



# Pelham Press

Vol. 22, No. 25, March 23, 2012

<http://pe.arps.org>



### **Dates to Remember:**

Tuesday, March 20- April 2	English Language Arts MCAS
Wednesday, March 28	Savings Makes Sense-before school
Friday, March 30	After-School Play- 7:00 p.m.
Monday, April 3	PTO Meeting- 6:00 p.m.
Wednesday, April 5	School Council Meeting- 7:30 a.m.
Thursday, April 5	School Committee – 6:30 p.m.
Monday, April 9-Friday, April 13	Spring Scholastic Book Fair
Wednesday, April 11	OPEN HOUSE- 7-8 p.m
Friday, April 13	Roger Tinknell- All school assembly 1:30 p.m.
April 16-20	Spring Recess- NO SCHOOL
Sunday, April 29	Spring Fair



Dear Pelham School Families,

**We need your help!** There are many events coming up within the last few months of school and the PTO needs parents to help with the Spring Fair. In addition, the school is looking for volunteers to help with the Spring Book Fair to staff the book sale booth after school and on Open House night. We recognize that families have very busy schedules, however if you could contribute some time it directly benefits your child and school community! More information will be forthcoming how **you** can help.

**Pelham School is now accepting School Choice Applications for the 2012-2013 school year.** Current School Choice families have the first option for taking any open slots before we open it up to other families outside of the district. There are openings in Kindergarten, Grade 1, Grade 2, and Grade 5 for the 2012-2013 school year, and additional openings potentially may open in grades 3 & 4. Please check back at a later date for the status on these grade levels. If there are more applications than there are openings, we will hold a lottery and all applicants will be informed as to their status in the week of May 7th. Applications are due by May 4th; please [download the application form](#) and return it to the school.

We are in the heart of MCAS testing this week, and students have been working incredibly hard. I am so very impressed by their effort and spirit in how they have carried themselves this week. I'd like to thank the Pelham PTO for their generosity in providing snacks for the students during testing time.

With the wonderful warm spring weather, many older students now linger on the playground after school ends. While we welcome them to stay and play with their classmates and friends, they must also be supervised by an adult. Thank you for your consideration of this request.

All field trips now require that parents complete a form that provides the supervising teacher with emergency information should a medical or emergency situation arise on a trip outside of the school. The purpose of this form is to have up-to-date information available during a field trip so that medical needs can be appropriately addressed. This is a new district policy and **all students are required to have this form completed to be able to attend a field trip.** We recognize that there is a lot of information that needs to be provided, but please be assured that this information will be kept secure and confidential. This will help to keep our students' safe and families informed. Thank you for your cooperation in completing the forms promptly.

Sincerely,  
*Lisa Desjarlais*

## Sixth Grade News

In our Experiments with Plants unit, many of the plants have seed pods. We have been observing and measuring our plants four times a week, and most plants have been pollinated with our "bee sticks" this week. Next week we'll take them off the water and then harvest the seeds. Our scientific reports with results from our experiments will be on display at Open House on April 11.

We are done studying cause and effect packets during Reading Skills, and have started compare and contrast packets. By examining the structure of the text, it makes us better able to understand the author's purpose and helps us improve our reading comprehension.

Our Poetry unit is winding down and we will be revising and editing, then typing up our poetry to publish in books that you can see at Open House. We've studied and enjoyed many techniques poets use including hyperbole, personification, simile and metaphor. We have tried our hand at writing haiku, cinquain, couplets, limericks, and poems on various topics. One of my favorite lessons was the day we examined bananas using all five of our senses.

The math unit on ration, proportion and percent has a few lessons left, and we've started reviewing for the unit test in two weeks. Speaking of tests, we have MCAS on Tuesday and Thursday next week. The students are academically prepared, but those two days could potentially be very long. Please help your child get a good night's sleep, eat a hearty breakfast, and bring a water bottle and snacks to school on those days. It's also important that they arrive on time! Next week's homework will be lighter, if there is any at all. I'll be sending home a letter asking for alternate dismissal plans if your child won't be attending Homework Club. You'll also be getting a field trip permission slip for our March 30 trip to the Plant House at Smith College. The form might look different and take longer to fill out, so thank you in advance for getting it done as soon as you can.

Thanks for all of your support.  
Margaret Light

## March Art Studio News

February was Black History Month. To celebrate Black History Month and showcase a few amazing black artists, classes had the opportunity to view and emulate artwork by famous artists, Faith Ringgold, Romare Bearden, James Phillips and Akili Ron Anderson.

