



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Head of School

Our Arts Program Shines in Dramatic Fashion

This is the time of year when we are presented with wonderful performances by the drama departments in our Senior School and our MYP division. If you managed to see 'A Midsummer Night's Dream' last week, I am sure you were at least as impressed as I was; and, of course, 'Dear Edwina' in the Junior School – coming up on March 14 and 15 – is going to be a big hit as well.

The notion of a big hit goes well beyond the dedication and commitment of our teachers and students, which, without question, forms the strength of our program and provides the integrity for its core elements. From focus to timing to mood to sound, without the time and attention paid to the details by the leadership of our teachers and the careful preparation of our students, our productions would simply not be the big hits that they are. Thank you to Mr. Pope, Dr. Bospflug and Mrs. Winterburn for their leadership and to all of our faculty and staff who come together to support our young actors.

It's these young actors who have much to gain from our drama program. When you pause to think about what our children are learning from the experiences they have in drama, it's easy to see why they flourish on stage in whatever role they play. It's not about being the star or getting the lead role, of course, it's about reaping the benefits of a well rounded education that is rich in the inclusion of the arts. As a matter of fact, research has revealed the positive impact of drama on students' physical, emotional, social and cognitive development. Here's a list compiled from multiple resources that outlines how our children benefit from drama:

Confidence	Taking risks in class and performing for an audience
Imagination	Making creative choices, thinking of new ideas and interpreting familiar materials in new ways
Empathy	Acting promotes compassion and tolerance for others' feelings and points of view
Collaboration	Discussing, negotiating, rehearsing and performing
Concentration	Sustaining focus of mind, body and voice
Communication	Verbal and nonverbal expression of ideas; projection, articulation and fluency
Problem solving	Improvisation develops quick-thinking and adaptability



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Fun	Drama brings play, humour and laughter to learning
Emotional outlet	Students express a range of emotions (including aggression & tension) in a safe, controlled environment
Relaxation	Releasing mental, physical and emotional tension
Self-discipline	Practice and perseverance are needed to move from an idea to a production
Trust	Risk taking develops trust in self, others and the process
Fitness	Movement improves coordination, flexibility, balance and control
Memory	Rehearsing and performing words, movements and cues strengthen memory
Social awareness	Stories told through drama teach students about cultures, social issues and conflict that occur in different parts of the world
Aesthetics	Participating in and viewing drama productions raises appreciation for the art form and brings joy to your life

One of the many positive elements of the educational program at Southridge is that our children have the opportunity to participate in great experiences in a variety of classes. Courses in the arts are required at our School because of their incredible value. Southridge is about so much more than the “academic” achievement required to “get into” the “right program, at the right university.” Southridge is about educating good people with a social consciousness and a caring disposition towards others, and, in that regard, drama is a key ingredient to the high ideals of our School’s mission and vision.

Have a wonderful week!

Drew Stephens
Head of School



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Important Dates

Event	Date	Time	Location
Grade 8 Bandfest Trip	Thursday, March 2 and Friday, March 3	All Day	
Junior School House Captain Theme Day	Friday, March 3	All Day	Junior School
Junior School Term 2 AR Deadline	Friday, March 3		Junior School
Term 3 Begins	Monday, March 6		Both Schools
Junior Assembly	Tuesday, March 7	8:10 am	Junior School Great Hall
Italy Send-off Concert	Wednesday, March 8	7:00 pm	Alan Brown Great Hall
MYP Musical Dress Rehearsal	Monday, March 13	8:10 am	Junior School Great Hall
MYP Musical – “Dear Edwina”	Tuesday, March 14	1:15 pm	Junior School Great Hall
MYP Musical – “Dear Edwina”	Wednesday, March 15	6:30 pm	Junior School Great Hall
Senior School Speech Day	Wednesday, March 15	All day	Senior School
Term-Two Progress Reports Sent Home (PYP and MYP)	Friday, March 17	3:00 pm	Junior School
Spring Break	Saturday, March 18 – Sunday, April 2		Both Schools
Late-Start	Monday, April 3	10:25 am	Both Schools

Junior School News

Head of Junior School

Good-bye February...Hello March!

If you're feeling anything like I am, I am a little happy to see the back end of February and the beginning of March. With all of the snow, uncertainty with the weather and darkness over the month of February, it seemed like a particularly long month, even though it is the shortest one. It's hard to believe that March is upon us, and given that March break is just around the corner, these next few weeks are sure to fly by. Despite the cold and darkness, February was a very busy and productive month in the Junior School.



