



PRINCIPAL'S MESSAGE

We are approaching the end of the first quarter. We are so proud of the growth that our students are showing. Please continue to make attending school each day and completing homework priorities! With a positive home-school relationship, our students will flourish!

Please

Thank you to all of the parents who participated in the September Family Center Sessions. If you were not able to make these sessions, please reach out to Valerie Chiasson who can share information with you about the sessions.

We appreciate our community and family feedback at our Stakeholder meetings. Please contact Valerie Chiasson if you are interested in being part of this group. We are always looking for new ways to include parents and family members in our school.

As we enter fall and winter, we want to remind everyone about our dress code. All outerwear with hoods must open the entire length in the front. Girls are asked to wear leggings that are navy, black or white under skirts. Crocs are not allowed at school due to safety reasons. Notes will be sent home to inform you of special dress down days, including Saints shirts. The only consistent dress down is the ability for students to wear jeans on Friday with a spirit shirt.

Don't forget about our upcoming Fall Fest! We need lots of support. Please help our PTA with this huge fundraiser.

Lisa Perrin
Principal

MISSION

We are committed to ensuring high levels of learning for all students to build a strong foundation.

VISION

Our students are engaged, well-rounded learners who accept others and work as a team.

At Allemands Elementary School, we believe...

- all students can learn to their utmost potential.
- all students will engage in quality experiences.
- a student's success is a collaborative effort among school, students, family, and community.
- a physically and psychologically safe environment is essential to promote student learning.
- excellence is worth the cost.

UPCOMING EVENTS

October

1	United Way Student Dress Down Day United Way Penny Drive Starts
2	Playgroup in the Family Center 10:00 PTA Board Meeting 1:00 in Family Center
3	Stakeholder Mtg. 9:00 in Family Center Volunteer Day 10:00 in Family Center
8	Fall Fest Work Day in Family Center 4-6
9	Student Holiday /Teacher Professional Learning
10	Family Center: Social Emotional Learning Workshop 9-10 English Language Learners Family and Friends at the PLC 4-7 Quarter 2 begins United Way Read-A-Thon Starts
11	Saints Shirt Day
14 & 15	Fall Break- No School
16	Playgroup in the Family Center 10:00
17	Saints Shirt Day
21-25	Book Fair Week
22	Pre-K Fact Session in the Family Center 9-10
23	Playgroup in the Family Center 10:00
24	Report Cards go home; Early Dismissal 12:45/ Parent teacher Conferences
25	Early Dismissal 12:45/ Parent teacher Conferences
30	Playgroup in the Family Center 10:00
31	TRUNK OR TREAT 1:15 Orange, Black, or White dress down shirts



We'll Stand **BAYOU** at AES!



Parent Teacher Conferences

Parent Teacher conferences will be held on October 24th from 1:15-6:15 and October 25th from 1:15-4:15. Please take time to schedule a meeting with your child's teacher. Report cards will be given at the conferences. Our teachers will also share updates at the conference on individual academic instructional plans, if your child has a plan. These meetings will be 10 minutes long, and we would love for you to attend in-person, but you will also have the option of a virtual meeting if needed. Sign up information will be sent at a later date. If you cannot meet on one of these days, contact your child's teacher and they will gladly assist you in finding a date and time that works within their working hours. Teachers can only meet with parents and legal guardians. Our goal is to have 100% participation.

Attendance

Help your kids keep Sailing into school every day!

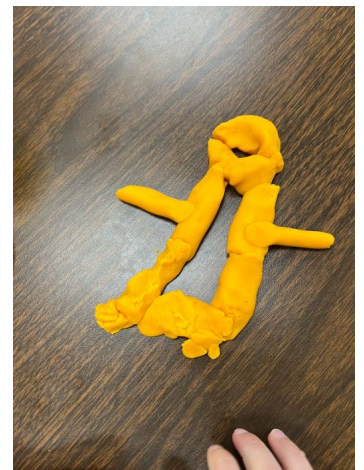
*Please send in a doctor's note or parent note for absences.



