



# Pelham Press

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<http://pe.arps.org>



## Dates to Remember:

- 12/13/17- Early Release- 1:20- No After Care for Preschool
- 12/19/17- Chorus Performance for Pelham Council on Aging- 10:25- Library
- 12/22/17- Early Release- 1:20- NO After School programs
- 12/25/17-1/2/18- Holiday Break- NO SCHOOL



Dear Pelham Families,

Preschool, kindergarten, and first grade greatly enjoyed the “Underwater Bubble Show” at the UMass Fine Arts Center last Thursday. Bubbles were everywhere and students were enthralled with the magical performance. We were fortunate to be close to the front as it was great fun to be part of the performers venturing into the audience.

This is the time of year that we are looking for gently used clothing and boots for students that need a change of clothes or in need of outside wear. If you have any sweatpants, snowpants, winter coats, mittens, hats, or boots that you are no longer in need of, please send them in. We are especially in need of sizes 2T-size 10,

We're excited to share an update with you about our school breakfast program. Each day, breakfast is available and offered to all students in the cafeteria from 8:00am - 9:00am. Students have access to a full breakfast meal, regardless of any overdue balance, in accordance with our new school meals policy. Our new breakfast table includes daily fresh fruit options, reduced fat milk, assorted cereals, and daily hot breakfasts items. These include freshly made muffins, bagels and cream cheese, whole grain pancakes or waffles, and french toast sticks. Students should take at least 1 fruit option each day as part of the National School Lunch Program nutrition standards, plus two other items mentioned above. If you are dropping your child off early in Before School, please take a minute to check it out! You may want to consider having your child eat breakfast at the school and save some time in the morning rush.

The cost for a full price breakfast meal is just \$0.75 and no student will be turned away due to lack of funds. If you have any questions or concerns about the program, please contact Ryan Harb, Director of Food Service for Amherst, Pelham, and Amherst-Pelham Regional Schools at [harbr@arps.org](mailto:harbr@arps.org).

Parents should know if their children are buying breakfast and that it will be offered daily, so we will be reminding children that this meal costs money and to check with their parents first. A breakfast menu is now included in this newsletter, and will be sent home monthly in hard copy as well in addition to the lunch menu. As this is a change in our program, we are open to feedback and working to streamline the process.

Lastly, thank you to those that have already stepped forward to provide help to our Pelham families in need. We are hoping to get several more \$25 gift cards or cash donations in the amounts of \$10-\$20.00 so that we can support all our families during this special time of year. Anything you do would be a big help and appreciated.

Have a great weekend, and enjoy the snow!

Sincerely, *Lisa Desjarlais*

# Community Notes

Now is the time for shopping!!

If you use the following link when shopping at Amazon <https://smile.amazon.com/ch/04-3316727>, a percentage of every purchase goes to support events, activities, and equipment organized by the PTO!

## AFTER SCHOOL AFTER THOUGHTS FOR DEC. '17

### Important dates:

Dec. 13: early release, Gap care provided

Dec.15: tuition for January due

Dec. 22: early release, **no program**

Dec. 25 – Jan.1: Holiday closure, no program

Jan. 14: tuition for February due

Jan. 15: M.L.K. Jr. Day, no program

Jan.22: Teacher workday, no program

### Notes:

Thanks to all of you who supported our wreath and plant sale. We made almost \$400 to add to our Scholarship Fund. For a number of our students, that's like a holiday gift every month!

Usually I say goodbye to my college seniors in the spring, but this year we have 3 staff that will be leaving in December. Samantha Collins and Chris Marino are graduating early, and Jasmine Bell will be spending her last semester abroad. We will miss them terribly. Their leaving will leave a large hole in our program, but we wish them the best of luck.

