

October 2024

# South Hadley High School Newsletter

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South Hadley High School  
153 Newton Street  
South Hadley, MA 01075  
(413) 538-5063  
[www.southhadleyschools.org](http://www.southhadleyschools.org)

### Dear Caregivers and Friends of SHHS:

As we settle into the heart of the school year, I want to take a moment to reflect on the exciting progress we've made and highlight the initiatives and activities that will shape our October.

First, I'd like to commend our students and staff for their commitment and enthusiasm as we've navigated the start of the school year. From academic endeavors to extracurricular involvement, South Hadley High continues to shine as a hub of learning and growth. We've already seen some outstanding work across all grade levels, and it's been a joy to witness the energy within our classrooms.

A special note of thanks goes to our athletics and performing arts departments. The fall sports season is in full swing, and our students are showing incredible sportsmanship and teamwork. Likewise, rehearsals for the one act plays are underway, with students pouring their creativity into what promises to be fantastic productions. Stay tuned for performance details!

SHHS Student Attendance: Remember, attendance counts! We have an automated phone calling system that is primarily used to call home when students are absent from class. When using this system for attendance calls, caregivers are called only if our records show your student is absent and not excused – meaning we have no note or call-in as to why your child is absent. During this phone call, you can press "0" at any time to leave us a message. If a student needs to leave class early, or be absent, please call in the attendance line to report the absence.

School Pictures: School Picture retakes will take place on 10/25. Students will need to turn in their picture package to have them retaken. Those who have not yet had their picture taken may do so at this time and order those pictures online.

Starting Nov 1st, we will be recognizing Students of the Month. Students who have received Student Commendation Forms for Excellence are eligible to receive this honor. Any student can receive a c

commendation by being helpful, kind, showing initiative in the classroom, giving 100% effort, or going above and beyond. One student per grade will be randomly selected. This is one small way that we can recognize students for their hard work, kind deeds, and class improvements. Job well done!

We would like to recognize our Staff Members of the Month for October: Chef K and Chef Tony. Thank you for your dedication to our students and commitment to SHHS!

If you have any questions, concerns, or suggestions, please know that I am always willing to listen. I can be reached at [ewood@shschools.com](mailto:ewood@shschools.com) or by phone at 538-5063 ext. 3701

*SHHS remains committed to maintaining a safe place for our staff and students. As we continue to find ourselves in unprecedented times, it is more important than ever to hold a safe place for difficult conversations. Our words are powerful and have the ability to cause harm that may not be visible on the surface but have lasting effects on our school community. It is beyond necessary to create an environment that listens, supports, and validates each of our diverse identities. We recognize that we are all on a journey of education. I feel fortunate to have the ability to be a listening ear, but also provide our students with learning opportunities and teachable moments that will allow them to become proactive members of our community. Please know that if you find yourself in need of additional support, we are here.*

*Everyone is welcome at South Hadley High School. Together, we can build an inclusive school that encourages, supports, and celebrates the diverse voices of all.*

Respectfully,  
Elizabeth Wood  
Principal

*All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability or homelessness, have equal access to the general education program and the full range of any occupational and vocational education programs offered by the South Hadley Public Schools.*

## Open House

**Open House:** is scheduled for Thursday, October 17 th , from 6:00 to 8:00 PM.

This evening is designed to allow parents the opportunity to meet with our teachers and learn about our specific course expectations. Included in this newsletter, you will find an Open House Student Schedule Form that you and your student should fill out together a day or two before the Open House. On this form there is space to record the schedule of classes and teachers that you will meet throughout the evening. We plan to start the evening with a brief presentation from the Administration held in the auditorium and then have parents follow their student's class schedule for an abbreviated school day. Please mark your calendar for this very important date.

\* \* \* \* \*



### Nurse's Notes From the Student Health Office

With flu season upon us, it is important to keep our students healthy. It is important to know the difference between cold and flu. Common symptoms of the flu include high fever, severe headache, muscle and body aches, chills, sore throat, exhaustion and dry cough. Children may also have nausea, vomiting, and diarrhea. Often cold symptoms come on gradually and they include stuffy nose, sneezing, sore throat and hacking cough.