STEAM

Science-Technology-Engineering-Art-Math

Our learners have been participating in STEAM activities during extended enrichment time! Lots of fun and learning in these respected fields. Here are just a few snapshots of the Engineering/Art combined for the Rocket ship project!





Newsletter Delivery

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will have an electronic newsletter delivery. Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's web page. If you would like a printed copy of the school newsletter, please notify Lakia Butler at lbutler@wearescpps.org and a copy will be sent home each month with your child. Thank you.

Early Dismissal

When our school has an Early Dismissal schedule, it is imperative to talk to your child about what will be different for that day. If you need to have a child picked up from carpool instead of riding the bus, a note or email must be written and submitted to the office by 10:30. Emails must be sent to aesbus@wearescpps.org. Please call school if you have any questions about our Early Dismissal procedures. Our Early Dismissal days for this month are on October 24 and 25.

SIP Stakeholder Group

We are looking for parents, grandparents, and community members to work with us! Our School Success Team wants to hear your voice in regards to making improvements to our school. Each month we will hold a meeting with the group of stakeholders to talk about activities and initiatives. These meetings will be in-person and will last 30-45 minutes. Our last meeting was in September; our next meeting is on October 3 at 9:00. If you are interested in being a part of this group, please contact Valerie Chiasson at vchiasson@wearescpps.org.

Family Engagement is Important to Us!

Allemands Elementary's goal is to have activities that will allow families to have fun while supporting our students in their academic growth. Our school visits will be structured differently to support our School Success Plan. Please make sure to check your child's folder each night to see which activities you can attend. If you have any suggestions, please join our PTA or Stakeholder Group. You will receive points on PIMS points for participation.





OUR LEARNING



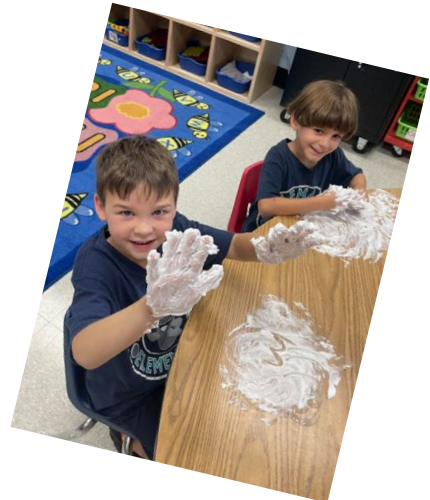
pre-k

Pre-K students went on a field trip to the Lafon Performing Arts center, to see the Very Hungry Caterpillar Performance. They absolutely loved it and were so excited to see the book come to life. We have been learning all about our families. The students enjoyed sharing pictures and telling their friends stories all about themselves and what they like to do with their families. In Math, we have been working on identifying numbers and shapes. In ELA, we are working on asking and answering questions.



kindergarten

Kindergarteners are learning and growing every day! In math, we are learning to count and write numbers to 10. We are learning phonemic awareness by blending sounds to say words. We are also working on phonics by learning letter sounds. We look at the shape that our mouths make when we say each sound. Each day, we are learning more letter sounds which is helping us to read and spell more words! We are so excited to be readers by the end of kindergarten.





OUR LEARNING



first grade

First graders have been working hard reviewing short and long vowel sounds, consonant clusters, and digraphs in words, phrases, and stories. We will be starting a new reader, *Gran*. Have your child discuss the story read in class with you. You can help by asking your child about the characters, setting, and major events. In Knowledge, we are enjoying learning about our incredible human body. We will begin reading about similar fiction stories from different lands. In math, your student is learning more about solving problems within 10. We are focusing on understanding the equal sign, solving addition and subtraction word problems, and addition and subtraction strategies. Please complete nightly homework to support your child with these skills we are learning.

second grade

Happy Fall Y'all!