Following a three dimensional sculpture lesson that focused on the concepts over, under, around and through, **kindergarten** artists began a collage and texture study. Students extended the study of shapes which they have been doing in their classroom into the art room to combine geometric shapes using a variety of decorative and plain papers to make collage birds. A second collage lesson followed the subsequent week. This second collage project explored a variety of textures, smooth, rough, bumpy, fuzzy, etc. Collage artist, Romare Bearden was inspiration for the two lessons on collage. This week students built on their knowledge of textures, yet this time instead of using textures to create a collage, students made texture rubbings using crayons, texture plates and textures from the texture treasure chest.

**First grade** viewed work by the artist Faith Ringgold to make story quilts. Student thought of a memory of something they enjoyed and made a fabric collage. This past week they, like kindergarten artists, explored various textures and created beautiful texture rubbing pictures.

In **second grade**, students looked at artwork by collage artist, Romare Bearden. Students used decorative papers to make a collage that included figures. On Monday they began a project focusing on contour line sea turtles. They outlined their sea turtle using glue. Next week they will use oil pastels to explore blending techniques with the medium.

**Third grade** artists just completed artwork inspired by artist Akili Ron Anderson. Many of his two dimensional drawings include lots of colorful lines to create images and shapes. Students worked from their contour line drawings to fill the space with parallel lines in colored pencil on black paper. This week and next they are working on watercolor and oil pastel koi fish. The colors are bright and springy, getting us ready for the spring ahead.

Students in **grade four, five and six** have finished posters for an Arbor Day poster contest. The winning poster will be reproduced to advertise for the upcoming Sustainability Festival and Arbor Day celebration on April 21<sup>st</sup> from 10am -4pm. Students put a great deal of thought and care into their posters.

**Fourth grade** began a collage and drawing project on animals that burrow this week. They will be drawing anthropomorphic homes for their burrowing animals.

**Sixth grade** used the work of James Phillips as inspiration for a colored pencil drawing using rulers, symmetry and geometric shapes.

I hope you are enjoying this early spring weather.

Sincerely, Hillary Wilbur Ferro

## Kindergarten News

March is the start of a busy season for us. Our new reading/writing workshop is focusing on a unit called, "Learning about Ourselves and Our World". We will be reading, thinking, and learning about the world around us. We will discover more about the world through information books. Using nonfiction literature we will have the chance to experience the world through everyday exposure to various topics and experiences that we have with our world around us. Along with our focus on learning to read and write, we will also be focusing on reading and writing to learn. By reading informational books, this will prepare us for writing our own informational books.

The 2-D part of our geometry unit is almost done. We will then begin to study of 3-D geometry. One of our favorite 2-D projects was the making of 2-D clay shapes, which are on display in our classroom. It was an interesting process of figuring out how many lines, corners, sizes, and space that we needed to complete our shapes.

In the next week or two we will begin our seasonal science unit of 'Spring'. We will learn about the signs of Spring through observation, sketching, planting, and of course, reading and writing. One of my favorite projects of the year will be sketching through our artistic eyes the signs of Spring that we observe outside, followed by a watercolor of our favorite sketch.

Debbie Jacque

### **Message From After School**

The Afterschool Actors will present their first musical on Friday, March 30<sup>th</sup> on the Pelham School stage. The performance, "The TRUE Story of Little Red Riding Hood" will begin promptly at 7 P.M. There is no admission cost and refreshments will be served following the performance. We hope you will be able to attend and support this hardworking group!

# From the Counselor

Each school year children balance the norms of behaviors at home to the group and individual norms of the bus, the class, and the school. Parents and teachers are always emphasizing the need for children to “get along.” Children can be more successful at this task when they learn to identify their feelings and the feelings of others. Young children are just beginning to learn about their own feelings, and we help them identify these feelings. We also need to teach children that other people have feelings too. It is very important for children at an early age to begin the process of developing empathy, which means to know and care about other people’s feelings.

Here are some basic lessons for children in emotional awareness and empathy.

