

Costello Cardinal Newsletter



Costello Elementary School
1333 Hamman Drive
Troy, MI 48085
(248) 823-3700 (Main Line)
(248) 823-3701 (Attendance)
(248) 823-3713 (Fax)

Accredited by the North Central Association of Colleges and Schools



Costello.troy.k12.mi.us

Dr. Tammy DiPonio Ed. D., Principal

Head Teachers: Dr. Karen Reese & Grayson McKinney

Jennifer Martus, Principal's Secretary ~ Jillian Cavellier, Office Support

Our Mission: Costello Elementary is a place where thinking is valued,
visible and actively promoted

October 2019—2nd Edition

Oct. 2: Wednesday—Count Day (**PLEASE BE PRESENT** ~ *Thank you!* :)

- Oct. 1: Parents, 5th Grade Camp Mtg 6:00 PM
- Oct. 14: PTO Mtg 7:00 PM Media Center
- Oct. 23: Picture Retakes & GRSP Students
- Oct. 18: Fun Run - @ Costello (*teachers will e-mail classroom times*)
- Oct. 14, 15, 16: 5th Grade Camp Michindoh
- Oct. 22: Kindergarten Field Trip—Westview Orchards
- Oct. 23: SmashBurger—Restaurant Day 10 AM—10 PM
- Oct. 23 & 24: Costello Conferences~12:59 Dismissal
- Oct. 30: Early Release—Costello Dismissal 1:09
- Oct. 31: Fall Celebrations & Parade (check w/your teacher for details)
- Nov. 1: Wear your favorite college's colors and/or jersey/spirit wear
- Nov 20: Early Release 1:09 PM Dismissal
- Nov. 22: No School K-5 (Full Day for 6-12)
- Nov. 20: Costello Family Night @ SkateWorld 6:15-8:15 PM
- Nov. 7: International Night @ Costello
- Nov. 16: Michigan vs State Football
- Nov. 27, 28, 29: NoSchool~Thanksgiving Break



Fall Fun!

On Thursday, October 31, Costello students will celebrate Autumn with a little special classroom time set aside for some light treats and a season related activity. Classroom teachers will determine the time frame for these activities and communicate it with the parents. A school-wide costume parade will take place in the afternoon on the same day. Details to come.

Please, do NOT send your children to school in their costumes. Students MUST bring their costumes to school in a bag. Children will be given time and help to change into their costumes at school just before the parade.

As you guide your child in choosing a costume, please be aware that costumes that are morbid, offensive, or extremely scary are NOT ALLOWED. Toy guns, knives, or other weapons may NOT be worn or brought to school, even if it is part of the "official" costume.

As always, your support and cooperation is appreciated.



LUNCH SCHEDULES:

| Recess | Lunch | Grade |
|-------------|-------------|-------|
| 11:55-12:15 | 12:15-12:35 | 4TH |
| 12:05-12:25 | 12:25-12:45 | 2ND |
| 12:15-12:35 | 12:35-12:55 | 5TH |
| 12:25-12:45 | 12:45-1:05 | 1ST |
| 12:35-12:55 | 12:55-1:15 | 3RD |
| 12:45-1:05 | 1:05-1:25 | KG |



Daylight Savings Time Ends

On Sunday, November 3rd at 2:00 a.m., we will officially end Daylight Savings Time. Please set your clocks back one hour on Saturday night. It is a good annual habit to change the batteries in your smoke detectors and carbon monoxide detectors at the same time. Please note: last day to wear shorts: Friday, Nov. 1st.



University of Michigan vs Michigan State University

BoxTops Collections Oct. 21-Oct. 25th



It's time to Vote for your favorite Michigan college via Costello's annual BoxTops challenge! Send in all your Box Tops to Costello (in a sandwich bag) with your student or, feel free to drop off in the office in the college bucket of your choice between Oct. 21st and Oct. 25th. Game Day is November 16th. All BoxTops need to be submitted by October 25th. The BoxTops winning team will be announced November 1st. The winning team's flag will hang in the cafeteria until the Game Day 11/16. On Nov. 1st students and Staff will wear their favorite college (any college) jersey or, colors.

