



# WEST VALLEY CENTRAL SCHOOL

*School and Community Working Together*

VOLUME 28, No. 12

JUNE 2022

## 2022 BIG 30 ACADEMIC ALL-STAR

Congratulations to Lucas Proseus on being named a 2022 Big 30 Academic All-Star! The award recognizes a senior "academic all-star" from each of the 32 school districts in the Olean Times Herald's Twin Tiers coverage area. Students are selected based on academic achievement, student involvement, and community service.



Wednesday June 15	Thursday June 16	Friday June 17	Tuesday June 21	Wednesday June 22	Thursday June 23
7:45 - 10:45	7:45 - 10:45	7:45 - 10:45	7:45 - 10:45	7:45 - 10:45	7:45 - 10:45
ELA	Algebra I	Global History	Geometry Spanish	Algebra II	Physics
11:45 - 2:45	11:45 - 2:45	11:45 - 2:45	11:45 - 2:45	11:45 - 2:45	11:45 - 2:45
Living Environment	Chemistry	Earth Science	Spanish 3	No Exams	No Exams

### Friday June 24 - Rating Day

**Transportation:** A.M. Testers ride regular A.M. Bus.

Mid-Day Bus leaves at 10:55 • Mid-Day Bus returns at 11:35

**Uniform Admission Deadlines:** Morning Examinations 10:00 a.m. • Afternoon Examinations 2:00 p.m.

# MESSAGE FROM THE SUPERINTENDENT

BY DR. TAWEEPON FARRAR

Thank you to everyone who voted on our 2022-2023 school budget, the transportation purchase proposition, and creation of a capital reserve proposition. Thank you for the board member elections. Thank you to Jordan Robbins for his time serving on the board this past year. We do welcome again Carla Heitman and welcome first-time board member Jonathan Boberg. I am confident our board will continue their support for our students and staff. We saw many familiar faces that came out to vote and some faces we have not seen in a long time.

Our budget passing gives us the knowledge that most of the community supports the school district. I recognize that we still have much more work to accomplish to change our narrative to some community members, and I can promise you that hard work will continue as we reflect on how to do better and be better! We continue to move forward in a positive direction. There is so much to be proud of and thankful for, especially when it comes to our West Valley school community.



The end of the year will be here faster than we know it. We will continue teaching our students, celebrating the learning that has occurred and providing out of the classroom experiences to enrich each student's educational experience at West Valley.

The months of May and June celebrate learning and bring the school year to a close. There were and will be many events for our students and families: the Variety Show, PARP weeks, pep assembly, movie night, Spring Fling, athletic playoffs, Memorial Day ceremony, athletic awards night, band concert, academic achievement awards, and UPK graduation! Our students will be experiencing trips to the zoo, Sprague Brook and the Lockport Caves. Our seniors, the class of 2022, will get to experience their senior trip, have their last prom and walk across the stage at graduation. These are all incredible moments for our students.

The warmer weather and sunny skies give us all (staff and students) the anticipation, the itch, the desire to want to hurry up and be done with the school year. I get it. Trust me, I get it! But please continue to stay the course over the last couple of weeks. Savor the moments. There is power in those moments. Finish the year out strong! Why? Because...

## #WEAREWESTVALLEY

## SECOND GRADE SAFARI SCAVENGER HUNT

The second graders went on a safari scavenger hunt using the posters that were displayed during PARP week. Mrs. Butcher and Mrs. Pfeiffer did an amazing job turning our hallways into an art filled learning adventure. The second graders had so much fun hunting for the correct answers and recording them in their packet.





# JUNE UPDATES

BY MR. DANIEL AMODEO,  
PRINCIPAL-CURRICULUM COORDINATOR

Yes, it is June, but not yet time to celebrate the end of the year as we still have a couple of very important weeks of school left. Students in grades 8-12 will be taking their respective Regents exams that run from June 15-23. Additionally, our 4th and 8th grade students will complete their state assessments in Science on June 6.