October will bring many exciting treats. Reading regularly at home is a very important step in becoming a good reader and thinker. The fall is a great time to welcome the cooler weather with a good book. You may want to treat your child to a visit to the public library to checkout a fall book like: Biscuit Visits the Pumpkin Patch, Why Do Leaves Change Color?, or How Many Seeds in a Pumpkin? A student favorite is The Ugly Pumpkin by Dave Horowitz. Remember after reading, have your child answer questions about the text. Students have practiced procedures and expectations during the first six weeks of school. Please encourage your child to continue to meet expectations listed in the blue conduct folder. Understanding place value, measuring, adding and subtracting, and problem solving are math goals. We are holding on to special memories by writing personal narratives. Have conversations with your child about their new learning. Parent conferences will be this month. Please make every effort to attend. We are striving for 100% participation. Your support is essential to your child's education. Together, we can make it a fabulous fall of teaching and learning!



ENRICHMENT

Librarian's

Letter

October is a busy month for us in the library! Students will start checking out library books this month. Our school wide reading program, Finley's Fin-tastic Fishies, is in full swing! Please read the letter on the back of the reading log

to learn how the reading program works.

Pre-K and Kindergarten students who read 100 books will be recognized on a bulletin board, as well as all 1st graders and 2nd graders who read 200 books.

BOOK FAIR: Coming Soon!

A flyer will go home with more details.

Happy Reading!

Love, Ms. Lacey, librarian

COUNSELOR'S *corner*

The week of October 28-November 1 is **Red Ribbon week**. During this week we have theme days planned to remind the students about being drug free and the **importance of making good choices**. During counseling enrichment we will be focusing on making good choices and having good character. As parents/guardians, if we want our children to have happy and successful lives, we need to help them build their character.



**The week of October 28-November 1 is
Red Ribbon Week.**

The following are Theme Days:

Monday, October 28

● Team up Against Drugs

Students can wear a T-shirt/jersey from their favorite team with jeans or uniform pants/shorts.

Tuesday, October 29

● Sailing Into Success Drug Free

Students can wear a blue shirt with jeans or uniform pants/shorts.

Wednesday, October 30

● Hats Off to Being Drug Free

Students can wear a hat to school with school uniform.

Thursday, October 31

● Say Boo to Drugs

Students can wear an orange, black, or white shirt or school appropriate Halloween shirt with jeans or uniform pants/shorts. No Costumes.

Friday, November 1

● Wipe Out Drugs

Students can wear Hawaiian or ocean themed school appropriate clothing.

Parent Access to Instructional Materials

As required by law, information regarding Parental Access to Instructional Materials and the Louisiana Parents' Bill of Rights can be found at www.stcharles.k12.la.us under the FOR COMMUNITY-Legislative compliance.

September Events

Pizza & Paint Night



Allemands Elementary Family Center

Home & School: Together We Can Make a Difference



Valerie Chiasson vchiasson@wearescpps.org

Phone: 985-758-7427

Establishing and maintaining a good parent-teacher partnership is important for a successful school year. When parents effectively communicate with their child's teacher, lasting positive, respectful relationships are formed. Remember to be mindful of what you say in front of your children...**they are listening!**

Parent-teacher conferences are essential building blocks for home-school communication. Teachers need the help of parents to do the best job possible of educating every child. Parents provide important perspectives and information that can be extremely important and valuable to the teacher. The teacher can, in turn, help parents play an active role in education at home. Children are more likely to succeed in school if they can view their parents and teachers working together cooperatively.

Preparation is the key to a successful conference. Here are some things you can do before, during and after the conference.

Establecer y mantener una buena asociación entre padres y maestros es importante para un año escolar exitoso. Cuando los padres se comunican eficazmente con el maestro de sus hijos, se forman relaciones duraderas, positivas y respetuosas. Recuerde ser consciente de lo que dice frente a sus hijos... ¡ellos están escuchando!

Las conferencias de padres y maestros son elementos esenciales para la comunicación entre el hogar y la escuela. Los maestros necesitan la ayuda de los padres para hacer el mejor trabajo posible en la educación de cada niño. Los padres brindan perspectivas e información importantes que pueden ser extremadamente importantes y valiosas para el maestro. El profesor puede, a su vez, ayudar a los padres a desempeñar un papel activo en la educación en casa. Los niños tienen más probabilidades de tener éxito en la escuela si pueden ver a sus padres y maestros trabajando juntos de manera cooperativa.

