

Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

9/9/2019 - 9/13/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Veggie Express Ramen Bowl
noodles topped with corn, mushrooms, carrots, radishes, edamame, and bok choy flavored with a ramen broth 🌱🌱

Dragon Beef Wrap
stir fry beef and vegetables with sesame garlic sauce on a tortilla wrap 🌱

Homemade Chicken & Broccoli Alfredo
grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🌱🌱

Mango Chicken Lettuce Wraps
marinated chicken breast with red peppers, scallions, cilantro and mango slices wrapped in lettuce 🌱
Homemade Carrot & Raisin Slaw

The Works Hot Dog
hot dog on a bun with mustard, sauerkraut, jalapenos, onions and relish 🌱



Bean & Veggie Burrito
a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream 🌱

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱

Nachos with Cheese
creamy cheese layered over a bed of nachos 🌱

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱

BBQ Chicken Nachos
crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage 🌱

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese



Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house

Meatball Hero
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱🌱

Buffalo Chicken Tenders
Buffalo chicken tenders with carrot and celery sticks 🌱

Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun 🌱

Fish Patty Melt Sandwich
crispy breaded Pollock topped with melted cheese served on a warm roll

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



White Pizza
freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection 🌱

Macho Taco Pizza
homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🌱

Meatball Pizza
cheese pizza topped with sliced meatball 🌱

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🌱

Hand Crafted Pepperoni Pizza
fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp 🌱

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough. All Pizza comes with a



Simply Boxed Belgium Waffle Bites
freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit 🌱🌱

Fruity Granola Parfait
Low fat vanilla yogurt layered with fruit and granola 🌱🌱🌱

American Combo Sandwich
freshly made sandwich with thinly sliced turkey, ham and cheese 🌱

Salad Plate With Crispy Chicken
fresh garden salad topped with baked crispy chicken and served with dinner roll(s) 🌱

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Available Daily on Our Salad Bars: Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblets, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit.

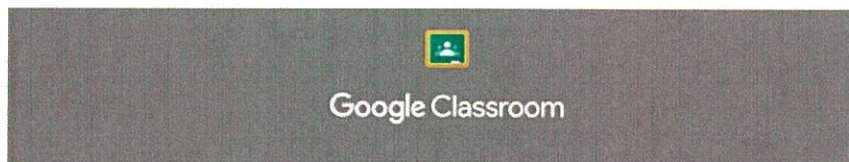
Google Classroom Information For Guardians

Dear Parent/Guardian(s),

Google Classroom is a free and secure learning network for teachers, students and schools. It provides a safe way for us to connect, share content, access homework, participate in discussions and receive class information. Using Google Classroom allows you and your child to have access to course work at any time through the Internet and is accessible online and through any mobile devices with Internet capabilities—including iPhone, iPad and Android devices.

Additionally, the use of Classroom will help keep students and guardians informed of due dates, assignments and grades. Classroom is also useful to check on work missed when absent and to ask questions about assignments

As a guardian, you will have access to Guardian Summaries on your child. Soon you will receive an email (see example below) asking you to accept the invitation to receive these summaries. These weekly or daily summaries will include all announcements and assignments that your child's teacher has posted. You will also be able to view any missing assignments that your child may have. Due dates and other important information will also be available to you.



Your child's teacher **invited you as a guardian in Google Classroom**


You'll get a weekly summary of Braiden's progress with missing and upcoming work, and new teacher posts.



Your child's name
killinglyschools.org

ACCEPT

I'M NOT THE GUARDIAN

 You don't need Gmail or a Google Account to accept.



Student work

Missing from last week

U.S. History - due Jul 26

My top five influential figures in American History

Create a top 5 list of the most influential figures in American history from the people listed in the handout. For each figure, write a brief explanation (in your own words) on why they are on your list. We will be going over this in class so make sure you are ready to justify your choices.

English and American Literature - due Jul 27

What is the Harlem Renaissance? Who started it?

Due next week

U.S. History - Due Aug 3

'The Price of Free Speech' Reading and Questions

Read the handout attached and answer the questions listed in the Google Doc. All answers should be in your words.

All teachers will be using Google Classroom to keep students and guardians updated. Please make sure that you have an updated email address on file with your child's teacher.