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Our term two co-curricular sports season has come to a close, with many successes to celebrate on the basketball court and in the pool. Thank you to the coaches who gave so freely of their time to support our Junior School athletes. Congratulations to all of our term two athletes for their commitment and enthusiasm. You represented Southridge so well and found great success in doing so.

Thank you to everyone who joined us for Student-Led Conferences last Thursday. It was so wonderful to see the students communicating their learning with parents and grandparents. Thank you, parents, for helping to create a very relaxed and positive atmosphere in which for students to share.

The kindness virus continues to infect us in the Junior School. We enjoyed a lovely celebration of our 'Random Acts of Kindness Weeks' on February 22 and had great support for Pink Shirt Day on February 23. Our collective awareness of kindness and its importance in our community has certainly been heightened, and random acts of kindness continue to pop up all over the school. Keep it up Junior School!

So farewell, February; and here comes March, just like a lion!

Tanya de Hoog
Head of Junior School

Term Two Progress Reports

Term Two Progress reports for all PYP and MYP students will be sent home on Friday, March 17 at 3:00 pm. Please be aware that we are not able to provide students with their progress reports early. If your child will not be present to receive his/her progress report on March 17, you can come by the school during the break to pick up their report, or it will be provided when school reopens on Monday, April 3.

March Break Dismissal and Return

On Friday, March 17, all students will be dismissed at 3:00 pm for March Break. March Break is two weeks long with a return to school date of Monday, April 3 (Day 2). Please mark your calendars accordingly. Please also note that Monday, April 3 is also a late-start day, and students need to arrive between 10:10 and 10:20 am for a start time of 10:25 am. ***Please do not bring students any earlier than 10:10 am as all teachers and staff are in meetings and no supervision is provided.***



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Dear Edwina: The MYP Musical!

If you've been in the Junior School recently, you've probably heard some very catchy tunes or seen the amazing set on the stage in the Great Hall. That's because all MYP students are busy working on preparing for our March production of the musical 'Dear Edwina'. Please mark your calendars now for either the **1:30 pm matinee performance on Tuesday, March 14**, or the **6:30 pm evening performance on Wednesday, March 15**. Like the Christmas concert, tickets are not necessary. The students are working very hard in rehearsals and are looking forward to having full houses for both performances, so we hope that you are able to join us!

Thank you!

Dr. Bessflug, Mrs. Winterburn, Ms. MacHolm, and Mrs. de Hoog
The MYP Musical Team

AR Reading Cut Off Date – Friday, March 3rd – Grades 3-7

Just a reminder to all students from Grades 3-7 that the last day for writing AR tests for Term 2 is on Friday, March 3rd. All tests completed from Monday, March 6th will count for Term 3. It is helpful to know that this deadline is looming in order to avoid a last minute rush on test-writing. Ideally, students set realistic goals in consultation with their teachers, and the AR goal is manageable and attainable; we are just supporting good reading habits. However, we are mindful that lives get busy, and knowledge of deadlines is very helpful.

Students who have already reached their goals are welcome to set higher personal goals to achieve or to read non-AR books until the start of Term 3.

Happy reading!

Christine Gardecki
Junior School Teacher Librarian



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Last Call for Gift Basket Items!

Country Fair is coming soon and we are in desperate need of gift basket items, so the **deadline for donations has been extended to Monday, March 6!**

Each grade has been assigned a specific 'theme' for donation items and to-date the collection bins are looking very empty! We need every Junior School student to **PLEASE donate at least ONE NEW ITEM with a minimum \$10 value.** Theme lists are posted outside of each classroom and collection bins have been placed inside of each classroom for item drop-off.

Thank you to everyone who has already brought in a donation. All gifts are greatly appreciated – your generous support is the reason we all succeed!

All items must be NEW and have a minimum \$10 value – below are the assigned categories for each grade and donation item ideas:

Kindergarten & Grade 1: Children's Toys and Games (either baby toys or toys for children 6 and up. Items like: Lego, craft kits, Crayola sets, hair accessories, activity sets, Barbie dolls, baby dolls, books, and any other popular children's toys). *Please, no Dollar Store toys.*

Grades 2 & 3: Kitchen and Gourmet Items (cook books, fancy spices, oil and vinegar sets, garlic presses, cheese harps, ice cream scoops, colanders, mixing bowls, tea towels, spatulas, whisks, measuring spoons and cups, baking pans and trays, aprons, non-perishable GOURMET food items, or gift certificates).