Throughout June our elementary students will be attending several field trips that will engage them in learning experiences that are connected to their grade level curriculums. The field trips our students are attending range from the Buffalo Zoo to the Lockport Locks and Caves. The Spring Band Concert will be held on June 7th and our Spring Sports Awards will be held on June 13. The annual 4th-6th grade Track and Field Day is being planned for June 17.

The ending of a school year is a time to reflect and celebrate the achievements of our students throughout the year. I would like to congratulate our seniors on their upcoming Graduation and all their accomplishments during their time at West Valley Central School. They have persisted through another uncommon school year to achieve this milestone. I am proud of all of you and wish you all the best in your futures. The success of our students throughout their time at West Valley will be most evident at our senior graduation ceremony on June 25 at 1:00 p.m. in our Auditorium.

As this is our last newsletter edition for the 2021-2022 school year, I want to express how proud I am of our students, parents, staff, Board of Education, and community for making this a successful year. I am already looking forward to the start of a new school year—but before we get back to work in September, please have a safe and joyful summer!

## IMPORTANT SENIOR DATES



**SENIOR TRIP TO  
SAN ANTONIO, TEXAS  
JUNE 1 - JUNE 7**

**JR/ SR PROM  
JUNE 10 @ 6 - 11 PM  
ENCHANTED VALLEY FARM  
IN OLEAN**

**SENIOR WALK  
JUNE 13  
10TH PERIOD**

**BOCES GRADUATION  
JUNE 17 @ 7 PM  
FRANKLINVILLE**

**GRADUATION REHEARSAL  
JUNE 24 @ 12:30 PM**

**GRADUATION  
JUNE 25 @ 1-3 PM  
AUDITORIUM**

# Tractor Day

Drive your tractor/lawnmower to school day will be held on June 3rd. If interested, sign up in the main office and pick up a permission slip that needs to be signed by your parent/guardian. Students MUST be 14 years of age or older and in good academic standing to participate.



## WV PTO NEWS

Thank you to everyone who participated in our annual WV PTO Plant Sale. We had a great sale again this year. With the funds we earn from this sale we have been able to purchase t-shirts for everyone, support our seniors, and support field trips and classroom activities! We appreciate your support of our West Valley students!

Congratulations to our Top 5 Sellers: Avery Tharnish, Dominic Fuller, Cullen Shaw, The Lawrence Family, and Logan Klahn. They will be receiving Amazon Gift cards.

## SHOP NEWS

Technology Class has been very hands on in the 4th quarter! 7th grade is getting ready for spring by making planter boxes. 8th grade has been learning about electricity and art in the same project. Students have made pictures in Art class, then made frames and circuits to create shadow box silhouette pictures. The high school students finished up cutting boards. One more project left to wrap up the year!



# STUDENT REGISTRATION

We are now scheduling appointments for Pre-Kindergarten, Kindergarten, and new student registration for the 2022-23 school year. If you have a child who will be 4 years old before December 1, they are eligible for our Pre-K program. Students who will be 5 before December 1 are eligible for Kindergarten.

Please call our Registrar, Mrs. Dana Westfall, at (716) 942-3100 ext. 4170 to schedule an appointment.



## Bus Updates

### Bus Safety Notice

Only buses are allowed in the circle during the following times:

7:20 a.m. — 8:00 a.m.

2:20 p.m. — 3:00 p.m.

## West Valley Central School District is accepting applications for: BUS MECHANIC/BUS DRIVER

This is a full time position with benefits. Qualifications for this position include a high school diploma and two years of experience in repairing and maintaining both passenger and diesel motor vehicles with air brakes. The candidate must have a CDL Class B license. Candidates without a PS endorsement must be willing to obtain that endorsement within a six-month period. Please send letter of interest, resume, and application to: Dr. Taweepon Farrar, 5359 School St., West Valley, NY 14171, or [tfarrar@wvalley.org](mailto:tfarrar@wvalley.org). Applications can be found at [wvalley.org](http://wvalley.org) under District/Employment. The deadline for applications is June 14, 2022.

EEO



Spring into life.