La preparación es la clave para una conferencia exitosa. Aquí hay algunas cosas que puede hacer antes, durante y después de la conferencia.

Dates to remember:

- Oct 1- 9:00 am Spanish Speaker meeting
- Oct 3- 9:00 am Stakeholder meeting 10:00 Volunteer Day
- Oct 8- 9:00 am Parent session on Problem Solving
with Mental Health Professionals
- Oct 9- no school
- Oct. 22- 9:00 am Prek FACT session 9
- Oct 24-25 Parent Conferences
- Oct 31- Trunk or Treat

Ongoing- Wednesdays 10:00 playgroup



PTA News

Dear Catfish Families,

This year is off to an incredible start! We are so thankful for each of you who have joined our PTA! Each membership marks your support of our students, faculty and staff! And is one step closer to our goal of having a PTA member to every student. Currently are at 68% of that goal. So grab your family and friends and join by visiting the QR code below. We are so close!!



Scan QR Code for:
PTA Membership,
Spirit Shirts, Magnets
and/or Winter Wear

We would also like to welcome our newest board members Hannah Rawls, Julie Schrader, Christine Naquin, Danielle Babin, Samantha Gros, Erika Cortez, Trina Matherne, Kelli Finstad, Teresa De La Torre, Amanda Lamonte, and Leigh Landry who have volunteered for Chair positions this year! Together we will make this year another memorable one for our students, faculty and staff.

Last year we launched our new PTA website. I encourage you to visit it. There you will find information on upcoming events, order Spirit Wear, Volunteer sign up opportunities, and Faculty/Staff information sheets in case you are looking for ideas for that special Thank you gift. Below is the link.

www.allemandspta.org

Our next board meeting will be on Wednesday, October 2nd @ 1:00 in the Family Center. We would love for you to join us.

Below is a look ahead for the month of October.

As always we thank you for your continued support. Should you have any questions or concerns please feel free to reach out directly to me at president@allemandspta.org.

Laura Brown
AES PTA President

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 PTA Meeting 1PM	3 Stakeholder Mtg - 9 Vol Day - 10	4	5
6	7	8 Fall Fest Workday 4PM-6PM	9 Student Holiday	10	11	12
13	14 Fall Break	15	16	17	18	19
20	21	22	23 SchBd Mtg - 6:30	24 Early Dismissal Parent Teacher Conferences	25	26
27	28	29	30	31 Trunk or Treat 1:15PM		

Essay Contest



We are holding an optional essay contest in conjunction with Fall Fest. The essay is due on November 1 to Mrs. Perrin. Below are the guidelines for the contest.

Topic: Fall is fun

Prekindergarten: Learners can dictate to an adult who writes their information on a paper. Students should draw a picture that matches their story.

Kindergarten: Learners can dictate to an adult who writes their information on a paper. Students should draw a picture that matches their story. If a learner can write for themselves, they are welcome to write it in their own handwriting.

1st and 2nd graders: Learners will write their own essay on the topic. They do not need to draw a picture to match their writing, but they can illustrate it if they would like.

All learners who will participate will receive a certificate. Winners in each grade will receive an award and be able to read it to the school.

Catfish Character Traits

Our School Improvement Team has designated a character trait each month to teach the Essential 11 Traits each week. In addition, the PTA will support our school by sending home a family activity to practice this trait. In October, we will focus on compassion. Our teachers will read a grade-specific book and review the trait during the month. Please help us to reinforce these character traits at home and in the community.

Week of 10/7- Be Kind To All

Week of 10/14- Random Acts of Kindness

Week of 10/21- Be The Best

Week of 10/28- Empathy

Let us know if your child shows this character trait at home or the community by returning the information below. We will read it during the announcements to celebrate your child!