1. Be an attentive parent. Respond to your child’s emotions.
2. Label your children’s feelings. Say, “It’s nice to see you so happy” during smiling moments, or “Oh, that’s so frustrating” when a child is frazzled.
3. Label your own feelings. Say, “I feel sad,” when your child is hurt or, “That hurts my feelings,” when a child says unkind words to you.
4. Validate feelings. As in “I can see why you’re angry. You wanted to keep playing, but now its time to come inside.” This shows that you can se the world from your child’s eyes.
5. Stop aggressive behavior and let your child know how you feel about it. When your child hits another child say, “You may not do that. That hurts Susan and we don’t hurt people in our family.” Young children may not yet understand how others feel when they are hit or pushed, but they do understand when parents strongly disapprove of their behavior... and they can begin to see the disapproval is linked to their hurtful behavior towards others.
6. Teach your child to see things through other people’s eyes. When your child hits someone, say “How do you think Susan feels when you hit her?” or “How would you feel if Susan hit you?” Try and ask these questions with empathy towards the aggressor as well as the victim. Each child needs compassion at that moment. When a child is aggressive, their behavior is expressing their feelings at the moment. Remember there is always as reason for behavior. It does not just happen.
7. Care for victims. When a child is hurt by another child, immediately stop the aggressive behavior and attend to the “victim or target.” This shows caring and concern. It is also a good way of modeling empathy. Console the victim first, rather than giving attention and scolding the child who has hit.
8. Teach through play. Playing with dolls or stuffed animals is a great way for children to learn about caring for others. Caring for others can also be taught and encouraged in the context of many types of play.

By offering our children empathic language, we can move them along and give them crucial life lessons. Please call me if you would like more information about any of these ideas.

Deb King

## MCAS Testing Schedule

**March 20-April 2**

**English Language Arts- Grades 3-6**

Monday	Tuesday	Wednesday	Thursday	Friday
March 19	20 <b>Grade 4 Long Composition</b> Grade 3 ELA 9:45-11:30 MEPA pick-up	21	22 Grade 5 ELA 9:45-11:45  Grade 3 ELA 9:45-11:30	23 Grade 5 ELA 9:00-11:00
26 Grade 4 ELA 9:00-11:00	27 Grade 6 ELA 9:00-11:00	28 Grade 4 ELA 9:00-11:00  <i>Makeups as needed</i>	29 <b>Grade 4 Composition Make-Up Date</b> Grade 6 ELA 9:45-11:45  <i>Makeups as needed</i>	<b>30</b>  <i>Makeups as needed</i>
2 <i>Makeups as needed</i> <i>Last day of testing</i>	3	4		

**May 7-22**

**Math-grades 3-6**

**Sci/Tech./Eng. grade 5**

Monday	Tuesday	Wednesday	Thursday	Friday
May 7  Grade 5 Science 9:00-11:00	8  Grade 5 Science 9:00-11:00	9	10  Grade 4 Math 9:00-11:00	11  Grade 4 Math 9:00-11:00
14  Grade 5 Math 9:00-11:00	15  Grade 3 Math 9:45-11:45  Grade 5 Math 9:00-11:00	16  Grade 6 Math 9:45-11:45  <i>Makeups as needed</i>	17  Grade 3 Math 9:45-11:45  Grade 6 Math 9:45-11:45	18  <i>Makeups as needed</i>
21  <i>Makeups as needed</i>	22  <i>Makeups as needed</i>  FINAL DAY	23	27	

# Amherst, Pelham and Amherst-Pelham Regional School Districts

## 2012-2013 School Calendar

Aug 2012						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sep 2012						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Oct 2012						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Nov 2012						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Dec 2012						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Jan 2013						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- August**
- 23 and 27 New Teachers' Orientation
  - 28 All Teachers' Curriculum/Professional Development Day
  - 29 All Teachers' Orientation
  - 30 First Day of School Grades 1-12 (Kindergarten Orientation August 30 -31)

- September**
- 3 Labor Day
  - 4 Kindergarten Students' First Day of School

- October**
- 8 Columbus Day (No School)
  - 25 Elementary Early Dismissal for Parent Conferences
  - 30 Elementary Early Dismissal for Parent Conferences

- November**
- 6 Elementary Teachers' Workday (No School Grades Pre-K-6)
  - 12 Veteran's Day (No School)
  - 21 MS/HS Exams and Early Dismissal (All Schools)
  - 22 -23 Thanksgiving Recess
  - 26 Regional Teachers' Curriculum/Work Day (No School at MS or HS)

- December**
- 24 -January 1 Holiday Recess (School reopens 1/2)

- January**
- 1 New Year's Day (No School)
  - 21 Martin Luther King, Jr. Day (No School)
- February**
- 1 Elementary Teachers' Workday (No School Grades Pre-K to 6)
  - 18 -22 Winter Recess

- March**
- 8 HS/MS Half-Day (HS Exams)
  - 11 Regional Teachers' Curriculum/Work Day (No School at MS/HS)
  - 29 Good Friday (No School--due to budgetary constraints)

- April**
- 15 -19 Spring Recess

- May**
- 27 Memorial Day (No School)

- June**
- 14 Earliest Possible Last Day of School
  - 21 Last Day of School (includes 5 make-up days) Note: The last three days of school are half-days at the HS/MS due to HS exams.