Give blood.



## Blood Drive West Valley Central School

Auditorium  
5359 School St.  
West Valley, NY 14171

Wednesday, June 8, 2022  
9:00 a.m. to 3:00 p.m.

Please make your appointment today in the Main Office.

All donors must present ID.

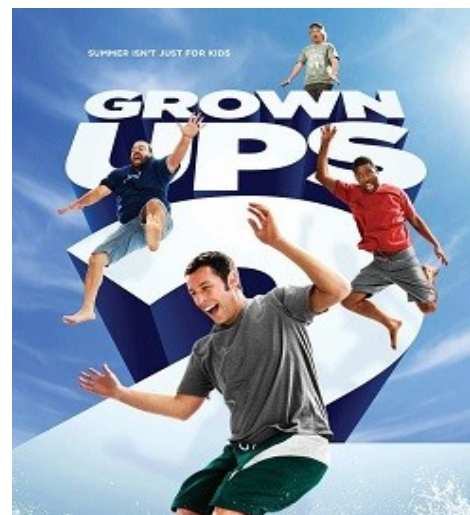
16-year-olds may donate with a completed and signed American Red Cross parent permission form (available in the Main Office).

Come to give June 1-30 and get a \$5 e-gift card to a merchant of your choice.

1-800-RED CROSS | 1-800-733-2767 | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App  
©2019 The American National Red Cross

## Free Drive-In Movie Night

June 3 @ 8:30PM



Drive-In sponsored by SADD and Reality Check, for grades 7-12 (if it rains, we will relocate to the AUD).

Pizza, snacks, pop, and water for sale.

Bring your trucks, blankets, lawn chairs, and sense of humor!  
Come support our SADD Chapter and laugh a little!

# TOWN OF ASHFORD SUMMER YOUTH RECREATION PROGRAM

For kids 6-12 years old  
New location! Same Program!

It is still undecided if we will be able to offer swimming this year.  
Please watch for updates!

Summer Recreation will be held at Bingham Hall in St. John's Parish  
Hall this year due to the construction at the school over the summer.

Questions?  
Contact Amanda Lawrence at [alawrence0620@yahoo.com](mailto:alawrence0620@yahoo.com)

## Town of Ashford Summer Youth Recreation Program Registration Form

A form must be Completed for each child attending the summer recreation program before they participate.

### PLEASE PRINT

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_ RELATION: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

Please list any other persons that are authorized by you to pick up your child at the conclusion of the program each day \_\_\_\_\_

My child is allowed to walk home by Him/her self YES/NO Circle one

My child will participate in: REC ONLY SWIMMING ONLY BOTH

Lunches DO NOT comply with dietary restrictions. Check here if you wish to opt out of the lunch program. ☐

MEDICAL INFORMATION: Please list any allergies or medical conditions staff should be made aware of (\* this information is not pertaining to the lunch program) \_\_\_\_\_

Does the Town Of Ashford Youth Recreation Program have you permission to seek medical treatment if unable to reach the emergency contact? YES/NO

Even though we are not using the school for our program this year, the school rules do still apply to the hall, school bus, parks and any other place we may visit. Please remind your child of the rules in the school handbook. If your child consistently violates the rules, he/she will be asked to leave the program.

I agree not to hold the Town Of Ashford or Summer Recreation Program liable for accident or injury occurred during the participation of my child in the program. I hear by consent to my child participating in the Town Of Ashford Summer Recreation Program and to all foregoing rules and regulations.

PARENT/GUARDIAN: \_\_\_\_\_





## MARQUIS "TEN THOUSAND" BURTON

Marquis "Ten Thousand" Burton visited West Valley Central School on Monday, May 9th and presented to students in grades 5-12 on topics related to social emotional learning. He performed poems on social issues students face in school such as bullying, anxiety, stress, and the need for self-compassion and empathy.

Marquis is a spoken word poet, educator, and curator who has worked with Shea's Performing Arts, C.A.O. (Community Action Organization), Say Yes Buffalo, and other non-profit and educational institutions. He has represented Buffalo in National Poetry Slams for the past decade and has been the official team coach for three years.



