

West Valley

VOL. 24 No. 2
OCTOBER 2018

Central School



SCHOOL AND COMMUNITY WORKING TOGETHER

FALL FESTIVAL



FALL FEST 2018

Come One, Come All
To Celebrate the Season of Fall!
Join us at WVCS on October 19th from 4 PM - 7 PM
There will be games, food, floats, and class competitions!
Spaghetti Dinner from 3:30 PM - 6 PM



Superintendent's Corner
October 2018
Mr. Eric Lawton

With our first month of school flying by we are getting ready for the beauty of autumn in West Valley. Students are getting into a rhythm of school with homework, clubs and athletics. I was excited to find that we had 25 students move into our district this summer. I really hope that this trend continues as these new faces bring some new ideas to our school.

Our Board of Education held a second community workshop on September 13th. I reviewed the list of questions that were asked at the first meeting in August. I then focused on answering three of those questions with a PowerPoint presentation covering Enrollment, Tax Rates and Staffing. We are going to put the slides on our website for all to see. While we did not answer all of the questions from the first meeting, we did address those topics. We are scheduling a second meeting in November and I will answer the questions about our Reserves and the budget. The meeting date will be determined soon and notification will be in the next newsletter.

We are in the final year of our athletic merger with Ellicottville and our board has some decisions to make. We are thankful to Ellicottville for hosting our student athletes for the past four years, but we have to do what is best for our student athletes. If you would like to provide input, you can call or e-mail me, Dan Amodeo or Zachary Gelen. You may also contact any board members to provide input. Our decision really needs to be made before January.

Our board of education adopted board goals and our faculty will be generating goals that align in October. The goals are:

- ◆ The Board of Education will increase the quality of district communications to better prepare all constituents to support student learning.
- ◆ The Board of Education will support programs that ensure that all schools meet or exceed Cattaraugus Allegany BOCES Regional average proficiency percentages for 3-8 ELA, Math and Science assessments, all Regents Examinations and Graduation Rates.
- ◆ The Board of Education will develop a fiscally-sound instructional spending plan which promotes learning, engagement, student achievement, facility management and district advocacy to meet expected outcomes to support District goals.

Yours in Education,

Eric Lawton
Superintendent



***Principal's Corner
October 2018
Mr. Daniel Amodeo***

The first weeks of school have passed us by and I have been very impressed with the amount of excitement and enthusiasm demonstrated throughout the first month of school. I would like to thank all of our parents who attended our Open Houses and for being partners in assisting your child to reach their fullest potential. If you did not have a chance to sign up for parent conferences please contact Mrs. Dana Westfall to schedule an appointment for a parent-teacher conference.

This school year West Valley applied for and was approved for the Community Eligibility Provision (CEP) by New York State Education Department. The CEP program allows all West Valley students to receive a free breakfast and lunch throughout the school year. Additionally, the CEP has allowed a 60% reduction in tuition for West Valley students who take a Syracuse University college class. This is a huge benefit to our students as nearly 70% of juniors and seniors are taking at least one college level course.

In addition over 60% of our juniors and seniors are participating in a BOCES Technical Education program with most of these students also taking a college level course. The ability for students to participate in a CTE program and take college level classes is an opportunity many schools do not provide for students. We are fortunate to be able to provide the most opportunities possible to our students.

Thank you to Mr. Cole for organizing a matinee viewing of Charlie and the Chocolate Factory at Shea's Performing Arts Center. This opportunity was offered to 7-12 grade students on Sunday, September 23rd and funded by Cattaraugus-Allegany BOCES.

Mr. Stead will be taking a group of students to the Western New York Construction Career Day at the Operating Engineers Training Center in Lakeview, NY. This opportunity is for 11th and 12th grade students interested in a variety of construction related fields.

The West Valley Volunteer Hose Company will be facilitating an assembly for our Elementary students during Fire Prevention Week, October 7-13. Our 4th, 7th, and 8th grade students will be attending a field trip to Old Fort Niagara on October 5th.

These opportunities reflect our commitment to providing our students with a well-rounded education that will prepare them to be productive members of society with 21st century skills. We look forward to continue offering our students opportunities within and outside of our school community that will prepare them for their futures.