NEW: Be sure to download the Box Top app – it's super easy and you can start scanning your receipts immediately. Costello earns double credit (more money!) when you scan your grocery receipt. A digital earnings sheet will be sent home for you to fill out and put into the buckets so your scan count towards your team's total. May the best team win!

It ALL adds up ~ BoxTop collections provide Costello on average over \$800 every school year! Happy clipping & scanning!!



Unlock More Earnings! Simply Select a School

General Mills and Box Tops for Education have partnered with Jingit to make a difference for your local school.

You will earn by engaging with participating brands. Your designated school will receive Bonus Box Tops.

Select a School Now

[Find Your School](#)

Students & Teacher ~ All Learning!

Costello "Half-day" Dismissal: 12:59 PM

Costello "Early Release" Dismissal: 1:09 PM

In addition to "half-day" schedules, the Troy School District has "Early Release" days which are designated for teacher professional development. At Costello, Early Release dismissal will be at 1:09. Costello half-day dismissal will be at 12:59. Our November district-wide Early Release is November 20.

Costello Website

website costello.troy.k12.mi.us

Visit Costello's website for a variety of important information, including . . .

- ☐ Student-Parent Handbook
- ☐ Specials Calendar and Schedule
- ☐ Lunch Menu and Lunch Times by Grade
- ☐ Important Forms for Parents
- ☐ 2019/2020 TSD School Calendar
- ☐ TSD Code of Conduct

5th Grade Camp

Mon~Wed., Oct. 14,15,16

Costello 5th grade students will be going to Camp Michindoh on Mon., Oct. 14 and Tue., Oct. 15 and returning on Wed., Oct. 16th. At camp, students will work on team building skills, participate in conflict resolution activities

and learn about Michigan's ecosystem. This fantastic program will leave the 5th graders with some great



Calling all Costello Boys!



ALL Costello Boys, kindergarten through 5th grade, are welcome to join in the Cub Scouts Fun! Friends! and Adventures? We are Costello Cub Scouts Pack 1718. Come check us out at next meeting on Monday, Oct. 21st in the Costello Cafeteria starting at 6:30.

Students and Staff are Grateful to Costello's PTO.

Following are a few recent examples of your PTO dollars at work...

- ◆Over 75 Family Members new to Costello were welcomed at a informational New Family Pizza Night
- ◆Native American Experience
- ◆Transportation for Costello fifth graders to Camp Michindoh on Oct. 15 and back to Costello on Oct. 17. This is a significant expense. Removing this cost from the families student camp fee enables more students to experience camp.
- ◆Educational Materials for Miss Eldridge and Mrs. Erff

As a Costello parent, you are automatically a member of Costello's PTO.

Please join us at our next meeting: Monday, October 8, from 7-8 pm in the Media Center.



For more information, please e-mail president@costellopto.org

Order Your Costello Spirit Gear Today!!!



Lots of fun items and design options!

It's so easy—just go to:

<https://costello.itemorder.com/sale>

Choose your items and securely check out with your credit card!

No order deadline - order all year long!

If you'd like to make it a gift, please select delivery to Costello's school office and you will be notified when your order is ready for pick up. Otherwise, it will be delivered to your student.

Contact Allison spiritwear@costellopto.com
[248/670.4849](tel:2486704849) with any questions

PAGE Four ☺

Start training!! Costello's Annual Fun Run will take place on **Friday, October 18th**



~ Costello Family Skate ~ Night Wednesday, Nov. 20 ~



Skate World is scheduled for **Wednesday, November 20th from 6:15-8:15.**

Costello students and their family members are all welcome!

Fall Conferences ~ Wed., Thur., Oct. 23 & 24

FALL CONFERENCES: Will take place on Wednesday and Thursday, October 23 & 24. All parents are asked to schedule a conference time with their student's teacher(s) as soon as possible.

Visit the Costello website, under "Parents" to schedule your conference. Electronic sign-up is also available for Ms. Erff and Dr. Reese. Please e-mail your student's Specials teachers if you would like to arrange a time to meet with them as well. If your student has an IEP, you may sign up for Ms. Rozmanik (crozmanik@troy.k12.mi.us) at the same time you have scheduled to meet with your student's classroom teacher. You can meet with both at the same time.

