

ENDEVERS

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From the Principal's Desk

Dear Parents,

We are in the middle of a very busy Fall. Our Information Specialist hosted a Reading Counts Night for third and fourth graders. We had a great turn out. Students had so much fun reading and taking quizzes with their parents and then eating pizza! We had our RIF book give away on October 30, every child in the school received a brand new book. We have our bookfair coming up in November. This will be a great time to purchase gifts for the holidays.

The end of the grading period is October 28, and report cards will go home on November 10. Parent-Teacher Conferences are scheduled for November 13. You will receive a schedule with a time listed for you to attend. Teachers have so much to share with you about your child's progress. Please make every effort to attend.

We have another opportunity for parents to attend a workshop entitled "Finding Your Fit" on November 4 at 12:30. I hope that you will be able to take advantage of this opportunity. I think that it will give you the tools you need to make your child's school experience a great one.

I will be hosting an informational session for parents on November 6 at 11:00. I will be sharing information about our continuous school improvement process along with other topics. I will also open the floor to any questions you may have. This will be very informal. My hope is that you will walk away having a better understanding of Devers' Mission, and that it strengthens our partnership in order to support student success.

Please visit and volunteer whenever you get the chance, or just have lunch with your child.

Yours in Education,

Mrs. Breece
Principal

Mrs. McBroom
Assistant Principal

Continuous School Improvement (CSI)

Our CSI plan contains the strategic direction for Devers. The plan is our road map for continuous school improvement. At Devers, our staff has analyzed our student test data and made educational decisions about how best to deliver instruction.

Our data has shown us two areas: vocabulary and math problem solving that need attention. As a staff, we came up with two research based interventions that every teacher is using to improve student achievement in the classroom.

Goal # 1: All students will increase word knowledge.

Essence of the Goal: Word knowledge is a student's ability to apply visual and auditory recognition, phonemic awareness and word meaning.

Goal # 2: All students will improve problem solving skills.

Essence of the Goal: Students will gather, organize, analyze, evaluate and reflect upon information to solve problems in math.

Please ask your child's teacher how they are implementing these interventions in the classroom. We also need your help at home by reading with your child every night for a minimum of 20 minutes. By doing this, you are exposing them to vocabulary and content knowledge. This will translate to higher student achievement for your child.

Volume 2, Issue 2

Nov/Dec 2009

Dates to Remember

- ☉ Nov 5th, 6th, 9th, 10th, 12th, & 13th—Book Fair
- ☉ Nov 10th—Report Cards Sent Home
- ☉ Nov 11th—Veteran's Day (School Closed)
- ☉ Nov 10th, 12th, & 13th—Pre-Kindergarten Conferences (No classes)
- ☉ Nov 13th—Parent-Teacher Conferences (No classes)
- ☉ Nov 17th—3rd & 4th Grade Awards
- ☉ Nov 19th—2nd Grade Thanksgiving Show
- ☉ Nov 25th-27th—Thanksgiving Break (School Closed)
- ☉ Dec 9th—First Grade Program
- ☉ Dec 21st-Jan 1st Winter Break (School Closed)

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Buses



At this time, we presently have five Regular Education buses and three Sped buses. Most students are doing a wonderful job complying with the bus rules and regulations. Parents, if you have a bus rider, please continue to reinforce the bus rules listed below with your child(ren) at home.

- ◆ Obey the bus driver at all times
- ◆ Always ride your assigned bus
- ◆ Always get off and on the bus at your assigned bus stop
- ◆ Use a quiet voice
- ◆ Stay in your assigned seat
- ◆ Be kind to other bus riders
- ◆ Keep the bus clean and free from damage
- ◆ Stay away from the emergency door, fire extinguisher, and first aid kit
- ◆ Behave in a manner that is safe at all times

PTO

Hello Parents! The PTO has been hard at work this year. We at the PTO would like to thank you, the parents, and our wonderful staff at Devers for your continued support. Remember, if you haven't already joined the PTO, it's not too late! Membership is only four dollars for a single parent, and six dollars for both. Come join us as we work on making this an exciting school year for our students!

Box Tops

Many of our students turned in box tops this year. We are already nearly halfway to our goal of raising \$2000 for our school! Box Tops will be accepted all year, so if you have more at home, feel free to send them in. Our Box Tops coordinator will be collecting, counting and mailing the Box Tops throughout the school year. Box Tops for Education sends the school a check twice a year for the Tops collected, and a pizza party is awarded from these funds to the class that collects the most. Remember to write the teacher's name on the paper or bag the Box Tops are submitted in so that their class can receive credit! Happy Collecting!

Candy-grams

During the month of October, Candy-grams were sent home for purchase. The Candy-gram fundraiser was a great success. The PTO would like to thank the parents and teachers for their enthusiastic response. The Candy-grams would not have been possible without the cooperation of our PTO and school staff, and the support of you, the parents. Thank you!

Book Fair

Book Fair is coming to Devers again! Please feel free to assist your child in selecting books during the time scheduled for their class. Everyone is welcome. Parents may also attend the Book Fair on their own during Book Fair hours. The Book Fair will begin on Thursday, November 5th, and continue through Friday, November 13th. We hope to see you there!

Book Fair Hours:

November 5th and 6th: 8:30 a.m. to 2:30 p.m.
 November 9th, 10th, and 12th: 8:30 a.m. to 2:30 p.m.
 November 13th: 8 a.m. to 1 p.m.

Pictures

Many of you purchased pictures earlier this year. For those children who missed Picture Day, a retake day will be held on November 18th. Watch your child's folder for a reminder slip!

The PTO looks forward to another great year at Devers! We hope to have a fun-filled year, and we hope to see you at our future events!

PTO Receives Funds



Sandhills Utility Services presented a check for \$200.00 to Mrs. Breece for the PTO. The funds will support the Guidance Program.



From the Devers Information Center

Our first **Reading Counts Family Night** was a big success. Over 125 students and parents attended. They read books together and the students took Reading Counts quizzes.