Sincerely,

Dan Amodeo
Principal

A Very Special Visitor...

On Monday, September 17th, our PreK thru 4th grade students were able to see and learn about a new animal. Mr. Mike Morton from Sun-Dance-Kids Farm brought a *Patagonian Cavy* to our school and told us all about it. It was really interesting. Throughout the upcoming school year, Mr. Morton will be bringing a variety of animals to school for us to learn about and see. We can't wait!



Please cut Box Tops and send them in with your child. He/she can give them to homeroom teachers.

the heARTbeat of West Valley



The new school year is in full swing and the art room is buzzing with excitement. Our 6th graders are working on identity portraits while our ceramic students are working on identity sculptures. “Although I’ve had these students for several years and have built a rapport with them, I always find it interesting to see how they describe themselves and how they choose to reflect their identity,” says art teacher Hannah Mazzuto. Our Drawing and Painting students are really exercising their skills by drawing 50 objects of their choice, plus a hidden Waldo. *Will you be able to find Waldo in their drawings?*



Our Kinders through second grade just finished working on a project for International Dot Day. IDD is based on the book, “The Dot” by Peter H. Reynolds. The story encourages students to embrace their creativity and to make their mark, wherever it may take them. It’s a story about taking pride in your work and overcoming challenges. International Dot Day was on September 15.

The art department can’t wait for another successful school year. Continuing art club, going on field trips, and showcasing our 2nd annual school wide art show are some of the few things we look forward to.



art



Celebrity Artist of the Month



Nathan Dash is our Celebrity Artist of the month. He is a senior and is pursuing art education. Having already earned several accolades, it was an easy decision to have Nathan be our first Celebrity Artist of the school year. His other interests include music and camping with friends. Mrs. Mazzuto says, "I've really only seen his two dimensional work, so I'm looking forward to see what he creates in ceramics this year."





The Guidance Office

FALL 2018 WESTERN NEW YORK COLLEGE CONSORTIUM OF HIGHER EDUCATION

On Thursday, October 4, 2018, in the Auditorium, from **10:00 am to 10:45 am**, the Western New York Consortium of Higher Education (which consists of **20 colleges**) will visit West Valley Central School. The colleges that will be in attendance are two and four-year, private or public institutions. The college representatives will talk with our students regarding future academic opportunities. This is an excellent chance for 10th - 12th grade students to either begin thinking about "higher" education (i.e. gathering lots of free materials and asking questions), or confirming their choices of what college they wish to attend next fall. The colleges attending are: Alfred State College, Alfred University, Bryant and Stratton College, Buffalo State College, Canisius College, Daemen College, D'Youville College, Erie Community College, Fredonia State College, Genesee Community College, Hilbert College, Houghton College, Jamestown Community College, Medaille College, Niagara County Community College, Niagara University, Saint Bonaventure University, Trocaire College, University at Buffalo, and Villa Maria College.

2018 PSAT/NMSQT Registration Announcement

On Wednesday, October 10, 2018, our school will administer the PSAT/NMSQT (Preliminary Scholastic Aptitude Test/ National Merit Scholarship Qualifying Test) for 10th and 11th graders. The cost per student is **\$16.00**, and checks are to be made payable to WEST VALLEY CENTRAL SCHOOL. The **deadline** to sign up and pay for the test is **Friday, October 5, 2018** in the Guidance Office. Even if your child is not considering college at this time, he or she should take this test. Just taking it can encourage a student to start thinking seriously about life after high school, goals, and the education necessary to reach those goals.

1. It measures the reading, math, and writing skills needed for college (and for success in most jobs and careers in today's world). After the test, a score report will show the students' results in each of the sections. It will also target areas that need improvement before re-taking/taking the PSAT/SAT standardized tests.
2. This test gives students a chance to see how their skills compare with those of other students who will apply to college.
3. For 11th graders only, it is the first step in entering the National Merit Scholarship Corporation competitions for scholarships and recognition.
4. The Student Search Service gives PSAT/NMSQT test takers the option to voluntarily place their names and addresses in a pool of college-bound students interested in receiving admission and financial aid information from certified colleges, universities, and scholarship agencies.

