



PRINCIPAL'S MESSAGE

Happy New Year! We hope that everyone had a restful and joyous holiday. The faculty and staff of AES are eager to begin a new year with our amazing students and school community. The 2nd semester promises to be a great one for all of our children! We know that many children begin to master concepts in the second part of the school year. We want to work together by completing homework, reading and practicing math facts each night. If you have any concerns about your child's progress, please contact your child's teacher. Spring Parent Conferences will be held on February 6th and 7th.

In the month of January, many exciting events will happen at AES. Look for information about PTA Board Meetings, Glow party, Stakeholder Meetings, and Volunteer Days. We have also adjusted some traditional dates for events due to parent feedback. Please make sure to stay on top of the events.

Congratulations to Ms. Heidi Pizani. She was selected by her peers and a committee to represent AES as our 2024-25 Teacher of the Year. We are so proud of her and wish her the best in the district competition.

We appreciate parental and community support and look forward to a fantastic, productive new year.

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.



UPCOMING EVENTS

January

6th	Classes resume; Quarter 3 begins
8th	Playgroup at 10:00 in Family Center; PTA Board Meeting at 1:00
9th	Stakeholder Advisory Mtg. @ 9:00; Volunteer Day @ 10:00
13th	Report Cards go home
14th	Family Center Spanish Speaking Family Check In at 9:00
15th	Playgroup @ 10 in the Family Center; School Board Meeting at 6:30
16th	ELL Families & Friends East Regional Library 5-7
17th	Peace & Kindness Shirt Day
20th	Dr. Martin Luther King, Jr.'s Day- No school
22th	Playgroup at 10:00 in Family Center
23rd	Picture Retakes
24th	1st grade Artsperience
28th	Family Center Spanish Speaking Family Check In at 9:00
30th	PTA Meeting 5:45; Glow Party at 6:00
31st	Community Morning Meeting

Congratulations to our 24-25 Teacher of the Year, Heidi Pizani

Congratulations to all of the AES nominees and our AES winner.

We are very fortunate to have amazing teachers at our school. Good luck, Ms. Heidi in the district competition



Holiday Writing Contest Winners

- Thank you to everyone who participated in our holiday writing contest. Our winners are listed below.
- PK 1st place- Hudson Fanguy
- Duhe
- PK 2nd place- Matthew Cabibi
- PK 3rd place- Emma Landry
- PK Honorable Mention- Cooper Dufrene
- K 1st place- Easton Comardelle
- K 2nd place- Saylor Soudelier
- 1st grade 1st place- Jiang Addison
- 1st grade 2nd place- Rowan Williams-Morantine
- 1st grade 3rd place- Jaikalah Simmons
- 2nd grade 1st place- Andrew
- 2nd grade 2nd place- Adelaide Hymel
- 2nd grade 3rd place- Karsyn Soudelier



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



It was great to celebrate the holidays!



Outerwear Reminders

Outerwear must open the length of the front by snapping, buttoning, or zipping.
No hooded sweatshirts may be worn on any school campus during the school day.

In addition, please make sure that all of your child's outerwear is **labelled** with their first and last name.

We have a lost and found area with many unclaimed jackets. If your child is missing a jacket, please make sure to have them come to the lost and found.



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@wearescpss.org and a copy will be sent home each month with your child. Thank you.

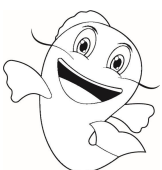
Upcoming Early Dismissal for Parent teacher conferences on February 6-7

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@wearescpss.org. Please call school if you have any questions about our Early Dismissal procedures.

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. We will hold these meetings at the beginning of our Volunteer Days to accommodate stakeholders. Thank you for your feedback! If you are interested in being a part of this group, please contact Valerie Chiasson at vchiasson@wearescpss.org. Our next meetings will be on January 9, 2025.

We had a special Community Morning Meeting with holiday carolling. We hope that everyone enjoyed this event!



We'll stand
BAYOU



OUR LEARNING



pre-k

Happy New Year! Our Pre-K students are halfway to Kindergarten. Before the break we enjoyed learning about traditions and how each family has traditions that are special to them. In the new year we will continue building foundational math skills like counting, identifying numbers, sorting, measuring, and shapes. In literacy we will continue working on phonemic awareness, discussion skills, building vocabulary, and much more.

kindergarten

Welcome back from a holly jolly holiday! We are halfway through our kindergarten year. Now is the time that our kindergarteners will soar with their learning. In math, we will begin decomposing (breaking apart) and composing (putting together) numbers. That means that we will have students break a whole number (8) into 2 parts (4 and 4, 3 and 5, 2 and 6). We will also solve addition and subtraction word problems to 10. We are applying all that we have learned about letter sounds and blending sounds to begin reading kindergarten texts! Be sure to practice reading Take Home Stories!