Feb 2013						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Mar 2013						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Apr 2013						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2013						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Jun 2013						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Jul 2013						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

The last day of Trimester 1 is 11/21/12. The last day of Trimester 2 is 3/8/13. This provides 57 days in trimester 1, 61 days in trimester 2 and 62 days in trimester 3.

Healthy Eating.



Photo courtesy of Jan Smith, Crimson and Clover Farm

Active Living.



Living healthy in  
Hampshire County



Are you interested in creating a community environment that supports healthy eating and active living?

## Join us at the SPIFFY Bi-Annual Coalition Meeting

March 28, 2012

Wednesday  
3:00 to 5:00pm  
Northampton Senior Center  
67 Conz Street  
Northampton

All welcome!

Enjoy a variety of  
locally grown and baked  
appetizers. Free!

### You're invited....

Please join SPIFFY Coalition partners, other key stakeholders, and community members at our Bi-Annual Coalition Meeting.

Learn about regional food and fitness activities including: Farm to School, increasing access to farmers markets, city and town planning efforts to support active living, and Safe Routes to School.

### PLEASE RSVP TO:

Heather Warner  
413.586.4998 x115  
hwarn@collaborative.org  
Your RSVP by March 23 helps us plan!  
For more information please visit:  
spiffycoalition.org

### Share your vision....

Help begin a planning process for promoting healthy eating and active living in Hampshire County.

Share ideas about ways to influence local policies and food systems so that everyone can make healthy choices.



Hampshire Heights Farmers Market, photo by Ben Wood

The SPIFFY Coalition is administered by the Collaborative for Educational Services. Food and Fitness activities are supported by funding from Cooley Dickinson Hospital and a Hampshire Council of Governments Mass In Motion Community Transformation planning grant.



# Attention:

## Students

## Parents



## Coaches



## & Teachers!

**The LSSE Commission wants to hear what YOU have to say about youth sports!**

- How can we improve sports programs?
- What programs would you like to see added?
- What are the barriers to participation?
- How can we increase participation in girls' sports?

**ALL** are encouraged to join us at the **ARHS Library** on **Thursday, March 29th @7 p.m.** to make local youth sports a better experience for everyone!



