

Weymouth Families,

A reminder that Weymouth Township School will be closed Monday, January 20<sup>th</sup> for Martin Luther King Jr. Day.

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

- Buena Day flyer
- Memo from Nurse Hooven
- January meal menus

Have a great weekend!



# **BUENA DAY**

**8th Grade  
Open House**

**10:00AM STUDENT  
PRESENTATION**

**6:00PM FAMILY PROGRAM**

**JANUARY 22, 2025**

**BUENA REGIONAL HIGH SCHOOL**

**125 WEYMOUTH ROAD BUENA**

**FOR MORE INFORMATION:**

**(856)697-2400 OR [BRHS.BUENASCHOOLS.ORG](http://BRHS.BUENASCHOOLS.ORG)**

**WE INVITE ALL EIGHTH GRADERS  
TO VISIT BRHS AT:**

**10AM WITH THEIR SCHOOL CHAPERONES**

**6PM WITH THEIR PARENTS/GUARDIANS TO  
TOUR OUR BUILDING & LEARN MORE ABOUT  
BUENA REGIONAL HIGH SCHOOL**

# Help Prevent the Spread of Norovirus ("Stomach Bug")

IF NOROVIRUS IS AFFECTING YOUR COMMUNITY, HERE ARE SOME ACTIONS YOU CAN TAKE TO HELP PREVENT FURTHER ILLNESS

## 1 Clean up surfaces

- Clean frequently touched surfaces with soapy water
- Rinse thoroughly with plain water
- Wipe dry with paper towels
- Dispose of paper towels

**DON'T STOP HERE:** GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

## 2 Disinfect surfaces

- Prepare and apply a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners



- Air dry surfaces unlikely to have food or mouth contact  
or...
- Rinse all surfaces intended for food or mouth contact with plain water before use

## 3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus



### Facts about Norovirus



Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



co.somerset.nj.us/health



neha.org



waterandhealth.org



americanchemistry.com

[disinfect-for-health.org](http://disinfect-for-health.org)

**Weymouth Township School**  
Pre-K Breakfast Menu

**January 2025**



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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 <b>Happy New Year</b>	2 Oatmeal Chocolate Chip Breakfast Bar  Fruit 1% White Milk	3 Cinnamon Chex  Fruit 1% White Milk	<b>What is a Meal?</b> Pre-K students are served the three following components for school breakfast. - Whole Grain - Fresh Fruit or Cupped - 1% White Milk  <b>Whole Grain Cereals</b> 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 <b>No School</b>	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	
<b>Rachel Adams, Food Service Director</b> 609-476-2412 ext. 5 wey@nsfm.com			<b>Meal Prices</b> Student Breakfast \$1.75 Reduced Breakfast \$0.00 Faculty Breakfast \$2.25		