[http://www.ptcfast.com/schools/Costello Elementary](http://www.ptcfast.com/schools/Costello_Elementary)

Super Summer Reading Success!

Improves mental stimulation, increases knowledge, reduces stress, improves concentration . . . these are just a few of the many benefits we get from reading. Thanks to our Costello staff and Girl Scout Troop 75784, the school was able to have open library throughout the summer break.

Thank You!



Many thanks to Costello's Girl Scouts. These young ladies helped run Costello's summer library over our summer break.

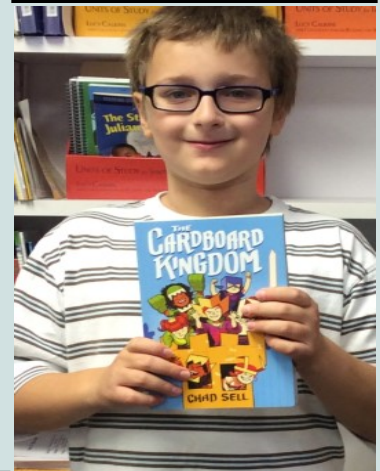
Three Cheers to a GREAT Group of volunteers!!!



Congratulations to our Summer Reader Raffle Winners!
Jehoon, Gianna, Aaliyah, Trystian and Grayson

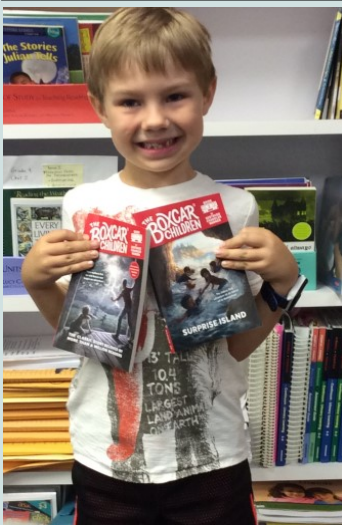


Jackson ~ 13,020 minutes ~ 5th Grade

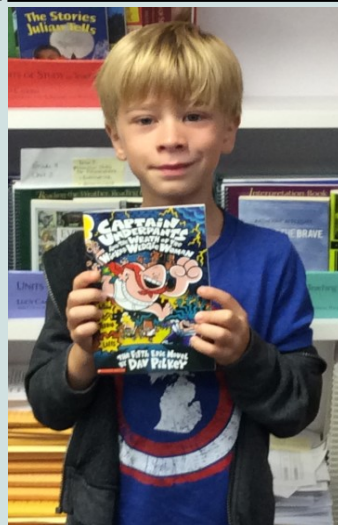


Costello students did a great job of reading throughout the months of June, July and August. Of the hundreds of students that made a point to enjoy some summer reading, we wanted to congratulate our top grade level readers. In recognition for these readers that recorded the most time spent reading, they each got a new book of their choice.

Christian ~ 2,435 min. ~ 1st Grade



Evan ~ 5,620 min. ~ 2nd Grade



Kang ~ 8,366 min. ~ 3rd Grade



Gaeun ~ 6,355 min. ~ 4th Grade



After School Student Pick-Up & Safety

School is dismissed at 4:07. If you pick-up your student, please arrive between 3:50 and 4:10 (no earlier, no later).

At 4:15 p.m., children whose parents have not arrived to pick them up will be taken to the after school CARE Program located inside Costello's cafeteria. The student will stay in CARE until he or she can be released to a parent, guardian, or pre approved person on their school record.

CARE Company charges must be collected, in cash, at time of pickup.

1st occasion: \$10 per hour per child. The \$10. per hour is a minimum charge for any amount of time 60 minutes or less. Repeat occurrences: minimum \$20 for first 60 (or less) minutes, plus an additional \$20 for every hour (or portion of) after the first 60 minutes.