**LSSE**  
70 Boltwood Walk  
Amherst, MA  
(413)-259-3065



Let's celebrate National Nutrition Month by focusing on whole foods, or foods that are in their natural state. Recent studies have shown that whole foods provide us with more nutrients than those that are processed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SPRING IS HERE!</b> The veggie of the month is <b>SPINACH!</b></p>			<p><b>1</b></p> <p>Chicken Patty on a Whole Wheat Bun Baked Fries</p>	<p><b>2</b></p> <p>Cheese Pizza Fresh Garden Salad w/ Spinach Fruit Choice</p>
<p><b>5 BRUNCH FOR LUNCH</b></p> <p>French Toast Sticks w/ Sausage(P) Applesauce Baked Tator Tots</p>	<p><b>6</b></p> <p>Macaroni &amp; Cheese Green Peas Whole Wheat Dinner Roll</p>	<p><b>7</b></p> <p>Pasta &amp; Meatballs Fresh Garden Salad w/ Spinach Cinnamon Apples</p>	<p><b>8</b></p> <p>Toasted Cheese Sandwich Tomato Soup Fresh Orange</p>	<p><b>9</b></p> <p>Cheese Pizza Fresh Carrot &amp; Celery Sticks w/ Ranch Dip</p>
<p><b>12</b></p> <p>Chicken Nuggets Steamed Rice Corn Raisins</p>	<p><b>13</b></p> <p>Hot Dog on a Whole Wheat Bun Baked Fries</p>	<p><b>14</b></p> <p>Beef Nachos w/ Cheese &amp; Salsa Brown Rice Green Beans</p>	<p><b>15 ST PATRICK'S DAY MENU</b></p> <p>Shepherd's Pie w/ Mashed Potatoes Green Fruit</p>	<p><b>16</b></p> <p>Cheese Pizza Fresh Garden Salad w/ Spinach Fruit Choice</p>
<p><b>19</b></p> <p>Mozzarella Sticks w/ Marinara Sauce Steamed Carrots</p>	<p><b>20</b></p> <p>Chicken &amp;/or Cheese Quesadilla Salsa Steamed Rice Corn</p>	<p><b>21</b></p> <p>Chicken Patty on a Whole Wheat Bun Baked Fries</p>	<p><b>22</b></p> <p>Macaroni &amp; Beef Bake Peas Whole Wheat Bread</p>	<p><b>23</b></p> <p>Cheese Pizza Fresh Carrot &amp; Celery Sticks w/ Ranch Dip</p>
<p><b>26</b></p> <p>Chicken Nuggets Steamed Rice Corn Raisins</p>	<p><b>27</b></p> <p>Hamburger or Veggie Burger on a Whole Wheat Bun Green Beans</p>	<p><b>28</b></p> <p>Pasta &amp; Meatballs Fresh Garden Salad w/ Spinach</p>	<p><b>29 SAFARI FOCUS ON WHOLE FOODS</b></p> <p>Sliced Turkey Sweet Potatoes Brown Rice</p>	<p><b>30</b></p> <p>Cheese Pizza Fresh Garden Salad w/ Spinach Fruit Choice</p>
<p> <b>WE PURCHASE LOCALLY!</b> Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to help save the environment! <a href="http://www.Whitsons.com">www.Whitsons.com</a></p>		<p> <b>Visit Our Virtual Cafeteria!</b> Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including, allergens, nutrient facts, etc. <a href="http://www.Whitsons.com/Nutrition">www.Whitsons.com/Nutrition</a></p>	<p> <b>Have Allergies to Gluten, Casein or Soy?</b> Check out NuLife Foods! They offer great tasting, GFCF Foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria! <a href="http://www.NuLifeFoods.com">www.NuLifeFoods.com</a></p>	

**DID YOU KNOW...**

All products sourced by Whitsons contain Zero Trans Fats. ● The majority of the food sourced by Whitsons contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● All milk and chicken products are hormone and antibiotic free. ● Meats, condiments and cheeses are all lean or low fat. ● All entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

**LUNCH PRICES**

Reimbursable Lunch Price	\$2.50
Reduced Lunch Price	\$40
Adult	\$3.25
Milk/Chocolate Milk	\$40
100% Juice	\$50

**PREPAID LUNCHES AVAILABLE**

10 Lunches-\$25.00 20 Lunches-\$50.00  
30 Lunches-\$75.00 40 Lunches-\$100.00

**LUNCH INCLUDES**

Skim Milk, 1% Milk or Low Fat Chocolate Milk / 100% Juice/ Vegetable Choice/ Fruit Choice

**AVAILABLE DAILY**

Whole Grain Bagel w/Butter or Low Fat Cream Cheese / Sunbutter & Jelly Sandwich / Above Lunches Include: Vegetable choice, Fruit choice, Low Fat Milk & Low Fat Mozzarella Cheese

**SEMI-SNACKS CONTAIN**

Fat-7g or less - Sat Fat-2g or less  
Sodium-350mg or less - Sugar-15g or less

**WE OFFER BREAKFAST DAILY**

Don't forget to stop by the cafe for breakfast  
Breakfast-\$50, Reduced Breakfast-\$30, Adult-\$1.00  
Cereal, fruit, juice and milk available daily

Monday- Warm Muffin

Tuesday- French Toast Sticks

Wednesday- Wheat Bagel w/ Cream Cheese

Thursday- Pancakes

Friday- Ham, Egg, Cheese Sandwich

V=vegetarian ● =healthier choice ● P=pork

● If you have a food allergy, please speak to your Food Service Director or Lead Server.

● Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

● Menu is subject to change, notice posted when available.

● If you have any questions or would like additional information regarding this menu, contact your food service director **Rebecca Tierley 413-362-1839.**



Murray's celebrates Spring with his "rooti tutti fruity" menu ideas. Here are some of his favorite fruit recipes. Why not give them a try: blueberries over rice pudding and a banana yogurt and graham cracker crumb parfait.