Lastly, it provides practice for the SAT exams, which most juniors take for the first time in the spring.

Please encourage your son or daughter to sign up for the PSAT/NMSQT.

The time to start thinking about further education beyond high school is **now!**

The 20th Annual Financial Aid Night In OCTOBER!!!

Please attend the "**20th Annual Financial Aid Night**" at West Valley Central School. At **6:00 pm** on **Wednesday, October 17, 2018**, in the cafeteria, Michelle Schram (Assistant Director of Financial Aid from Saint Bonaventure University) will provide information for 11th and 12th graders and their parents on the financial aid process including; completion of the FAFSA (Free Application for Federal Student Aid) forms, grants, scholarships, and various student and parent loans.

Financial aid is money that comes in many forms. It generally consists of a combination of grants (actual cash that you do not have to pay back), scholarships (actual cash awarded for academic achievement), and loans (must be paid back). These types of aid come from a variety of sources: the college itself, individual states, private donors, and the Federal Government (by far the largest source of aid). Once you've filled out the Free Application for Federal Student Aid (FAFSA) via the internet (<http://www.fafsa.ed.gov/>) colleges will extend to you the types of aid for which you are eligible.

For Parents: What is Career Cruising?

Career Cruising is an Internet-based career exploration and planning tool used by your son or daughter to explore career and college options and develop a career plan. Career Cruising can be accessed from school, from home, or wherever your son or daughter has access to the Internet. Features of the program include:

ASSESSMENTS

World-renowned assessment tools to help your child identify his or her career interests, skills, abilities, and learning styles

CAREER PROFILES

Thorough and up-to-date information about hundreds of different occupations, including direct links between careers and related college programs

MULTIMEDIA INTERVIEWS

Interviews with real people in each occupation, which add depth and realism to career profiles

COLLEGE AND FINANCIAL AID INFORMATION

Comprehensive college and financial aid information, with a number of useful search tools to help your child find the right college and the right scholarships

EMPLOYMENT GUIDE

Advice for all stages of the job search process, including developing a job search plan, networking, writing resumes and cover letters, preparing for interviews, and adjusting to a new job

MY PLAN

An online portfolio where your child can develop and reflect on his or her academic, personal, and career exploration activities, and make plans for the future

RESUME BUILDER

Integrated with the My Plan tool to help your child create, format, and print professional-looking resumes quickly and easily

PARENT PORTAL

Allows you to view the information your child has stored in his or her Plan, learn more about the careers and schools that your child is interested in, and communicate with your child's career advisor

To register for your Parent Portal account, go to www.careercruising.com/Parent and enter your activation code. To receive an activation code, please contact your child's career advisor.

October 1, 2018

Dear and Parents/Guardians,

West Valley Central School will be administering the ASVAB assessment instrument, which is part of the ASVAB Career Exploration Program (CEP), to any **interested** students in grades 10 - 12 on Thursday, December 6th from 8:00 AM to 11:00 AM. Please have your son/daughter sign up in the Guidance Office with Mr. LaBrake by Friday, November 9th. This test is in an invaluable tool to help your student with his/her future educational and career plans.

The ASVAB CEP will help your student:

- ◆ To learn more about themselves and the world of work
- ◆ Explore occupations in line with their interests and skills
- ◆ Develop an effective strategy to realize their career and education goals

One of the scores of the ASVAB is the military services' entrance score which may be used by your student to explore career options in the military. Your child's name and ASVAB CEP Scores will be released to the military unless you choose not to have their name released. Even if your child's name is released to the military, by no means is your child obligated to the military service.

The ASVAB CEP's website: www.asvabprogram.com offers great information regarding the program to include a brief video summary explaining the process and benefits of the program. Please call me with additional questions at 716-942-3100, extension 4148.

Thank you.

If you would rather not have your student's test scores released to the military, please sign and complete the information below and return to the Guidance Office.

I, (Parent/Guardian Name) _____ request that (student's name)

_____ name and ASVAB CEP results not be released to the military

recruiting services.