Almost all of our afterschool students have been recognized for "doing a doggone good" act of kindness, and their bone nameplates are posted on our big poster of Snoopy doing his happy dance. I am always so grateful for the little things that the kids do for each other, or for the staff, that are so sweet. It is easy to find the kindness! Let's hope these warm feelings continue into the New Year. Happy holidays to all and have a wonderful ringing in of 2018! Fondly, Lennie and a\$HLEY, BRIDGETTE, CHRIS, GERI, JACQUI, JASMINE, JORDAN, KELSEY g., KELSEY n., RACHEL, AND SAM.

# DECEMBER 2017

# PELHAM ELEMENTARY SCHOOLS – BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>
Choice of Cold Cereals Fruit Juice or Fresh Fruit Milk Choice	French Toast Sticks w/ Syrup Fruit Juice or Fresh Fruit Milk Choice	Warm, Freshly-Made Muffin Fruit Juice or Fresh Fruit Milk Choice	Pancakes with Syrup Fruit Juice or Fresh Fruit Milk Choice	Waffles with Syrup Fruit Juice or Fresh Fruit Milk Choice
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Choice of Cold Cereals Fruit Juice or Fresh Fruit Milk Choice	French Toast Sticks w/ Syrup Fruit Juice or Fresh Fruit Milk Choice	Warm, Freshly-Made Muffin Fruit Juice or Fresh Fruit Milk Choice	Pancakes with Syrup Fruit Juice or Fresh Fruit Milk Choice	Waffles with Syrup Fruit Juice or Fresh Fruit Milk Choice
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Choice of Cold Cereals Fruit Juice or Fresh Fruit Milk Choice	French Toast Sticks w/ Syrup Fruit Juice or Fresh Fruit Milk Choice	Warm, Freshly-Made Muffin Fruit Juice or Fresh Fruit Milk Choice	Pancakes with Syrup Fruit Juice or Fresh Fruit Milk Choice	Waffles with Syrup Fruit Juice or Fresh Fruit Milk Choice
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Choice of Cold Cereals Fruit Juice or Fresh Fruit Milk Choice	French Toast Sticks w/ Syrup Fruit Juice or Fresh Fruit Milk Choice	Warm, Freshly-Made Muffin Fruit Juice or Fresh Fruit Milk Choice	Pancakes with Syrup Fruit Juice or Fresh Fruit Milk Choice	Waffles with Syrup Fruit Juice or Fresh Fruit Milk Choice
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
No School <b>HOLIDAY BREAK</b>	No School <b>HOLIDAY BREAK</b>	No School <b>HOLIDAY BREAK</b>	No School <b>HOLIDAY BREAK</b>	No School <b>HOLIDAY BREAK</b>

### The Facts about Breakfast!

**Fun Fact:** Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory – which they need to learn in school!

### Breakfast Price: \$0.75

Carton of Milk: \$0.50  
100% Juice: \$0.50

### Daily Breakfast Includes:

Whole Grain Rich Items – 1oz - 2oz  
Skim Milk, 1% Milk, or Lactaid – 1 cup  
100% Juice Carton or Fresh Fruit – 1 cup

### Also Available Daily:

Cereal with Milk and Fresh Fruit or  
Whole Grain Bagel with Cream Cheese

### Grab Apples!



Made by the Champlain Valley Specialty Co. in NY. All apples are grown in NY state.

USDA is an equal opportunity provider and employer  
\*Menus may contain allergens\*  
\*Menus subject to change\*