Grades 4 & 5: Outdoors Items (outdoor games, such as: bocce ball, cricket sets, ring toss, or things like portable BBQ's, camping gear, coolers, picnic items, garden planters, garden gloves, seeds, watering cans, garden tools, car wash items, or a gift certificate).

Grades 6 & 7: Mother's Day Items (bath products, spa items, candles, perfume, lotions, fancy soaps, bubble bath, scarves, fitness accessories, sewing and knitting items, chocolates, tea and coffee products, or gift certificates).

Thank you,

Megan Hunter & Kimi Schellenberg
2017 Country Fair Gift Basket Co-Chairs



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Grade 7 A Girls' Basketball Finish Their Season

On Monday, February 27, the Grade 7 A Girls' Basketball Team completed their season at the ISEA Championships. Although the day didn't yield the results we may have all hoped for, the season provided many great experiences for the girls to grow from.

Starting off the year back in November, the girls kicked off the season with a tournament at St. John's School. It was a great taste for the girls and gave us the opportunity to 'get our feet wet' in preparing for the rest of the season. From there, the girls built on their successes and competed in some tight league games, learning what it was like to work through difficult competitions.

After Christmas, the team travelled to Chilliwack, BC and took part in a middle school tournament hosted by GW Graham Middle School. This was a chance for the girls to see some competition outside our ISEA league and they did well, notching a couple of good victories that weekend!

As the season continued on, it was great to see how the team worked at developing their skills and understanding of the game of basketball. They were open and willing participants – from early morning practices, to late games in Vancouver. The team should be proud of how much they have grown this year. As I mentioned, the ISEAs were a tough draw but the team competed from whistle to whistle. More than one referee commented on how well the girls were playing along the stretch, with one referee remarking on how much they had improved from the last time he had seen them.

Congratulations girls on a fantastic season! You were great representatives of our school, both on and off the court.

GO STORM!

Perry Harder
Grade 7 A Girls' Basketball Coach



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Senior School News

Head of Senior School

Congratulations, 'A Midsummer Night's Dream'

In our Senior School assembly on Monday morning, I shared with students that I have seen a lot of high school theatrical presentations in my lifetime (...a lot). I do not think I can recall, however, having been as thoroughly entertained as I was on Saturday night, watching the final performance of Southridge's rendition of Shakespeare's comedy, 'A Midsummer Night's Dream'.

Over the past few weeks, I have had the pleasure of seeing and hearing the cast and crew rehearsing in the Alan Brown Great Hall. While our lack of a formal 'theatre' space could be perceived to some as limiting, we're so fortunate to have teachers and students who are able to look beyond the challenge, and find an opportunity. With this in mind, they were able to transform the Alan Brown Great Hall into what felt like, to the audience, a quaint, intimate off-Broadway theatre.

Mr. Pope and Ms. Kolic did a marvelous job of directing this thoroughly enjoyable production, bringing Shakespeare's classic tale to life. The lighting, sound and seamless work of the tech team was outstanding. Perhaps the thing that struck me the most is that our students and staff are amazingly talented!

I want to extend a huge 'congratulations' to all who were involved in this remarkably funny, well-acted, incredibly entertaining play. Everyone I spoke to was truly impressed with every aspect of this memorable production.

Have a great week,

Brad Smith
Head of Senior School

University Counselling Updates

Coffee Mornings

University Counselling will be hosting two coffee morning sessions during the month of March. These sessions are a great opportunity for parents to meet with Mrs. Becker and Ms. Livingston directly and ask questions. The dates are:



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

1. Wednesday, March 1 at 8:10 - 9:20 am
TOPIC: U.S. College Admission Process hosted by Mrs. Becker
2. Tuesday, March 7 at 8:10 - 9:20am
TOPIC: The Decision to Study in the U.K. hosted by Ms. Livingston

Coffee and snacks will be available. We hope you will join us!

Alumni Visit the Grade 12's

Over the past two weeks, Southridge welcomed back members of the Class of 2016 to meet with the Class of 2017 and share advice, tips and wisdom about university offers and discuss how to prepare for the transition. We are very grateful to the Alumni who took time from their Reading Break to meet in the Library!

Yvette Livingston
Director of University Counselling

Parents of 2017 Grads – Save The Date!

With the coming of Spring (not that you can tell by the snow outside!), questions regarding the details for the **Grad 2017 Dinner & Dance** are starting to come in. So that you know, we traditionally mail formal invitations (containing all relevant information) to families of graduates at the beginning of Spring Break. For those who are starting to plan now, here are the details:

Date: Saturday, June 24, 2017
Location: Vancouver Convention Centre
Cost: \$125 per ticket (including graduate)
of Tickets: 4 per graduate (including graduate)
RSVP dates: ordering opens Monday, March 27
ordering closes Monday, April 10

If you would like to request additional tickets, please email me at bbecker@southridge.bc.ca. The requests will be considered after May 1st.

Feel free to contact me if you have any questions,

Brenda Becker
Senior School Upper Division Coordinator



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Tennis Try-Outs

Try-outs for the Senior School (Grades 8 - 12) Tennis Team have started! The first session took place on February 24 and the next session is coming up on Friday, March 3 from 6:00 – 8:00 pm at the Surrey Tennis Centre. Students who are interested will need to make arrangements for transportation and bring their own racket. We will let students know before Spring Break if they have made the team. If you have any questions, please contact me at crodriguez-lang@southridge.bc.ca.

Cecilia Rodriguez-Lang
Senior School Tennis Coach

Wrapping Up 'A Midsummer Night's Dream'

Following such a strong run, it is easy to be proud of the hard work and dedication by the cast and crew of 'A Midsummer Night's Dream'. They did an excellent job – from executing many technical cues with precision, to performing their characters with such energy and skill. Our goal was to make Shakespeare fun and accessible; I like to believe that we were successful in bringing that goal to fruition.

For those that came and saw the show, **thank you** for sharing all the fun and frivolity with us. It was a magical dream that we hope will remain as fond a memory for you, as it will be for us.

Glen Pope
Senior School Drama Teacher

Grade 8 Concert Band – Bandfest 2017

The Grade 8 Concert Band will cross the water to Vancouver Island on Thursday, March 2 to participate in the University of Victoria Bandfest. The group has been working hard and I am really excited about their collective sound and focus as we prepare for our performance. The students are to arrive at Southridge on Thursday at 8:00 am in FULL WINTER UNIFORM including a blazer, as we will start our day with a workshop and performance for the Junior School students. The concert is at 10:40 am in the Junior School Great Hall if you are available to join us in the audience. Then we are off to Victoria!

We return to the school on Friday, March 3 at 3:15 pm. Students will need to collect their instruments and luggage prior to departing the school.



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

A full itinerary and packing list will be posted on Schoology for your information. If you have any questions, please contact Jenna Parker (jparker@southridge.bc.ca or 604-542-5377).

The Senior School Music Department

Project Backpack

It is estimated that on any given night, when we are at home surrounded by the warmth of our home and tucked safely in bed, there are approximately 700 youth in the Vancouver area living on the streets, trying to find a safe place to sleep and survive the night. This is where the Project Backpack campaign comes in. This campaign was started by Cara Sinclair, who delivered backpacks to schools so that students could fill them with items that would be most needed by youth living on the street – in essence, youth helping other youth. Project Backpack has now grown to several schools in the Lower Mainland and to this date, over 2,500 backpacks have been collected.

Southridge will be participating in this campaign once again. Tomorrow's long advisory (March 2nd) will be dedicated to filling a total of 56 backpacks with items that youth need in their day to day lives – some examples include socks, gloves, shampoo, toothbrushes, toiletries, and gift cards to pharmacies, food, and transportation. These backpacks will be dropped off at Directions Youth Services in downtown Vancouver distributed directly to local youth.

We ask that you please bring in your item to your advisory tomorrow, if you haven't done so already. It is very important for them to know that others care about what happens to them – in particular, that other youth care. By assembling these backpacks, we will be able to make a positive difference in the daily lives of homeless youth.

If you would like to know more about Project Backpack, please watch this video:
<https://www.youtube.com/watch?v=1DgrGeDCIZM>

Thank you for your support!

Sanya Grover
Grade 11



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Charlotte Luking Represents Southridge at Provincials

On Thursday, February 23, Charlotte Luking (Grade 8) was excited to represent Southridge at the BC Highschool Gymnastics Provincial Championships being hosted in Prince George. She competed against a deep field of 56, level 2 athletes in Grades 8 to 12, from schools all across the province. She had a great competition and ended up with a 13th place finish on floor, 4th on bars and 2nd on vault.

This is the first year Charlotte has competed at this level and we were all thrilled with her performance.

Gordon Smith
Senior School Director of Athletics

Both Schools

Don't Miss Tonight's Presentation on Drugs & Fentanyl

As you will have hopefully read in previous issues of *The Wednesday*...