## Gardening with children



Choose flowers that are easy to grow from seed like sunflowers, poppies and marigolds.



Do point out wildlife especially bees and how certain foods are pollinated by them.



Grow your own vegetables and let your kids pick them before adding to your next dish.



Do make gardening fun by creating a fairy garden, a pizza garden or even make a scarecrow, get creative.



Choose tasks like watering that are easy for your children to get involved with.



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# FACILITIES UPDATE – JUNE 2022

## Capital Improvement Project

- Re-bid opening was held on 5/17 and board approved on 5/23 at a special board meeting. We had to re-bid as the first bids came in over \$1 million dollars over the voter approved budget.
- We will be “breaking” ground on June 27th with a projected wrap up in January 2023.
- Once the project begins, the front parking lot will be closed for construction trailers and materials. All staff will need to park in the back parking lot and enter in the back of the district until the end of the project.
- The main gym doors will be closed during the duration of the project. All students will exit and enter through the current main entrance as well as any visitors. The bus loop will remain available for the buses for drop off and pick up.
- A new temporary parent pick up and drop off will be created for September 2022.
- The following specific to safety is in this project:

- New addition of the Secured Vestibule Main Entryway
- Restructure of the main office and district offices
- IT and Server Room
- New fire alarm system

- The following may be added to the project if there are minimal incidental costs
- The following, unfortunately, had to be eliminated from this project. We are EXTREMELY disappointed, but the costs were way more than originally projected due to increased materials and labor costs:
  - Health Office renovations
  - Playground renovations
  - Carpet, ceilings and floor replacement in some office spaces and classrooms.
  - Old science classroom reconfiguration
  - Elementary sinks replacements
  - Bus Garage roof and door upgrades
- The faculty room will be relocated to an existing space.

## Smart Schools Bond Act Project

- New access controls, cabling, server, and camera system will be installed beginning June 27, 2022.

## Capital Outlay Project 2021-2022

- New classroom doors are scheduled for delivery June 10th, 2022.
- There will be 24 doors replaced in the secondary (original) part of the district.
- The 24 doors will be replaced by the end of June 2022.

## Capital Outlay Project 2022-2023

- The scope for this project has recently been approved and includes:
  - New gym exterior doors and replacement of the floors in the gym entryway area.
  - Elevator floor replacement
- This project will be completed before June 2023.

## Federal Funding Window Replacements

- New windows are being selected and ordered for installation for all front windows in the secondary (original) building.

## Building Condition Survey

- We are required by New York State to have a building condition survey conducted by architects and engineers in 2022. The information gleaned from this survey will provide critical data for our long-term facilities plan which plans for future projects. This will be shared with the school community once the survey is completed.

It will be very exciting to begin seeing all the facilities improvements for our students! If you have any questions, please email Dr. Farrar at [tfarrar@wvalley.org](mailto:tfarrar@wvalley.org).

## SUPERHERO SELFIES

During Teacher Appreciation Week, our teachers had the opportunity to post a superhero selfie to recognize all the SUPER work they do at WVCS! Pictures were then posted on our school's Facebook page for people to “like” and vote for their favorites! Great job to all who participated!!



1st place: Krista Frank



2nd place: Leanna Pfeiffer



**Captain Compass & The Ruler**  
**Measuring Angles & Making Straight**  
**Lines since 2015**

3rd place: Allison Fox & Hannah Mazzuto



## ART CORNER

Summer is approaching and the school year is ending. Students have been working hard to complete their projects before we head off for summer break.

