

Weymouth Families,

The winter break is here and our last Friday folder for 2024. We hope all of the students enjoyed the holiday activities in school and everyone has a relaxing, safe, and fun break.

Please see the attached for this week's Friday folder. It includes:

- Memo from Nurse Hooven
- January meal menus

Have a Merry Christmas and a Happy New Year!

Attention Pre-k Parents

Influenza Vaccine

Requirement Reminder



The current seasonal influenza vaccine is required every year for those children 6 months of age through 4 years and 11 months of age attending preschool. **Students who have not received the flu vaccine by December 31st must be excluded** (not allowed to attend preschool) for the duration of the influenza season (through March 31) until they receive at least one dose of the influenza vaccine or until they turn 5 years old. Please **provide proof of immunization by December 23rd, 2024** in order to ensure your child may attend when we return to school on January 2, 2024. For those of you that have provided your child's vaccination record already, thank you!



**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 Happy New Year	2 Oatmeal Chocolate Chip Breakfast Bar Fruit 1% White Milk	3 Cinnamon Chex Fruit 1% White Milk	What is a Meal? Pre-K students are served the three following components for school breakfast. - Whole Grain - Fresh Fruit or Cupped - 1% White Milk Whole Grain Cereals Cinnamon Toast Crunch, Apple Cinnamon Cheerios, Cinnamon Chex,Kix
6 Cinnamon Toast Crunch Fruit 1% White Milk	7 Yogurt & Graham Crackers Fruit 1% White Milk	8 Apple Cinnamon Cheerios Fruit 1% White Milk	9 Warm Muffin Fruit 1% White Milk	10 Kix Cereal Fruit 1% White Milk	
13 Cinnamon Toast Crunch Fruit 1% White Milk	14 Yogurt & Graham Crackers Fruit 1% White Milk	15 Apple Cinnamon Cheerios Fruit 1% White Milk	16 Warm Muffin Fruit 1% White Milk	17 Kix Cereal Fruit 1% White Milk	
20 No School	21 Yogurt & Graham Crackers Fruit 1% White Milk	22 Apple Cinnamon Cheerios Fruit 1% White Milk	23 Warm Muffin Fruit 1% White Milk	24 Kix Cereal Fruit 1% White Milk	
27 Cinnamon Toast Crunch Fruit 1% White Milk	28 Yogurt & Graham Crackers Fruit 1% White Milk	29 Apple Cinnamon Cheerios Fruit 1% White Milk	30 Warm Muffin Fruit 1% White Milk	31 Kix Cereal Fruit 1% White Milk	
Rachel Adams, Food Service Director 609-476-2412 ext. 5 wey@nsfm.com			Meal Prices Student Breakfast \$1.75 Reduced Breakfast \$0.00 Faculty Breakfast \$2.25		




**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		Happy New Year¹	2 Hot Dog on a Bun Green Beans Cupped or Fresh Fruit 1% White Milk	3 Cheeseburger on a Bun Baked Beans Cupped or Fresh Fruit 1% White Milk	What is a Meal? Students are served in the classroom. - Whole Grain - Protein - Vegetable - Fruit -1% Milk Daily Alternates Uncrustable with Veggie, Fruit and 1% White Milk
6 Chicken Nuggets Cucumber Slices Cupped or Fresh Fruit 1% White Milk	7 Pancakes & Sausage Grape Tomatoes Cupped or Fresh Fruit 1% White Milk	8 Cheeseburger on a Bun Baked Beans Cupped or Fresh Fruit 1% White Milk	9 Hot Dog on a Bun Tater Tots Cupped or Fresh Fruit 1% White Milk	10 Stuffed Crust Pizza Side Salad Cupped or Fresh Fruit 1% White Milk	
13 Chicken Nuggets Corn Cupped or Fresh Fruit 1% White Milk	14 Pancakes & Sausage Sweet Peas Cupped or Fresh Fruit 1% White Milk	15 Cheeseburger on a Bun Celery & Carrots Cupped or Fresh Fruit 1% White Milk	16 Hot Dog on a Bun Fresh Broccoli Cupped or Fresh Fruit 1% White Milk	17 Pizza Crunchers Veggie Patch Cupped or Fresh Fruit 1% White Milk	
20 No School	21 Pancakes & Sausage Green Beans Cupped or Fresh Fruit 1% White Milk	22 Cheeseburger on a Bun Roasted Broccoli Cupped or Fresh Fruit 1% White Milk	23 Hot Dog on a Bun Fresh Broccoli Cupped or Fresh Fruit 1% White Milk	24 French Bread Pizza Side Salad Cupped or Fresh Fruit 1% White Milk	
27 Chicken Nuggets Cucumber Slices Cupped or Fresh Fruit 1% White Milk	28 Pancakes & Sausage Grape Tomatoes Cupped or Fresh Fruit 1% White Milk	29 Cheeseburger on a Bun Celery & Carrots Cupped or Fresh Fruit 1% White Milk	30 Hot Dog on a Bun Corn Cupped or Fresh Fruit 1% White Milk	31 Pizza Dippers Veggie Patch Cupped or Fresh Fruit 1% White Milk	
Rachel Adams, Food Service Director 609-476-2412 ext. 5 wey@nsfm.com			Meal Prices Student Lunch \$3.50 Reduced Lunch \$0.00 Faculty Lunch \$4.50		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.




Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		Happy New Year ¹	² Cinnamon Toast Crunch Jump Start Fresh or Cupped Fruit Orange Juice	³ Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	What is a Meal? Students must have at least 3 of the 4 components for the school breakfast price. - Whole Grain - Protein - Fruit - Milk A minimum ½ cup serving of fruit must accompany a reimbursable breakfast. Daily Alternate -WG Pop-Tart with a Cheese Stick -Yogurt & Graham Crackers -Oatmeal Bar & Cheese Stick -Cereal & Graham Crackers Milk 1% white, FF White
⁶ Cinnamon Toast Crunch Jump Start Fresh or Cupped Fruit Orange Juice	⁷ Yogurt & Graham Crackers Fresh or Cupped Fruit Orange Juice	⁸ Apple Strudel Fresh or Cupped Fruit Orange Juice	⁹ Warm Muffin Fresh or Cupped Fruit Orange Juice	¹⁰ Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	
¹³ Cinnamon Toast Crunch Jump Start Fresh or Cupped Fruit Orange Juice	¹⁴ Yogurt & Graham Crackers Fresh or Cupped Fruit Orange Juice	¹⁵ Apple Strudel Fresh or Cupped Fruit Orange Juice	¹⁶ Warm Muffin Fresh or Cupped Fruit Orange Juice	¹⁷ Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	
²⁰ No School	²¹ Yogurt & Graham Crackers Fresh or Cupped Fruit Orange Juice	²² Apple Strudel Fresh or Cupped Fruit Orange Juice	²³ Warm Muffin Fresh or Cupped Fruit Orange Juice	²⁴ Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	
²⁷ Cinnamon Toast Crunch Jump Start Fresh or Cupped Fruit Orange Juice	²⁸ Yogurt & Graham Crackers Fresh or Cupped Fruit Orange Juice	²⁹ Apple Strudel Fresh or Cupped Fruit Orange Juice	³⁰ Warm Muffin Fresh or Cupped Fruit Orange Juice	³¹ Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	
Rachel Adams, Food Service Director 609-476-2412 ext. 5 wey@nsfm.com			Meal Prices Student Breakfast \$1.75 Reduced Breakfast \$0.00 Faculty Breakfast \$2.25		

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**Meet Your Nutritious Friend:
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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 Happy New Year	2 Chicken Parm. with Pasta Buffalo Chicken Wrap FEATURED VEGGIES Green Beans	3 Cheeseburger on a Bun Ham & Cheese Sandwich FEATURED VEGGIES Baked Beans	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
6 Fish Sticks with Goldfish Chicken Salad Wrap FEATURED VEGGIES Green Beans Fresh Cucumber Slices	7 Chicken Patty on a Bun Ham & Cheese Sandwich FEATURED VEGGIES Corn Grape Tomatoes	8 Cowboy Burger Chicken Bacon Ranch Wrap FEATURED VEGGIES Baked Beans Celery & Carrots Sticks	9 Hot Dog on a Bun Turkey & Cheese Sandwich FEATURED VEGGIES Tater Tots Fresh Broccoli	10 Stuffed Crust Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad	Salad of the Week (No Salad 1-2&1-3) Week-1 (Chicken Caesar Salad) -Served with Goldfish & Dinner Roll Week-2 (Chef's Salad) -Served with Goldfish & Dinner Roll Week-3 (Buffalo Chicken Salad) -Served with Goldfish & Dinner Roll Week-4 (Taco Salad) -Served with Tortilla Chips
13 Chicken & Cheese Quesadilla Chicken Salad Wrap FEATURED VEGGIES Corn Fresh Cucumber Slices	14 Sloppy Joe on a Hawaiian Roll Ham & Cheese Sandwich FEATURED VEGGIES Sweet Peas Grape Tomatoes	15 Shepherd's Pie Chicken Bacon Ranch Wrap FEATURED VEGGIES Roasted Garbanzo Beans Celery & Carrots Sticks	16 Hot Ham & Cheese on a Pretzel Roll Turkey & Cheese Sandwich FEATURED VEGGIES Glazed Carrots Fresh Broccoli	17 Pizza Crunchers Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad	
20 No School	21 Cheeseburger Mac Ham & Cheese Sandwich FEATURED VEGGIES Green Beans Grape Tomatoes	22 Honey Baked Chicken with Cornbread Chicken Bacon Ranch Wrap FEATURED VEGGIES Roasted Broccoli Celery & Carrots Sticks	23 BBQ Pulled Pork on a Hawaiian Roll Turkey & Cheese Sandwich FEATURED VEGGIES Baked Beans Fresh Broccoli	24 French Bread Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, chocolate, and strawberry
27 Grilled Cheese Sandwich Chicken Salad Wrap FEATURED VEGGIES Sweet Peas Fresh Cucumber Slices	28 Turkey & Cheese Melt on a Croissant Ham & Cheese Sandwich FEATURED VEGGIES Roasted Garbanzo Beans Grape Tomatoes	29 Bee-f-a-roni with Cornbread Chicken Bacon Ranch Wrap FEATURED VEGGIES Green Beans Celery & Carrots Sticks	30 Soft Beef Tacos Turkey & Cheese Sandwich FEATURED VEGGIES Corn Fresh Broccoli	31 Pizza Dippers Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad	Daily Alternates Uncrustable Meal with Cheese Stick and Goldfish
Rachel Adams, Food Service Director 609-476-2412 ext. 5 wey@nsfm.com			Meal Prices Student Lunch \$3.50 Reduced Lunch \$0.00 Faculty Lunch \$4.50		 NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz

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