Tonight at 6:30 pm, Southridge School is excited to host **Nancy Smith, Youth Diversity Liaison Surrey - Safe Schools**, for a presentation on, "**Drugs & Fentanyl: Understanding the Dangers and What We Can Do**". Nancy will be joined by **George Passmore, Program Manager of Counselling and Substance Use Services at Sources Community Resources**.

The fentanyl crisis has been a leading news story this year. What does it mean for our schools, children and community? How are we better able to prepare children and parents to navigate the risk of drug use? Drug use is not predicated on socio-economic status, family situation, intelligence or where one lives. Understanding drug use, the dangers of fentanyl, what to do when someone is under the influence of drugs, and how to have conversations with our children about these issues will be the focus of this presentation. The new reality of drug use impacts every community, and the presentation will look at how we can keep our children connected to us and provide them with the information that helps in making healthy choices.



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

EVENT DETAILS:

All parents with children in Grades 7 - 12 are welcome.

Wednesday, March 1

6:30 – 8:00 pm

Southridge School - 2656 160th Street, Surrey, BC

(Alan Brown Great Hall – Senior School)

No pre-registration or entry fee is required.

We sincerely hope you will join us this evening! And please, feel free to bring your child(ren) along!

Thank you,

Natasha Bains
Senior School Counsellor

Annual Fundraising Campaign Update

Thank you, thank you, thank you! Many of our families have made an annual donation to Southridge this year and we are so grateful for your support.

In fact, our Arts project for the year – a short-throw projector that will be used by our Media Arts and Drama departments, has been fully funded! Thank you so much!

Our Greatest Need and Athletics funds still need your support. Gifts to the Athletics fund will allow us to purchase additional branded outdoor tents for our teams and spectators. Currently, we don't have enough working tents for each of our teams playing outdoors on any given day. Given the number of tournaments and rainy days we have, our Storm athletes need them! Alternatively, gifts to the Greatest Need Fund will allow us to purchase capital items throughout the school (lab equipment, library books, technology purchases) and improve our campus and facilities (landscaping and field maintenance, HVAC maintenance, etc.).

Every year we ask our families to make a donation to Southridge. If you have not yet made a donation this school year, we will be sending you a letter and pledge card in the mail soon. Or, alternatively, please consider [making your gift online today](#). Your gift can be directed to an area at the school that means the most to you including the Greatest Need Fund, Athletics, or any of our bursary funds. All gifts are sincerely appreciated.



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

If you have any questions about making a gift to Southridge, please don't hesitate to contact me directly any time at 604-542-2330 or via email at chodson@southridge.bc.ca.

Thank you for your continued support.

Christiane Hodson
Director of Advancement

Get to know your Board of Governors

Over the next few months, through articles in The Southridge Wednesday, we will be sharing information with you about Southridge School's Board of Governors. Through this series, we hope you will develop a deeper understanding of the role of the Board at Southridge, how Governors are elected, and a stronger connection with the individuals who serve Southridge in this capacity. Later in the series you will also have the opportunity to pose questions to the Board and our responses will be shared here with all members of our community. Our intent is to create a space for open dialogue and conversation, so that everyone at Southridge feels connected and involved in our vibrant community!

To act honestly and in good faith in the best interests of the School

This is the most important role of a Board Member. Our mandate extends beyond the needs of current students to past students, future students and the Society itself. The Board is entrusted with advancing the School's mission in the present and the future while honouring its history. Board members, while representing a healthy diversity of viewpoints, must think and make decisions for the School as a whole. When creating a policy for the School, the Board must balance shorter term needs and wants of current families with the perspective "what is in the best long-term interests of the School?"

Southridge has been very fortunate to have had so many people that have given of their time over the past 22 years and who have truly had the long-term interests of the School at heart. Our current Board is tasked with carrying on that tradition.

Please take some time to read our Board member bios and learn a little more about them by logging into the Parent Portal: <http://www.southridge.bc.ca/page.cfm?p=1069>.



SOUTHRIDGE WEDNESDAY

Our Weekly News

MARCH 1, 2017
ISSUE #23

Board Members:

Nick Nuraney - Chair
Doug Wilson - Past Chair
Rachael Lawson - Vice Chair
Dorothy Podmore - Treasurer
Tom Deutsch - Secretary
Preet Brar
Lori Dams
Dr. Rod French
Wendy Lei
Jack Liu
Stephan Luking
Kim Markey
Dr. Wayne Peace

Thank you, and have a great week!