Student Name: _____

What did he/she do to show responsibility in your home or the community?

During the school year, teachers will invite you to come to parent-teacher meetings (also called conferences). You can also ask for a conference any time.

Before the conference

Ask your child if there is anything that he wants you to talk about with his teacher.

- Tell your child that you and the teacher are meeting to help her.
- Make a list of topics that you want to talk about with the teacher.
- Prepare a list of questions such as:
 1. What are my child's strongest and weakest subjects?
 2. Does my child participate in class?
 3. Does my child seem happy at school?

During the conference

- Be on time (or early) for the meeting.
- End the meeting on time. Other parents will probably have a conference after yours.
- Relax and be yourself.
- Stay calm during the conference.
- Ask the most important questions first.
- Ask for explanations of anything you don't understand
- Ask your child's teacher for ways that you can help your child at home.

After the conference

- Talk about the conference with your child.
- Talk about the positive points, and be direct about problems.
- Tell your child about any plans you and the teacher created.
- Keep in touch with the teacher during the school year.

Durante el año escolar los maestros le invitarán a participar en las reuniones de padres y maestros (también conocidas como conferencias).

Antes de la conferencia

- Pregúntele a su niño si hay algo sobre lo que él quisiera que usted le hable a su maestro.
- Haga una lista de los temas sobre los que desea hablar con el maestro.
- Prepare una lista de preguntas como las siguientes:
 1. ¿Cuáles son las materias en las que mi niño es más fuerte y más débil?
 2. ¿Participa mi niño en la clase?
 3. ¿Mi niño parece estar feliz en la escuela?

Durante la conferencia

- Llegue a tiempo (o temprano) a la reunión.
- Termine la reunión a tiempo. Otros padres probablemente tienen programada su conferencia después de la suya.
- Relájese y sea usted mismo.
- Mantenga la ecuanimidad durante la conferencia.
- Haga las preguntas más importantes primero.
- Pida que le expliquen lo que no entiende.
- Pídale al maestro que le indique cómo puede ayudar a su niño en casa.

Después de la conferencia

- Hable de la conferencia con su niño.
- Hable sobre los puntos positivos y sea directo acerca de los problemas.
- Comuníquese a su niño cualquiera de los planes que usted y el maestro hayan hecho.
- Manténgase en contacto con el maestro durante el año escolar.

Nurse's Notes

October 2024

Important Announcements

-We will be continuing our yearly screenings in the next few weeks for hearing and vision for grades Pre-K-1st
-If your child comes home with a vision referral form, please have a doctor complete the rest of the form and return to the school nurse.
Thank you!

Whitney Burnam, RN



October is
National Dental Hygiene
Month



Brush Up on Healthy Teeth

1. Start cleaning teeth early.

As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush.

Begin using toothpaste with fluoride when the child is 2 years old. Use toothpaste with fluoride earlier if your child's doctor or dentist recommends it.

2. Use the right amount of fluoride toothpaste.

Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, use only a small amount of toothpaste (about the size of a pea). Teach your child to spit out the toothpaste and to rinse well after brushing.

3. Supervise brushing.

Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.

4. Talk to your child's doctor or dentist.

Check with the doctor or dentist about your child's specific fluoride needs. After age 2, most children get the right amount of fluoride to help prevent cavities if they drink water that contains fluoride and brush their teeth with a pea-sized amount of fluoride toothpaste twice a day.

Parents of children older than 6 months should ask about the need for a fluoride supplement if drinking water does not have enough fluoride. Do not let a child younger than 6 years old use a fluoride mouth rinse unless the child's doctor or dentist recommends it.

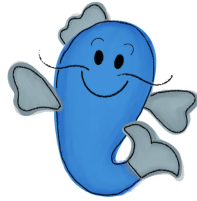


United Way of St. Charles

At Allemands Elementary, we are learning everyday about showing C.A.R.E.S.