Halloween Candy Collection

Starting November 4th Costello will be collecting excess Halloween candy. Candy will be collected in Costello's office for just one week after Halloween 11/4-11/8. Troy Youth Assistance will repurpose the candy to our service personnel and those less fortunate.



Count Day: **Wednesday, Oct. 2,**

If at all possible, please schedule any necessary appointments for your children after Wednesday, Oct. 2

Parents, we thank you for making every effort to have your child attend school, on time, every day!!!

NO Cooking!!! ~ Oct. 23rd

Treat yourself and your family to dinner out . . .

Smashburger - Wed. October 23rd from 10 to 10. Enjoy an easy lunch or dinner on our half day with your friends and family! Costello will earn up to 20% of the proceeds. Just mention Costello when placing your order.

Good on dine in and carry out!



Eight Million Tons of Plastic is Dumped in our Oceans Every Year



YOU Can Make a Difference!!!

#1. STOP!!! Buying Water Bottles

Each year, at least 20 billion plastic bottles are tossed in the trash. The Great Pacific Garbage Patch, a collection of plastic, floating trash halfway between Hawaii and California, has grown to more than 600,000 square miles, a study found. That's twice the size of Texas!



#2. Wean off One-Time Use, Disposable Plastics

Ninety percent of the plastic items in our daily lives are only used once and then chucked: cups, straws, lids, grocery bags, plastic wrap, to-go containers, disposable cutlery. It only takes a few times of bringing your own bags to the store, silverware to the office, or travel mug to Starbucks before it becomes habit. Tell them you DON'T want a straw. A minor inconvenience for a major impact.



#3. Boycott Microbeads.

Those little plastic scrubbers (microbeads) found in so many personal products—facial scrubs, toothpaste, body washes—might look harmless, but their tiny size allows them to slip through water-treatment plants. Unfortunately, they also look just like food to many marine animals. Avoid all products with microbeads!

Welcome to Art!



Dear Parents,

My name is Mrs. Myre and I am your child's art teacher for the 2019/2020 school year. This is my 6th year teaching in the Troy School District and I am super excited to be back at Costello! I am hoping this letter can serve as a guide for you regarding the art program at Costello Elementary and answer any questions you may have.

The elementary specials are again on an ABCD block schedule this year. Your child has art on a specific letter day. The art schedule is given below. Please note that I teach at Costello on "B", "C", and "D" rotation days and Wattles Elementary on "A" rotation day.

I strongly recommend on art days, not sending your child in their best clothing. Art can be messy at times and I would rather be safe than sorry. I also recommend sending in an art shirt, if you haven't already, that your child can wear during art. An old, large, button-up shirt or T-shirt that can fit over your child's clothing works the best. Please send the shirt with your child's name written on the inside and sealed in a gallon size baggie with name and teacher's name on the baggie.

Just like in the past, each student will be developing a portfolio of his or her artwork this year. The portfolio will remain in the art room until the end of the school year. By doing this, the students and I can continuously evaluate progress. This also enables me to have access to the artwork at all times for school displays and/or special art shows. If you are interested in seeing your child's artwork before the end of the school year, please contact me and I would be more than happy to schedule an appointment with you. Please note that important art information and photos of the student's artwork will be available to view on my website anytime at myresart.weebly.com. I also use Twitter as a tool for communication. If you have a Twitter account, please follow me @MyresArt. Know that I am making a huge effort this year to make communication between home and school a priority.

