

Costello Cardinal Newsletter



Costello Elementary School
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Troy, MI 48085
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costello.troy.k12.mi.us

Accredited by the North Central Association of Colleges and Schools



Dr. Tammy DiPonio, Principal
Dr. Karen Reese & Grayson McKinney, Co-Head Teachers
Jennifer Martus, Principal's Secretary
Jillian Cavellier, Office Support



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

March 2020

★March is Reading Month★

- March 3:** 3rd Grade Vocal Concert 6:30
- March 3:** Student Council 8:15 am
- March 5:** 5th Grade Growing Up Program
- March 6:** K-5 (only) No School
- March 6:** Adult Auction—6:30 San Marino Club
- March 8:** Spring Forward
- March 9:** 4th Grade Disability Workshop
- March 14:** 10:00-2:00 p.m. Costello School Fair
- March 17:** Student Council Meeting 8:15 AM
- March 17:** **Happy St. Patrick's Day!**
- March 19:** Half Day—12:59 Dismissal
- March 19:** Conferences 1:45—8:45 PM
- March 23:** 2nd Grade Troy Historical Museum
- March 25:** Chipotle Restaurant Night
- March 25:** Early Release—1:09 Dismissal
- March 31:** Student Council Mtg 8:15 am
- April 2-April 12:** No-School: Spring Break
- April 13:** School Resumes—Full Day
- April 13:** PTO Meeting 7:00 Media Center
- April 16:** Kindergarten Round-Up 6:30
- April 21:** 5th Grade Band Concert 7:00 pm

Adult Auction



March 6, 2020
6:30—11:00 p.m.
The San Marino Club

Tickets may be purchased at the door the night of the auction for \$55

Costello Needs

Noon Aides!!!

Costello needs to add one or two additional members to the Noon Aide team. Noon aides work two, three, or more days a week from 11:50 until 1:35 (1.75 hrs per day). Noon Aides help insure that students play safe while they are on the playground and provide supervision while they eat in the cafeteria.

Apply @: Edustaff.org

E-mail jcavellier@troy.k12.mi.us
with questions or suggestions.



“Read and the Force Will Be With you”

March is Reading Month 2020

















‘MAY THE BOOKS BE WITH YOU!’

MARCH ACTIVITY CALENDAR

READ TOGETHER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 The Force of Reading AWAKENS... 	2 R2D2 Read to Me 2 Read a Dr. Seuss Book	3  “Laugh it up Fuzz Ball!” Learn a new joke today.	4 Read a book about an animal and share a new fact with someone!	5 SPIRIT DAY! Star Wars “Slip into Reading!” Wear Slippers today and get comfy reading!	6 No School Today! Read a fiction book.	7 Read an old favorite tonight! 
8 In a Faraway Galaxy... Read a science fiction book. 	9 A Book Can Take You FAR FAR AWAY... Read a book about another country.	10  Princess Leia wants you to read about a famous woman (National Women's History Month)	11 <u>Reading Coupon #1 Due!</u>	12  Read with a friend!	13  SPIRIT DAY! Train like a Padawan: Wear jogging or athleisure	14  School Fair After the fair, kick back and read to your pet or stuffed animal!
15 Visit the Troy Public Library and read a new book!	16 Read a book by a Michigan Author!	17  SPIRIT DAY! Dress like Jedi Master Yoda (wear green)	18 <u>Reading Coupon #2 Due!</u>	19 Read a comic book about your favorite superhero!	20  SPIRIT DAY! Be ONE with the FORCE...Wear a shirt with words	21 Read to someone you love.
22  Jedi Skills—Read a book about something NEW you want to try (How to Book)	23 Read a book by your favorite author	24 Author Maria Dismondy visits Costello today!	25 <u>Reading Coupon #3 Due!</u>	26  SPIRIT DAY! HATS OFF TO READING! Wear a hat to school today!	27 SPIRIT DAY! Force Friday...Wear Star Wars shirts if you have them or Costello shirts to show you're a Costello Jedi Reader	28 Read a bedtime story with a flashlight.
29 Play a board game that requires reading. 	30 Read a book about another country!	31  SPIRIT DAY! Dress up in your PJs and camp out in the Ewok Village and have an Ewok snack with your reading buddies today!	April 1st <u>Reading Coupon #4 Due!</u>	Spring Break starts!		