Signature of Parent/Guardian _____ Date _____

Sincerely,

Matthew LaBrake
School Counselor



Announcements

Child Find Notice

Attention Residents with children between birth and age 21: If your child is disabled or you suspect he/she may be disabled, you may be entitled to special education and related services, without cost to you. Please contact **Shawna Gugino**, *Director of Special Education* at 942-3100 extension 4149 or write West Valley Central School, Attention Special Education Department 5359 School Street West Valley, New York 14171 to register your child or obtain further information.

Free Community Clothes Closet



St. John the Baptist Church has a Free Community Clothes Closet located behind the church in Bingham Hall from 1-4pm every Wednesday or by appointment. Clothing, shoes, bedding, household items and books are available for Cattaraugus County residents. Donations of gently worn, clean seasonal items are always welcome.

If you have any questions or would like to make an appointment please call Jacque Conrad at 942-3836. Thank you very much for the continued support.

West Valley Food Pantry

The pantry is located at the Ashford Town Barns on Fox Valley Road. It services the families of the Town of Ashford and the West Valley School District. If West Valley Central School closes due to inclement weather, the food pantry will close.

It is open the 2nd and 4th Wednesday of each month from 1-4pm. For emergency needs, call Kris Aldrow at 942-6690 or Corky Miller at 716-257-3651.

Donations are always welcome. We are always in need the following items; juice, cereal, macaroni, toilet paper and paper towels.

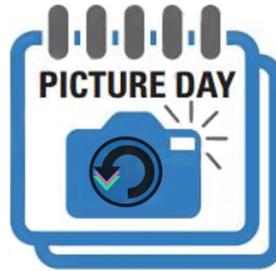




Announcements

Picture Day

Retake day- Friday, October 19th



RETAKES

TOPS in Education



At TOPS Friendly Markets, we are committed to helping the communities we serve. Schools are a big part of those communities. Did you know... TOPS has donated more than \$850,000 in the past 6 years to local schools?

The program that makes it easier to get additional money for school improvements and programs. TOPS contributes up to 5% of your purchase to the school(s) you have chosen. The more you shop, the higher percentage we donate!

Here is how it works: Whether you are new to this program or currently participating, you need to register your bonus card for the 2018-2019 TOPS in Education program year. Go to <https://www.topsmarkets.com/education/> and follow the prompts.

YEARBOOK SALES

The 2018 -19 Vallian Yearbook is now on sale. Students who purchase a yearbook before December 1, 2018 will be entered into a drawing for a free yearbook.

Winner will be announced on December 7, 2018.

The last day to order a yearbook will be March 1, 2019

There will be only a few extras ordered so please get yours soon.

The cost of this year's FULL COLOR yearbook is \$50.00. A deposit of \$25.00 will hold your yearbook. The final payment of \$25.00 will be due by March 1, 2019.

Name of Student _____

Homeroom _____

Amount paid _____

Date Ordered _____

Orders should be given to Mrs. Mumbach or Mrs. Kazmierczak.

Yearbook Personal Ads
Place a personal ad in the yearbook for one of our seniors!

Making your ad is simple. Just fill out the form, include any pictures you'd like us to use, and attach payment. Return this form along with your pictures, to the office or to Mrs. Mumbach or Mrs. Kazmierczak by February 15, 2018.

Prices: 1/2 page (8 1/2" x 5 1/2") \$50.00 1/4 page (4 1/4" X 5 1/2") \$35.00
Full page (8 1/2" x 11") \$100.00 1/8 page (2" x 3") \$20.00

These ads can include pictures and text or just text. They can be hand-written or emailed. All work will be recreated AS IT WAS WRITTEN. Photos may be digital or actual photos. Photos will be returned. If photo is scanned please make sure the resolution is at least 300 dpi. Ad size may limit space.

Name _____ Phone Number _____
Number of Photos included for this Ad _____ (please put your name on the back of all photos)
Text wanted in the ad: (ie, "We love you Suzy!") Write it below or attach a typed version or email to
jmumbach@wvalley.wnyric.org

Payment options:
Bring your payment with this form to the front office in an envelope with your name on it, send it with your student or mail it to WVCS 5359 School St. West Valley, NY 14171 ATTN: J. Mumbach (checks payable to WVCS Yearbook)
Type of ad (ie, full page ad) _____ amount: Price Paid
\$ _____
Cash \$ _____
Check \$ _____ Check # _____

****Please do not create your own ad-it may not be compatible with our software.**



West Valley Ski & Board Club 2018-2019



Ski season will be here before we know it. Our club travels down to Holiday Valley each Tuesday after school beginning in January and ending in March. If good skiing conditions arrive in December, we may be able to get a night on the slopes in before our winter break. West Valley students in grades 7-12 are eligible, but I can accept students in 6th grade with parent/guardian permission and a phone call or meeting. If you would like to buy a pass through our club, please let me know and I can most likely provide you with the same prices as our club members. I am looking into that detail and will post additional information as it becomes available.