MRS. MYRE'S ART SCHEDULE

TROY PUBLIC SCHOOLS ELEMENTARY VISUAL ARTS CURRICULUM

| | | | |
|---|---|--|--|
| 8:55-9:40 Richardson 3 rd | 9:30-10:05 PREP | 9:30-10:05 McKinney 5 th | 9:30-10:05 Eldridge 5 th |
| 9:45-10:30 Zavich 4 th | 10:10-10:55 Oliver 4 th | 10:10-10:55 Ferriss 4 th | 10:10-10:55 Rondot 4 th |
| 10:45-11:20 Brennan 5 th | 11:00-11:45 Chick 3 rd | 11:00-11:45 Dabrowska 3 rd | 11:00-11:45 Tesso 3 rd |
| 11:20-12:50 Lunch/Prep | 11:50-1:20 Lunch/Prep | 11:50-1:20 Lunch/Prep | 11:50-1:20 Lunch/Prep |
| 12:50-1:35 Gloden 2 nd | 1:20-2:05 Maliepaard 2 nd | 1:20-2:05 Homrich 2 nd | 1:20-2:05 Kavulich 2 nd |
| 1:40-2:25 Knight K | 2:10-2:55 Dagenais 1 st | 2:10-2:55 Bosio 1 st | 2:10-2:55 PREP |
| 2:30-3:15 Buchanan 1 st | 3:00-3:45 Wonsowicz K | 3:00-3:45 Callas K | 3:00-3:45 Maracaccio K |

The Kindergarten and First Grade Visual Arts Curriculum is taught by a certified visual arts educator who utilizes a sequential curriculum designed to expand students' artistic creativity and knowledge base. Students at this level are formally introduced to the elements and principles of art, including color, line, shape, space, texture, form, balance and pattern. Connections between artists and artworks from many cultures, art movements and time periods, as well as other areas of curriculum, are used to inspire class discussions and personal work.

2-3

The 2nd and 3rd Grade Visual Arts Curriculum is taught by a certified visual arts educator. The elements and principles of art are reviewed, utilized and expanded upon as students develop their knowledge of art vocabulary, art production, appreciation and critical thinking. Art activities are designed to stimulate students' imagination, refine and expand artistic skills, cultivate visible thinking skills, and develop historic and aesthetic awareness. By the end of 3rd grade, students produce high quality work, utilizing a variety of materials and techniques for personal expression, while forming opinions about their art and the creative efforts of others.

4-5

The 4th and 5th Grade Visual Arts Curriculum is taught by a certified visual arts educator. Fourth and fifth grade artists apply knowledge of the elements and principles of art through creative, meaningful artistic experiences inspired by the art of various cultures, historical periods and famous artists. Students are taught to manipulate an increasingly sophisticated variety of tools, materials and techniques while expanding their visible thinking and problem-solving abilities. By the end of 5th grade, students produce high quality, original artwork with an understanding of what it means to be an innovative, creative artist in the 21st century.

I hope you find this information helpful and I look forward to an amazing, art-filled school year that challenges your child's thinking and creativity!

Artfully Yours,

Tanya Myre

Visual Art Teacher

Costello Elementary: 248.823.3747

Wattles Elementary: 248.823.3421

Email: Tmyre@troy.k12.mi.us





IMPORTANT VOTING INFORMATION:

Please go to our website: <http://www.costellopto.org/> to see our proposed bylaws! If you have any comments, please attend our October meeting or email the President. We plan to vote on them at the October meeting.

Please join us for meetings on **MONDAY** night at **7pm** in the Media Center. Free child care for parents attending meeting! Dates are:

**10/14, 11/11, 1/13, 2/10, 4/13,
5/11, 6/8**

No Dec or March meeting

Looking for a great way to get involved? We have one position that will be open for next year. You can “shadow” the current leader this year and take over next school year! **FUN FAIR**

If you are interested in joining a committee, see the chairperson at our meeting or contact them via email provided on our PTO website.



TIME TO REGISTER YOUR KROGER CARD to support Costello Elementary! Earn money for our school when you shop at Kroger.

<https://www.kroger.com/account/enrollCommunityRewardsNow>

select COSTELLO PTO; or use organization number NR692

COLLECT BOX TOPS!

NOTE: the program is going **DIGITAL!** We are still collecting the boxtops and if you wish to participate with the new digital program: Download the **BOXTOPS FOR EDUCATION** app and select **COSTELLO ELEMENTARY SCHOOL**. Buy Boxtop products, scan your receipt and earn money for our school!

These are collected and redeemed for cash (10 cents per BoxTop). This project is ongoing throughout the year.