C.A.R.E.S. stands for cooperation, assertion, responsibility, empathy, and self-control. This year we are planning a school-wide effort to support and help others by showing C.A.R.E.S. During the month of October we will learn about the "E" in C.A.R.E.S. We will take this month to emphasize showing EMPATHY. On Tuesday, October 1st we will have a \$1.00 dress down for all students. The funds raised will go toward our school goal for United Way. Our culminating activity will be a grade level PENNY DRIVE. Starting October 1st we are asking students to bring in pennies to help us meet our school goal. At Allemands Elementary we love helping others!

United Way



Sign Kickoff

October 1st

Events

Students

own \$1.00

Students can wear

appropriate outfits

October 10th-18th

United Way Read-a-thon

Entire month of October

Grade Level Penny Drive

The class that people call the most generous of all is

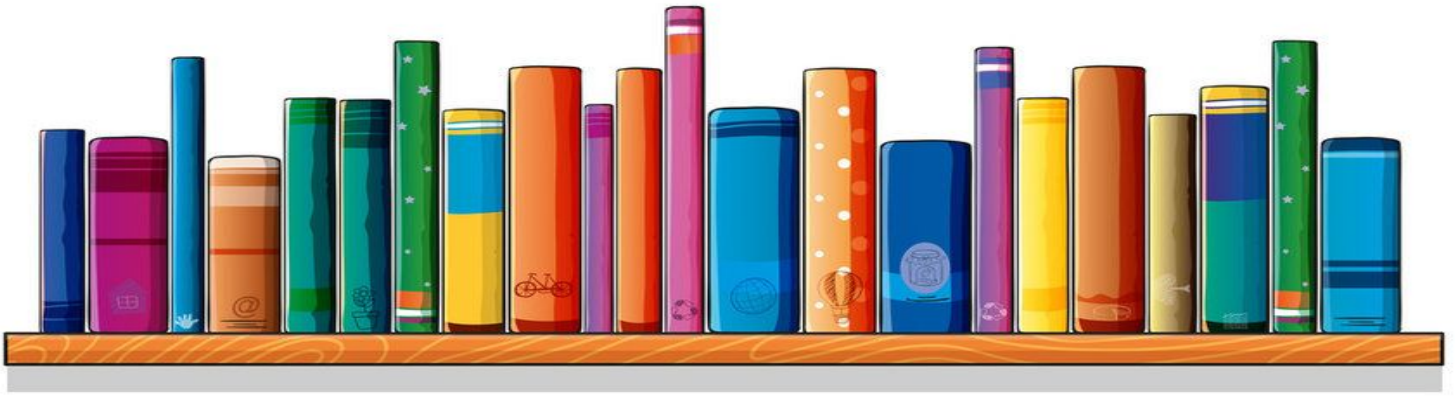
United Way Campaign Kick-Off!

October 1st

Dress Down Day

Help us kick off the United Way campaign by dressing down for a great cause! Bring \$1 and wear your favorite school-appropriate outfit to show your support. Let's unite to make a difference in our community! All proceeds go to the United Way to support community programs. Let's come together, dress down, and make a positive impact!





United Way Read-a-thon

Allemands Elementary

Dear Families,

This year we are asking our students to participate in a Read-A-Thon as our primary fundraiser for United Way. Each student will be given a log to document the amount of books that they have read. They can ask friends or family to “sponsor” their reading and make a pledge/donation to United Way on their behalf. All “pledges” and money are due back to school by Friday, October 18th. The students with the most money raised will receive prizes!

Please send any money with the student’s log in an envelope labeled with the student’s name, READ-A-THON, and teacher by Friday, October 18th.

Thank you for supporting our community through this United Way Read-A-Thon!

United Way Read-a-thon

Allemands Elementary

Sponsor Sheet

All raised monies will be donated to United Way through Allemands Elementary United Way Campaign.

Student Name _____

Teacher _____

	Sponsor	Phone	\$/Book	#of Books	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					



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(EOE)

ST. CHARLES PARISH PUBLIC SCHOOLS OCTOBER 2024 ELEMENTARY MENUS

This institution is an equal opportunity provider and employer.
Menus are subject to change.