**Simple Steps Keeping Students Healthy**  
According to the Centers for Disease Control and Prevention (CDC), the best way to prevent your child from getting the flu is to take him/her/they to get a flu vaccine.

Talk to your child about practicing good health habits, such as:

- Washing hands frequently with soap and warm water for at least 20 seconds
- Covering mouth and nose when sneezing or coughing-preferably into the inside of the elbow or with a tissue and disposing of the tissue immediately into the trash
- Avoiding sharing drinks, water bottles, eating utensils and cell phones
- Avoiding touching their eyes, nose, and mouth

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You can help prevent the flu from spreading at home by disinfecting frequently touched surfaces, toys, and other commonly shared items.

You can prevent spreading illness to others by keeping your sick children home from school until they have been without fever for 24 hours. It is important for your sick child to get rest and drink plenty of fluids.

Some children may benefit from an antiviral medication, which can be prescribed by a doctor to help lessen the number of days that a child is sick with the virus. To be effective, antiviral medication should be taken within 12-48 hours after the flu symptoms begin. A doctor may also prescribe the antiviral to prevent the child from getting the flu; if taken within the first 12-48 hours of exposure to the flu virus there is an 89 percent chance the medication will keep him/her from getting sick.

\*\*Please keep your students home if they have had any of the following symptoms:

- **Fever (100.0° Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle or body aches**
- **Cough (not due to other known cause, such as chronic cough)**
- **Sore throat, when in combination with other symptoms**
- **Nausea, vomiting, or diarrhea when in combination with other symptoms**
- **Headache when in combination with other symptoms**
- **Fatigue, when in combination with other symptoms**
- **Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms**

\*\*If your child develops any of the above symptoms at school, you may be contacted to pick them up.

### Mandated Health Screenings

Our school nurses oversee the mandated universal health screening program as required by the Massachusetts Department of Public Health. Screenings are supervised by the school nurse and your child's privacy will be respected at all times. Screenings will take place over the next few months and are as follows:

**Hearing** grades K - 3, 7 & 10  
**Vision** grades Preschool, K - 5, 7 & 10  
**Stereopsis** (binocular vision) gr K - 3  
**Postural** screening grades 5 - 9.  
**Height/Weight/BMI** grades 1, 4, 7, and 10.

The results will be documented in the student Health Record and provided in aggregate form to the MDPH according to the regulations.

**Screening, Brief Intervention, and Referral to Treatment (SBIRT)** grades 7 & 9. The SBIRT protocol facilitates a one-on-one conversation between the student and a school nurse or counselor in an effort to prevent or at least delay the start of using harmful substances, such as alcohol and marijuana. This program focuses on reinforcing healthy decisions and addressing concerning behaviors around substance use with the goal of improving health, safety and success in school. SBIRT screening results will not be included in your child's school record.

I look forward to a healthy and successful school year.

Be Well,

Ms. Rae Meehan, RN, BC  
emeehan@shschools.com  
South Hadley High School  
Health Office  
P 413-538-5063 x 3705  
F 413-532-6538

\* \* \* \* \*

## Library

This past month in the library, we've gone over library orientation and how to avoid plagiarism with the freshman seminar classes. We've also got information on voter registration, as well as forms to mail in - register by October 26th to vote on Election Day! Visit the library's website at [bit.ly/lymanlibrary](http://bit.ly/lymanlibrary), and contact the librarian, Ms. Pronovost, at [epronovost@shschools.com](mailto:epronovost@shschools.com).