If you have any questions, please contact PTO members:

president@costellopto.org Debbie Ballios, President

vicepresident@costellopto.org Jen Ford, Vice President

Costello PTO website: <http://www.costellopto.org/>

Costello PTO Facebook group: Costello Elementary School PTO

Costello Elementary website: <https://costello.troy.k12.mi.us/>

Costello Twitter: @Costello_Tweets



TROY TECH TALK

Technically Speaking, #parentingishard

Tips to Help Parents
Navigate the Digital World

October 2nd, 6:30pm Barnard Elementary

October 9th, 6:30pm Troy Union
Elementary

October 25th, 9:30am, TSD Services
Building 4400 Livernois



TSD Tutors

One-to-One
Tutoring

| Elementary School | Middle School |
|---------------------------------------|--------------------------------------|
| Grades K-5 | Grades 6-8 |
| Reading / Math / Homework Help | Reading / Math (to Algebra I) |
| @ Most TSD Elementary Schools | @ All TSD Middle Schools |

Mature,
Professional
Educators

Flexible
Scheduling

6-Punch
\$30/Session

12-Punch
\$27/Session

www.troyceonline.com

248-823-5100



Youth Workshop *Boys—Grades 4, 5, 6*



Overcoming Frustration and Anger

A four-session workshop for **Boys in Grades 4, 5, 6**

Presented by Joe Lilly, LMSW

The program will focus on understanding the triggers to anger and how to constructively respond. Using discussion and instruction, the participants will:

- * ***Learn valuable tools to control anger***
- * ***Learn effective strategies to better understand feelings***
- * ***Learn helpful approaches to accomplish goals***
- * ***For Parents: Listen to and identify different emotions behind anger***
- * ***For Parents: Assist with anger management***

Youth Sessions: **October 7, 14, 21** - 6:00-7:30 pm

Parent Only Session: **October 28** - 6:00-7:30 pm

Pizza served at all sessions

Space is limited: [register now!](#)



Location:

**Troy School District
Service Center Building
4420 Livernois Road, Troy 48098**

To Register:

**[Click here](#) to sign up and pay the
\$20 Registration Fee**

or go to <https://www.signupgenius.com/go/30e0a49a9ab28a6f49-overcoming>

TroyYouthAssistance@troy.k12.mi.us

248-823-5095



October 2019 Elementary School Lunch Menu

| Mondayj | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 30 1. Chicken Tenders Oven Baked Curly Fries 2. Turkey Ham and Cheese Hoagie 3. Buffalo Popcorn Chicken Salad Whole Grain Dinner Roll Fresh Celery Sticks Lettuce & Tomato Side Salad Fresh Golden Delicious Apple Fresh Orange Wedges | 1 1. Turkey Taco Meat Mexican Style Refried Beans Soft Flour Tortilla 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Ham & Turkey Chef Salad Whole Grain Dinner Roll Fresh Carrots Sliced Cucumbers Fresh Red Seedless Grapes Diced Watermelon | 2 1. Classic Pepperoni Pizza Tater Tots 2. Classic Cheese Pizza 3. Garden Salad with Mozzarella Whole Grain Dinner Roll Fresh Cherry Tomatoes Lettuce & Tomato Side Salad Fresh Banana Blueberries | 3 1. Turkey Hot Dog Seasoned Fries 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Ham & Cheddar Chef Salad Whole Grain Dinner Roll Fresh Broccoli Florets Red and Green Bell Pepper Strips Mandarin Oranges Rosy Applesauce | 4 1. Maple Burst Mini Pancakes Turkey Sausage Patty 2. Muffin & Goldfish Fun Lunch 3. Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Lettuce & Tomato Side Salad Frozen Strawberries Fresh Pear |
| 7 1. Chicken Nuggets Mashed Potatoes 2. Turkey Sub 3. Monterey Chicken Salad Whole Grain Dinner Roll Fresh Celery Sticks Lettuce & Tomato Side Salad Fresh Golden Delicious Apple Fresh Orange Wedges | 8 1. Turkey Nachos Mexican Style Refried Beans 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Chicken and Cheese Chef Salad Whole Grain Dinner Roll Fresh Carrots Sliced Cucumbers Fresh Red Seedless Grapes Diced Watermelon | 9 1. Classic Cheese Pizza 2. Classic Pepperoni Pizza 3. Turkey Taco Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Lettuce & Tomato Side Salad Fresh Banana Blueberries | 10 1. Turkey Corn Dog 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Broccoli Florets Red and Green Bell Pepper Strips Mandarin Oranges Rosy Applesauce | 11 Turkey, Turkey Ham, & Cheese Sub Pasta with Traditional Tomato Sauce Whole Grain Toasted Garlic Bread Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Lettuce & Tomato Side Salad Frozen Strawberries Fresh Pear |
| 14 1. Breaded Chicken Drumstick BBQ Baked Beans Seasoned Fries 2. Turkey Ham and Cheese Hoagie 3. Chicken & Mozzarella Salad Whole Grain Dinner Roll Fresh Celery Sticks Lettuce & Tomato Side Salad Fresh Golden Delicious Apple Fresh Orange Wedges | 15 1. Classic American Cheeseburger Classic Hamburger Oven Baked Curly Fries 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Chicken and Cheese Chef Salad Whole Grain Dinner Roll Fresh Carrots Homestyle Potato Salad Fresh Red Seedless Grapes Diced Watermelon | 16 1. Classic Cheese Pizza 2. Classic Pepperoni Pizza 3. Ham & Turkey Chef Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Lettuce & Tomato Side Salad Fresh Banana Blueberries | 17 1. Chicken Nuggets Seasoned Zucchini 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Broccoli Florets Red and Green Bell Pepper Strips Mandarin Oranges Rosy Applesauce | 18 1. Whole Grain French Toast Sticks Hash Brown Patty 2. Muffin & Goldfish Fun Lunch 3. Grilled Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Lettuce & Tomato Side Salad Frozen Strawberries Fresh Pear |
| 21 1. Crispy Chicken Breast Sandwich Seasoned Corn 2. Turkey Ham and Cheese Hoagie 3. Popcorn Chicken & Romaine Salad Whole Grain Dinner Roll Fresh Celery Sticks Lettuce & Tomato Side Salad Fresh Golden Delicious Apple Fresh Orange Wedges | 22 1. Turkey Nachos Mexican Style Refried Beans 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Carrots Red and Green Bell Pepper Strips Fresh Red Seedless Grapes Diced Watermelon | 23 <u>Half Day</u> | 24 <u>Half Day</u> | 25 1. Whole Grain Waffles Turkey Sausage Patty Tater Tots 2. Muffin & Granola Fun Lunch 3. Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Lettuce & Tomato Side Salad Frozen Strawberries Fresh Pear |
| 28 1. Chicken Tenders Oven Baked Curly Fries 2. Turkey Ham and Cheese Hoagie 3. Buffalo Popcorn Chicken Salad Whole Grain Dinner Roll Fresh Celery Sticks Lettuce & Tomato Side Salad Fresh Golden Delicious Apple Fresh Orange Wedges | 29 1. Turkey Taco Meat Mexican Style Refried Beans Soft Flour Tortilla 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Ham & Turkey Chef Salad Whole Grain Dinner Roll Fresh Carrots Sliced Cucumbers Fresh Red Seedless Grapes Diced Watermelon | 30 <u>Early Release</u> | 31 1. Turkey Hot Dog Seasoned Fries 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Ham & Cheddar Chef Salad Whole Grain Dinner Roll Fresh Broccoli Florets Red and Green Bell Pepper Strips Mandarin Oranges Rosy Applesauce | A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white. This institution is an equal opportunity provider. |

Food Fun Fact

Applesauce was the first food eaten in space by astronauts.



What Is a Fruit?



A fruit is the part of a plant that develops from the flower. The fruit contains the seeds of the plant. It covers and protects the seeds. A fruit may have fleshy or dry tissue.

FOOD & wellness

When you think of fruit, you probably think of something sweet and juicy to eat. Apples, berries and oranges are all fruit. But scientists think of fruit as a part of a plant that contains seeds. The fruit might not be sweet. In fact, it might not be edible at all but its still a fruit.



Download School Menus by Nutrislice to your smartphone from the App Store or visit: Troysd.nutrislice.com

Find menus, nutrition, allergen information and more online or on your phone!