SAVE THE DATE!

Thursday, April 23rd

Heroes Blood Drive ~ 12:00pm – 6:00 pm @ Costello

Help us save lives through our annual Blood Drive!

Stay tuned, a link will be sent to schedule your donation.





*How Many
Trophies can
One Team
Win?!?!*

Rishik Thanugula,
Sahasra Ganta,
Ritvik Jillellamudi,
Vishaagan Anan-
dakumar,
Ruthvi Ala

Contratulations Costello Team Robotics!



**Costello Car-
dinals meet
Athens
Hawks!**

Over 20 of Costello's students, comprised of 3rd, 4th & 5th graders, volunteered to participate in Athens Boys' Basketball Ball Boy Program. Every year, Athens Boys Basketball has Ball Boy night for each of the district's elementary schools. Costello students enjoyed this opportunity to get involved in Red Hawk basketball and meet the Varsity players and coaches.



Thank You!

Costello Family Fun Fair
Saturday, March 14th ~10 am - 2 pm
Volunteers NEEDED for This Year's Fair and a Fair Chair is
NEEDED for 2020/2021 next year!

Costello's annual Fun Fair is a special day for all Costello students, families and friends ~ Everyone is welcome!

A small country of Volunteers are needed to make the day a success. Among other things, parents are needed to run the multiple fair rooms, handle pre-ticket sales, and assist with fair set-up and tear-down. High school students and middle school students can acquire community service hours by volunteering the day-of the Fair. Please click on the link below to volunteer. Annnnd, our beloved Fair Chair is ready to pass the baton. This is a great opportunity for anyone (or a team of two) who would like to consider chairing next year's Fair to shadow this year. Please e-mail auctionchair@costellopt.org to learn more volunteering and/or about chairing the 2021 Fun Fair. Otherwise, click on the link below to volunteer to help this year.

<https://www.signupgenius.com/go/8050c45acaf2da31-school1>

Your Help is Needed & Appreciated!

Contact: Auctionchair@costellopt.org with any immediate questions



Have Fun, Make Friends, See New Things with PACK 1718

Pack Meeting, Mon., April 27nd, Costello Cafeteria 6:30 - 7:30

PM: To Build and to launch a water bottle rocket!

All boys, Kindergarten through 5th grade, are welcome.

Email bsa.pack1718@gmail.com with any questions.



**EARN YOUR
"EXPERIENCE UNLIKE ANY OTHER"
BADGE.**

A photograph of two young Cub Scouts standing in a forest. They are wearing backpacks and holding sticks. The background is a stylized, colorful illustration of a forest path.

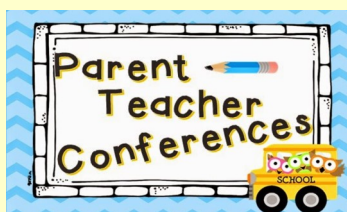
When you sign up your son for Cub Scouting, you're signing him up for much more than an after-school activity. Whether he's camping for the first time or catching his first fish, your son will be taking part in activities that are fun, as well as building his character and starting him on a path to success. While there are lots of cool badges to earn, the experiences he has along the way will be the true rewards.
www.BeAScout.org

DISCOVER THE SCOUTING EXPERIENCE

- Family Camping
- Pinewood Derby®
- Outings and Field Trips
- First Aid
- Hiking
- Swimming
- Outdoor Games
- Woodcrafts
- Sports
- Community Service

f t You Tube

Cub Scouts. Boys aged 7 to 10, or grades 1-5. Prepared. For Life.™



Thursday, March 19

*****Parents with multiple children, do not book back-to-back conferences.**

Due to Spring conferences, Thursday, March 19 will be a half day. Costello students will be dismissed at 12:59 PM.