PTO served a Pizza Dinner in the school cafeteria. A big Thank You to PTO and all of the parent volunteers for the Pizza Dinner! **The next Reading Counts Family Night will be held in January. Beginning in November, parents are welcome to come any Monday from dismissal until 3:30 p.m. to have their child read to them and take a Reading Counts Quiz. Students without a parent will be sent home their usual way.**



The **Read To Me Club** is for first graders **with** an accompanying parent. We meet after school for one hour on the last Tuesday of every month.

Our next 2 meetings are November 17, 2009 and December 15, 2009. Mark your calendars!



New members are welcome at any meeting! Flyers will be sent out the week before each meeting. Each meeting will have guest readers, book shows, book talks and much more. While this club targets first graders, older or younger brothers and sisters may come if childcare is not available.



Reading Is Out of this World

RIF Festival October 27

Students celebrated reading in the Information Center by listening to space jokes, making a star bookmark, watching an outer space story and selecting a paperback book to keep. Each class took a pledge to promise to read each day.

The Read 180 Specialist and her Read 180 students helped for this event.

Visit our **Cyber Library** from your home computer on the Devers home page at: <http://www.am.dodea.edu/bragg/devers/>



This is a great, safe portal for students to use the Internet.



Books and magazines make great holiday presents! You will find sure fire winners on the Children's Choice Book Awards

2009 link on our Devers Home page . This is a list of books 12,500 students voted as the best for 2009. The list is divided into age groups and these books are available at local bookstores and online. Magazine subscriptions are usually around \$20.00, and subscription orders can be placed online. Children love to get their own mail, and magazines provide hours of reading in a variety of formats. **Suggested ages are shown in parentheses.** Shop around for the best price using your favorite search engine.

- American Girl (8-13)
- Boy's Life (7 -12)
- Hopscotch: Magazine for Girls (6-12)
- Kid City (6-10)
- Kids Discover (6-12)
- Ladybug: (2-7)
- National Geographic World (8-14)
- Nickelodeon (6-14)
- Odyssey (8-14)
- Ranger Rick (6-12)
- Sesame Street Magazine (2 - 6)
- Soccer Jr. Magazine (8-16)
- Spider: The Magazine for Children (6-9)
- Sports Illustrated for Kids (8-13)
- Turtle Magazine for Preschool Kids(2-5)
- ZooBooks (5-14)
- 3-2-1 Contact (8-12)

Parents are welcome anytime in the IC and may check out up to 10 books at a time.

Reading Is Fundamental

Reading Is "Fun"damental . . . especially during the holidays.

Holiday Reading Tip: Plan to stay in the routine of having "home reading time" over these next two months. Holiday time is a wonderful opportunity to share with your children some of your own favorite holiday stories. The special memory of you reading aloud to them at this time of year will stay in their hearts forever. Also, remember that books make great gifts! Giving books as gifts to your children is a good way to enlarge your "home library." There is said to be a direct correlation between the numbers of books available at home for children to read for pleasure and their success in reading. So, let's keep reading over the holidays!

Our first RIF distribution for this school year was held on Tuesday, October 27, 2009 in the Information Center. Our theme for this distribution was "Reading Is Out of This World". Students received a RIF book, made an "Out of This World" bookmark, and heard "Out of This World" jokes told by the Information Center staff. All students were involved in these festival activities and had lots of fun!

A special thanks goes to our wonderful parent volunteers who made our October 2009 book distribution a success!

Our next RIF book distribution will be in January 2010. If you would like to volunteer, please contact the RIF Coordinator at 907-0204.

~Read to succeed in 2009~

RIF Coordinator

Read Aloud Tips

Research shows that children who are read to at an early age become better readers. This article written by Lori Jamison explains the benefits of reading aloud to a young child.

How to Read Aloud

Effective storybook reading is an interactive process. If we wait until after reading to discuss the story, we are missing out on valuable literacy opportunities. When you precede the reading by inviting predictions and personal connections, you are creating context for the reading. Taking time to discuss and clarify difficult concepts during the reading can prevent misunderstanding further on, and encouraging your child to respond during the reading enhances both comprehension and interest in the story. Pausing to confirm and revise predictions, asking questions, and making inferences lay the groundwork for independent reading. Your child will learn that understanding text is a process that occurs before, during, and after reading.

Before Reading

- Preview the book and practice reading it with fluency and expression.
- Plan an introduction—find links to personal experiences.
- Introduce the title, author, and illustrator.
- Introduce any information that may be necessary to facilitate understanding of the story.
- Set a purpose for listening to the story (e.g., "I wonder" statements, such as I wonder what the wolf wants to do with the pigs, provide us focus for listening).

During Reading

- Read fluently and expressively.
- Hold the books so your child can see the illustrations.
- Try to establish frequent eye contact with your child.
- Draw attention to the illustrations and features of the text.
- Pause occasionally to revisit predictions, express curiosity, or comment on something interesting.
- Invite your child to question and comment but keep it focused on the story.
- Explain words and ideas you think your child might not understand.

After Reading

- Allow time for discussion.
- Encourage various levels of response with questions.
- Make personal connections to the text (e.g. "What did this story remind you of?").
- Retell the story or reread it to enhance comprehension.

Jamison Rog, Lori (2002). Early Literacy Instruction in Kindergarten. *Interactive Storybook Reading: Making the Classroom Read-Aloud Program a Meaningful Experience*, 6, 49-55.

Money Matters

This time of year, with all the holidays we have in the fall and early winter, is certainly a perfect time to improve on those money skills. From the youngest child to the oldest, they will all need the "life skill" of counting money. Help your child understand how much each coin is worth and how to count forward with the money. You can teach the skill of adding and saving, along with our favorite, subtracting when we go shopping. Counting back change and how to estimate the cost of two or more items in a store or restaurant can be a fun learning experience for all. The older child can even help you find the best deal as you shop. Calculators and play money make great stocking stuffers too. Remember, 'tis the season to sharpen those math skills and improve on money matters.

Maintain the Home Language

We want parents actively involved in their child's education! We especially want parents reading to their children and encouraging their children to read with them. If your child's first language is not English, he/she will still become an excellent English reader and writer. The joy of reading can begin in any language!

How the first language helps:

- ◆ It supplies background knowledge, which leads to making associations between words and understanding ideas.
- ◆ It enhances the development of basic literacy skills.
- ◆ It helps in 'advanced literacy' --the ability to use language, oral and written, to solve problems. If children understand the composing process in one language, they will be able to utilize it when they learn English.
- ◆ It's easier to learn to guess the meaning of a word used in context in the first language.
- ◆ It supports children's self-esteem and continues contact with grandparents and other distant family.