\* \* \* \* \*

## Music Notes

**After School Activities:** After school activities in the music department include Marching Band, Jazz Band, Indoor Percussion, Chorus, Vocal Roar, and Harlequins. If you are interested in joining or learning more about any of these groups, please email Ms. Curtis at [bacurtis@shschools.com](mailto:bacurtis@shschools.com)

## **Music Department Schedule**

### **October**

10/1-16 Music Dept Pie Fundraiser  
10/4 Football Game vs Pittsfield 7pm  
10/12 Band Comp @ King Philip  
10/14 Pulaski Parade in Northampton  
10/18 One Act Play Comp, SHHS 7pm  
10/21 First Musical Rehearsal, Aud 2-4  
10/26 Band Comp - New England State Finals, Stoughton HS

## Guidance Department

### **Senior Meetings**

Post-secondary seniors meetings have begun and will continue through the first week of October. You should have received a letter with a scheduled meeting time. If you are unsure of your scheduled meeting time, please contact your school counselor.

### **Class of 2025 counselor assignments:**

Ms. Austin A- G  
Mr. Meeker H-Q  
Ms. Esemplio R-Z

### **PSAT**

For those who registered to take the PSAT, we will be administering it at South Hadley High School on Wednesday, October 23, 2024 beginning at 7:23 a.m. Please remember to bring your fully charged chromebook with you as this is an online test.

### **Financial Aid**

Thursday, October 24, 2024 we will be holding a FAFSA informational evening with guest speaker Jonathan Scully, Vice President of Enrollment Management & Marketing who oversees financial aid for Springfield College.

The presentation will begin at 6:00 p.m. in the school library. We highly encourage you to participate if you have applying to college. If you cannot make it, please look

for one of the many MEFA (Massachusetts Educational Financing Authority) online events available to help guide you through your financial aid applications for college.  
<https://www.mefa.org/events>

While seniors, juniors, and their caregivers are likely to attend, students and families from all grades may benefit from early insight on the financial aid process.

\* \* \* \* \*

## SENIOR NEWS- Class of 2025

**Senior Field Day & Senior Banquet:** Both the senior field day and senior banquet will be held near the end of the school year. More information will follow as it becomes available.

### **Yearbook Photos**

For those of you looking to take senior photos this summer, the dimensions for the yearbook will be 3.5" x 3.5". This will also include a thin border. Photos larger than this will be cropped. The system accepts .jpg and .png files only. Our preliminary deadline for senior photos will be 2/1/2025. We will also be looking for "first day of school pictures", (preschool, kindergarten, first etc.) These photos can be emailed to Ms. Quinn at [shhs\\_yearbook@shschools.com](mailto:shhs_yearbook@shschools.com) at any time. Yearbooks will be for sale February 1, 2025.

\* \* \* \* \*

## National Honor Society

All academically eligible students received invitations to apply to the NHS in September and applications were due on September 20th. These applications are currently being reviewed by the Faculty Council. Decisions regarding acceptance will be sent to students in the second week of October. **The NHS induction ceremony will take place on Wednesday, October 30th at 6pm in the SHHS auditorium.** This year, The SHHS Chapter will be working on projects such as outdoor clean ups, in-person and virtual tutoring, assisting with youth athletics and community events, food collections, fundraisers, and much more. We are looking forward to another great year!

\* \* \* \* \*

## The Cotillion – PLAN AHEAD

Our Cotillion will take place January 18, 2025 at the *Castle of Knights*, in Chicopee, from 6-10 p.m. Tickets will be approximately \$65.00 per person. The date of ticket sales will November 1<sup>st</sup>. Checks only made out to SHHS. All permission slips and payments are due by Friday January 5th. **Please plan accordingly.** If you have any questions or concerns please email Ms. Viens: [sviens@shschools.com](mailto:sviens@shschools.com).

\* \* \* \* \*

*All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability or homelessness, have equal access to the general education program and the full range of any occupational and vocational education programs offered by the South Hadley Public Schools.*

# Open House Schedule Form

## SOUTH HADLEY HIGH SCHOOL

### South Hadley, Massachusetts

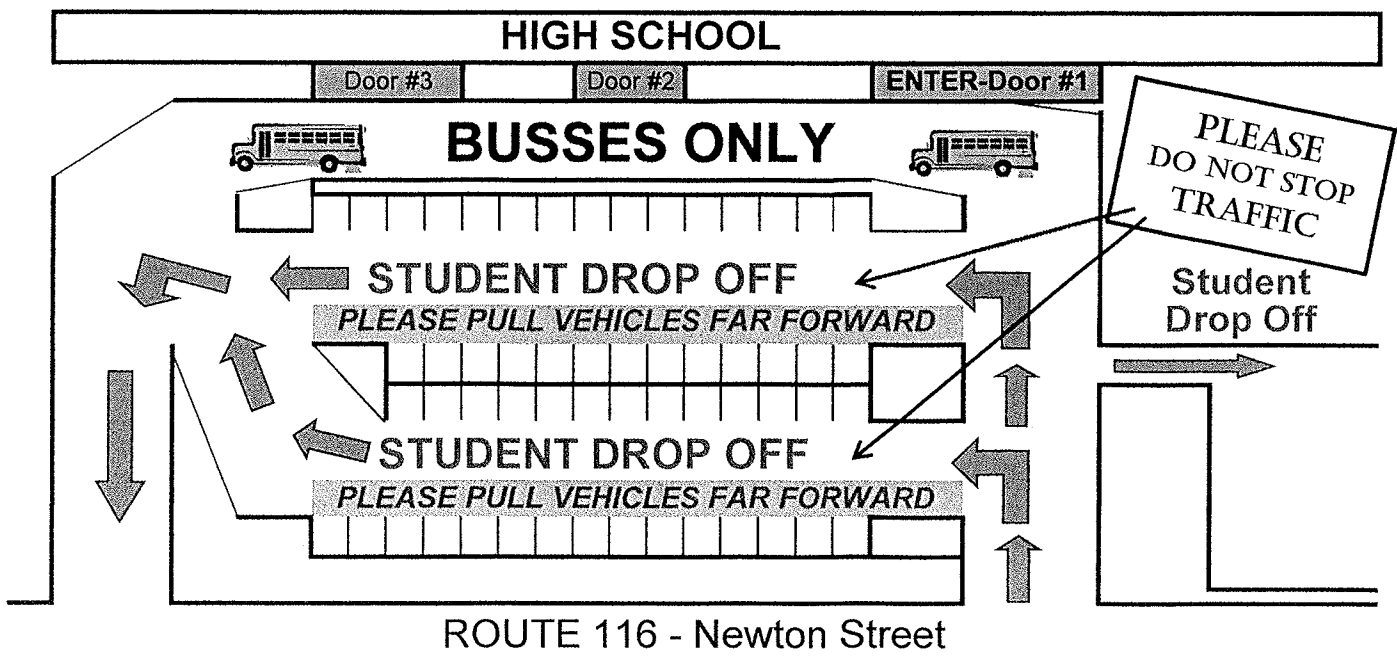
Dear Parents or Guardians:

Please have your student fill out the form below with his/her schedule for each class. Be sure the form is completely filled out, as you will be following it on the night of OPEN HOUSE.

October 17 , 2024 / from 6-8pm				
Time	Period	Teacher	Room	Subject
6:00 to 6:20	Principal's Welcome			
6:24 to 6:34	1			
6:38 to 6:48	2			
6:52 to 7:02	3			
7:06 to 7:16	4			
7:20 to 7:30	5			
7:35 to 7:45	6			
7:50 to 8:00	7			