Skiing and boarding can get expensive during the winter months. Joining the club drastically reduces the overall cost of a student who participates in this outdoor sport. In addition to the cost savings, all members are provided free lessons on the nights that we go as a club. Another perk of the package is that students can ski/board any Tuesday evening that Holiday Valley is open even if the club does not go. Our club will travel by bus a total of 8 weeks from school.

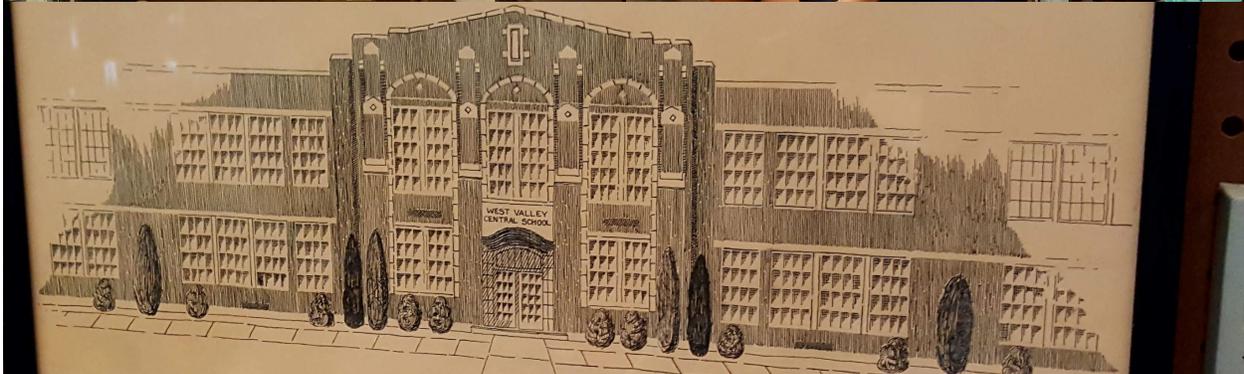
Student season passes are available through the club at a discounted rate.

We will be having an informational meeting after school so that any interested students that are eligible can receive the necessary details and registration forms to join. If you have any questions regarding your child becoming a ski/board club member, you can email me at gstead@wvalley.org or call 942-3100 ext. 4114. I am looking forward to another great season on the slopes with the West Valley Ski & Board Club.

Thank You,

Gerry Stead

Local History Field Trip to the Ashville Historical Society



**2018-2019
West Valley Central School Board of Education
Scheduled meetings**

All meetings held in the library conference room unless otherwise stated below.

The Board of Education invites you, the residents of our school community, to feel comfortable in sharing matters of interest or concern that you might have.

The Board President will be happy to recognize those of you who wish to speak at our board meetings during the designated public comment section of the agenda. Please indicate this on the sign in sheet and you will be called on in order, at this time; please identify yourself with your name and address.

Those items brought to the attention of the Board during this time may be taken under consideration for future response or action. We ask that individual comments be limited to a few minutes in order to accomplish the evening's agenda.

We respectfully ask that issues related to specific school district personnel or students be brought to the attention of the Superintendent or Principal privately.

Tuesday, July 10 th @6:30pm	Reorganization meeting and Regular meeting to follow
Monday, July 23 rd @7pm	Regular meeting
Monday, August 6 th @7pm	Regular meeting
Monday, August 27 th @7pm	Regular meeting
Monday, September 10 th @7pm	Regular meeting
Monday, October 15th October 9th @7pm	Regular meeting
Monday, November 5 th @7pm	Regular meeting
Monday, December 10 th @7pm	Regular meeting
Monday, January 7 th @7pm	Regular meeting / Budget discussion
Monday, February 11 th @7pm	Regular meeting / Budget discussion
Monday, March 11 th @7pm	Regular meeting / Budget discussion
Tuesday, April 16 th @7pm	Regular meeting (agenda item, BOE will vote on BOCES Admin. Budget, BOCES BOE Election and school 2018/19 budget)
Monday, May 6 th @7pm	Annual Budget Hearing/Regular meeting (auditorium)
Tuesday, May 14 th from noon-9pm	Annual Budget Vote/BOE Election (gymnasium)
Monday, June 3 rd @7pm	Regular meeting
Monday, June 24 th @7pm	Regular meeting

West Valley Central School
2018-2019 School Calendar

184 Days

SEPTEMBER							Days 19
S	M	T	W	T	F	S	
							1
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30							
OCTOBER							Days 22
S	M	T	W	T	F	S	
	1	2	3	4	5wk	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				
NOVEMBER							Days 18
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		
DECEMBER							Days 14
S	M	T	W	T	F	S	
2	3	4	5	6	7	8	
9	10	11	12	13	15wk	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						
JANUARY							Days 21
S	M	T	W	T	F	S	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

FEBRUARY							Days 15
S	M	T	W	T	F	S	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28			
MARCH							Days 21
S	M	T	W	T	F	S	
					1	2	
3	4	5	6	7	25wk	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							
APRIL							Days 14
S	M	T	W	T	F	S	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					
MAY							Days 22
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	35wk	24	25	
26	27	28	29	30	31		
JUNE							Days 18
S	M	T	W	T	F	S	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30							

- 4-Sep Superintendent day
 - 5-Sep PreK -12 First day of classes
 - 8-Oct Columbus Day
 - 12-Nov Veterans Day Observance
 - Nov 21-23 Thanksgiving Break
 - Dec 21-Jan 1 Early Winter Break
 - 21-Jan Martin Luther King Day
 - Feb 18-22 Pres. Day; Mid-Winter Break
 - April 17-26 Spring Break
 - 27-May Memorial Day
 - 25-Jan Rating Day
 - 26-Jun Rating Day
- Open House for Elementary 5:45-6:45pm and for Secondary 7-8pm
 - 1/2 day PreK-12, parent conference
 - Superintendent Days 9/4, 10/22, 1/28, 3/22
 - Quarter ends 11/9, 1/25, 4/12, 6/25
 - School not in session
 - 6/17 last day of regular classes for grades 7-12
 - 6/25 last day of regular classes for PreK-6
 - January and June 2019 Regent exams
 - * January 22-25
 - * June 3, 17-26
 - June 29, 2019 Commencement

West Valley CS Pre K - 12
Breakfast Menu

October
2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	2 Crisp-Minis Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	3 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	4 Breakfast Burrito Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	6 Mini French Toast OR Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk
8 COLUMBUS DAY NO SCHOOL 	9 Apple or Cherry Frudel Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	10 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	11 Pillbury Grape Filled Croissant Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	12 Whole Grain Cinnamon Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk
15 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	16 Crisp-Minis Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	17 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	18 Breakfast Burrito Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	19 Superintendent's Conference Day No School
22 SUPERINTENDENT DAY NO SCHOOL	23 Apple or Cherry Frudel Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	24 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	26 Breakfast Pizza Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	26 Crisp-Minis Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk
29 Sausage, Egg & Cheese Breakfast Sandwich OR Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit	30 Crisp-Minis Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	31 Apple or Cherry Frudel Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk		

Attention Parents!!!

Breakfast is the most important meal of the day and provides the necessary energy to start a day of learning and achievement. Children who eat breakfast at school:

- Score better on Standardized Tests
- Have Fewer Health Issues
- Behave Better in Class

Take the worry out of paying for Breakfasts:

Prepay for your child with cash, check or money order. Make checks and/or money orders payable to West Valley Central School or pay online at myschoolbucks.com



Students may choose one item from each section. Students must choose at least three items to constitute a full breakfast. **One item must be a Fruit**

Menu is subject to change.