Nick Nuraney, Chair, Board of Governors

Southridge Café

The Café staff like feedback! Feel free to let us know some of your favourites and not-so-favourites. As we try out new dishes, let us know what you think. This way, we will know whether to add it to our menu or not. You can provide us with your comments or suggestions at: southridge@canuelcaterers.ca

Please see the attached menus for the month of March.

Uniform Shop News

We're always putting new items on the shelves of our Uniform Shop. If you haven't visited in a while, we encourage you to drop by!

Our opening hours are:

Monday – Thursday: 7:45 - 9:00 am and 2:00 - 4:00 pm
Friday: closed

Phala Tan
Business Services Manager



...HELPING HOMELESS YOUTH SURVIVE ON THE STREET

Student:

" PBP made me realize how fortunate I really am & how we sometimes take things for granted. "

Student:

" I like being a part of PBP, because even though I made a small difference it's big enough to make a difference in someone's life. "

Homeless Youth:

" Getting judged as a homeless person is bad enough, so feeling clean definitely gives me a moral boost. "

Case Worker:

" These supplies really affect the daily lives of our youth. "

PARTICIPATING SCHOOLS & ORGANIZATIONS



SUGGESTED ITEMS

- Socks & Underwear
- Toques & Gloves
- Scarves & Warm Clothes
- Toiletries
- New Razors & Shaving Cream
- Deodorant
- Feminine Products
- Dental Supplies
- Water Bottles & Thermoses
- Bus Tickets
- Sewing Kits
- First Aid Kits
- Art Supplies
- Hair Accessories & Make-up
- Combs & Brushes
- Flashlights & Batteries
- Shampoo / Conditioner
- Telephone Cards

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BENEFITTING



GROSVENOR



	Mon-27	Tues-28	Wed-1	Thur-2	Fri-3
Breakfast	Lemon Poppy Seed	Smoothie Day	Raspberry Muffin	Bacon Wrap	Smoothie Day
Chef's Entree	Perogies and Sausage	Salad Bar	Lemongrass Chicken	Salad Bar	Fish Burger
Pasta Bowl	Alfredo	Cannelloni	Mac and Cheese	Pasta Rose	Primavera
Grill Central	Pizza Dog	Chicken Fajita	Spicy Chick Burger	Pulled Pork Sub	Pizza
Weekly Panini	BBQ Chipotle Chicken	BBQ Chipotle Chicken	BBQ Chipotle Chicken	BBQ Chipotle Chicken	BBQ Chipotle Chicken
Great Greens	Pasta Salad	Salad Bar	Chef Salad	Salad Bar	Tossed Salad

We always offer our regular menu in addition to our daily specials



	Mon-6	Tues-7	Wed-8	Thur-9	Fri-10
Breakfast	Blueberry muffin	Smoothie Day	Bacon Egger	Apple Scone	Smoothie Day
Chef's Entree	Stuffed Chicken	Salad Bar	Teriyaki Stir Fry	Salad Bar	Fish and Chips
Pasta Bowl	Mac and Cheese	Chicken Penne	Italiano	Tortellini	Marinara
Grill Central	Bacon Cheese Brg	Turkey Pot Pie	Spring Rolls	Pizza	Spicy Chicken Brg
Weekly Panini	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar
Great Greens	Chic Pea Salad	Salad Bar	Caesar Salad	Salad Bar	Chef Salad

We always offer our regular menu in addition to our daily specials



Mon-13

Tues-14

Wed-15

Thur-16

Fri-17

Breakfast

**Chocolate
chip muffin**

**Smoothie
Day**

**Sausage
Wrap**

**Raspberry
Scone**

**Smoothie
Day**

**Chef's
Entree**

Taco Bowl

Salad Bar

**Personal
Pizza**

Salad Bar

Fish Taco

**Pasta
Bowl**

**Mac and
Cheese**

Gnocchi

**Pasta
Alfredo**

Cannelloni

Primavera

**Grill
Central**

**Vietnamese
Sub**

**5 Spice
Chicken**

Japa Dog

BBQ Ribber

Beef Dip

**Weekly
Panini**

Chicken Pesto

Chicken Pesto

Chicken Pesto

Chicken Pesto

Chicken Pesto

**Great
Greens**

Thai noodle

Salad Bar

**Chicken
Caesar**

Salad Bar

Chef Salad

We always offer our regular menu in addition to our daily specials