Common\School Events\Open House\Open House Schedule.doc

## COURTESY DROP OFF PRACTICES



## October 2024 Calendar of Events

Date	What	Time	Who	Where
1	V Girls Volleyball	4/5:30	Commerce	Home
	V Field Hockey	4:00	Frontier	Home
3	V Golf	3:00	Ludlow	Home
	JV/V Girls Volleyball	4/5:30	Hampden	Away
	JV/V Girls Soccer	4:00/6	Pittsfield	Home
	School Committee	6:00	Virtually	COA
4	V Golf	3:00	Easthampton	Away
	V Boys Soccer	3:30	Mahar	Away
	V Football	7:00	Pittsfield	Home
7	V Golf	3:00	Frontier	Away
	V Field Hockey	4:00	Agawam	Away
8	V/JV Field Hockey	4:00/5	Greenfield	Away
	JV Boys Soccer	5:00/7	Wahconah	Away
9	JV/V Girls Volleyball	4/5:30	Smith Voc	Home
10	JV/V Boys Soccer	4:00	Lenox	Home
	JV/V Girls Soccer	4:00/7	Chicopee Comp	Away
	JV/V Girls Volleyball	5/6:15	Holyoke	Home
	V Field Hockey	6:30	Agawam	Home
11	JV/V Girls Volleyball	4/5:30	Granby	Home
	V Field Hockey	5:00	Palmer	Home
	V Football	6:30	Ludlow	Away
12	JV Football	10:00am	Ludlow	Home
14	<b>No School - Indigenous Peoples' Day/Columbus Day Observed</b>			
	JV/V Girls Volleyball	4/5:15	Athol	Away
	JV/V Boys Soccer	4:00/6	Frontier	Home
15	Dynamic Influence Speaker	8-2 & 6 pm	Day Assemblies/Parent Session	SHHS
	JV/V Girls Soccer	4:00	Pope Francis	Away
	V Field Hockey	4:00	East Longmeadow	Home
16	JV/V Girls Soccer	4:00/6	Ludlow	Away
	V Field Hockey	4:00	Longmeadow	Home
	JV/V Girls Volleyball	4:00	Duggan Academy	Away
17	Open House	6-8pm	All Families Welcome	SHHS
	School Committee	6:00	Virtually	COA
18	JV/V Girls Volleyball	4/5:30	Renaissance	Home
	JV/V Boys Soccer	4:00	Easthampton	Home
	One Act Plays	7:00	Auditorium	SHHS
19	V Football	6:00	Taconnic	Away
21	JV/V Boys Soccer	4:00	Chicopee High	Home
	JV/V Girls Soccer	5:00/6	Monument Mt	Away
22	V Field Hockey	4:00	Minnechaug	Away
	JV/V Boys Soccer	5:00/7	Minnechaug	Away
23	V Field Hockey	6:00	Hampshire Reg	Home
24	JV/V Girls Soccer	4:00/6	East Longmeadow	Home
	V Football	6:00	Putnam	Away
25	Student Picture Retake Day	8:00 - 1:45	Back Gym	SHHS
26	Career Tech Program Advisory Mtg	5:00-8pm	Bistro	SHHS
29	SH*Improv Show	7:00	Auditorium	SHHS
30	NHS Induction	6:00	Auditorium	SHHS
31	Senior Dress Up Day/Halloween			

(Nov. sneak peek)

4-Nov

**Day Light Savings at Midnight**



**Turn clocks 1hr BACK**

# Recreation Newsletter



## Winter Sport Registrations

Winter sport registrations will open on September 30th. Each sport & grade level have different registration deadlines so be sure to check when your child's deadline is.

### Basketball

Grade 5-8 Suburban: October 18th  
Grade 3-8 Recreation: November 11th  
Grade K-2 Recreation: November 18th  
DARE High School: December 9th

### Wrestling

Grade K-8 Recreation: November 18th

## New York City Bus Trip

On Saturday, December 14th the bus will leave South Hadley High School at 7am and arrive in New York City around 10am. There will be 2-3 drop off locations that will be announced on the bus that day. You have all day to shop, see a show, go for a skate at Rockefeller Center, have a nice meal, sightsee, etc...the day is yours!!! Let us take care of the driving. The bus will leave NYC at 6pm (pick up location will be announced on the bus) to return to South Hadley.

The cost of the trip is \$65 per person. Seats are available on a first come, first serve basis.

If you are interested in the bus trip please fill out the form below. The form can also be found on our website [www.southhadleyrecreation.org](http://www.southhadleyrecreation.org). Submission of this form does not guarantee you a spot on the bus trip. The Recreation Department will confirm your reservation via email within a week of your submission.

NYC Bus Trip Form:

<https://forms.gle/tcpUzB5AACKYiUD47>

## Drive Through Vaccine Clinic

On October 16th from 2-6pm the Board of Health will hold a drive through vaccine clinic at Beers & Story located at 646 Newton St, South Hadley. Vaccines available are Flu, Covid, RSV, Shingrix, TDAP, Pneumococcal. For more information on who can receive vaccines please see the attached flyer. Pre-registration for the clinic is through Walgreens, but is not required. All participants must wait 15 minutes post-administration for observation.

## Middle School Ski & Snowboard Club

We are excited to bring back the South Hadley Ski & Snowboard Club for its 2nd year. This program is open to those currently in Grade 5-8 that are South Hadley residents or attend Michael E. Smith Middle School. Registrations for the program open October 15th and run through November 15th or when the program fills, whichever comes first.

### SPACE IS LIMITED - SPOTS ARE FILLED ON A FIRST COME BASIS (50 MAXIMUM PARTICIPANTS)

*\*Please note that this program is designed for independent skiing/snowboarding. When your students participate in lessons, they will have an instructor accompanying them. However, once the lesson ends, students are responsible for their own activities on the mountain. While we will have chaperones skiing and monitoring the area, it is important to clarify that they will not be skiing alongside the participants. The chaperones are assigned to perform check-ins and ensure the safety of the students.*

The program will take place on Wednesday nights for six weeks (weather dependent) at Bousquet Mountain. January 8th, 15th, 22nd, 29th and February 5th & 12th.

A deposit of \$226 will be due by November 15th

### Program Options & Cost

**Option 1:** SHRD Bus Fee Only (Bousquet Mountain Pass Holder) - \$226

**Option 2:** SHRD Bus Fee & Lift Ticket (NO lesson or rental equipment) - \$316

**Option 3:** SHRD Bus Fee & Lesson/Lift Ticket Package (NO rental equipment) - \$492

**Option 4:** SHRD Bus Fee, Lift Ticket & Equipment Rental (NO lesson) - \$426

**Option 5:** SHRD Bus Fee & Lesson/Lift Ticket Package & Equipment Rental - \$584

**\*Optional Six Week Meal Voucher** (choice of three meal options each week of the program from the Bousquet Ski Lodge) - \$90



## Women's Open Gym Basketball

This program will take place on Tuesday evenings at Plains Elementary School. Participants must be at least 18 years of age to participate. The time of the program will change throughout the year. Below are the dates and times. The fee is \$75 for South Hadley residents and \$100 for non-residents for the entire program. We have eliminated the pay per session option this season.

- September 17 - October 29: 6:30-8:30pm.
- November 12 - March 11: 7:45-9:15pm
- March 18 - June 10: 6:30-8:30pm
- **No program on December 24, December 31, February 18 and April 22.**
- **We are waiting on November 5 and April 8.**
- \*Please note school events could cause cancellations, if this happens we will email you.
- There will be no makeup sessions if the program is cancelled due to weather or a school event.

Register at  
www.southhadleyrecreation.org

## Men's Over 30 Pick Up Basketball

This program runs on Sunday mornings from 8:30am-10:30am at South Hadley High School.

Dates: Nov 3, 10, 17, 24. Dec 8, 15, 22, 29. Jan 5, 12, 19, 26. Feb 2, 9\*, 16\*, 23. March 2, 9, 16, 23, 30.

Cost: \$90 for residents. \$115 for non-residents

\*One of these dates will not run due to a school function. We will email when we have more information.

Sessions may be canceled due to school functions. If that is the case you will be emailed about the cancellation.

Participants must register online at www.southhadleyrecreation.org. No registrations will be taken in person.

## South Hadley Night at the New England Revolution

This year we've organized a town "Night at the Revs" for all families and team in South Hadley to enjoy a Revs game together! If you've never been to the Revs before, it's free to tailgate before the games as a family/team, and the game themselves are super family friendly even with over 20,000 attendees.

For this event, all families from town will have access to exclusive discounted tickets (close to 33% off face value) to attend the game.

As part of the partnership with the Revs, the tickets are available for ONLY \$34 each (reg \$50) starting in the endline, with discounted upgrades available!

You and your family can purchase tickets here:  
<https://revolution.spinzo.com/revolution-vs-dc-united-2024-10-05-PTTAX?group=ysns-south-hadley-youth-soccer-929j>

If you want to organize your team or friends to sit together and save money on processing fees, please contact our Revolution representative Nick Scaltreto at (508) 549-0434 or email him at NScaltreto@revolutionsoccer.net with any questions!

## Tanya Gets You Fit Classes

Love cardio kick? Love getting your cardio done by doing a little hip hop dance? But you know how important strength and core training is right?! Why not get a little bit of everything in one class?!

FAB FUSION FITNESS is Tanya's FAN FAVORITE!! Sweat and get the heart pumping having fun while throwing some punches and getting a little jiggy with it! You will also be doing plenty of strength training that will help you build muscle, that helps you burn more fat! How could you miss such a great time?

When: Tuesdays starting October 1st; 5:30-6:30pm

Where: Michael E. Smith Middle School

Fees: \$10 drop in; \$40 for 5 class punch card - Cash or Check paid at the site.

## Youth Cheer & Football Night at the Springfield Thunderbirds

Join South Hadley Youth Cheer & Football at the Springfield Thunderbirds on Saturday October 26th. Exclusive \$25 ticket rate for athletes, coaches, family, friends & supporters. A portion of each ticket will go back to the athletes of South Hadley Youth Cheer & Football!

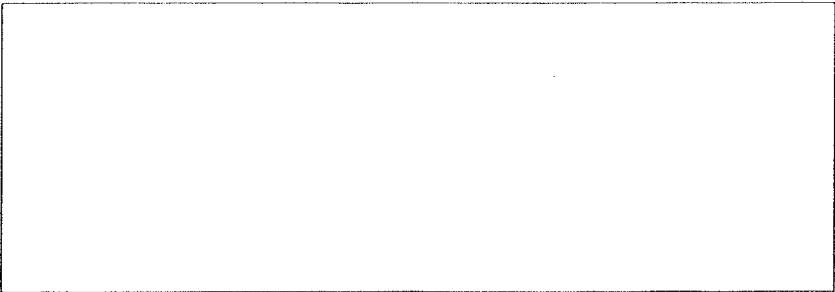
The Youth Cheerleaders will be performing on ice during both intermissions and Youth Football will be doing the 1st intermission t-shirt toss!

\$3 food vouchers can also be added to your order and includes a hot dog and soda!

Come support your South Hadley Youth Cheer & Football teams while enjoying a fun night out! To ensure your seats are in the South Hadley section please order your tickets by October 5th! For additional questions or to purchase tickets over the phone please contact Lauren Blanchard at 413-417-2289.

Tickets can be purchased using this form:  
<https://springfieldthunderbirds.formstack.com/forms/southhadleyyouthfootballandcheer1026>