How you can help maintain your family language:

- ◆ Talk with your child in both languages, read with him/her, encourage him/her to draw and write.
- ◆ Ask your child to tell you about what they are learning in school in your first language.
- ◆ Assist your child with their homework in English and translate into your first language so that your child understands and makes connections.
- ◆ Have your child read books in their first language.
- ◆ Have your child write in their first language for fun in letters and journals.
- ◆ Talk about TV shows and play games in both languages.



Foreign Language in The Elementary Schools



We celebrated Hispanic Heritage Month by visiting some of the 21 Spanish speaking countries. We did flags and we talked about the culture of these countries. We had lots of fun dancing to different Latin music like salsa, merenque, and guajira!

It's Fall and we colored beautiful pumpkins and of course, we learned about the parts of the head (*cabeza, ojos, nariz, boca, oreja, cara*). You can login to <http://www.spanishspanish.com/body/face.html> to practice orally the parts of the face in Spanish. The children really enjoyed this site.

Whenever the children come to class, we follow a routine where they say the days of the week, months, colors, shapes, numbers and alphabet in Spanish. You can view our routine by going to the Devers homepage and selecting the Endevers School Newsletter section. Click the November/ December 2009 issue and scroll to page 8 to see a larger image.

This is excellent for our newcomers and a great practice for all others.

iHasta luego!



Notes from the Gym!

We are living the good life down here in Devers Phys Ed. Dept. We are setting up for big fall fun using manipulative skills with various activities like Halloween candy factory, Spook walk and others which involve peer cooperation to build a winning team concept. We continue to incorporate basic standards based principles of building little bodies, hearts and minds. The Dolphins are still refining their motor skills and impacting the heart with cardio training.



ART CORNER

The students are busy in the art classroom working on a variety of projects. The fourth grade classes are working with an art and math lesson on tessellations. Second and third graders are finishing up their landscape collage working with space, incorporating background, middle ground, and foreground into their work. First grade students just finished an art and math lesson adding together pumpkins in their landscape collage. Kindergarten classes are finishing up their masks working with balance in their art work. Encourage your child to talk about what they are doing in the art classroom.

Notes from the Music Class

Greetings from the music room! Our second graders are getting ready for their Thanksgiving Show which will be on Thursday, November 19. It will start at 1:45 in the Devers Elementary gym and last until about 2:30. The first graders will be performing a winter concert on Wednesday, December 9. It will begin at 6:30 PM in the Devers Elementary School gym. Letters will be sent home to parents soon giving more information on these events. If you have any questions, comments, or want to volunteer for these programs, please feel free to give me a call at 907-0204.

Guidance Spot

Guidance Spot

Greetings! We focused on drug awareness in October, but be sure to discuss the dangers of tobacco, alcohol, and illicit substances throughout the whole year with your child. During November and December, counseling lessons will address such topics as deployment/transitions, personal safety, anger/stress management, teamwork/cooperation, managing anxiety, and individual differences (e.g., holidays). If you have any questions on the guidance program topics, please don't hesitate to call.

Also, in November, we will have the 3rd and 4th grade awards assembly to recognize students with strong academic performance, high attendance, and positive motivation/character. Parents are invited to this, and the time will be announced soon. The after school program "**Operation Hero**" will continue into December, with a new cycle continuing in January; 3rd graders will be offered spots.

Please come to our Parent to Parent sessions where you can learn a variety of strategies for various issues. There will be meetings on Nov 4 (1230-1:00) and Dec 2 (1230-1:00).

We will gain a new flag team (four students from 4th grade) in mid November. They are selected by teachers, but all students have a chance to be part of this special patriotic mission.

We have talked with your children about positive homework habits; ask them about them. Here are a few:

- ◆ Do homework the same time each night, before 6:30 at night.
- ◆ Eat a little healthy snack just before or during your homework.
- ◆ Ask for help if needed; skip and come back to harder problems if needed.
- ◆ Spend 15 or less minutes per grade (e.g., grade 2 homework = 30 min maximum).

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					

November Schedule of Events

- ☺ Nov 5th, 6th, 9th, 10th, 12th, & 13th—Book Fair
- ☺ Nov 10th—Report Cards Sent Home
- ☺ Nov 11th—Veteran's Day (School Closed)
- ☺ Nov 10th, 12th, & 13th—Pre-Kindergarten Conferences (No classes)
- ☺ Nov 13th—Parent-Teacher Conferences (No classes)
- ☺ Nov 17th—3rd & 4th Grade Awards
- ☺ Nov 19th—2nd Grade Program
- ☺ Nov 25th-27th—Thanksgiving Break (School Closed)

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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		

December Schedule of Events

- ☺ Dec 9th—First Grade Program
- ☺ Dec 21st-Jan 1st Winter Break

Highlights from our first Reading Counts Family Night!



Tech Tips for the Holidays

With the holiday season approaching very quickly (less than 7 weeks), you might be considering buying a new computer, cell phone, video game, or other electronic device. Before you go crazy trying to find that special gift, do a little surfing first. Going online and searching for that gift will save time, money, and a lot of frustration. Many stores have online purchasing available and usually at a discounted price. Some store will even ship it to your closest store such as Wal-Mart, Target, Best Buy, etc without any shipping charges. Also look around first. Look at more than one store's web site to get the best price on each item you are buying. Just check the return policy carefully before you buy online. Some stores do not allow you to bring the item back to the store once it has been opened. Meaning you will have to ship it back to them and incur the shipping costs. Finally, look for Midnight Specials. Some stores sell their items at 30% or more off the retail price if you buy after midnight. It is a great way to make your holidays merrier and your checking account less empty.