Unlike the November conferences, 1st – 5th grade teachers will **NOT** meet with all parents. Teachers of 1st through 5th grade students will e-mail parents with whom they wish to schedule a conference. If your student's teacher doesn't contact you, and you would like a conference time, please e-mail them and they will accommodate you.

Conferences begin at 1:45 and end at 8:45 PM on Thursday, March 19.

Conference sign-up details will be sent later. Please e-mail questions to:
jcavellier@troy.k12.mi.us



Bakers Needed!!!

For Costello Fair ~ Cookie Walk

One of Costello's most popular Fair activities is the super popular Cookie Walk. To make it work, a minimum of 75 dozen cookies are needed. Each volunteer is asked to bake **3 dozen cookies** and package them one dozen per disposable plate. PLEASE label cookies with the type of cookie and indicate NUTS OR NO NUTS. **Donated cookies need to be dropped off at Costello on Friday, March 13th between 8:30am-4:30pm or on Fair Day, Saturday, between 8:30am-9:30am.** If you have any questions, please contact Lauren Henderson @ lulub202@aol.com.

Please Click on the Link Below to Sign-Up:

<https://m.signupgenius.com/#/showSignUp/8050c45acaf2da31-cookie1>



**ATTN: Parents of Kids who will be 5
by September 1, 2020**

All children who will be five by September 1, 2020 should now be enrolled to attend kindergarten for the 2020/2021

school year. If you have not, please call (248/823.3700) immediately to insure that a spot is reserved for your child on our kindergarten list.

Please spread the word to all area families with kindergarten-age children.

You can e-mail with questions: jcavellier@troy.k12.mi.us



"READ AND THE FORCE WILL BE WITH YOU"

MARCH IS READING MONTH 2020

Dear Costello Families:

Are you ready for March is Reading Month? We have some fun things planned to celebrate our enthusiasm for reading! Attached you will find all the information you will need to participate in this year's events.

Reading Calendar: Here you will find one idea for every day in March. Although most of these activities are suggestions for home, some events do take place at school. They are just ideas to encourage your child to experience something new with reading as often as possible. Please post the attached calendar in a place where you and your child will read it daily!

Author Visit: Michigan author Maria Dismondy will be visiting Costello March 24th. We look forward to hearing her talk about her books!

DEAR (Drop Everything and Read) Days: Students will be given a special cinch sack to keep their books in and will take them everywhere during the school day. Most days at a random time there will be an announcement that it is time for DEAR. Students and staff will stop and read the books they have in their cinch sacks!

Reading Logs: See attached sheet with an explanation of how the weekly Reading Logs will work. Please keep these in a safe place so your child can submit a "log" each Wednesday for a chance to win one of our weekly prizes. Cut off the week's slip and return to school each Wednesday in March. We will have four drawings for prizes throughout the month. Any logs turned in after 12:45 Wednesday will be entered into the next week's drawing.

Ewok Village Day: Our annual "Camp Read S'more" will be on Tuesday, March 31. All students will gather in the Ewok Village with their buddy classes to read in tents and share yummy Ewok snacks (which suspiciously look and taste like S'mores) around the "campfire".

Spirit Days: We will have fun dress up days throughout the month. Check the attached reading calendar for these special days.



REMEMBER, READING IS OUR ONLY HOPE!



SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support Costello Elementary PTO. Come in to the Chipotle at **3129 Crooks Road** in Troy on **Wednesday, March 25th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Costello Elementary PTO.



MEXICAN GRILL

Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.



2020 Guidelines: 12th Annual Art Competition for All K – 12 Students *Who Live in Troy or Attend School in Troy*

- Sponsor:** Troy Garden Club (TGC) – founded 1971 (website: www.TroyGardenClubMI.com)
- Artistic Goal:** Create an image that portrays **some aspect of gardening or gardens.**
IMPORTANT NOTE: Do not include any words on the art itself.
- Purpose:** The TGC may use the grand prize-winning image in advertising and in other materials to promote their **46th annual garden walk on July 8, 2020.**
- Eligibility:** Any high school, middle school, or elementary student who is enrolled in the Troy School District or who lives in Troy may **submit up to three (3) entries each.**
- Deadline:** Entries must be **postmarked no later than Thursday, March 19, 2020.** Whether mailed or dropped off, entries must be **received by Tuesday, March 24, 2020.**
- Judging:** **March 25 – April 13, 2020.** All decisions by the judges will be final.
- Awards:** **\$100 Grand Prize** – again sponsored by **Stephen M. Kremer, Centaurus Financial**
Nine Prizes – Three 1st Place, Three 2nd Place & Three 3rd Place: one of each at the high school, middle school, & elementary levels **PLUS Honorable Mentions**
Art Awards Ceremony on Thursday, May 7, 2020
TENTH YEAR !!! – **\$75.00** for the art department of the school which submits the largest number of entries
PLUS: \$50.00 for the winning black & white pen & ink drawing for the 2020 ticket art
- PLEASE NOTE:** Student artist **WINNERS** will be notified by April 23, 2020.
- 14-day exhibit:** **Beginning July 8, 2020,** at the Troy Historic Village Poppleton School
- Requirements:** Each entry: (1) **must be original: NO copies of others' photos or works of art**
(2) should NOT be matted (3) will remain the property of the student artist
(4) must portray some aspect of gardening or gardens
(5) must be on white paper no larger than 11" x 14" and **MUST NOT BE FOLDED**
(6) Excluded media: photographs, textiles, sculpture (or other three-dimensional media)
(7) **PLEASE NOTE:** All **WINNING** entries will be returned to **artists' HOMES by 9/25/20.**
(8) **PLEASE NOTE:** All **NON-WINNING** entries will be returned to **artists' SCHOOLS by 9/25/20.**
- SUBMISSION:** Entries must be securely packaged and mailed to:
Troy Garden Club, c/o Marilyn Frey, 3336 Newgate, Troy, MI 48084-1229
- SUBMISSION OPTION:** Deliver entries to the Troy Historic Village during their regular business hours.
- NOTICE:** The Troy Garden Club will not be responsible for any entries which are damaged by the United States Postal Service or which may not be delivered by the USPS.
- QUESTIONS?** If you have questions about the TGC Art Competition, or if you wish to find out if your entry has been received, **please email: infoandideas@aol.com**

Print **NEATLY**. Provide **ALL INFORMATION**. Detach at the dotted line above. Attach a completed form to the **BACK OF EACH ENTRY**. Do **NOT** write your name or any other words on the **FRONT** of your art.

INCOMPLETE, INCORRECT, UNREADABLE ENTRIES WILL NOT BE JUDGED.

LEAVE BLANK: # _____

Student Artist's Name _____ Age _____ School _____

Home Address: Number & Street _____ MONTH & YEAR of Birth _____

City & Zip Code _____ Grade in School _____

Phone including area code _____ EMAIL ADDRESS **MUST BE ACCURATE** _____

Choose from four titles: Ms., Mrs., Mr., Dr. for the following 3 categories: Classroom teacher's name + title _____

Art teacher's name + title _____ Principal's name + title _____

Troy Garden Club 12th Annual Art Competition

**Distribution approved by
Troy School District**



Date: February 1, 2020

**To: Principals of the Troy School District
elementary, middle and high schools**

From: Troy Garden Club, founded in 1971

Re: Art Competition – 12th Annual

PLEASE NOTE: A \$50 prize will be awarded to one student artist who produces a black on white pen and ink garden-themed drawing that judges select for use on the cover of our 2020 garden walk tickets. We hope you will encourage some of your students to create their art with that in mind.

2020 Art Competition Guidelines: Guidelines are in this packet. If you need more, please make additional copies to share with your students.

Kaleidoscope of Gardens: The Troy Garden Club's 46th annual garden walk, this year named *Kaleidoscope of Gardens*, will be on Wednesday, July 8, 2020, rain or shine. **Please encourage your students to enter our 12th annual Garden Walk Art Competition.** In the first 11 years, we awarded approximately \$5000 in prizes. In 2020, we'll award an additional \$400+, all donated by Troy Garden Club members and other interested members of the community.

Art Competition Purpose: Each year the grand prize-winning art becomes the graphic image of our garden walk on 5000 promotional postcards and many posters.

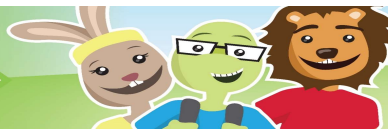
Tenth Year Feature: In addition to the prizes for students, for the tenth year, the garden club will award a cash prize of **\$75.00 (donated anonymously) to the art department of the school which submits the largest number of entries.**

Promotional Postcard: Enclosed are samples of the promotional postcard that was produced last year using the beautiful painting submitted by Lily Yang, a 10th grader at Troy High School. She was our 2019 grand prize winner of \$100 plus professional framing of her art.

Garden Walk Purpose: The Troy Garden Club plans and sponsors each year's garden walk for the sole purpose of raising funds to support horticulture-related educational activities and opportunities. In 2020 we will donate more than \$8,000 **to 30 organizations and individuals.** That amount, generated by our 2019 garden walk, includes tuition scholarships totaling \$2000 to high school graduates who are studying horticulture at a university or technical school.

For further information, please contact Troy Garden Club art competition coordinator Mary Schwark, 248-593-6182, schwark@aol.com. **That is not, however, the contact information for students. Students should use only the contact information listed on the guidelines.**

We look forward to receiving many wonderful submissions of art from Troy School District students between now and March 24, 2020 !