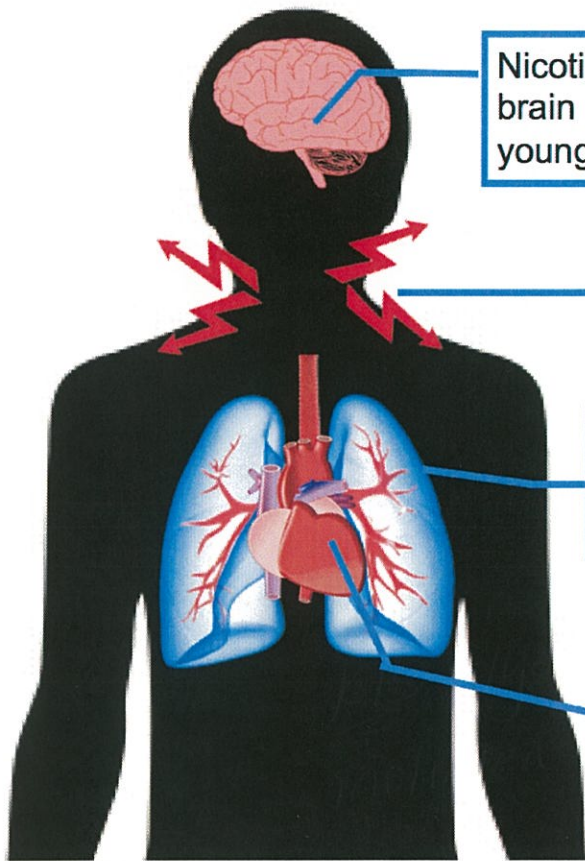
Thank you for your partnership.

KIS AD WEEKLY UPDATE

- Another season for KIS Athletics has begun!!!
- Please welcome Mrs. Beth Malarkey and Mr. Jesse Masterson as the new girls and boys soccer coaches.
- Congratulations to all the Student – Athletes who made the KIS Boys and Soccer Teams.
- Soccer teams are practicing until 4:30PM...Coaches will give their teams more information on practice schedules.
- Cross Country will practice Monday through Thursday until 4:00PM.
- Check the KIS Athletic Website to find
 - Schedules of games and meets
 - Directions to games and meets
 - Changes or cancellations
- Athletics are a parent pick-up. Please be on time to pick up your student-athlete.

Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescent is concerning to health professionals.



Nicotine use in early adolescence causes changes in the brain that make **life-long addiction** much more likely for young e-cig/vape users.

Ear, eye and throat Irritation is common among e-cigarette/vape pen users.

The aerosols produced by the chemicals in e-juice, enter into the user's lungs unfiltered and leave **chemical residue** behind.

Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarette impaired flow-mediated dilation, this suggests that e-cigarettes can lead to **cardiovascular diseases**.

Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer** and **heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.



STARTING NOW!

KIS PTO is helping the students by fundraising with Yankee Candle!

Your child will be bringing home the packet with order forms and catalogs today – ask them!



Orders
due by
Friday,
September
20th!

Delivery in
October

*Think Holiday
Gifts!*

*PLEASE HELP the PTO give
\$4,000-\$6,000 to the school again
this year by supporting our
fundraisers!*

*kispto@killinglyschools.org
with questions*

*Please don't send
cash with fundraisers
– checks made
payable to KIS PTO*

**First PTO Meeting –Tuesday Sept. 17th
6:30 PM Library**

Picture Day is Coming

Wednesday, September 25, 2019
\ miércoles, 25 de septiembre, 2019

Killingly Intermediate School

Order before Picture Day on mylifetouch.com
with your Picture Day ID:

RI239042Q0

Ya llega el Día de la Foto

Encarga antes del Día de la Foto en mylifetouch.com con tu ID del Día de la Foto.



Shutterfly

A special Shutterfly gift!

Order any package on mylifetouch.com and get
a free 8x8 photo book for you and a drawstring
backpack for your student on shutterfly.com

*¡Un obsequio especial de Shutterfly! Encarga cualquier paquete en
mylifetouch.com y obtén un álbum fotográfico de 8x8 gratis para ti y una
mochila con cordón ajustable para tu estudiante en shutterfly.com*

RI239042Q0

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BACK TO SCHOOL BINGO

SEPTEMBER 26, 2019

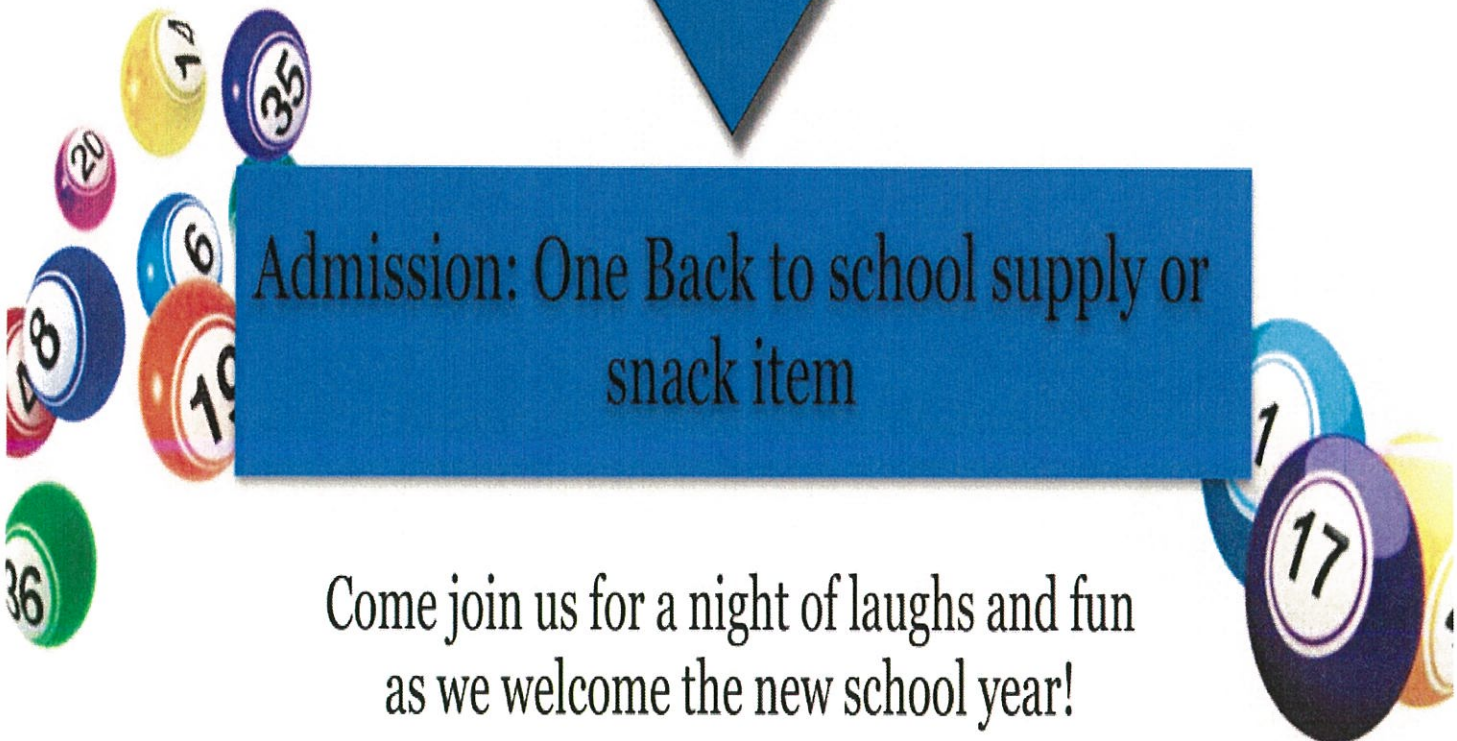
KILLINGLY INTERMEDIATE SCHOOL
CAFETERIA

6:00-7:00
PM

Notebooks
Pens or Pencils
Colored Pencils
Glue Sticks
Scissors

Chips
Crackers
Pretzels
Snack Cakes

Any Snack Item
Will Work



Admission: One Back to school supply or
snack item

Come join us for a night of laughs and fun
as we welcome the new school year!



KILLINGLY • PUBLIC • SCHOOLS



2019-2020 School Year

NOW HIRING

PART TIME:

**APPLY
NOW**

PARAPROFESSIONALS: \$14.20

CHILDCARE ASSISTANTS: \$13.50

BUS AIDES: \$11.93

VAN DRIVERS: \$15.00

SUBSTITUTES:

CUSTODIANS: \$11.50

BUS DRIVERS: \$16.00

TEACHERS: \$100-\$115 PER DIEM

NURSES: \$140 PER DIEM

PARAPROFESSIONALS: \$11.50

BUS AIDES: \$10.50

CHILDCARE ASSISTANTS: \$10.50

www.killinglyschools.org

<https://applitrack.com/killingly/onlineapp/>

860.779.6600