alex Kuehn, Charlotte Weir, Faith Owen, Michael McNally, Tyler Bagent, Auriol Azzara, Eric Connor, Cory Lindenbaum, Aunedra Caldwell, Dominic Findora, Brianna Barron

**Fifth Grade:** Ivy Ren, Alberto Salome, Tiaira Wilkinson, Cherish McCoy, Sam Ben Ali, Ben Tompkins, Sarah McManamon, Brennan Hoover, Seth Tackett, Cecily Quackenbush, Richard Butcher, Tamia Vaughn

#### **Kindergarten Good Worker Award**

Maxwell Hiller, Madison Foster, Paul Abarca, Jadiel Alvarez-Serrano, Morgan Schuler, Lyla Russell, Brinn Findora, Ava Findora

#### **First Grade Self Control Award**

Aury Morton-Jennings, Lesley Velazquez, Melanie Garcia, Lauren Harris

#### **First Grade Cooperation Award**

Bridger Smith, Matthew Casillas-Martinez, Michelle Vargas-Garcia, Joey Thies

#### **Second – Fifth Achievement in Science**

**Second Grade:** Evan Baird, Bradleigh Smith, Vincent Cavuto, Rebekah Borthwick

**Third Grade:** Scarlett Shaeffer, Jeremiah Marshall, Robby Porreca, Peyton Edkin

**Fourth Grade:** George Smith, Josh Jacobs, Nathan Wood

**Fifth Grade:** Thomas Fitzpatrick, Rebraun Scott-hicks, Frank Ferrazzano

#### **Second-Fifth Participation Award**

**Second Grade:** Patrick Hall, Kwame Brown, Alexis Fields, Andrea Castaneda

**Third Grade:** Princesa Villia-Lucio, Jalen Jones, Jaheem Bass, Stephanie Franco

**Fourth Grade:** Jose Rodriguez, Leslie Reyes, Ahmahd Jackson

**Fifth Grade:** Messiah Washington, Andrea's Smith, Brady Frankland

#### **Outstanding Achievement in Library**

**Kindergarten:** Madison Russell, Zyonna Woodward, Rachael Brumit, Braden Finley

**First Grade:** Lyla Jason, Ryder Miller, Francesco Hydutsky, Tahir Styer

**Second Grade:** Kenneth Ettien, Ryan Konchek, Kiersten Penneypacker, Max Bryant

**Third Grade:** Scarlett Shaeffer, Jeremiah Marshall, Chloe Domurat, Devon Green

**Fourth Grade:** Matthew Bendowski, Wayne Henhoeffter, Jalin Pernsley

**Fifth Grade:** Ivy Ren, Wayne Bailey, Richard Butcher

#### **Outstanding Achievement in Physical Education**

**Kindergarten:** Shakeem Simpson, Paul Abarca, Alexis McCafferty, Desmond Ortiz

**First Grade:** Meikaylah Molyneaux, Kareem Smith, Tyler Moyer, Bridger Smith

**Second Grade:** Marquis Peoples, Kenney Bolanos, Lee Harvey, Andrea Castaneda

**Third Grade:** Linwood Smith, Ryan meeks, Adrian Ortiz, Connor Monaghan

**Fourth Grade:** Shakeem Grosvenor, Makai Jones, Jon Loaeza

**Fifth Grade:** Thomas Fitzpatrick, Naji Hamilton, Brady Frankland





## **\*\*KINDERGARTEN NEWS\*\***

We can't believe how fast the month of January "blew" by! It seems like just a few days ago, we were saying "Happy New Year" and now we are thinking about "Puxatawny Phil" and Valentine's Day. We learned a lot about different kinds of weather this month in our Language Arts theme "Whatever the Weather". We had fun talking, singing, reading and Kid writing about the weather. Speaking of the weather...please remember that our playground is wide open so bundle up for recess. Please label your child's clothing whenever possible-the lost and found collection is growing! In Math, we are learning the words length, height, weight, area, capacity and temperature! We are fast approaching the 100th Day of School! We can't wait to see what creative collections our Kindergarteners will bring in this year! Please check out the lobby showcase!

## **\*\*FIRST GRADE NEWS\*\***

First grade is looking forward to celebrating Valentine's Day together on the 13<sup>th</sup>. The children always enjoy receiving and reading the cards from their friends. Reading their Valentine's Day cards is great practice and fun! Ask your child to read their Valentine cards to you at home too!