# DECEMBER 2017

# PELHAM ELEMENTARY - LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1
<b>Cheesy Quesadilla</b> With Shredded Lettuce, Tomato, Salsa, Sour Cream 🍷 Carrot Coins with Dip Black Beans Fruit Cup Assorted Fruits	<b>Loaded Baked Potato</b> 🍷 Potato Served with Spicy Ground Beef, Black Beans, Broccoli & Shredded Cheese Cracked Wheat Roll 🍷 Pear Assorted Fruits	<b>Chicken Patty Sandwich</b> On a Whole Wheat Bun with Lettuce and Tomato Cape Cod Chips 🍷 Pickles Sliced Peaches Assorted Fruits	<b>Mozzarella Sticks</b> Served with Marinara Sauce Cucumber Wedges with Dip Garlic Texas Toast 🍷 Apple Slices Assorted Fruits	<b>Cheesy Pizza Slice</b> Garden Salad Veggies with Dip Fresh Orange Assorted Fruits
4	5	6	7	8
<b>Cheeseburger Special</b> Served w/ American Cheese on a Whole Wheat Bun with Sliced Tomatoes and Lettuce Sliced Peaches Assorted Fruits	<b>Meatball Grinder</b> Meatballs with Marinara Sauce Served on a Whole Wheat Grinder Roll Steamed Green Beans 🍷 Apple Slices Assorted Fruits	<b>Popcorn Chicken</b> Delectable Chicken Bites Served with Corn and 🍷 Chili-Roasted Sweet Potato Wedges Corn Muffin Craisins Assorted Fruits	<b>Shepherd's Pie</b> Made with Ground Beef, 🍷 Mashed Potatoes, and Sweet Corn, Green Peas Whole Wheat Knot Roll Assorted Fruits	<b>Stuffed Crust Pizza</b> Romaine Salad Topped with Crunchy Veggies Chick Peas Fruit Cup Assorted Fruits
11	12	13	14	15
<b>Breakfast for Lunch!</b> French Toast Sticks with Syrup Turkey Sausage Patty 🍷 Roasted Seasoned Potato Wedges Chilled Juice Assorted Fruits	<b>Chicken Fajita</b> Sizzlin' Chicken with Peppers and 🍷 Onions Rice & Beans 🍷 Apple Slices Assorted Fruits	<b>Mozzarella Sticks</b> Served with Marinara Sauce Steamed Broccoli Florets Snack Pack Carrots Fruit Cup Assorted Fruits	<b>Roast Turkey Dinner</b> Served with Herbed Stuffing and Gravy 🍷 Mashed Potatoes 🍷 Roasted Butternut Squash Whole Wheat Dinner Roll 🍷 Applesauce Assorted Fruits	<b>Cheesy Pizza Slice</b> Romaine Salad Topped with Crunchy Veggies Chick Peas 🍷 Applesauce Assorted Fruits
18	19	20	21	22
<b>Cheesy Quesadilla</b> With Shredded Lettuce, Tomato, Salsa, Sour Cream Snack Pak Carrots with Dip Black Beans Fruit Cup Assorted Fruits	<b>Homemade Chicken Chili</b> Made from Scratch with Beans and 🍷 Veggies Homemade Cornbread 🍷 Honey Glazed Carrots Blueberries on a Cloud Assorted Fruits	<b>Chicken Patty Sandwich</b> On a Whole Wheat Bun with Lettuce and Tomato 🍷 Pickles 🍷 Apple Slices Assorted Fruits	<b>Loaded Nachos</b> With Spicy Ground Beef, Lettuce and Tomato 🍷 Carrot Coins with Dip Garlic Texas Toast Pear Assorted Fruits	<b>Cheesy Pizza Slice</b> Romaine Salad Topped with Crunchy Veggies Fruit Cup Assorted Fruits
25	26	27	28	29
No School WINTER BREAK	No School WINTER BREAK	No School WINTER BREAK	No School WINTER BREAK	No School WINTER BREAK



## Carrots

Did you know? Thousands of years ago, carrots weren't orange like the ones we eat today. The original carrots were deep purple in color.

**Lunch Price: \$3.00**

Carton of Milk: \$0.60

## Lunch Alternates

Sunbutter & Jelly Sandwich, Bagel, Yogurt & String Cheese, Turkey Sandwich, Ham Sandwich, Tuna Sandwich, or Salad Meal

## Eat Local!

Support your health & the local economy by choosing local options on the menu. Just look for the 🍷 symbol!

Enjoy!

## Local Vendor of the Month



Regal Pickles  
Worcester, MA

## Follow Us!

Follow our Farm to School Movement and food program at [www.amherstfood.com](http://www.amherstfood.com) & [www.facebook.com/AmherstFood](https://www.facebook.com/AmherstFood)