South Hadley High School  
 153 Newton Street  
 South Hadley, MA 01075



SOUTH HADLEY HIGH SCHOOL

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEPT 30</b> <u>GILARDI STUFFED CRUST</u> <u>CHEESE PIZZA</u> CAESAR SALAD W/ CROUTONS MIXED FRUIT	<b>OCT 1</b> <u>TACO TUESDAY</u> SEASONED BEEF RICE PILAF CORN LETTUCE, TOMATO, CHEESE, SALSA & SOUR CREAM PINEAPPLE TID BITS	<b>2</b> <u>COLD CUT GRINDERS</u> LETTUCE, TOMATO, & CHEESE MINI PRETZELS CUCUMBER WHEELS W/ DIP CHILLED PEARS MINI RICE KRISPIE TREAT	<b>3</b> <u>TURKEY FRICASSEE</u> MASHED POTATOES DILL SEASONED CARROTS SLICED PEACHES	<b>4</b> <u>"ARNOLD'S" GRILLED</u> <u>HOT DOGS</u> BAKED BEANS RED FAT POTATO CHIPS COLESLAW JELL-O W/ TOPPING
<b>7</b> <u>CHICKEN PATTIE SANDWICH</u> LETTUCE & TOMATO OVEN BAKED FRIES MIXED VEGGIES CHILLED FRUIT	<b>8</b> <u>SLOPPY JOE SANDWICHES</u> SMILEY POTATO FRIES STEAMED PEAS DICED PEARS	<b>9</b> <u>GRILLED CHEESE SANDWICH</u> TOMATO SOUP BROCCOLI W/ DIP GOLDFISH CRACKERS CHILLED FRUIT	<b>10</b> <u>CREAMY CHEESE BURGER</u> PENNE GREEN BEANS BREAD & BUTTER SLICED PEACHES	<b>11</b> <u>BIG DADDY'S CHEESE PIZZA</u> TOSSED SALAD W/ DRESSING CHILLED FRUIT OTIS SPUNKMEYER COOKIES
<b>14</b> <b>INDIGENOUS</b> <b>PEOPLE</b> <b>DAY</b> <b>NO SCHOOL</b>	<b>15</b> <u>CRISPY CHICKEN NUGGETS</u> DIPPING SAUCE HERBED NOODLES CARROTS MIXED FRUIT	<b>16</b> <u>HAM &amp; CHEESE BAGEL MELTS</u> LETTUCE & TOMATO MINI PRETZELS CHERRY TOMATOES FRUIT CRISP W/ TOPPING	<b>17</b> <u>MOM'S SHEPARD'S PIE</u> CORN NIBBLETS GRAVY BREAD & BUTTER CINNAMON APPLES	<b>18</b> <u>B.B.Q. CHICKEN SANDWICHES</u> OVEN BAKED FRIES GREEN BEANS CHILLED FRUIT OTIS SPUNKMEYER COOKIES
<b>21</b> <u>CHEESEBURGERS</u> LETTUCE & SLICED TOMATOES GARLIC DUSTED POTATO WEDGES BROCCOLI W/ DIP MIXED FRUIT	<b>22</b> <u>CHICKEN FAJITAS</u> PEPPERS & ONIONS SALSA & LIGHT SOUR CREAM RICE PILAF STEAMED CORN CINNAMON APPLE SAUCE	<b>23</b> <u>TURKEY &amp; CHEESE ON A</u> <u>BULKIE ROLL</u> LETTUCE & TOMATO RED FAT POTATO CHIPS CUCUMBER WHEELS DICED PEARS	<b>24</b> <u>SPAGHETTI W/ MEAT SAUCE</u> GREEN BEANS BREAD & BUTTER SLICED PEACHES	<b>25</b> <u>ASSORTED SANDWICHES</u> CHEF'S CHOICE SOUP GOLDFISH CRACKERS 3-BEAN SALAD BABY CARROTS OTIS SPUNKMEYER COOKIES
<b>28</b> <u>PEPPERONI &amp; CHEESE PAN</u> <u>PIZZA</u> TOSSED SALAD MIXED FRUIT	<b>29</b> <u>HOMEMADE BAKED</u> <u>MACARONI &amp; CHEESE</u> SEASONED CARROTS BREAD & BUTTER SLICED PEACHES	<b>30</b> <u>CRISPY CHICKEN CAESAR</u> <u>WRAPS</u> GOLDFISH CRACKERS FRESH VEGGIE STICKS MINI RICE KRISPIE TREAT	<b>31</b> <u>TURKEY ALA KING</u> MIXED VEGETABLE MEDLEY BUSCUITS & BUTTER SLICED PEACHES	<b>LOOKING FOR A PART-TIME JOB WHILE STUDENTS ARE IN SCHOOL???</b> THE FOOD SERVICE DEPARTMENT IS LOOKING FOR SUBSTITUTE EMPLOYEES. IF INTERESTED, PLEASE CALL 538-5074 EXT. 4724

BREAKFAST AND LUNCH IS FREE TO ALL STUDENTS! LUNCH MEALS INCLUDE MILK & ASSORTED WHOLE FRUIT. ADDITIONAL MILK IS 50 CENTS. LARGE SALADS, YOGURT, AND ASSORTED SANDWICHES ARE AVAILABLE DAILY AS A TYPE "A" MEAL ALTERNATIVE. THE MENU IS SUBJECT TO CHANGE.