March Elementary Mood Boost Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
ALERT 2 1. Breaded Chicken Drumstick Vegetarian Baked Beans 2. Cheese Quesadilla Salsa 3. Chicken & Mozzarella Salad Whole Grain Dinner Roll Fresh Celery Sticks Cucumber Apple Salad Fresh Golden Delicious Apple Fresh Orange Wedges	ALERT 3 1. Classic American Cheeseburger/Hamburger Oven Baked Curly Fries 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Chicken and Cheese Chef Salad Whole Grain Dinner Roll Fresh Carrots Watermelon, Feta & Avocado Salad Fresh Banana Diced Melon	ALERT 4 1. Homemade Cheese Pizza 2. Homemade Pepperoni Pizza 3. Ham and Turkey Chef Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Salad Topped w/ Chickpeas & Cheese Fresh Red Seedless Grapes Raspberries with Chocolate And Basil	ALERT 5 1. Chicken Nuggets Orange Glazed Carrots 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Broccoli Florets Salad Topped w/ Chickpeas & Cheese Pineapple Rosy Applesauce	ALERT 6 1. French Toast Sticks Hash Brown Patty 2. Muffin & Goldfish Fun Lunch 3. Grilled Chicken Caesar Salad Whole Grain Dinner Roll Cucumber Apple Salad Lettuce & Tomato Side Salad Blueberries Fresh Pear
CALM 9 1. Crispy Chicken Breast Sandwich Sweet Potato Salad 2. Soy Butter & Grape Jelly Sandwich 3. Popcorn Chicken & Romaine Salad Whole Grain Dinner Roll Fresh Celery Sticks Salad Topped w/ Chickpeas & Cheese Fresh Golden Delicious Apple Fresh Orange Wedges	CALM 10 1. Turkey Tacos Black Bean Sopes 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Carrots Sliced Cucumbers Fresh Banana Diced Melon	CALM 11 1. Homemade Cheese Pizza 2. Homemade Pepperoni Pizza 3. Turkey Taco Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Spinach and Strawberry Salad Fresh Red Seedless Grapes Blueberries	CALM 12 1. Macaroni & Cheese Savory Green Beans 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Chicken and Cheese Chef Salad Whole Grain Dinner Roll Broccoli Salad with Raisins Red and Green Bell Pepper Strips Pineapple Rosy Applesauce	CALM 13 1. Waffles Turkey Sausage Patty Tater Tots 2. Muffin & Granola Fun Lunch 3. Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Spinach and Strawberry Salad Blueberries Fresh Pear
CONFIDENT 16 1. Chicken Tenders Vegetarian Baked Beans 2. Cheese Quesadilla 3. Buffalo Popcorn Chicken Salad Whole Grain Dinner Roll Fresh Celery Sticks Cilantro Lime Coleslaw Fresh Whole Apple Fresh Orange Wedges	CONFIDENT 17 1. Classic American Cheeseburger/Hamburger Waffle Fries 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Chicken and Cheese Chef Salad Creamy Carrot and Raisin Salad Sliced Cucumbers Fresh Banana Diced Melon	CONFIDENT 18 1. Homemade Cheese Pizza 2. Homemade Pepperoni Pizza 3. Turkey Taco Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Lettuce & Tomato Side Salad Fresh Red Seedless Grapes Blueberries Strawberry Avocado Smoothie	CONFIDENT 19 1. Turkey Hot Dog Seasoned Fries 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Ham & Cheddar Chef Salad Whole Grain Dinner Roll Fresh Broccoli Florets Kale Slaw with Jicama Pineapple Rosy Applesauce	CONFIDENT 20 1. Pancakes Turkey Sausage Patty 2. Muffin & Goldfish Fun Lunch 3. Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Creamy Carrot and Raisin Salad Blueberries Fresh Pear
HAPPY 23 1. Chicken Nuggets Herb Roasted Potatoes 2. Soy Butter & Grape Jelly Sandwich 3. Monterey Chicken Salad Whole Grain Dinner Roll Fresh Celery Sticks Citrus Chickpea Salad Fresh Golden Delicious Apple Fresh Orange Wedges	HAPPY 24 1. Turkey Nachos Mexican Style Refried Beans Roasted Red and Green Peppers 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Chicken and Cheese Chef Salad Whole Grain Dinner Roll Fresh Carrots Sliced Cucumbers Fresh Banana Mixed Melon and Pineapple Salad	HAPPY 25 1. Homemade Cheese Pizza 2. Homemade Pepperoni Pizza 3. Turkey Taco Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Citrus Chickpea Salad Fresh Red Seedless Grapes Blueberries	HAPPY 26 1. Turkey Corn Dog Tater Tots 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Broccoli Florets Marinated Tomato and Cucumber Salad Pineapple Rosy Applesauce	HAPPY 27 1. Cheese Tortellini Alfredo Garlic Breadstick Roasted Broccoli 2. Turkey, Turkey Ham, & Cheese Sub 3. Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Citrus Chickpea Salad Blueberries Mixed Melon and Pineapple Salad
SMART 30 1. Breaded Chicken Drumstick Vegetarian Baked Beans 2. Cheese Quesadilla Sour Cream and Salsa 3. Chicken and Mozzarella Salad Whole Grain Dinner Roll Fresh Celery Sticks Fresh Carrot Sticks Kidney Bean Hummus Fresh Whole Apple Fresh Orange Wedges	SMART 31 1. Classic American Cheeseburger/Hamburger Waffle Fries 2. Cheese Stuffed Breadsticks Marinara Sauce 3. Chicken and Cheese Chef Salad Sliced Cucumbers Pickled Red Cabbage And pineapple Fresh Banana Diced Melon	A full student lunch consists of 5 components; Protein, Grain, Vegetable, Fruit and a choice of Milk. Milk choice include 1% White and 1% Chocolate. This institution is an equal opportunity provider. * Menu subject to change		



Student Lunch Prices \$2.40
Reduced Lunch Price \$0.40
Free and reduced applications available at
your school office or call the food service
office @1-248-823-5089
A la Carte Prices:
Milk- \$.35 Juice- \$.50



Helping kids connect what they eat with how they feel as part of developing healthy eating patterns

Mood Boost introduces characters (for elementary) and icons (for middle school) that focus on six moods.



Mood-boosting foods and recipes, along with fun promotional materials that educate students about the relationship of food to mood are featured.

Dear Troy Families,

This month we will be focusing on foods that are not only nutritious and delicious, but can help our students fuel their classroom success. Some of my favorites include Citrus Chickpea Salad (Happy) and Broccoli Salad with Raisins (Calm). Can't wait for the lunch time adventures with new and exciting foods for everyone to try!

Sincerely,

Chef Joey Price