First graders have been learning how to tell time to the hour and the half hour. Remember to help your child by using an analog clock and not just a digital clock. Ask and discuss with your child how long they think it might take to complete different tasks. Ask them to "read" the time to you, so they get practice at home too! Telling time can be a challenge for some children, so continuing to practice at home will give your child a jump on learning more about telling time next year!

Speaking of difficult tasks, have you been practicing identifying and counting coins with your child? In today's world children do not have as much opportunity to handle money. Learning about coins is definitely something teachers need your help with at home. All children benefit when parents have their child count "real" coins and identify "real" coins. Remember to look at the "heads" and the "tails" of each coin too! We don't officially teach coins until chapter 9 in our math books but we would be forever grateful if you can get a jump start on this task.

And of course **you** can never read to your children too much or have **them** read too much! Fluency (reading how we talk) is something all first graders should practice. Use a book that your child is familiar with and let them read it over and over until they can read it fluently. You can "model" for them what it should sound like and then let them try it!

We hope 2014 is finding your family healthy and happy! We appreciate all that you do to support your child's education and Reeceville School.

## **\*\*SECOND GRADE NEWS\*\***

This month we will be reading about and discussing the contributions of African Americans in Language Arts. Students will be researching and writing biographies. In math, we are working hard on learning to tell time, while also working to improve our speed on our math addition and subtraction facts. Learning to tell time can be a tough concept, so ask your child questions like, "What time is it?" or "How many minutes until...?" Please continue to practice math facts at home with your child too.

We are wrapping up our nutrition unit in Science. Students have studied the food groups and have practice identifying healthy meals vs. unhealthy meals. We are looking forward to our Valentine's Day parties and our homeroom helpers have been busy preparing!



## **\*\*THIRD GRADE NEWS\*\***

The month of January found third graders working especially hard, with Reading Theme and Benchmark tests, as well as Map testing all taking place. As we move into February and early March we will continue to practice skills and learn new ones as we work hard at preparing for the PSSA tests in mid-March.

During the month of February, in Math we will be working on multiplication and geometry, as well as concepts relating to time. We will also be adding many new words to our math vocabularies (factor and product, for example). In Reading we will continue to develop our Robust Vocabulary, while reviewing concepts such as Author's Purpose, Compare and Contrast, Inference and Conclusions, Cause and Effect and Plot. We will also be writing a biography and creating a 'can character' - look for information to come home soon about that assignment. In preparation for the PSSA, we have been working especially hard on learning to read story passages for comprehension and to formulate written responses to questions about what we have read. We have finished our Social Studies unit on landforms, and will be learning about the solar system in Science this month.

So far, winter seems to be very cold and snowy! We sometimes forget that it is winter and come to school without jackets. However, we want to try to get outside for recess whenever we can (weather permitting), so please remember to make sure that your third grader has the appropriate outerwear for recess (i.e. coat that zips or buttons, gloves and hat) and their names are on their clothes. You never know when the weather will turn seasonally cold.

## **\*\*FOURTH GRADE NEWS\*\***

As the time for PSSA testing approaches, 4<sup>th</sup> grade continues to commit the 12 Powerful Words to mind and practice. As we read and share stories, we analyze questions, and make inferences by reading between the lines. Our written work allows us to formulate responses to literature, then we evaluate to determine if our response was the best we could give, and support our answers by backing up with details. We are perfecting our story summaries by giving the short version during retellings, and we compare and contrast how story characters are alike and how they are different. When test day arrives, we will be well prepared to put our best feet forward and be successful on the PSSA.

As we perfect our basic Math skills, our lessons more and more focus on all aspects of multiplication and division. We are finding as we commit these facts to memory, these two math disciplines are becoming much easier. Soon our focus will be on geometry and measurement as we explore the world of shapes and figures.

Our focus in Social Studies and Science has switched to support our PSSA preparation. We are using this time to reinforce our reading skills while using science and social studies texts. We continue to be a very active and productive place, where education and learning abound.

## **\*\*FIFTH GRADE NEWS\*\***

In honor of Black History Month, fifth graders will study a different African Americans throughout the month. Students will read profiles and complete activities relating to what they have read using UNRAAVEL strategies. There will be a class discussion on the person's contributions, both past, and present.

Among the people we'll be examining are: Crispus Attucks (colonial era patriot); George Washington Carver (scientist); Phillis Wheatley (poet); Daniel "Chappie" James (four-star general); Booker T. Washington (educator/author) and others. Students will also have the opportunity to write about the person or people they feel they had the greatest impact on their life or the lives of us all.

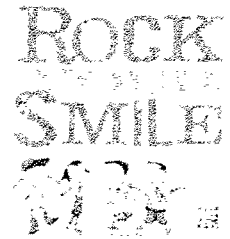
On February 13th, 5th graders will celebrate their final Elementary School party as each classroom celebrates Valentine's Day. Look for class lists coming home so students can prepare cards for their classmates. On Friday, February 28th, we will be traveling to Scott Middle School to see their Drama Club's production of Sleeping Beauty. Look for more information coming home with your child.

## ***FEBRUARY IS DENTAL HEALTH MONTH***



In The United States, between 4 and 5 million children suffer dental disease bad enough that they have functional impairments from dental pain such as not sleeping well, not eating well, problems concentrating on school work/homework, or problems just getting along with other people. Our mouths are gateways to our bodies. That means neglecting your dental health can affect your whole body. How? According to the Mayo Clinic, periodontal disease may be linked to heart disease, premature childbirth and diabetes (<http://www.1800dentist.com/>). Tooth decay is the most prevalent childhood disease—five times more common than asthma and seven times more common than hey fever.

You know that a well-balanced diet and exercise are important for your health. Healthy habits make you look good and feel great. Dental care serves the same purpose. Brushing and flossing regularly keeps your teeth healthy and your smile bright. But it's important to remember that dental care doesn't stop at home. Regular dental visits are the key to protecting yourself from tooth decay and gum disease, which can lead to other health problems if left untreated ([http://www.1800dentist.com](http://www.1800dentist.com/)).



### **Counselor's Corner**

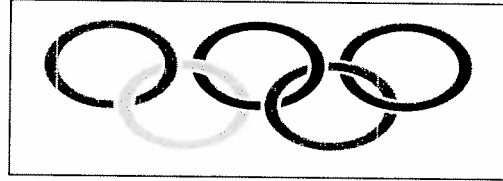
This can be a difficult time of year to motivate your children to continue giving their schoolwork a 100% effort. You *want* your child to succeed and you *expect* your child to succeed; but does this really make a difference? Indeed it does! Research shows that parents' expectations are linked to academic achievement. When parents have open communication and a positive relationship with their children, expectations can be even more powerful. Talk with your child about what he or she would like to accomplish by the end of school year. When setting expectations, remember to:

- **Be realistic.** Expect your child to work hard, but avoid setting the standards so high that he or she is likely to fail. He or she should feel challenged but not overwhelmed.
- **Be patient.** Long term goals are important, but also set smaller goals along the way. If your child needs to finish a long book, for example, figure out how many pages he or she will have to read per day. Be sure to praise your child when he achieves his goals, big or small.
- **Be flexible.** Sometimes goals have to change. Maybe your child did poorly on a test or project and getting an A in science is no longer a realistic goal. This change should not stop him from striving for something new, such as a B+.
- **Be positive.** Celebrate your child's accomplishments, no matter how big or small. The effort is more important than the final result

Kathy Doherty  
School Counselor

# Coming up in Physical Education...

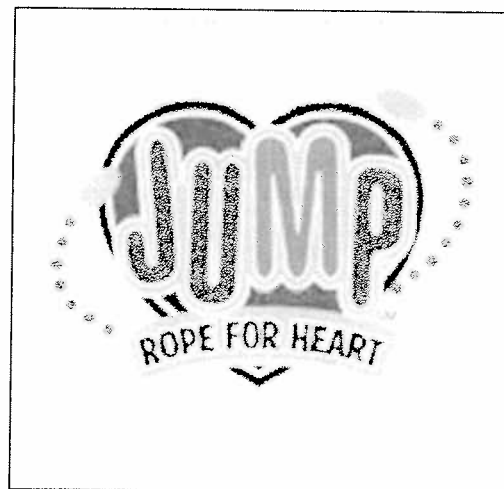
We are finishing up with our Basketball (3<sup>rd</sup>-5<sup>th</sup>) and Parachute (K-2<sup>nd</sup>) units. We will be starting up with some Olympic game activities to pay tribute to all of those amazing athletes who are participating in Sochi.



We also have lots to look forward to...

**Our Family Dance Night is coming up on Friday February 21<sup>st</sup>!!! So we will start working on our line dances and our best dance moves!!**

**Then....our Jump Rope For Heart Fundraiser is starting at the beginning of March. Ask your family, friends, and neighbors if they will be willing to donate to this worthy cause so you can be rewarded with some fancy prizes!!!**



# NEWS FROM THE REECEVILLE ART ROOM

## The Art Curriculum and Project Based Learning:

As many of you know, the majority of the learning that goes on in the art room is based on the completion of an art project. This seems fairly simple. Most people knew this before you picked up this paper today. What you probably didn't know was the value of this teaching style. Research shows that it is one of the most effective ways to put knowledge into the human mind and have it stay there.

Project based learning is a method of teaching with a strong emphasis on the application of knowledge rather than the retention or knowledge for examination. It is a dynamic approach to teaching in which students explore real-world problems and challenges, simultaneously developing cross-curriculum (more than one subject may be needed to accomplish all of the requirements of a project, i.e., math, social studies, and writing) skills while working independently or in small collaborative groups.

Because project-based learning is filled with active and engaged learning, it inspires students to obtain a deeper knowledge of the subjects they're studying. Research also indicates that students are more likely to retain the knowledge gained through this approach far more readily than through traditional textbook-centered learning. This is because, through the application of knowledge, students are able to make connections with previously known skills and facts. This helps anchor the new information in the mind of the student.

Because students are evaluated on the basis of their projects, rather than on the comparatively narrow rubrics defined by exams, essays, and written reports, assessment of project-based work is often more meaningful to them. Students also thrive on the greater flexibility of project learning.

Just something to think about the next time you decide to do something fun. Make a project out of it and it will be an enriching experience for you both.

Mr. Jaskot





Rescheduled Author Visit

Thursday February 20, 2014

Author of the Adventures of  
The Poodle Posse Series

Chrysa Smith

will be sharing her love of writing with our students.  
Families are invited to join her for one of her assemblies  
on that day.

9:15 to 10:00 - Grades 1-2

10:15 to 11:15 - Grade 5

12:45 to 1:30 - Grades 3-4

1:45 to 2:30 - Grade K

The Reading Department

You're Invited to

# a Book Out, Cook Out

Celebrating

# Read Across America

Join Us on

Friday, February 28<sup>th</sup>

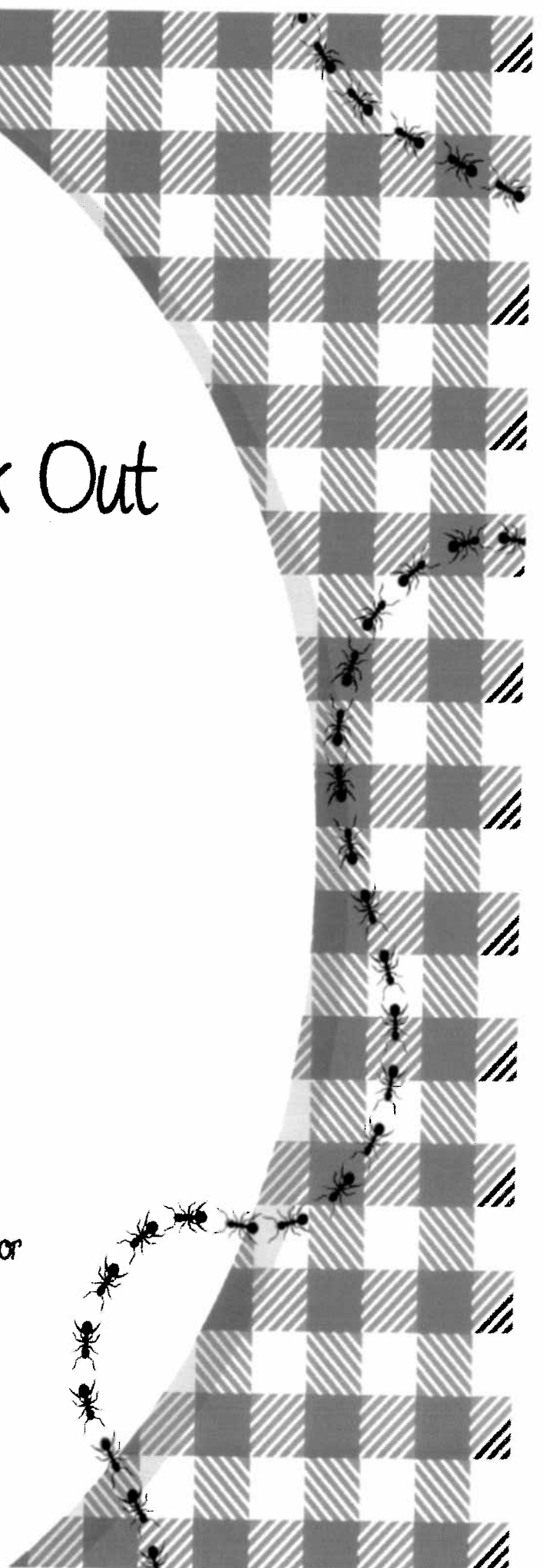
6:00pm - 9:00pm

CASH 11/12 Building

545 E. Lincoln Highway

Coatesville, PA 19320

BEE sure to stop by to meet Author/Illustrator  
"Lee Harper" and singer "John Flynn"



# COLLECT SPARE CHANGE AND CHANGE LIVES.



LEUKEMIA &  
LYMPHOMA  
SOCIETY™

PENNIES FOR  
PATIENTS™

schoolandyouth.org/epa . 888.HELP.LLS

Dear Parent/Guardian,

## Your child has the power to make a positive impact on the lives of blood cancer patients!

Their school will be joining others across Eastern Pennsylvania and Delaware in a program that will be instrumental in raising funds for lifesaving cancer research.

They'll be taking part in The Leukemia & Lymphoma Society's (LLS) Pennies for Patients. During a three-week period, students collect spare change to support LLS's mission: To cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families.

What your child will learn about service, leadership and philanthropy will be immeasurable. And, the impact they'll have on patients' lives will be limitless. Many LLS-funded advances are already helping not only blood cancer patients, but people with other conditions, including solid tumors and autoimmune diseases. In fact, LLS has invested more than \$875 million in research to advance therapies and save lives. That includes more than \$752,000 from Eastern Pennsylvania and Delaware.

Your child should have received his or her own box for collecting spare change. Judging by past programs, they'll be proud to fill the box, with change to spare. Plus their school will have their own online fundraising page that can be shared with friends and family.

Spare change could be hiding anywhere. Under the couch cushions. In the pockets of pants and jackets hanging in the closets. Your child has the power to convert that spare change into funding for treatments and cures that can save lives...not someday, but today.

Thank you and your child in advance for helping patients with blood cancers live longer, better lives.

Sincerely,

Caroline Page - Campaign Director  
Eastern Pennsylvania Chapter  
Delaware Chapter  
800-482-2873 ext.6772  
caroline.page@lls.org

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**P.S. You can make a personal donation online.**  
Schools in Eastern Pennsylvania use  
<http://epa.sy.illsevent.org/> and Delaware use  
<http://de.sy.illsevent.org/>. You can also donate by check,  
made payable to LLS.

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**Jake's story:** When Jake broke his leg with no obvious cause and refused to walk even after the bone healed, a diligent pediatrician realized something more was wrong. At only 22 months old, Jake was diagnosed with leukemia. Three and a half years of treatment later, Jake's cancer was in remission. Now an energetic, happy survivor, Jake plays video games, loves ninjas and makes friends easily.



Honored Hero  
**Jake**, leukemia survivor

Thank you to our local sponsors

Honored  
Friend  
**Burlington**  
LADIES • MENS • KIDS • HOME • COATS

"Burlington, everything for your entire family. up to 65% off department store prices every day!"