With all meals

Low Fat White Milk

Fat Free Flavored Milk

Cold Lunch Choice

DAILY SPECIALS

Monday: Sun butter Sandwich

Tuesday: Charley Box

Weds.: Deli Sandwich

Thursday: Entrée Salad

Friday: Sun butter Sandwich

SCHOOL LUNCH PIRATES

FIND YOUR TREASURE!

Monday, October 7

Breakfast
Confetti Pancakes
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Red Beans w/Steamed Rice
Seasoned Mustard Greens
Steamed Carrots
Cornbread
Sliced Peaches

Tuesday, October 8

Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Tacos w/Shredded Cheese
Steamed Corn
Refried Beans
Taco Salad Cup, Salsa
Apple Wedges

Wednesday, October 9

NO SCHOOL

PROFESSIONAL DEVELOPMENT DAY

Thursday, October 10

Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Turkey Stew
Steamed Rice
Candied Sweet Potatoes
Steamed Cabbage
Strawberry Cup

Friday, October 11

Breakfast
Fresh Donut
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Fresh Hot Pizza
Marinara Sauce
Garden Salad
Fresh Orange Wedges

Wednesday, October 2

Breakfast
Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Beef Vegetable Soup
Grilled Cheese Sandwich
Garden Salad
Banana
Brownie

Tuesday, October 1

Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Meatballs & Gravy
Mashed Potatoes
Green Beans, Steamed Corn
WW Roll
Apple Wedges

Thursday, October 3

Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Beef Dippers
Macaroni & Cheese
Broccoli Florets
Baked Beans
Pineapple Tidbits

Friday, October 4

Breakfast
Waffle
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Chicken Fillet Sandwich
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Fresh Orange Wedges



Join us for National School Lunch Week October 16-18

PIRATE JOKES RRR FUNNY!

Why couldn't the Pirates play cards?

Because the Captain was standing on the deck!

Where did the pirate put his

Halloween decorations?

In his front yaarrrrrrd!

Why did the pirate go to the Apple store?

He needed a new i-patch.

Which Halloween candy do pirates like the most?

Sweet Tarrrrrrs.

What did the pirate wear on Halloween?

A pumpkin patch



Monday, October 14



Tuesday, October 15

Wednesday, October 16

Breakfast

Pop Tarts
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Shipwreck Jambalaya
Broccoli Florets
Steamed Carrots
Pineapple Tidbits
WW Roll

Thursday, October 17

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Captain Hook Chili
Fritos, Garden Salad
Steamed Corn
Banana
Cake or Fruit Crisp

Friday, October 18

Breakfast

Scrambled Eggs w/Toast
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Cannonball Burgers
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Baked Beans
Orange Wedges

Monday, October 21

Breakfast

Breakfast Pizza
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Waffles w/Syrup
Green Beans
Steamed Carrots
Sliced Peaches

Tuesday, October 22

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Orange Chicken
Fried Rice
Asian Chopped Salad
Edamame Beans
Tropical Fruit

Wednesday, October 23

Breakfast

Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Turkey & Sausage Gumbo
Steamed Rice
Potato Salad
Cucumber/Tomato Salad
Banana

Thursday, October 24

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Bosco Sticks
Marinara Sauce Cup
Fresh Veggies w/Ranch Dip
Pineapple

Friday, October 25

Breakfast

French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Popcorn Chicken
Tater Tots
Baby Carrots w/Ranch Dip
Orange Wedges

Monday, October 28

Breakfast

Cheesy Grits
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Totchos
Green Beans
Steamed Corn
Applesauce
Corn Bread

Tuesday, October 29

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Baked Chicken
Loaded Mashed Potatoes
Steamed Corn
WW Roll
Apple Wedges

Wednesday, October 30

Breakfast

Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Beef Vegetable Soup
Grilled Cheese Sandwich
Garden Salad
Banana

Thursday, October 31

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Spooky Beef Dippers
Macaroni & Cheese
Broccoli Florets
Baked Beans
Pineapple Tidbits
Brownie