OUR LEARNING



first grade

Welcome back first grade families! In the month of January our first graders are continuing to build their knowledge in all subjects. In Skills, we are learning to read and write words with r-controlled vowels and two syllable words. We are starting a new reader, The Green Fern Zoo. Have your child discuss the story read in class with you. You can help by asking about what they have learned. In Knowledge, we are learning about Early American Civilizations. In math, we will be moving into our module about place value. We look forward to a wonderful second half of our school year. Please continue to remind your child of the importance in showing CARES throughout our learning day!

Happy New Year!

We will begin the new year by revisiting our classroom rules, routines, and procedures. Each student will review their "Hopes and Goals" from the beginning of the school year. If the "Hope and Goal" has been reached, new ones will be written.

Don't forget to read each night with your child. A resolution to read and retell as many books as possible would be fun for the new year! Your family can welcome winter by checking out a cool book like Winter is the Warmest Season by Lauren Stringer. Remember to have your child retell books in sequential order. The conversation you have about the book after reading is just as important. You can discuss the genre, characters and their traits, favorite part, connections, main idea, and the central message. We are exploring cycles in nature. Students will write about what they learn in reading lessons with opinion writings and informational compositions.

In math, students will be solving one and two- step word problems within 100, and adding and subtracting within 1000. To prepare for fluency when adding and subtracting with three- digit numbers, students should be applying numeracy strategies and memorizing addition and subtraction facts to 20. Please continue practicing math facts and strategies taught at home.

Working together, it is going to be a great 2025!

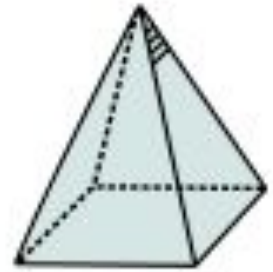
second grade

Holiday Tradition Writing

By Adelaide Hymel

A Christmas tradition in my family is whenever it is Christmas Eve we go to my nanny's house and I play with my cousins Hayden and Avery. Whenever I go to my Nanny's house it is so fun because we get to open presents and take some with us to open on Christmas Day. Whenever we are there, the people that are there are my mom's part of the family. Some of the foods we eat are turkey, gumbo, ham, mac and cheese, cornbread dressing, and cabbage casserole. My sister Amelia also has cousins that she plays with too. Their names are Jay and Callie. I like this family tradition because I like playing and having fun with my cousins.

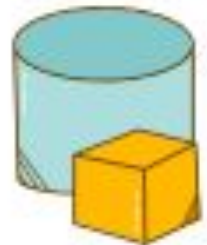
Save the Date!



Allemands Elementary

STEAM NIGHT

JOIN US AT AES FOR ENGAGING
ACTIVITIES TO EXPLORE SCIENCE,
TECHNOLOGY, ENGINEERING,
ARTS, AND MATH TOPICS!



**WED, FEB 26 6PM
ALLEMANDS ELEMENTARY**



CONSUMABLE ITEMS WILL ONLY BE GIVEN
TO STUDENTS WHO ATTEND ALLEMANDS.

WE HOPE TO SEE YOU THERE!

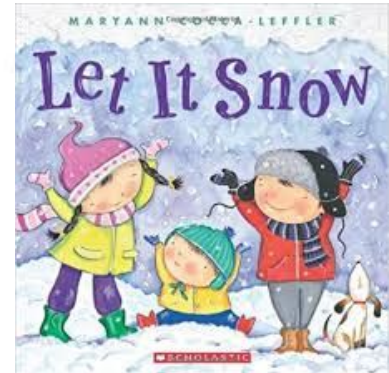
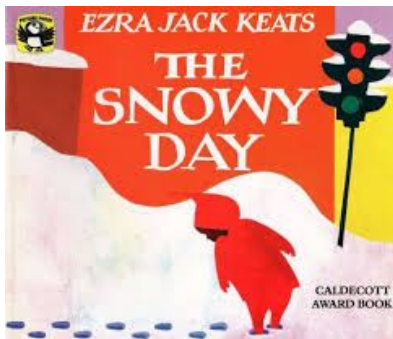
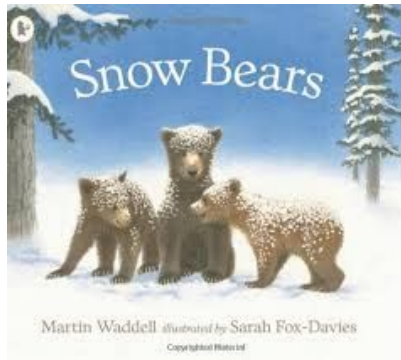


ENRICHMENT

Librarian's

Letter

WINTER BOOKS



COUNSELOR'S corner

15

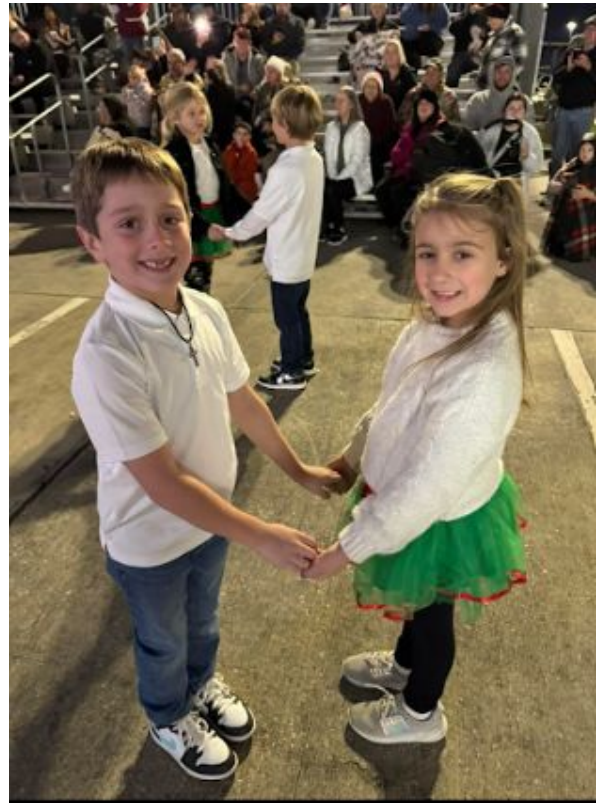
HEALTHY HABITS TO TEACH YOUR KIDS FOR A BETTER LIFE

- 1 KEEP A POSITIVE ENVIRONMENT 
- 2 ENCOURAGE YOUR KIDS 
- 3 LIMIT SCREEN TIME 
- 4 INTRODUCE READING HABIT IN YOUR KID FROM EARLY ON
- 5 EAT BREAKFAST IN THE MORNING 
- 6 ENCOURAGE OUTSIDE PLAY 
- 7 MAKE EATING COLORFUL 
- 8 PICK ENJOYABLE PHYSICAL HABITS
- 9 ENJOY A FAMILY DINNER
- 10 FOLLOW A GOOD ROUTINE
- 11 GIVE THEM HOUSEHOLD CHORES AND REWARD THEM 
- 12 MAINTAIN HYGIENE 
- 13 DRINK MORE WATER
- 14 MAINTAIN GOOD ORAL HYGIENE
- 15 MAKE FRIENDS 

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TRAVELING CAJUN DANCERS

ROTARY CLUB TREE LIGHTING



Allemands Elementary Family Center

Together We Can Make a Difference



Valerie Chiasson

vchiasson@wearescpss.org 985-758-7427



Reading Aloud to Build Comprehension

When you share books with your children, they are learning to think and act like good readers — without even knowing it! You can help them get even more from reading time when you talk to them as you read.

Children learn when they make connections between what they hear and what they know. One method parents can use to help make these connections is called a think aloud, where you talk through your thoughts as you read. Here are three ways to use think alouds, with examples from some of our favorite kids' books. Try these ideas to expand learning and to improve reading comprehension.

Think Alouds

1. Connect the book to your child's own life experience
Example: *A River Dream* by Allen Say
"This book reminds me of the time my father took me fishing. Do you remember the time we went fishing?"
2. Connect the book to other books they have read
Example: *Mufaro's Beautiful Daughters* by John Steptoe
"This story reminds me of Cinderella. Both stories are about sisters. Do you know any other stories about nice and mean sisters? Let's keep reading to find out other ways the stories are similar."
3. Connect the book to big ideas/lessons
Example: *Stellaluna* by Janell Cannon
"This story helps me understand that we are all the same in many ways, but it's our differences that make us special."

In these examples, you are "thinking aloud" many of the connections that good readers make naturally as they read. Modeling these types of connections will help young readers know how to do it when they read alone.

Dates to Remember:

1/9 Stakeholder and Volunteer Day- 9:00

1/20 No School MLK Holiday

1/30 PTA General Meeting Glow Party

Allemands Elementary Family Center

Together We Can Make a Difference



Valerie Chiasson hablo español
vchiasson@wearescpss.org 985-758-7427

Leer en voz alta para mejorar la comprensión

Al compartir libros con sus hijos, ellos aprenden a pensar y actuar como buenos lectores, ¡sin siquiera darse cuenta! Para ayudarles a que aprovechen más el tiempo de lectura, ¿por qué no les habla mientras les lee?

Los niños aprenden cuando relacionan lo que escuchan con lo que ya conocen. Un método que pueden usar los padres para que los niños hagan estas relaciones entre ideas se llama pensar en voz alta, es decir expresar sus pensamientos a medida que lee. Aquí les brindamos tres maneras de usar el método pensar en voz alta, con ejemplos de algunos de nuestros libros preferidos para niños. Pruebe éstas ideas para ampliar el proceso de aprendizaje y mejorar la comprensión de la lectura.

Pensar en voz alta

1. Relacione el libro con alguna experiencia que haya tenido su hijo
Ejemplo: *Mi diario de aquí hasta allá* por Amada Irma Pérez
"En este cuento, una niña llamada Amada nos relata la historia de cómo su familia emigra de México a los Estados Unidos. ¿Te acuerdas cuando llegamos a Estados Unidos? ¿Cómo te sentiste?"
2. Relacione el libro con otros libros que hayan leído
Ejemplo: *Mufaro's Beautiful Daughters* de John Steptoe
"Este cuento me recuerda a Cenicienta. Los dos cuentos son sobre hermanas. ¿Conoces otras historias sobre hermanas buenas y malas? Sigamos leyendo para ver si hay otras semejanzas en las historias."
3. Relacione el libro con grandes ideas/enseñanzas
Ejemplo: *Stellaluna* de Janell Cannon
"Este cuento me hace entender que todas las personas somos iguales en muchas cosas, y que las diferencias nos hace especiales."

En estos ejemplos, usted está "pensando en voz alta" las relaciones que los buenos lectores hacen naturalmente cuando leen. Darles ejemplos de cómo hacer este tipo de relaciones les ayudará a los jóvenes lectores a hacerlo por su cuenta cuando leen solos.

Visitan el centro familiar

LITERACY NIGHT

Our families had a great time at Literacy Night.
We appreciate everyone who attended.



Education Expedition

During the Fall Education Expedition, community members, employees, and stakeholders were welcomed into our school to see the amazing learners and the amazing faculty and staff behind our school's success! We are thankful to our student leaders who guided the guests to the classes to visit.

VFW 3750 Flag Coloring Contest Winners

Congratulations to the students who won the VFW 3750 flag coloring contest! They were honored at the Post's Christmas dinner in December.

Gabriella Medina - 1st

Mekhi Smith - 2nd

Kyle Kernan - 3rd

Mardi Gras Float Decorating

We are in need of parents, grandparents, or community members to help us decorate our Mardi Gras floats for the February 21st 1st grade parade at AES. A meeting will be held on January 18, 2024 at 2:30. Please consider attending the meeting and/or helping decorate our floats.

PTA News

Happy New Year Catfish Families,

Our first board meeting of 2025 will be Wednesday, January 8th @ 1:00 pm in the Family Center. We would love for you to join us.

We still have a couple of open Chairperson(s) positions. If you are interested in learning what positions are available or would like to volunteer please visit our website at Allemandspta.org.

We are looking forward to our Middle of the Year Membership Meeting + Glow Party! More information to come soon. We hope to see you there!

As always thank you for your continued support. We can not do it without your help. If you have any question please email me at president@allemandspta.org.

Laura Brown
PTA President



Scan QR Code for:
PTA Membership,
Spirit Shirts, Magnets and all other
PTA related signups.

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Christmas Break	2 Christmas Break	3 Student Holiday	4
5	6	7	8 PTA Meeting 1PM	9 Stakeholder Mtg - 9 Vol Day - 10	10	11
12	13	14	15 SchBd Mtg - 6:30	16	17	18
19	20 MLK Day -OFF-	21	22	23	24	25
26	27	28	29	30 MOY Gen Member Mtg & Glow Party 6PM	31	

Nurse's Notes



Important Announcements

- We are continuing to see a rise in flu cases and other upper respiratory infections. Please keep your child home if they are feeling unwell and encourage regular handwashing.
- Please inform us if your child is diagnosed with either the flu or COVID-19. We are required to report these cases to the state for accurate tracking.
- Make sure you stay up to date on your child's vaccinations and remember to submit any vaccine records.
- If a vision or hearing referral form was sent home with your child, I will be reaching out to you soon to discuss the doctor's feedback.

Holiday Writings

My Favorite Holiday Tradition By Jiang Addison

My favorite holiday is Christmas. I like Christmas because Santa's elf comes and watch us to make sure we are being nice. He does nice things like bring us snacks, but also does crazy things like tape my door and say we were playing laser tag. He also helped us do a magic trick with Skittles to make a rainbow. Every night he goes to the North Pole by Santa to tell him how me and my sister are doing. Hopefully we were doing good so we can get a bunch of presents under the beautiful tree me and my family decorated.

My Favorite Holiday Tradition By Andrew Duhe

My favorite holiday is building bonfires on the levee. We burn bonfires on Christmas Eve to light the way for Santa Claus. This is my favorite tradition because it is fun to build bonfires and hang out with my family. It takes two or three days to build our bonfire. We also light fireworks on the levee on Christmas Eve. That night we go home and say goodbye to our elf and get ready for Santa to come. Merry Christmas!

Family Night By Rowan Williams-Morantine

My family tradition is that we go see lights. Some of them are 3D. I get to unbuckle and I get to go out of the sun roof.

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 January, we will focus on **Appreciation**. 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.

1/6 Mr. Luther King Jr. Focus
1/13 National Day of Service
1/21 Make a positive difference

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 acceptance in your home or the community?

What does it take to become a strong reader?

Our teachers are studying about the Science of Reading. This is researched based studies of how people learn to read and write. There are five main components that are fundamental to reading: phonics, phonemic awareness, vocabulary, fluency, and comprehension.

Understanding print: Understanding what print is and the parts of a book

Print awareness is the understanding that print carries meaning and that in English it reads from left to right. It also means learning that books contain letters and words, have front and back covers, and are handled in a certain way.

Understanding sounds: Recognizing the sounds in spoken words

Phonological and phonemic awareness is the ability to hear, identify, and play with the sounds in spoken language — including rhymes, syllables, and the smallest units of sound (phonemes).

Understanding phonics: Connecting the sounds of speech with letters

Phonics is a systematic way to teach the alphabetic principle — the idea that letters represent the sounds of spoken language — and that there is a predictable relationship between letters and sounds.

Understanding fluency: Reading with accuracy and expression

Fluency is a child's ability to read a book or other text with accuracy, at a reasonable rate, and with appropriate expression. A fluent reader doesn't have to stop and "decode" each word.

Understanding vocabulary: Knowing what each word means

Vocabulary is word knowledge. Word learning is an ongoing process. Children are always adding to their "word banks" in order to recognize and understand the meaning of spoken and written words.

Understanding comprehension: Understanding what you read

Comprehension is the goal of reading! It is the thinking process readers use to understand what they read. Strong vocabulary, background knowledge, and an understanding of how language works are keys to comprehension.

From: <https://www.readingrockets.org/reading-topics/early-literacy-development>



BUILDING LITERACY SKILLS AT HOME



It is never too early (or late) to start doing literacy activities with your child. Strong literacy skills are essential for development and provide a foundation for school and work performance, social skills, and solving problems in all subject areas. Just a few minutes spent each day on simple literacy activities can add up to a lifelong love of reading and learning! These literacy-based activities are great for your preschool or early elementary age child.

READING

READ EVERY DAY!

Getting into the habit of reading every day for at least a few minutes is helpful for your child's development.

THINK ALOUD AS YOU READ.

Point out what you see in the pictures. Talk to your children about what you are reading. What did they like about the story? What didn't they like?

WRITING, DRAWING, & CREATING

EXPLORE FEELINGS.

Creativity and ideas can be expressed by drawing pictures.

BE CREATIVE.

Paper, crayons, markers, glue, and even household items like noodles, boxes, and sponges can be great tools for creativity.

MAKE STORIES.

Encourage your child to "tell stories" to you. Write their story down for them in a booklet (just a few pages of stapled paper is fine!), and have them illustrate their story.

PLAY "FIRST, NEXT, LAST"

Have pictures of different scenes from stories you read, and have your child sequence the events using the pictures. Have them retell the story.

PAINT WORDS WITH WATER.

Get a clean paintbrush and small bucket of plain water. Go outside and let your child paint letters or words on the walls, sidewalk, or fence.

SPEAKING & LISTENING

BUILD VOCABULARY.

Talk with your child about everything. Describe the world around them in real (adult) terms.

EXPLORE RHYMES AND SONGS.

These can expose new words and develop speaking skills.





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(EOE)

St. Charles Parish
Public Schools

January 2025 Elementary Menu

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

Happy New Year

Welcome
Back!

We hope you
enjoyed your
break!

With all meals

*Low Fat White Milk
Fat Free Flavored Milk
Cold Lunch Choice*

Monday: Sunbutter Sandwich

Tuesday: Charley Box

Weds.: Deli Sandwich

Thursday: Entrée Salad

Friday: Sunbutter Sandwich



KING CAKE SEASON STARTS JANUARY 6TH!



Monday, January 6

Breakfast

Pancake on a Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Breaded Pork Chop
Mashed Potatoes & Gravy
Cal Blend Veggies
Cinnamon Apple Slices

Tuesday, January 7

Breakfast

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

Lunch

Fish Nuggets
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Diced Pears

Monday, January 13

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, January 14

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, January 8

Breakfast

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

Lunch

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

Wednesday, January 15

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, January 9

Breakfast

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

Lunch

Jambalaya
Broccoli Florets
Steamed Carrots
Pineapple Tidbits
Dinner Roll

Thursday, January 16

Breakfast

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

Lunch

Spaghetti & Meat Sauce
Italian Salad
Broccoli Florets
Garlic Bread
Pineapple Tidbits
Jell-O w/Topping

Friday, January 10

Breakfast

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

Lunch

Hamburger/Cheeseburger
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Baked Beans
Orange Wedges

Friday, January 17

Breakfast

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

Lunch

Mini Corn Dogs
Tater Tots
Baby Carrots w/Ranch Dip
Orange Wedges

Louisiana HARVEST of the MONTH

Garlic Sautéed Collard Greens

Home Recipe

Serves: 4
Prep Time: 15 minutes
Cook Time: 35 Minutes

Ingredients

- 1 large bunch of collard greens washed, stems removed and greens cut into strips.
- 1 tsp olive oil
- 4 cloves garlic, minced
- ¼ tsp salt
- ¼ tsp paprika
- ¼ tsp ground black pepper
- ¼ tsp red pepper flakes
- 1 Tbsp apple cider vinegar, lemon juice or another "sweet" tasting vinegar

Nutrients Per 1 Cup Serving

• Calories	70
• Total Fat	3.5 g
• Saturated Fat	0 g
• Cholesterol	0 mg
• Sodium	150 mg
• Carbohydrates	7 g
• Dietary Fiber	4 g
• Protein	3 g
• Calcium	240 mg
• Iron	1 mg
• Potassium	236 mg
• Fat	134 mg DFE

Cooking Instructions

1. Remove and discard stems and center ribs of collard greens. Cut leaves into 1-inch pieces. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.
2. In a 12-inch skillet heat the oil over moderately high heat. Stir in garlic, collards, and salt and pepper. Sauté collard mixture, stirring, until heated through, about 5 minutes.
3. Drizzle collards with lemon juice or vinegar and toss well.



For More Information
LouisianaFarmToTable@lsuagcenter.lsu.edu
www.SeedstoSuccess.com



This logo is an equal opportunity provider.

The function of education
is to teach one to think
intensively and to think
critically.

Intelligence plus
character - that is the goal
of true education.

Martin Luther King, Jr.

Monday, January 20

Martin Luther
King, Jr.

1929
1968



No School

Tuesday, January 21

Breakfast

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

Lunch

Meatballs & Gravy
Mashed Potatoes
Steamed Corn
WW Roll
Apple Wedges

Monday, January 27

Breakfast

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

Lunch

Red Beans w/Steamed Rice
Seasoned Mustard Greens
Cornbread
Diced Pears

Tuesday, January 28

Breakfast

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

Lunch

Tacos w/Cheese
Steamed Corn
Refried Beans
Taco Salad Cup
Apple Wedges

Wednesday, January 29

Breakfast

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

Lunch

Salisbury Steak w/Gravy
Mashed Potatoes
Green Beans
Dinner Roll
Banana
Cookie

Thursday, January 30

Breakfast

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

Lunch

Stewed Chicken w/Rice
Candied Yams
Steamed Cabbage
Strawberry Cup

Friday, January 31

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

Look out for
Gumbo on
Weds. Jan 15
and our
Homemade
Beef Vegetable
Soup on
Weds. Jan 22