# Menus for February 2014



MENU SUBJECT TO CHANGE



Cootesville Area School District ELEMENTARY

Monday, February 3

**Breakfast**  
Blueberry Muffin w/ String Cheese  
or Cereal Variety w/ String Cheese  
100% Apple Juice  
Milk Variety

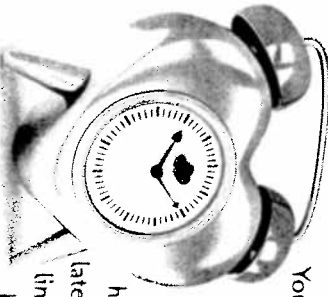
**Lunch**  
Cheese Quesadilla or PB&J w/String Cheese  
or Yogurt Delights Seasoned Green Beans  
Baby Carrots  
Fresh Apple Slices

Tuesday, February 4

**Breakfast**  
Mini Maple Pancakes  
or Cereal Variety w/ Yogurt Selection  
100% Orange Juice  
Milk Variety

**Lunch**  
Chicken Nuggets w/ Wheat Dinner Roll or PB&J w/String Cheese  
or Turkey Ham & Cheese Sandwich  
Lettuce & Tomato Cup  
Seasoned Peas

# TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Wednesday,

**Breakfast**  
Bagel & Cream Cheese  
or Cereal Variety w/ String Cheese  
100% Fruit Punch  
Milk Variety

**Lunch**  
Sloppy Joe on Bun or PB&J w/String Cheese  
or Yogurt Delights  
Oven Baked French Fries  
Baby Carrots  
Fresh Orange Half

Thursday, February 6

**Breakfast**  
Cinnamon Roll or Cereal Variety w/ Yogurt Selection  
100% Grape Juice  
Milk Variety

**Lunch**  
Hot Dog in Bun or PB&J w/String Cheese  
or Salad w/Turkey Ham & Cheese  
w/Wheat Dinner Roll  
Baked Beans  
Sliced Cucumbers w/ Ranch Dressing

Wednesday,

**Breakfast**  
Cinnamon Toast w/ String Cheese  
or Cereal Variety w/ String Cheese  
100% Fruit Punch  
Milk Variety

**Lunch**  
French Toast Sticks w/Sausage & Syrup  
Cup  
or PB&J w/String Cheese  
or Yogurt Delights  
Sweet Potato Gems  
Baby Carrots

Thursday, February 7

**Breakfast**  
Apple Frudel or Cereal Variety w/ Yogurt Selection  
100% Grape Juice  
Milk Variety

**Lunch**  
American Hoagie or PB&J w/String Cheese  
or Salad w/Turkey & Cheese  
w/Wheat Dinner Roll  
Chickpea Salad  
Sliced Cucumber w/ Ranch Dressing

## PORTRAITS OF

# SPRING ATHLETES

Elana Meyers was a softball all-star in college, hitting a game-winning grand slam in her final home game at George Washington University. She switched to bobsledding after graduation and won a bronze medal at the 2010 Olympics in Vancouver. She hopes to compete for gold this year in Sochi.



Winter Olympics February 7-23 Sochi, Russia

# ELANA MEYERS

Tuesday, February 11

**Breakfast**  
Mini Maple Waffles  
or Cereal Variety w/ Yogurt Selection  
100% Orange Juice  
Milk Variety

**Lunch**  
Popcorn Chicken w/ Wheat Dinner Roll or PB&J w/String Cheese  
or Turkey & Cheese Sandwich  
Sweet Corn  
Lettuce & Tomato  
Fruit Cocktail

Friday, February 7

**Breakfast**  
Dbl Choc. Muffin w/ String Cheese  
or Cereal Variety w/ String Cheese  
100% Apple Juice  
Milk

**Lunch**  
Max Cheese Pizza or PB&J w/String Cheese  
or Salad w/Turkey Ham & Cheese  
w/Wheat Dinner Roll  
Baby Carrots  
Caesar Salad

Monday, February 10

**Breakfast**  
Cheese Streusel Muffin w/String Cheese  
or Cereal Variety w/ String Cheese  
100% Apple Juice  
Milk Variety

**Lunch**  
Cheese Ravioli w/ Tomato Sauce & Breadstick  
or PB&J w/String Cheese  
or Yogurt Delights  
Caesar Salad

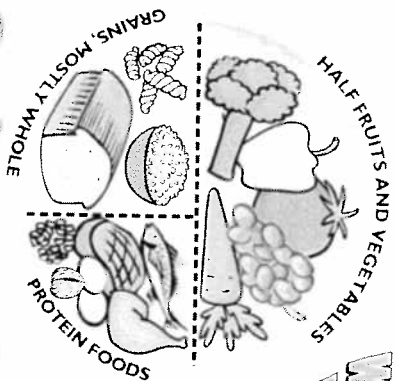
Friday, February 14

**In-Service Day No School**

Our teachers are busy sharpening their skills for



Swans are one of the few animals that will mate for life.  
Happy Valentine's Day!