West Valley Central School Grades Pre K-8 Lunch Menu

October 2018



NATIONAL SCHOOL LUNCH WEEK!
LOTS 2 LOVE



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheeseburger Or Chicken Salad Sandwich ----- Glazed Carrots $\frac{1}{2}$ cup	2 Taco In A Bag Or Turkey & Cheese Sandwich ----- Vegetarian Beans	3 Sloppy Joe On A Bun Or Ham & Cheese Sandwich ----- Sweet Corn	4 Cheese & Pepperoni Pizza OR Turkey & Cheese Wrap ----- 1 Cup Salad = $\frac{1}{2}$ cup	5 Grilled Cheese W/Tomato Soup OR Ham & Cheese Sub ----- Green Beans
8 COLUMBUS DAY NO SCHOOL 	9 Ultimate Nachos W/Tostitos & Rice Or Turkey & Cheese Wrap ----- Sweet Corn Salsa $\frac{1}{2}$ cup	10 Italian Dippers: W/Pizza Sauce Or Ham & Cheese Sub ----- Green Beans Carrots $\frac{1}{2}$ cup	11 Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Cauliflower	12 Hot Ham & Cheese W/Tomato Soup Or Ham & Cheese Sub ----- Broccoli Baked Beans
15 Chicken Party On A Bun Or Chicken Salad Sandwich ----- Baked Beans 	16 NATIONAL Soft Shilled Tacos Seasoned Rice Or Turkey & Cheese Wrap ----- Sweet Carrots	17 SCHOOL Diced Chicken & Gravy Or Ham & Cheese Sub ----- Mashed Potatoes	18 LUNCH Cheese & Pepperoni Pizza Or Turkey & Cheese Su b ----- Green Beans	19 WEEK Cheeseburger On A Bun OR Ham & Cheese Su b ----- Broccoli Heart Cherry Juice Cup 
22 HEART PREZEL	23 Taco In A Bag Or Turkey & Cheese Sandwich ----- Sweet Corn Salsa $\frac{1}{2}$ cup	24 Hot Chicken & Gravy Sandwich ----- Ham & Cheese Sub ----- Broccoli	25 Cheese & Pepperoni Pizza Or Turkey & Cheese Su b ----- Carrot Coins $\frac{1}{2}$ cup	26 Meatball Sub Or Ham & Cheese Su b ----- Green Beans Baked Beans
29 Cheeseburger Or Chicken Salad Sandwich ----- Glazed Carrots	30 Ultimate Nachos W/Tostitos & Rice Or Turkey & Cheese Sandwich ----- Vegetarian Beans Salsa $\frac{1}{2}$ cup	31 HAPPY HALLOWEEN "SOUL"-ash ----- Ham & Cheese Sub ----- Broccoli Corn		

Offered daily
With all School Lunches:
Fresh or Prepared Fruit
(Must take $\frac{1}{2}$ cup of Fruit or Vegetable - may take up to 1 cup)

Non or Low Fat White or Non Fat Chocolate Milk available daily

In addition to the Entrée of the Day, we also serve the following Items Daily:

Peanut Butter & Jelly Sandwich

Julienne Salad with a Dinner Roll

Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

Take at least 3

West Valley Central School

5359 School Street
West Valley, NY 14171
(716) 942-3100

Board of Education

Timothy Ploetz, President
Mike Harmony, Vice-President
Kim Cizdziel
George Kazmierczak
Stephen Kowalski
Gary Niesyty
Dawn Samborski

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West Valley, NY
14171

POSTAL PATRON LOCAL

Administration

Mr. Eric Lawton, Superintendent
Mr. Daniel Amodeo, Pre-K–12 Principal and
District Curriculum Coordinator

Or Current Resident

WVCS Calendar of Events

- October 1st – 12th Class of 2019 Otis Spunkmeyer Cookie Dough sale
- October 4th WNY College Consortium 10-10:45am auditorium
- October 5th Old Fort Niagara grades 4, 7 and 8
- October 6th SAT exam
- October 8th Columbus Day – **no school**
- October 9th SUPA Biology class to Sweet Home
Board of Education meeting 7pm library conf. room
- October 17th Financial aid night 6-8pm cafeteria
- October 19th Picture retake day 8am – 12pm auditorium
- October 22nd Superintendents conf. day – **no school for students**
- October 27th ACT exam