**DID YOU KNOW...**

All products sourced by Whitsons contain Zero Trans Fats. • The majority of the food sourced by Whitsons contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. • All milk and chicken products are hormone and antibiotic free. • Meals, condiments and cheeses are all lean or low fat. • All entrees contain between 500-900 mg of sodium. • We offer whole grain pastas, rice and bread products.

**LUNCH PRICES**

Reimbursable Lunch Price \$2.50  
 Reduced Lunch Price \$1.40  
 Adult \$3.25  
 Milk/Chocolate Milk \$1.40  
 100% Juice \$1.50

**PREPAID LUNCHESS AVAILABLE**

10 Lunches-\$25.00 20 Lunches-\$50.00  
 30 Lunches-\$75.00 40 Lunches-\$100.00

**LUNCH INCLUDES**

Skim Milk, 1% Milk or Low Fat Chocolate Milk / 100% Juice/ Vegetable Choice/ Fruit Choice

**AVAILABLE DAILY**

Whole Grain Bagel w/Butter or Low Fat Cream Cheese / Sunbutter & Jelly Sandwich / Above Lunches Include: Vegetable choice, Fruit choice, Low Fat Milk & Low Fat Mozzarella Cheese

**SENIBLE SNACKS CONTAIN**

Fat-7g or less - Sat Fat-2g or less  
 Sodium-360mg or less - Sugar-15g or less

**WE OFFER BREAKFAST DAILY**

Don't forget to stop by the café for breakfast. Breakfast-\$1.00, Reduced Breakfast-\$0.50, Adult-\$1.50  
 Cereal, fruit, juice and milk available daily

Monday- Warm Muffin  
 Tuesday- French Toast Sticks  
 Wednesday- Wheat Bagel w/ Cream Cheese  
 Thursday- Pancakes

Friday- Ham, Egg, Cheese Sandwich

V=vegetarian • =healthier choice • P=pork

- If you have a food allergy, please speak to your Food Service Director or Lead Server.
- Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.
- Menu is subject to change, notice posted when available.
- If you have any questions or would like additional information regarding this menu, contact your food service director **Rebecca Tritley 413-302-1839**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mozzarella Sticks w/ Marinara Sauce Steamed Carrots	3 Macaroni & Cheese Green Peas Whole Wheat Dinner Roll	4 Chicken Nuggets Steamed Rice Corn Raisins	5 Take Me Out To The Ball Game Beef Hot Dog on a Whole Wheat Bun Baked Fries Side Salad	6 Cheese Pizza Fresh Garden Salad Fresh Banana
9 Hamburger or Veggie Burger on a Whole Wheat Bun Corn	10 Beef Nachos w/ Cheese & Salsa Brown Rice Fresh Veggie Sticks	11 Macaroni & Beef Bake Peas Whole Wheat Bread Vanilla Pudding w/ Sliced Banana	12 Chicken Patty on a Whole Wheat Bun Baked Fries	13 Cheese Pizza Fresh Carrot & Celery Sticks w/ Ranch Dip
16 Spring Recess	17 Spring Recess	18 Spring Recess	19 Spring Recess	20 Spring Recess
23 Chicken &/or Cheese Quesadilla Salsa Steamed Rice Corn	24 BRUNCH FOR LUNCH French Toast Sticks w/ Sausage(P) Applesauce Baked Tator Tots	25 Chicken Nuggets Steamed Rice Peas Raisins	26 Toasted Cheese Sandwich Tomato Soup Fresh Orange	27 Murray's Frutti Tutti Spring Cheese Pizza Fresh Garden Salad Banana, Yogurt and Graham Cracker parfait
30 Beef Nachos w/ Cheese & Salsa Brown Rice Green Salad	 <p>CELEBRATE EARTH DAY IT IS THE 22<sup>nd</sup>!</p> <p>BANANAS are the fruit of the month.</p> 			

**Greenleaf Cuisine** WE PURCHASE LOCALLY!  
 Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to be p. save the environment [www.Whitsons.com](http://www.Whitsons.com)

**Visit Our Virtual Cafeteria!**  
 Take a tour of our virtual cafe! Drop and drop meal announcements into your tray and see nutritional information including allergens, nutrition facts, etc. [www.Whitsons.com/Nutrition](http://www.Whitsons.com/Nutrition)

**Have Allergies to Gluten, Casein or Soy?**  
 Check out NuLife Foods! They offer great tasting, GFCF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria! [www.NuLifeFoods.com](http://www.NuLifeFoods.com)