# Maps on YOUR Plate!

# Spice of Life

Do you like spicy food? If not, maybe you should learn! Hot peppers contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories after you're done eating!



**Tuesday, February 25**

**Breakfast**  
Mini Maple Waffles or Cereal Variety w/ Yogurt Selection  
100% Orange Juice  
Milk Variety

**Lunch**  
Chicken Sticks w/ Wheat Dinner Roll or PB&J w/String Cheese  
or Turkey & Cheese Sandwich  
Oven Baked Potato Wedges  
Lettuce & Tomato Cup

**Wednesday**

**Breakfast**  
Cinnamon Toast w/ String Cheese or Cereal Variety w/ String Cheese  
100% Fruit Punch  
Milk Variety

**Lunch**  
Meatball Sandwich or PB&J w/String Cheese  
or Yogurt Delights  
Sweet Potato Gems  
Baby Carrots  
Fresh Orange Half Pears

**Monday, February 17**

**PRESIDENTS DAY**

**NO SCHOOL**

**Tuesday, February 18**

**Breakfast**  
Mini Maple Pancakes or Cereal Variety w/ Yogurt Selection  
100% Orange Juice  
Milk Variety

**Lunch**  
Chicken Patty Sandwich  
or PB&J w/String Cheese  
or Turkey Ham & Cheese Sandwich  
Lettuce & Tomato Cup  
Oven Baked Spiral Fries

**Thursday, February 19**

**Breakfast**  
Cinnamon Roll or Cereal Variety w/ Yogurt Selection  
100% Grape Juice  
Milk Variety

**Lunch**  
Cheeseburger on Bun or PB&J w/String Cheese  
or Chef Salad w/ Wheat Dinner Roll  
Baked Beans  
Sliced Cucumber w/ Ranch Dressing  
Fresh Apple Slices

**Friday, February 21**

**Breakfast**  
Dbl. Choc. Muffin w/ String Cheese or Cereal Variety w/ String Cheese  
100% Apple Juice  
Milk Variety

**Lunch**  
Pepperoni Pizza Wedge  
or PB&J w/String Cheese  
or Chef Salad w/ Wheat Dinner Roll  
Baby Carrots  
Caesar Salad

**Monday, February 24**

**Breakfast**  
Cheese Streusel Muffin w/String Cheese  
or Cereal Variety w/ String Cheese  
100% Apple Juice  
Milk Variety

**Lunch**  
Toasted Cheese Sandwich  
or PB&J w/String Cheese  
or Yogurt Delights  
Tomato Soup  
Baby Carrots

**STOOD!**

Every complete meal we serve comes with your choice of milk!

**Wednesday**

**Breakfast**  
Bagel & Cream Cheese  
or Cereal Variety w/ String Cheese  
100% Fruit Punch  
Milk Variety

**Lunch**  
Spaghetti & Meatballs or PB&J w/String Cheese  
or Yogurt Delights  
Steamed Carrots  
Seasoned Green Beans  
Fresh Orange Half

**Floo Powder!**

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

- 1 Wash your hands frequently.
- 2 Cover up when you sneeze or cough.
- 3 If you do get sick, stay home.

**NUTRITION**

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

**FAST FORWARD FOR PARENTS!**

**Thursday, February 26**

**Breakfast**  
Apple Frudel or Cereal Variety w/ Yogurt Selection  
100% Grape Juice  
Milk Variety

**Lunch**  
Taco  
or PB&J w/String Cheese  
or Salad w/Turkey & Cheese  
w/Wheat Dinner Roll  
Refried Beans  
Sliced Cucumber w/ Ranch Dressing

**Friday, February 28**

**Breakfast**  
Banana Muffin w/ String Cheese  
or Cereal Variety w/ String Cheese  
100% Apple Juice  
Milk Variety

**Lunch**  
Cheese Pizza Crunchers  
or PB&J w/String Cheese  
or Salad w/Turkey & Cheese  
w/Wheat Dinner Roll  
Steamed Broccoli