Our preschoolers just finished reading the story "The Grouchy Lady Bug." They created their own ladybug. Kindergarteners learned about Eric Carle and read the story "The Rainbow Fish." They created their own rainbow fish with bright colors and glitter paint. First grade learned about the artist Vincent Van Gogh and created their own Starry Night. Second graders learned about Claude Monte and his water lilies. They used paper plates, tissue paper, and oil pastels to make their own waterlilies. Third grade studied Pablo Picasso and learned

about his time traveling with the circus. They created their own clowns with different expressions. Our fourth graders designed their own ice cream cone creations. The fifth-grade group used foil, cardboard, and permanent markers to create a cool design or a landscape. Sixth just completed a magazine collage and seventh grade created donut sculptures by using newspaper, tape, and acrylic paint. Eighth grade has been working on mixed media dragon eyes.

Our Studio in Art class just completed their cake sculptures—they look amazing! Drawing and Painting students have been collaborating with Mrs. Lechner's 2nd grade class where they drew the original drawing and Mrs.

Mazzuto's students are elaborating on them.

The Art Club made some personalized t-shirts that were created by Addison Smith. She did an awesome job!

Our artist of the month is Achilles Leckey. Achilles is in 7th grade and is doing a great job in my room. Some of Achilles's favorites include, chicken wings, watermelon, basketball, Buffalo Bills and the Flash. Achilles has six sisters and one brother. He has one dog and two cats. Outside of school, Achilles enjoys playing basketball and football. This summer he plans on taking a trip to Lake Erie.







## WASHINGTON D.C. TRIP

From May 1-4, 2022, sixteen 8th grade students attended the Close Up Middle School Program in Washington, D.C.

Students visited a variety of museums including the US Holocaust Memorial Museum, the Smithsonian American History Museum, and the Smithsonian Natural History Museum. The tour included visits around the National Mall, the Capitol Building, and the White House. Students visited all of the memorials from the Jefferson Memorial to the Lincoln Memorial. They witnessed the changing of the guard at Arlington National Cemetery and explored the grounds. Students interacted with students around the nation, from California, New Mexico, and Arizona. Students discuss important civic topics and examined pressing national issues.

We'd like to give a special thank you to the West Valley Central School Board of Education for approving such an important trip! Thank you as well to the Springville Wal-Mart for an educational grant of \$1000, and to Mr. John E. Pfeffer for his donation. We appreciate all of your support!





## SPRING FLING

Spring Fling was a fun-filled event that the whole West Valley community enjoyed. The seniors provided us with yummy treats, the juniors had us fishing for fish, the sophomores colored our world with tie dyed t-shirts, and the freshmen had fun making pies to throw. Games were sponsored by the WVTA and the WV PTO sponsored an obstacle course and slide for everyone to enjoy. Thank you to Jake and the Fatman for the delicious food and helping our 7th and 8th graders raise funds. There were class competitions for our high school students to end the evening. Thank you to everyone who helped to make this event so successful for our students and community.





SPRING FLING





# PARP

This year's Parents As Reading Partners (PARP) theme was Wild About Reading! Students in grades Pre-K through 6th grade celebrated reading for two weeks by reading at home and participating in fun activities at school

including wearing crazy socks, dressing in wild animal print, reading to a stuffed animal, and wearing a shirt with words. Prizes were awarded each day and tickets were given out for a chance at more prizes.

Thank you to all the families who read or listened to their children read during PARP! Reading is a great way to build our minds and a great reason to snuggle!



Our Librarian, Mrs. Thiel, read a book to elementary students called *I Promise by LeBron James*. The students wrote their ideas about how we can make the world a better place for everyone.



A "Kindness" theme was added to PARP this year. If a student was caught being kind, a teacher submitted their name for a chance to win credit on their cafeteria account for snacks. Way to go, Wildcats!



Students wrote what they thought an animal would say if they could talk.



Kids had a chance to visit the "Swap Swamp" where they could swap one of their own books for a different one.





## SOFTBALL WRAP-UP

The 2022 softball season was a huge success. In its second year since the resurrection of the softball program, the Lady Wildcats went 7-8, a huge improvement from last year's record of 1-13. The season was filled with lots of excitement and huge improvements from all the players. The Wildcats finished in a tie for second place in the CCAA East 2 with a 7-5 record. In the middle of the season the Wildcats went on a 5-game win streak to help propel them to an amazing finish. In the Quarterfinals of the Section 6 Softball playoffs, the Wildcats hosted a game vs. the Clymer/Sherman Wolves and lost a heartbreaker 7-5. With all 18 girls being underclassman, a strong season next year is sure to be in store. Coach Galvin and Coach Hansen are so proud of all the players for their hard work and dedication this season. Thank you to all the fans who came out to support us. We're looking forward to seeing you next spring! Go Wildcats!