Los días de la semana

lunes
martes
miércoles
jueves
viernes
sábado
domingo

Los meses del año

enero	julio
febrero	agosto
marzo	septiembre
abril	octubre
mayo	noviembre
junio	diciembre

Los colores y las formas

 rojo	 morado
 amarillo	 rosado
 azul	 café
 anaranjado	 negro
 verde	 blanco

 el círculo	 el corazón
 el cuadrado	 la estrella
 el triángulo	 el diamante
 el rectángulo	 el pentágono
 el óvalo	 el octágono

Los números

cero	0	veintiocho	28
uno	1	veintinueve	29
dos	2	treinta	30
tres	3	treinta y uno	31
cuatro	4	treinta y dos	32
cinco	5	treinta y tres	33
seis	6	treinta y cuatro	34
siete	7	treinta y cinco	35
ocho	8	treinta y seis	36
nueve	9	treinta y siete	37
diez	10	treinta y ocho	38
once	11	treinta y nueve	39
doce	12	cuarenta	40
trece	13	cincuenta	50
catorce	14	sesenta	60
quince	15	setenta	70
dieciséis	16	ochenta	80
diecisiete	17	noventa	90
dieciocho	18	cien	100
diecinueve	19	doscientos	200
veinte	20	trescientos	300
veintiuno	21	cuatrocientos	400
veintidós	22	quinientos	500
veintitrés	23	seiscientos	600
veinticuatro	24	setecientos	700
veinticinco	25	ochocientos	800
veintiséis	26	novecientos	900
veintisiete	27	mil	1000

El alfabeto

Aa  el agua	Bb  el bebé	Cc  el cepillo	Chh  el chocolate	Dd  el dedo
Ee  el elefante	Ff  el fuego	Gg  el gallo	Hh  la hoja	Ii  la isla
Jj  la jirafa	Kk  el koala	Ll  el limón	Llil  la llanta	Mm  la manzana
Nn  la nariz	Nñ  la araña	Oo  el ocho	Pp  el papalote	Qq  el queso
Rr  la rama	Ss  el sol	Tt  el tigre	Uu  las uvas	Vv  la vaca
Ww  los waffles	Xx  el xilofono	Yy  el yo-yo	Zz  el zorro	

Vocabulario útil

¡Bienvenidos!	Welcome!
¡Hola!	Hi!
¡Buenos días!	Good morning!
¡Buenas tardes!	Good afternoon!
¡Buenas noches!	Good evening! or Good night!
¡Adiós!	Good-bye!
¡Hasta luego!	See you later!
¡Hasta la vista!	See you later!
Por favor	Please
Gracias	Thank you
De nada	You're welcome
¿Cómo estás?	How are you?
Muy bien	Very well
No muy bien	Not very well
¿Cómo te llamas?	What is your name?
¿Qué edad tienes?	How old are you?
¿De dónde eres?	Where are you from?
¿Hablas español?	Do you speak Spanish?
No entiendo.	I don't understand.
No hablo español.	I don't speak Spanish.
¡Sí!	Yes
No	No
Señor	Mr.
Señora	Mrs.
Señorita	Miss
Perdona	Excuse me
Lo siento	I am sorry
Me gustaría	I would like ...
¿Dónde está ... ?	Where is ... ?
A la derecha	On the right
A la izquierda	On the left
Todo recto	Straight ahead



Monthly Activity Calendar

www.MyStationPE.Com



NOVEMBER

MOVE Your Great Young Minds!

Day	Activity	Done ✓
1	Thankful-Cise – Write a list of all you are thankful for. Do one jumping jack for each item on your list. Each day add a new “I’m thankful for...” item to the list, and do your Thankful-Cise. Start with being thankful you are not a turkey!	
2	Women’s Right To Vote – On this day in 1920, 8 million women voted for the first time ever. Do 1 jumping jack for every 100,000 (one hundred thousand) women that voted. How many jumping jacks are you doing?	
3	Got Milk? An empty plastic gallon jug that is.....and a low-fat gallon of milk at that.....Hold it upside down like you are pouring out the milk. Get a parent to cut the bottom off. Now you have a throwing scoop. Use a sock ball.	
4	Wise Elders – Ask an adult, what physical activities they did during the November Thanksgiving season. Ask them to teach you one. Get good at it and then beat the socks of them (you will need the socks for activities later this month).	
5	Mayflower Long Jump – The Mayflower was about 113 feet long, and 25 feet wide. Get a tape measure and measure out 113 feet down the sidewalk or in the park. How many two-footed jumps does it take to long jump the Mayflower?	
6	A Reminder – Don’t forget your Thankful-Cise. See Day 1 instructions. Tired of jumping jacks? Do push-ups or sit-ups (best to do them now before your list gets too long).	
7	Mayflower Stare Down – Children on the Mayflower had little to do, so this was a popular game. With a friend stare into each other’s eyes. The first to break eye contact or smile has to do 10 jumping jacks. Silly faces are a priority!	
8	The Turkey Purkey – Sing the Hokey Pokey like normal, but change the last line to, “You do the Turkey Purkey and you gobble all around, that’s what it’s all about.” Not to loud – the neighbors might cook you instead!	
9	Pilgrim Parade – Go on, do it! Double Dog Dare!!!! Get some friends, decorate the dog, and dress up like pilgrims. Parade around the neighborhood. Everyone thinks you are a bunch of turkeys anyway!	
10	Odds & Evens – You and a friend start with the same number of beans. One player hides a few beans in their hand. The other player guesses odd or even. Guess correctly and add the beans to your pile, and the other player does that many push-ups. Take turns hiding and guessing, until one player has all the beans! Change exercises.	
11	Veteran’s Day – Add the men and women who fought for our freedom to your <i>Things To Be Thankful for List</i> . Do extra Thankful-cise on their behalf.	
12	Pilgrim Pumpkin Roll Relay – Need plenty of room, friends and family, and two large pumpkins. Have a relay race. Roll the pumpkins to a line and back. Next time try rolling them with hockey sticks. Do be careful – pumpkin guts are messy!	
13	It’s Up To You – Face it, the Native American Indians saved the Pilgrims because they became friends. Invite somebody in your class you don’t know very well to a game of catch or to shoot hoops. You may have a friend for life.	
14	Another Reminder – Don’t forget your Thankful-Cise. See Day 1 instructions. Can’t imagine you’ve run out of things to be thankful for. Just in case, ask a parent what they are thankful for. Bet it is you! Now have them do jumping jacks!	
15	Tape The Feather On The Turkey – NO! Even though they may act like one, your brothers or sisters are not turkeys! Draw a turkey on poster board and make feathers from construction paper. Blindfold and tape feathers on the turkey.	
16	Turkey Targets – Get some paper plates and popsicle sticks. Draw a turkey on the plate, color and paste the popsicle sticks (they are the feathers). Use them as targets – use those socks you won on Day 4 to knock out the turkeys.	
17	Great American Smokeout – Today is a day sponsored by the American Cancer Society which challenges all Americans to quit smoking. Best way to quit is to never start! Make a promise to yourself not to smoke. Pinky swear!	
18	Stuff The Turkey – Get poster board or a big piece of cardboard. Draw a turkey. Ask a parent to help you cut a big hole where the mouth is. Use sock or paper balls and “stuff” the turkey by throwing the balls in its mouth.	
19	Gettysburg Address – On this day in 1863, Abraham Lincoln started his famous address with, “Four score and seven years ago.....” How many is four-score and seven? Can you do four-score and seven push-ups, jumping jacks, throws and catches without a miss, jump ropes, consecutive basketball dribbles, juggle eggs? (just teasing - really that is a joke)	
20	Turkey Scavenger Hunt – Get a bunch of index cards. Draw goofy turkeys on each (don’t draw your teacher!). Have a parent or friend hide them around the room or outside. How many can you find in a minute? Have a race with a friend!	
21	Invent A Game – The Mayflower voyage was long and difficult. There was not much room and no PE equipment. Make up a game that the children of the Mayflower would be able to do. Remember it has to be suitable for a boat.	
22	ARIGATO - at http://www.factmonster.com/ipka/A0769407.html you can learn to say thank you in 26 different languages. Perform a different movement for each language to help you remember. How fast can you move and say them all?	
23	Turkey Bowling! Get the frozen turkey out of the freezer, set up empty water bottles, and.....NO WAIT! Bad Idea! Go ahead and set up the water bottles, but use a foam or sock ball instead. Otherwise you might be the turkey.....	
24	Family Get Off Your Bottom Boogie Time – Now that everybody is stuffed with too much food, teach the entire family the Turkey Purkey Dance from Day 8.....They will remember you forever.	
25	A Native Game - Do you know what Lacrosse is? Go to http://www.lacrosse.org/museum/history.phtml and learn.	
26	Turkey Talk – Ask your parents to take you for a hike in the woods or at a park. Your mission: to tell the turkeys that Thanksgiving is over and that it is safe to come out of hiding.	
27	Hoop Sticks - Native American game. You’ll need a 12" wooden dowel or stick and 18 inches of yarn. Tie the yarn to the end of the stick. Make a "hoop" at the other end. The object of the game is to catch the "hoop" with the end of your stick.	
28	Gobbledy Gook – Get a friend and a stopwatch. Make sure nobody is trying to nap. Take a deep breath & start jogging in place while you gobble like a turkey. Your time is up when you have to take a breath. Who can gobble the longest?	
29	Turkey TAG – Face off with a partner. The first to one who is tagged must strut, gobble, and hop up and down like a turkey for 10 seconds. Yes, all turkeys must be loud and silly.	
30	We’re Thankful For YOU – Take a break. The StationPE GymRat crew is going to exercise today and be thankful for you and your teachers. Here we go....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.....	