**Weymouth Township School**  
Pre-K Lunch Menu

**January 2025**



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

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

**Weymouth Township School  
Elementary Breakfast Menu**

**January 2025**



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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
		<b>Happy New Year</b> <sup>1</sup>	Cinnamon Toast Crunch Jump Start <sup>2</sup>  Fresh or Cupped Fruit Orange Juice	Egg & Cheese on a Bagel <sup>3</sup>  Fresh or Cupped Fruit Orange Juice	<p><b>What is a Meal?</b> Students must have at least 3 of the 4 components for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Whole Grain</li> <li>- Protein</li> <li>- Fruit</li> <li>- Milk</li> </ul> <p>A minimum ½ cup serving of fruit must accompany a reimbursable breakfast.</p> <p><b>Daily Alternate</b></p> <ul style="list-style-type: none"> <li>-WG Pop-Tart with a Cheese Stick</li> <li>-Yogurt &amp; Graham Crackers</li> <li>-Oatmeal Bar &amp; Cheese Stick</li> <li>-Cereal &amp; Graham Crackers</li> </ul> <p><b>Milk</b> 1% white, FF White</p>						
Cinnamon Toast Crunch Jump Start <sup>6</sup>  Fresh or Cupped Fruit Orange Juice	Yogurt & Graham Crackers <sup>7</sup>  Fresh or Cupped Fruit Orange Juice	Apple Strudel <sup>8</sup>  Fresh or Cupped Fruit Orange Juice	Warm Muffin <sup>9</sup>  Fresh or Cupped Fruit Orange Juice	Egg & Cheese on a Bagel <sup>10</sup>  Fresh or Cupped Fruit Orange Juice							
Cinnamon Toast Crunch Jump Start <sup>13</sup>  Fresh or Cupped Fruit Orange Juice	Yogurt & Graham Crackers <sup>14</sup>  Fresh or Cupped Fruit Orange Juice	Apple Strudel <sup>15</sup>  Fresh or Cupped Fruit Orange Juice	Warm Muffin <sup>16</sup>  Fresh or Cupped Fruit Orange Juice	Egg & Cheese on a Bagel <sup>17</sup>  Fresh or Cupped Fruit Orange Juice							
<b>No School</b> <sup>20</sup>	Yogurt & Graham Crackers <sup>21</sup>  Fresh or Cupped Fruit Orange Juice	Apple Strudel <sup>22</sup>  Fresh or Cupped Fruit Orange Juice	Warm Muffin <sup>23</sup>  Fresh or Cupped Fruit Orange Juice	Egg & Cheese on a Bagel <sup>24</sup>  Fresh or Cupped Fruit Orange Juice							
Cinnamon Toast Crunch Jump Start <sup>27</sup>  Fresh or Cupped Fruit Orange Juice	Yogurt & Graham Crackers <sup>28</sup>  Fresh or Cupped Fruit Orange Juice	Apple Strudel <sup>29</sup>  Fresh or Cupped Fruit Orange Juice	Warm Muffin <sup>30</sup>  Fresh or Cupped Fruit Orange Juice	Egg & Cheese on a Bagel <sup>31</sup>  Fresh or Cupped Fruit Orange Juice							
<p><b>Rachel Adams, Food Service Director</b> 609-476-2412 ext. 5 wey@nsfm.com</p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$1.75</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.25</td> </tr> </table>			Student Breakfast	\$1.75	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.25
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**Meet Your Nutritious Friend:**  
**Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		<b>Happy New Year</b> <small>1</small>	Chicken Parm. with Pasta Buffalo Chicken Wrap <b>FEATURED VEGGIES</b> Green Beans	Cheeseburger on a Bun Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Baked Beans	<b>What is a Meal?</b> 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. <b>Salad of the Week (No Salad 1-2&amp;1-3)</b> <b>Week-1</b> (Chicken Caesar Salad) -Served with Goldfish & Dinner Roll <b>Week-2</b> (Chef's Salad) -Served with Goldfish & Dinner Roll <b>Week-3</b> (Buffalo Chicken Salad) -Served with Goldfish & Dinner Roll Week-4 (Taco Salad) -Served with Tortilla Chips <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice <b>Choice of Milk</b> 1% white, chocolate, and strawberry <b>Daily Alternates</b> Uncrustable Meal with Cheese Stick and Goldfish
Fish Sticks with Goldfish Chicken Salad Wrap <b>FEATURED VEGGIES</b> Green Beans Fresh Cucumber Slices	Chicken Patty on a Bun Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Corn Grape Tomatoes	Cowboy Burger Chicken Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Baked Beans Celery & Carrots Sticks	Hot Dog on a Bun Turkey & Cheese Sandwich <b>FEATURED VEGGIES</b> Tater Tots Fresh Broccoli	Stuffed Crust Pizza Cheeseburger <b>FEATURED VEGGIES</b> Veggie Patch Side Salad	
Chicken & Cheese Quesadilla Chicken Salad Wrap <b>FEATURED VEGGIES</b> Corn Fresh Cucumber Slices	Sloppy Joe on a Hawaiian Roll Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Sweet Peas Grape Tomatoes	Shepherd's Pie Chicken Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Roasted Garbanzo Beans Celery & Carrots Sticks	Hot Ham & Cheese on a Pretzel Roll Turkey & Cheese Sandwich <b>FEATURED VEGGIES</b> Glazed Carrots Fresh Broccoli	Pizza Crunchers Cheeseburger <b>FEATURED VEGGIES</b> Veggie Patch Side Salad	
<b>No School</b>	Cheeseburger Mac Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Green Beans Grape Tomatoes	Honey Baked Chicken with Cornbread Chicken Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Roasted Broccoli Celery & Carrots Sticks	BBQ Pulled Pork on a Hawaiian Roll Turkey & Cheese Sandwich <b>FEATURED VEGGIES</b> Baked Beans Fresh Broccoli	French Bread Pizza Cheeseburger <b>FEATURED VEGGIES</b> Veggie Patch Side Salad	
Grilled Cheese Sandwich Chicken Salad Wrap <b>FEATURED VEGGIES</b> Sweet Peas Fresh Cucumber Slices	Turkey & Cheese Melt on a Croissant Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Roasted Garbanzo Beans Grape Tomatoes	Beef-a-roni with Cornbread Chicken Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Green Beans Celery & Carrots Sticks	Soft Beef Tacos Turkey & Cheese Sandwich <b>FEATURED VEGGIES</b> Corn Fresh Broccoli	Pizza Dippers Cheeseburger <b>FEATURED VEGGIES</b> Veggie Patch Side Salad	
<b>Rachel Adams, Food Service Director</b> 609-476-2412 ext. 5 wey@nsfm.com			<b>Meal Prices</b> Student Lunch \$3.50 Reduced Lunch \$0.00 Faculty Lunch \$4.50		