## TRACK WRAP-UP

The West Valley Track and Field Team has continued to see great success. Our outstanding athletes have attended local meets throughout the Section VI CCAA League. The first in May took place on May 3rd in Gowanda where the Boys' Team won 65-58 and the Girls put up 34 points to Gowanda's 58. Considering the conditions of rain, wind, and unusually cold temperatures, the athletes put out exceptional effort.

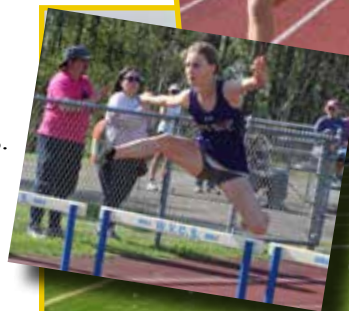
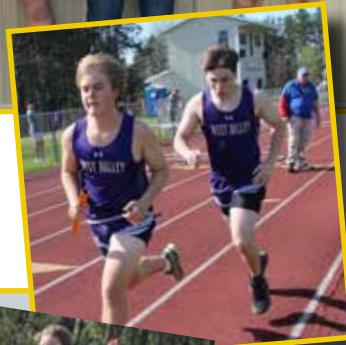
On May 10th, students hosted our own home meet at West Valley. The West Valley Track and Field Team faced off against the Silver Creek Black Nights/Forestville Hornets as well as the Cattaraugus-Little Valley Timberwolves in a double dual meet. This is the first time in over 7 years that West Valley has hosted a meet. The West Valley boys' team won against Catt-Little Valley 87-27, but were bested by Silver Creek/Forestville 46.6-78.3. Similarly, the girls beat Catt-Little Valley 52-16 while they came up short against Silver Creek/Forestville 38.5-61.5. Janay Ghani took first place in all three of her events: 100 meter, 200 meter, and the long jump. Olivia Harmony also had three first place finishes in the 100 hurdles, 1500 meter and 3000 meter. Onnalee Caswell secured 3rd in the 100 meter dash and 400 hurdles as well as second in the 100 hurdles. Maggie Parish finished second in discus. On the boys' side Nolan Spencer took first in discus and shot put. Jack Tharnish finished first in the 3200 meter, 1600 meter, and Triple Jump. Nick Peters took second in the 200 meter dash and Josh Kowalski took 2nd in the 400 and 100 hurdles. Ben Fisher had a personal best 400 meter dash time of 1 minute 3 seconds securing 3rd place for the team.

On May 17th, the Wildcats attended a meet at Salamanca against the Warriors. The girls' team was led by Olivia Harmony who scored 15 points finishing first in the 1500 meter run, 3000 meter run, and the long jump. Janay Ghani secured first in the 100 and 200 meter dash adding another 10 points. Onalee Caswell secured third in the 100 and 400 hurdles bringing the team total to 27 points. It was not enough to beat the Salamanca ladies but everyone gave it their all. The boys also gave it their best but came up short with a final score of

40-91. Jack Tharnish led the team in points scoring 16 points with first place finishes in the 1600 meter and 3200 meter. He also took 2nd in the triple and long jump. Nolan Spencer brought 10 points to the team with his first-place finishes in shot put and discus. Josh Kowalski took first in the 110 high hurdles and second in the 400 hurdles. Nick Peters took third in the 200 meter dash. Ben Fisher finished second in the 400 and Lucas Proseus took third. Zach Westfall took third in shot put.