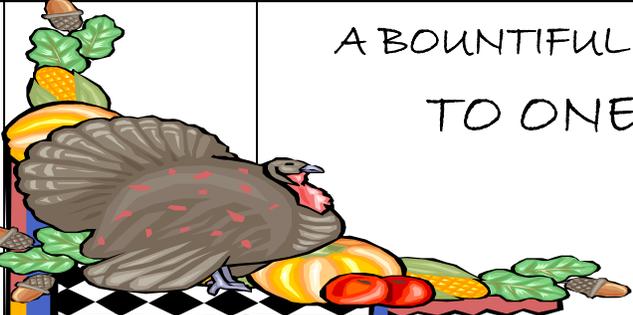


FORT BRAGG SCHOOLS

NOVEMBER PK - 9



2009

<p>11/2 B: Breakfast Pizza or Cereal Orange Wedges COLD MILK L: CHOOSE ONE Chicken Tenders w/Roll or Baked Potato w/Meat & Cheese Sauce and Orange Roll CHOOSE TWO Corn on Cob Baked Apples Sliced Peaches Steamed Broccoli</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/3 B: Breakfast Bagel or Cereal Peach and Bananas Fruit Cup COLD MILK L: CHOOSE ONE Hotdog w/Chili or Turkey Pastry w/ Corn Muffin CHOOSE TWO Sweet Potato Fluff Black eye Peas Fruit cup - Sliced Peaches, Diced Apples Coleslaw</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/4 B: Apple Cinnamon Muffin w/Oatmeal or Cereal Chilled Peaches COLD MILK L: CHOOSE ONE Cheeseburger or Bar-B-Que Chicken w/ Wheat Roll</p> <p>Boiled Potatoes Green Beans Congealed Fruit Salad Lettuce w/Pickle Chips</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/5 B: Scramble Eggs w/ Grits or Cereal Applesauce COLD MILK L: CHOOSE ONE Corndog or Macaroni & Cheese w/Diced Ham and Roll CHOOSE TWO Garden Peas Sweet Potatoes Orange Wedges Fresh Whole Apple</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/6 B: Pancake n' Sausage or Cereal Orange Juice COLD MILK L: CHOOSE ONE Spaghetti w/ French Bread or Fish Wich CHOOSE TWO Oven Baked Fries Corn On Cob Tossed Salad Coleslaw</p> <p>CHOOSE ONE COLD MILK</p>
<p>11/9 B: B: Grilled Cheese Sandwich or Cereal Orange Wedges Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE Pepperoni Pizza or Turkey Deli on Whole Wheat Bread CHOOSE TWO Steamed Peas & Carrots Baked Apples Corn on Cob Shredded Lettuce w/ Tomatoes Slice Peaches CHOOSE ONE COLD MILK</p>	<p>11/10 B: Breakfast Pizza or Cereal Peaches Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE Lasagna w/ French Bread or Cheeseburger CHOOSE TWO Oven Fries Green beans Lettuce w/ Tomatoes Applesauce</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/11 <i>A Salute To Americas Veterans</i> </p>	<p>11/12 B: French Toast Sticks w/Syrup or Cereal Orange Juice Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE Chicken Sandwich or Tacos (2) CHOOSE TWO Parsley Potatoes Steamed Carrots Orange Wedges Pear Salad Lettuce w/ Diced Tomatoes CHOOSE ONE COLD MILK</p>	<p>11/13 Parent/Teacher Conferences (PK-9) Non Student Day</p>
<p>11/16 B: Ham Biscuit w/ Oatmeal or Cereal Chilled Peaches Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE Cheese Pizza or Sloppy Joe CHOOSE TWO Corn on Cob Green Beans Steamed Carrots Orange Wedges</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/17 B: Breakfast Pizza or Cereal Applesauce Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE Chicken Tenders w/ Wheat Roll or Baked Potato w/Meat & Cheese w/Roll CHOOSE TWO Steamed Broccoli Green Beans Sliced Peaches, Diced Apples Mixed Tossed Salad</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/18 B: Pancake N' Sausage or Cereal Toast (1) w/ Jelly Orange Juice COLD MILK CHOOSE ONE Hotdog w/ Chili or Chicken Sandwich CHOOSE TWO Steamed Squash Creamed Potatoes Congealed Fruit Salad Coleslaw</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/19 B: Breakfast Bagel or Cereal Orange Wedges Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE THANKSGIVING DINNER Sliced Turkey w/Dressing, Gravy, Roll or Corndog CHOOSE TWO CANDIED YAMS Lima Beans Broccoli Casserole Congealed Fruit Salad Sweet Potato Pie CHOOSE ONE COLD MILK</p>	<p>11/20 B: Scramble Eggs w/ Grits or Cereal Toast (1) w/ Jelly Apple Wedges COLD MILK CHOOSE ONE Fishwich or Hot Ham & Cheese Sandwich CHOOSE TWO Parsley Potatoes Garden Peas Coleslaw Orange Wedges</p> <p>CHOOSE ONE COLD MILK</p>
<p>11/23 B: Pancake n' Sausage or Cereal Toast (1) w/Jelly Applesauce COLD MILK L: CHOOSE ONE Pepperoni Pizza or Sloppy Joe CHOOSE TWO Steamed Corn Green Beans Broccoli Florets w/Dip Orange Wedges CHOOSE ONE COLD MILK</p>	<p>11/24 B: Scramble Eggs w/Grits or Cereal Toast (1) w/Jelly Orange Juice COLD MILK L: CHOOSE ONE Vegetable Meat Soup w/ Grilled Cheese Sandwich or Cheeseburger CHOOSE TWO Potato Rounds Baked Beans Congealed Fruit Salad Sliced Peaches</p>	<p>11/25 THANKSGIVING BREAK NON-STUDENT NON-TEACHER DAY</p>	<p> Happy Thanksgiving</p>	<p>11/26 THANKSGIVING BREAK NON-STUDENT NON-TEACHER DAY</p>
<p>11/30 B: Pancake n' Sausage or Cereal Toast (1) w/Jelly Applesauce COLD MILK L: CHOOSE ONE Pepperoni Pizza or Chicken Sandwich CHOOSE TWO Steamed Corn Green Beans Celery Sticks w/ Pimento Cheese Orange Wedges</p> <p>CHOOSE ONE COLD MILK</p>	<p>A BOUNTIFUL THANKSGIVING TO ONE AND ALL</p> 			<p>11/27</p>

THIRD CHOICE AVAILABLE - (Students & Teachers) - All Schools will offer Salad Every day
MENU SUBJECT TO CHANGE WITHOUT NOTIFICATION

*Fresh Fruit Choices - Whole Pieces of Fruit are available Every day as Fruit/Vegetable Choice.
STUDENTS BREAKFAST COST: FULL PAY: PK - 9 \$.75; REDUCED: PK - 9 \$.30; FREE: PK - 9 \$.00
STUDENTS LUNCH COST: FULL PAY: PK - 4 \$1.50; 5 - 9 \$1.75; REDUCED: PK - 9 \$.40; FREE: PK - 9 \$.00

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Monthly Activity Calendar

www.MyStationPE.Com



December - Move Your Great Young Minds!

Day	Activity	<input checked="" type="checkbox"/>
1	Today in 1891, Basketball was created by James Naismith. Get to a gym and shoot some hoops! Learn more at... www.hoopball.com	
2	This month is <i>Stress-Free Family Holiday Month!</i> Make a list of all that you're thankful for and share it with your family. It might help them relax.	
3	Have a snowball throwing contest. No snow? Use a rolled-up tube-sock. Don't aim at people or breakable stuff.	
4	Did you know that during the winter months, clean & cold arctic air-blasts from the North push stagnant summer air away to the south? This helps us see the stars better. Ask your parents if you can stay up and check out the constellations. Share a healthful snack while you enjoy the view!	
5	<i>International Volunteer Day</i> – Volunteer to help work at your local YMCA, YWCA or Boys & Girls Club. Find out what programs they have for kids your age and get involved.	
6	Yesterday was Walt Disney's Birthday. He was born in 1901. Subtract 1901 from this year. To celebrate do that many Goofy Jumping Jacks!	
7	Today is <i>Pearl Harbor Day</i> . Celebrate your freedom by freeing up some time to move! Get some friends and play a game of freedom tag. If you get tagged you have to follow the person who is it. You're free when someone else gets close enough to give you a high five.	
8	5 A Day keeps you healthy and fit! Have an apple, orange, serving of corn, a salad and maybe a banana. Not all at one meal!	
9	Keep in touch with friends and family by sending holiday cards. In each card remind everyone to exercise everyday!	
10	It's <i>Nobel Prize Day!</i> Work on a Nobel Prize in Kinesiology by inventing games that help us stay fit!	
11	Get some friends and play "Frosty Freestyle Rhymes!" Make up rap songs about snowmen and share them with each other. It will be fun - chill-out!	
12	Balloon Battle is a game that gets it poppin'! Everyone gets a small balloon tied to a string. Attach the string to a belt loop. Crab-walk in an open area and try to pop someone else's balloon.	
13	It's the <i>Day of the Horse</i> . Celebrate these four legged friends by playing a game of HORSE at the basketball courts. If you don't know the rules – make some up!	
14	It's officially - <i>Tell Someone They are Doing a Good Job Week</i> . No kidding! If you see someone doing something healthy make sure you tell them, "Good Job!"	
15	Bet you didn't know that today is <i>Bill of Rights Day</i> . Learn more about the first ten amendments at... www.billofrights.org	
16	Holiday Charades! Pick your favorite holiday characters or symbols and act them out.	
17	It's <i>Wright Brothers' Day!</i> Show your courage by trying a new fruit or vegetable.	
18	Write down one idea for a healthy New Year's Resolution. Keep it in a safe spot.	
19	Believe it or not it's <i>Underdog Day</i> . Find someone that you know is good at a game or a sport and challenge them to a match. Hey – you never know...	
20	The holidays have begun! Learn more at... www.historychannel.com/exhibits/holidays/	
21	Remember to eat 5 colors today. Stay away from paint, crayons & markers!	
22	It's the first day of winter. Make a collage of winter sports pictures.	
23	Write down two ideas for a healthy New Year's Resolution.	
24	Ho, Ho, Ho! Substitute high-fat cookies with healthy oatmeal. Jolly old men will thank you!	
25	Make the world's largest ball of wrapping paper and see how many times your family can toss and catch it without it hitting the floor. Watch out for breakable gifts!	
26	Celebrate your family and community! Write a letter to your local paper telling everyone 3 things that you really like about your neighborhood!	
27	Snow-bucket-ball – Kind of like basketball but with snow! No snow?! Grab those socks you used on the 3 rd .	
28	Write down another idea for a New Year's Resolution. It should not be to eat more pumpkin pie!	
29	Prepare a Fitness Scrapbook for the new year. Each month add pictures, drawings and other scrapbook stuff that will represent things that you did to improve your health.	
30	Make as many small piles of snow or leaves as you can. How many can you jump over in a minute?	
31	New Year's Eve is <i>Make Up Your Mind Day</i> . Remember those resolution ideas? Pick one & stick with it!	

Families Making the Connection

It takes a village. Helping students to eat healthy has the greatest impact when everyone is involved—teachers, cafeteria staff and families. Offering healthy meals and snacks at home gives children the chance to practice the good nutrition they learn about in school.

It takes some guidance. Wondering what “good nutrition” really means? **MyPyramid for Kids** is a great place to start. Go to www.mypyramid.gov to learn about the pyramid’s food groups. Once there, you’ll also discover how to choose smart foods from each group.

It takes encouragement. Be a cheerleader for good nutrition at your child’s school. School meals are a nutrient-rich option for your child. Encourage your child’s healthy eating habits by supporting school meals!



December

- Stress Management Month
- Pear Month
- Eggnog Month
- Handwashing Week (6th—12th)
- Eat a Red Apple Day (1st)
- Cocoa Day (12th)
- Maple Syrup Day (17th)

Fit Foundations

Use Your Bean

Beans give us protein, iron and fiber. They’re also low-calorie, low-fat and filled with “good” carbs.

Worried about the gassy effect of eating beans? Introduce beans gradually but regularly into your diet. Drain and rinse canned beans. Also, if you choose to cook your own dried beans, soak them for a longer time and replace the water used for soaking with fresh water before cooking the beans.

Preparing dried beans

For each pound of beans, add 10 cups of water. Then, choose one of these soaking methods:

- **Quick Soak:** Bring beans to a boil and let them boil for 2 to 3 minutes. Cover beans and set aside for at least 1 hour.
- **Hot Soak:** Bring beans to a boil and let them boil for 2 to 3 minutes. Cover beans and set aside for at least 4 hours.
- **Overnight Soak:** Simply let beans soak overnight, or at least 8 hours (no heating required).

Once the beans have soaked, change the water. Then, bring the beans to a boil and simmer until fork tender.



Join Santa and the Lunch Bunch Crew for a Hot Breakfast and Lunch



HAPPY HOLIDAYS

“Food for Thought” Factoids Beans Are Affordable and Convenient

- **Beans fit right into your budget.** One cup of cooked dried beans is about \$.08 and canned beans are about \$.20 per cup.
- **Beans are easy to keep on hand.** Bagged beans can be stored for up to one year and canned beans for up to two years.



Developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
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www.northcarolina.gov www.nutrition.gov

Some ideas adapted from www.northarvestbeans.org



Menus for December 2009



Fort Bragg Schools PK—9TH

Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Blueberry Muffin w/ Oatmeal Or Cereal Orange Wedges Choice of Cold Milk LUNCH Cheese Pizza Or Chicken Sandwich CHOOSE TWO Steamed Broccoli Lima Beans Strawberries Peaches Choice of Milk	Chicken Biscuit Or Cereal Blueberries w/Diced Apples Choice of Cold Milk LUNCH Turkey Rice Soup w/ Crackers & Ham Biscuit Or Beef Ribs Sandwich CHOOSE TWO Corn on Cob Garden Peas Fresh Whole Apple Congealed Fruit Salad Choice of Milk	Scramble Eggs w/ Grits Or Cereal Sliced Peaches Choice of Cold Milk LUNCH Hotdog w/ Chili Or Ham & Cheese Sandwich CHOOSE TWO Oven Baked Sweet Potatoes Green Beans Blueberries Orange Wedges Choice of Milk	Grilled Cheese Sandwich Or Cereal Applesauce Choice of Cold Milk LUNCH Bar-B-Que Chicken w/ Roll Or Cornodog CHOOSE TWO Creamed Potatoes Pinto Beans Steamed Cabbage Applesauce Orange Wedges Choice of Cold Milk	Turkey Ham Biscuit w/ Oatmeal Or Cereal Peaches w/ Diced Apples Choice of Cold Milk LUNCH Fish Sticks w/ Cornbread Or Cheeseburger CHOOSE TWO Oven Potatoes Baked Beans Sliced Peaches Fresh Whole Apple Coleslaw Choice of Cold Milk
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Breakfast Pizza Or Cereal Applesauce Choice of Cold Milk LUNCH Chicken Tenders w/ Dip Or Baked Potato w/ Meat & Cheese Sauce w/ Cinnamon Roll CHOOSE TWO Steamed Corn Steamed Broccoli Fresh Orange Wedges Tossed Salad w/ Dressing Choice of Cold Milk	Scramble Eggs w/ Grits Or Cereal Orange Juice Choice of Cold Milk LUNCH Tacos (2) Or Hotdog w/ Chili CHOOSE TWO Corn on Cob Baked Beans Lettuce w/ Diced Tomatoes Sliced Peaches Coleslaw Choice of Cold Milk	Breakfast Bagel Or Cereal Sliced Peaches Choice of Cold Milk LUNCH Chicken Sandwich Or Spaghetti w/ French Bread CHOOSE TWO Potato Rounds Garden Peas Tossed Salad Sliced Peaches Choice of Cold Milk	Pancake N' Sausage Or Cereal Applesauce Choice of Cold Milk LUNCH Turkey & Dressing w/ Trimmings Or Cornodog CHOOSE TWO Broccoli Casserole Lima Beans Congealed Fruit Salad Apple/ Raisins Salad Dessert: Sweet Potato Pie Choice of Cold Milk	Cranberry Muffin w/ Oatmeal Or Cereal Sliced Peaches w/ Diced Apples Choice of Cold Milk LUNCH Fishwich Or Macaroni & Cheese w/ Diced Ham and Roll CHOOSE TWO Green Beans Potato Rounds Blueberries Coleslaw Orange Wedges Choice of Cold Milk

Tuesday, December 1
Breakfast Pizza Or Cereal Peaches Choice of Cold Milk LUNCH Spaghetti w/ French Bread Or Hot Ham and Cheese Sandwich CHOOSE TWO Steamed Corn Garden Peas Shredded Lettuce w/ Diced Tomatoes Orange Wedges Choice of Cold Milk

Wednesday, December 2
Turkey Ham Biscuit w/ Oatmeal Or Cereal Applesauce Choice of Cold Milk LUNCH Vegetable Meat Soup w/ Grilled Cheese Sandwich Or Chicken Sandwich CHOOSE TWO Potato Rounds Baked Beans Peaches, Diced Apple, Banana Lettuce w/Pickle Chips Choice of Milk

Thursday, December 3
Breakfast Bagel Or Cereal Fresh Apple Wedges Choice of Cold Milk LUNCH Baked Chicken w/ Roll Or Hotdog w/Chili CHOOSE TWO Creamed Potatoes Black-eyed Peas Steamed Cabbage Congealed Fruit Salad Choice of Fresh Fruit Choice of Cold Milk

Friday, December 4
Scramble Eggs w/ Grits Or Cereal Orange Wedges Choice of Cold Milk LUNCH Fishwich Macaroni & Cheese w/ Diced Ham and Roll CHOOSE TWO Parley Potatoes Green Beans Congealed Fruit Salad Pink Lady Apple Choice of Cold Milk



Monday, December 7
Blueberry Muffin w/ Oatmeal Or Cereal Orange Wedges Choice of Cold Milk LUNCH Cheese Pizza Or Chicken Sandwich CHOOSE TWO Steamed Broccoli Lima Beans Strawberries Peaches Choice of Milk

Tuesday, December 8
Chicken Biscuit Or Cereal Blueberries w/Diced Apples Choice of Cold Milk LUNCH Turkey Rice Soup w/ Crackers & Ham Biscuit Or Beef Ribs Sandwich CHOOSE TWO Corn on Cob Garden Peas Fresh Whole Apple Congealed Fruit Salad Choice of Milk

Wednesday, December 9
Scramble Eggs w/ Grits Or Cereal Sliced Peaches Choice of Cold Milk LUNCH Hotdog w/ Chili Or Ham & Cheese Sandwich CHOOSE TWO Oven Baked Sweet Potatoes Green Beans Blueberries Orange Wedges Choice of Milk

Thursday, December 10
Grilled Cheese Sandwich Or Cereal Applesauce Choice of Cold Milk LUNCH Bar-B-Que Chicken w/ Roll Or Cornodog CHOOSE TWO Creamed Potatoes Pinto Beans Steamed Cabbage Applesauce Orange Wedges Choice of Cold Milk

Friday, December 11
Turkey Ham Biscuit w/ Oatmeal Or Cereal Peaches w/ Diced Apples Choice of Cold Milk LUNCH Fish Sticks w/ Cornbread Or Cheeseburger CHOOSE TWO Oven Potatoes Baked Beans Sliced Peaches Fresh Whole Apple Coleslaw Choice of Cold Milk

Monday, December 14
Breakfast Pizza Or Cereal Applesauce Choice of Cold Milk LUNCH Chicken Tenders w/ Dip Or Baked Potato w/ Meat & Cheese Sauce w/ Cinnamon Roll CHOOSE TWO Steamed Corn Steamed Broccoli Fresh Orange Wedges Tossed Salad w/ Dressing Choice of Cold Milk

Tuesday, December 15
Scramble Eggs w/ Grits Or Cereal Orange Juice Choice of Cold Milk LUNCH Tacos (2) Or Hotdog w/ Chili CHOOSE TWO Corn on Cob Baked Beans Lettuce w/ Diced Tomatoes Sliced Peaches Coleslaw Choice of Cold Milk

Wednesday, December 16
Breakfast Bagel Or Cereal Sliced Peaches Choice of Cold Milk LUNCH Chicken Sandwich Or Spaghetti w/ French Bread CHOOSE TWO Potato Rounds Garden Peas Tossed Salad Sliced Peaches Choice of Cold Milk

Thursday, December 17
Pancake N' Sausage Or Cereal Applesauce Choice of Cold Milk LUNCH Turkey & Dressing w/ Trimmings Or Cornodog CHOOSE TWO Broccoli Casserole Lima Beans Congealed Fruit Salad Apple/ Raisins Salad Dessert: Sweet Potato Pie Choice of Cold Milk

Friday, December 18
Cranberry Muffin w/ Oatmeal Or Cereal Sliced Peaches w/ Diced Apples Choice of Cold Milk LUNCH Fishwich Or Macaroni & Cheese w/ Diced Ham and Roll CHOOSE TWO Green Beans Potato Rounds Blueberries Coleslaw Orange Wedges Choice of Cold Milk