The largest meet of the season to date was during the CCAA League Meet at Falconer, NY. This two-day meet took place on Friday, May 20th and Saturday, May 21st. This meet was attended by 19 schools across Cattaraugus and Chautauqua counties. Schools bring their best two athletes in every event and contend against all other 18 participating

schools. The students that attended this event included Nolan Spencer, Zach Westfall, Nick Peters, Slater Smith, Jack Tharnish, Maggie Parish, Victoria Parish, and Olivia Harmony. The standout performance went to Olivia Harmony with a 4th place finish in the 3000 meter run. Olivia finished the just under 2 mile run in 11 minutes and 49 seconds, she also took 17/30 in the long jump. Maggie Parish took 17/32 in shot put. Nolan Spencer finished 18/32 in Shot Put and 19/35 in Discus. Jack Tharnish finished 16/32 in long jump, 13/26 in the 3200 meter run, and 12/30 in the 1600 meter run. All athletes had incredible performances. The whole team will be attending their final meet, the Class D Meet at Randolph, NY, on May 26th to face off against all CCAA Class D schools.





## JUNE 2022 - GRADES PREK-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Raspberry Churro or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Cinnamon Roll or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk
Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh Or Prepared Fruit ----- Non or Low Fat Milk	Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Breakfast Burrito or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Mini Strawberry Cream Cheese Bagel or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Cereal Bar or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk
Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Breakfast Pizza or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Pillsbury Waffles or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk
No School	Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	No School

Have a Great Summer!

**MENU SUBJECT TO CHANGES**

**REMEMBER, if you are approved for free Lunch, you are automatically approved for Breakfast!**

## JUNE 2022 - GRADES PREK-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Nacho Grande or Turkey Wrap ----- Corn Salsa	Parmesan Chicken or Assorted Sub ----- French Fries	Grilled Cheese Sandwich or BLT Sandwich ----- Tomato Soup
Chicken Patty on Bun or Egg Salad Sandwich ----- Green Beans Seasoned Noodles	Sloppy Joe or Chicken Salad Wrap ----- Carrot Sticks French Fries	Pizza or Buffalo Wing Sub ----- Tossed Salad	Beef Burrito or BLT Sandwich ----- Buttered Carrots Salsa	Grilled Cheese Sandwich or Ham Sandwich ----- Tomato Soup
Tacos or Buffalo Chicken Wrap ----- Refried Beans Salsa	Chicken Patty on Bun or Ham & Cheese Sandwich ----- French Fries	BBQ Pork on Bun or BLT Sandwich ----- Assorted Vegetables	Macaroni & Cheese w/Roll or Turkey Sandwich ----- Broccoli	Pizza or Cheese Sandwich ----- Assorted Vegetables
No School	1/2 Day No Lunch Served	1/2 Day No Lunch Served	1/2 Day No Lunch Served	No School

Have a Great Summer!

**MENU SUBJECT TO CHANGES**

CABOCES  Design & Print Publication



## WEST VALLEY CENTRAL SCHOOL

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West Valley, NY 14171  
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Carla Heitman  
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## ADMINISTRATION

**Dr. Taweepon Farrar**, Superintendent  
**Ann O'Brien**, Business Administrator  
**Daniel Amodeo**, Pre-K-12 Principal  
**Danielle Behringer**, Assistant Principal, CSE/CPSE Chairperson



# Strawberry-Chocolate Greek Yogurt Bark

## PREPARATION

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.
4. Broil 3-4 in. from heat 2-3 minutes or until eggs are completely set. Let stand 5 minutes. Cut into wedges.



## INGREDIENTS

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips

## NUTRITION FACTS

Serving Size: *One 1 3/4-by-2 1/2-inch piece*

Per Serving: 34 calories; protein 2g; carbohydrates 4g; dietary fiber 0.2g; sugars 3.5g; fat 1.3g; saturated fat 0.8g; cholesterol 2.8mg; vitamin a iu 19.7IU; vitamin c 4.6mg; folate 2mcg; calcium 27.7mg; iron 0.1mg; magnesium 3.1mg; potassium 44.8mg; sodium 7.6mg; added sugar 2g.

## TIPS

To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving.