



PRINCIPAL'S MESSAGE

The second semester is off to a fantastic start! We are very excited about the many wonderful things happening in our school. We appreciate everyone who attended our FACT Sessions this year. We hope that you enjoyed working with your child and learning how to support them at home. If you have any suggestions, please attend the Stakeholders Advisory Meeting to share your thoughts.

Our students completed their Middle of the Year DIBELS assessments. If you have any questions about your child's results or how to help them at home, please email your child's teacher. Please make every effort to attend your child's conference. Teachers will share information about your child's progress; conferences will be held on February 6 and 7.

This month is our Krewe of Catfish Parade. Due to the changes in school safety, we will invite only our first grade families to attend; however, each 1st grade family will receive four wristbands. One person will be able to assist the child in the parade and the other three will watch from the guest viewing areas. In addition, we are in need of first grade family volunteers to help design and build the floats. These floats are located in the Family Center. Please contact Valerie Chiasson to get more information about the time and dates to work. For our PK, K and 2nd grade families, you will be invited to create a shoebox float to decorate our library if you choose. More information will be sent at a later date for this activity.

Our school will celebrate Black History Month in a variety of ways. We will announce accomplishments of notable African Americans and post their pictures around the library. Classes will research a notable African American and create a poster of the person to display around the library. We will hold a program where students share what they learned about the notable African American. Our school essay winners will read their essay to the school at this event on February 4. Our book fair will be held the week of February 3-7.

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

February

Date	Activity
4th	Black History Program @ 9:15
5th	Fall retakes and Cajun Dancer Group Pictures Playgroup @ 10:00 PTA Board Meeting @ 1:00 in Family Center
6th	Early Dismissal @ 12:45 Parent Teacher Conferences from 1:15-6:15 Progress Reports are sent home
7th	Early Dismissal @ 12:45 Parent Teacher Conferences from 1:15-4:15
12th	Students report to school; Student holiday is cancelled
13th	SSP Stakeholder Advisory Meeting @ 9:00 in Family Center Volunteer Day in Family Center at 10:00 Someone Who Loves Me Day Pre- Kindergarten Pre-Kindergarteners may dress up Spring Learning Carnival for children birth to age 5 4:30-6:30 pm at PLC
14th	Red, pink, white, or Valentine shirt day Someone Who Love Me Day Kindergarten Kindergarteners may dress up
17th	Some Who Loves Me Day 1st grade 1st graders may dress up
18th	Some Who Loves Me Day 2nd grade 2nd graders may dress up
19th	Playgroup @ 10:00
21st	Purple, green, gold, Mardi Gras shirt day Mardi Gras parade for 1st graders 1:30
26th	Playgroup @ 10:00 STEAM Night @ 6:00 pm
28th	Purple, green, gold, Mardi Gras shirt day Community Morning Meeting @ 9:15
March 3-7	Mardi Gras holiday; No school



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



AES Dr. Martin Luther King, Jr. Essay contest winners

Congratulations to the following students:

2nd grade 1st place- Rowan Dufrene

2nd grade 2nd place- Jordan Cortez

2nd grade 3rd place Adelaide Hymel

Kindergarten 1st place- Athena Matherne

Kindergarten 2nd place- Kohlston Thompson

Our magical snow experience



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.

Don't
Forget!

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 this month is on February 6th and 7th.

SST Stakeholder Advisory 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 on 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@swearscpps.org. Our next meeting is scheduled for 2/13/25 at 9:00.

Mrs. Taylor's and Mrs. Boudreaux's Class Cajun Dancing



We'll stand
BAYOU





OUR LEARNING



pre-k

Our learning is under construction in Pre-K! We enjoyed learning about creativity, planning, and imagination during our last unit. We look forward to continuing to build foundational skills with our next unit: On The Move. Students are continuing to work hard to learn all the skills they need to be ready for Kindergarten!



kindergarten

Kindergarteners are rocking and rolling with their learning! In math, we are 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 problems to 10. We are reading kindergarten sentences and texts! When we get to a word that we don't know, we say each sound and blend them together to read the whole word. Our goal is to read the whole word. Keep working. In time, your child will be able to read the whole word without decoding. Then, we go back and reread the whole sentence for understanding. Be sure to practice reading everyday.



OUR LEARNING



first grade

In the month of February, our first graders are continuing to build their knowledge in all subjects. In Skills, we are learning to read and write one and two-syllable words with r-controlled vowels. We started a new reader, *The Green Fern Zoo*. This is our first non-fiction, decodable reader. Have your child discuss the story read in class with you. You can help by asking about the main topic of the story read in class. In Knowledge, we are learning about Astronomy, the study of outer space. In math, we are beginning to learn about place value with tens and ones and will continue solving word problems within 20. Please continue to complete the nightly homework to support your child with the skills we are learning. Please continue to remind your child of the importance in showing CARES throughout our learning day!

second grade

Because we “LOVE” reading, it’s a great time to warm your heart reading a good Valentine’s Day book with your child. Check out *The Day It Rained Hearts* by Felicia Bond or a nonfiction book *Saint Valentine* by Robert Sabuda. You can also check out some Mardi Gras themed books like *On Mardi Gras Day* by Fatima Shaik or *The Amazing Adventures of Mardi Gras Bead Dog* by Cornell P. Landry. In reading, second graders are using reading strategies to help them apply phonics, fluency, and comprehension skills. When readers read fluently, comprehension increases. When your child reads, the reading should sound like natural speech. Encourage them to practice reading carefully and with expression. Second graders will continue reading fiction. Have conversations with your child about the characters, setting, plot, and any connections. Your child is reading and listening to nonfiction. Students have learned about cycles in nature. Ask them questions facts learned and the cycles of day and night and seasons on Earth. By the end of the year, second graders must know all basic facts to 20. Remember to continue practicing nightly. Ask your child to try applying one of the math strategies-Make a Ten and Take from Ten. Students can also study facts with math games and various activities in our Google Classrooms. Working together, we’ll have a fabulous February of teaching and learning!

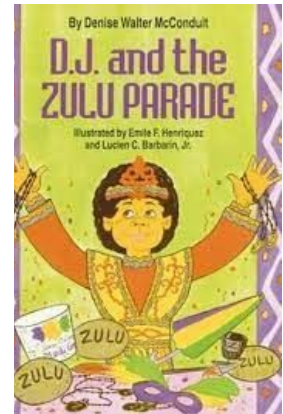
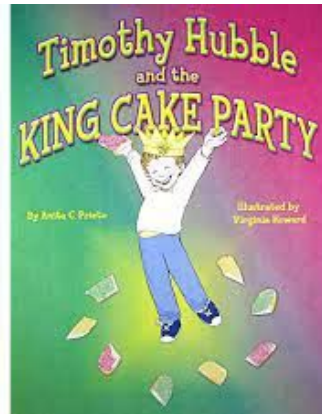
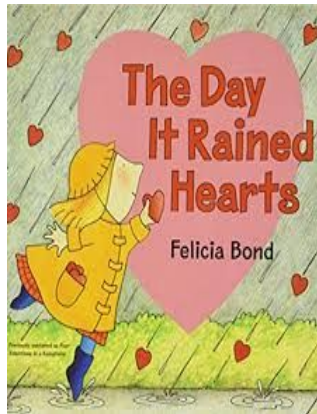
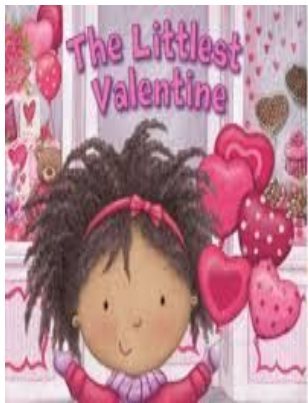


ENRICHMENT

Librarian's

Letter

FEBRUARY BOOKS



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 

TOTALLYMOMSENSE.COM

Allemands Elementary Family Center

Together We Can Make a Difference

Valerie Chiasson

vchiasson@wearescpps.org 985-758-7427



How Can You Get Involved and Be An Advocate For Your Child:

- **Ask questions.**

If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may be like these — What specific problem is my child having with reading? What can I do to help my child with this problem? How can I stop that bully from picking on my son? How can I get my child to do homework? Which reading group is my child in?

- **Learn about your rights.**

It's important to know what your rights are as the parent regarding special services, English instruction, immigration status, and more.

- **Let the school know your concerns.**

Is your child doing well in school? Is he or she having trouble learning, behaving, or studying? Is there a problem with another student, teacher, or administrator?

Manténgase informado y apoye a su hijo

- **Haga preguntas.** Si algo le preocupa acerca del aprendizaje o comportamiento de su hijo, pregúntele a la maestra o al director sobre dicho comportamiento y busque asesoría. Sus preguntas pueden ser como las siguientes: ¿Qué problemas específicos tiene mi hijo con la lectura? ¿Qué puedo hacer para ayudar a mi hijo con este problema? ¿Cómo puedo evitar que otros niños intimiden a mi hijo? ¿Cómo le puedo ayudar a mi hijo a hacer las tareas? y ¿A qué grupo de lectura pertenece mi hijo?

- **Aprende sobre sus derechos como.** Es importante saber que sus derechos como padre son con respeto a la inmigración, servicios especiales, la instrucción de inglés, y más.

- **Informarle a la escuela lo que le preocupa.** Si su hijo tiene un problema con los estudios, el comportamiento, o con otro estudiante, maestro o administrador.

Dates to Remember:

Feb 6/7 Parent conferences half days

Feb. 13 9:00 am Stakeholder meeting

Feb. 13 10:00 am Volunteer day

Feb. 21 1:30 Mardi Gras Parade

Feb. 26 6:00 pm STEAM Night

- Playgroup every Wednesday at 10:00 for children not enrolled in school.



Parent Teacher Conferences

Parent Teacher conferences will be held from 1:15-6:00 on February 6th from 1:15-6:00 and 1:15-4:00 on February 7th. Please make sure to attend this important meeting. Contact your child's teacher to sign-up.

Black History Program

Each class at Allemands will learn about a historical African American and present a poster celebrating the achievements and contributions of the person chosen. This year students will learn about people from Louisiana ranging from R.K. Smith to Louis Armstrong. Parents of students who are on the program are invited to attend.

Someone Who Loves You

We will have an opportunity for students to have people who are important to them come to AES to do a fun activity and spend some time together. Please make sure that you returned the flyer for this event.

Mardi Gras shoebox floats & 1st grade parade

Prekindergarten, kindergarten, and 2nd grade families are invited to make a shoebox float to be on display around the library. We're asking for the floats to focus on the child's favorite book. Our 1st graders will host the Krewe of Catfish parade. The first graders will be the only students available to have guests for the parade. Please read the flyer about these events carefully.



Save the Date
February 26th
@ 6pm

PTA News

Dear Catfish Families,

Our next board meeting will be Wednesday, February 5th @ 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 please visit our website at

www.allemandspta.org

Our website is also a great tool if you are looking for volunteer opportunities, Faculty/Staff information sheets, need to purchase Spirit Wear and so much more!

Please be on the lookout for PTA Board Elections for the 2025/2026 School year. We love to hear about new ideas and meet new faces. Many members will be moving on this year as their children move up schools. If you are interested I encourage you to come to a meeting or feel free to email us at

president@allemandspta.org.

As always thank you for your continued support. We can not do it without your help!

Kindly yours- Laura Brown



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

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 PTA Meeting 1PM	6 Stakeholder Mtg - 9 Vol Day - 10	7 Early Dismissal Parent Teacher Conferences	8
9	10	11	12 Students Report to School	13 PK Someone Who Loves Me Day	14 K Someone Who Loves Me Day	15
16	17 1st Someone Who Loves Me Day	18 2nd Someone Who Loves Me Day	19 SchBd Mtg - 6:30	20	21 Mardi Gras Parade 1:30PM	22
23	24	25	26 STEAM Night 6PM	27	28	

Everyone loved the PTA's Glow Party!



Traveling Cajun Dancers performed for our community!



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 February, we will focus on **Cooperation**. 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.

2/3 Black History Month. Focus
2/10 Black History Month Focus
2/17 Look for solutions to conflict
"Speak Up, Molly Lou Melon" by Patty Lovell

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?

February Is Heart Health Month

Take charge of your child's heart health by developing habits now that will reap benefits later in life. An effective way to do this is to make healthy living a priority for the whole family.

If a child sees that eating well and getting plenty of exercise is important to his mom, dad and other family members, he is much more likely to adopt a similar lifestyle as he gets older and eventually moves out of the house.

How to raise a heart-healthy child:

1. Keep moving

Exercise as a family; ride bikes, take a walk, go swimming or play games outside.

2. Be positive

Make heart health fun by incorporating games into your family activities or walk to a park for a healthy picnic dinner. Celebrate successes to promote a positive sense of self-esteem.

3. Limit screen time

Excessive screen time leads to a sedentary lifestyle and constant snacking, which increases the risk for obesity and cardiovascular disease. Limit TV, computer and phone time to two hours each day.

4. Go to the grocery store together

Learn more about reading nutrition labels and make it fun for your child. Staples in your kitchen should be 100 percent whole wheat or grains, low-fat dairy products, poultry, fish and nuts.

5 Keep healthy options on hand

When your child gets home from school, give him healthy snack options such as whole grain crackers and string cheese, hummus dip and vegetables, Greek yogurt with apple slices, nuts and dried fruit.

6. Check salt intake

Avoid processed foods and keep salt shakers off the table.

7. Be realistic

Set realistic goals and limits. Small steps and gradual changes can make a big difference in your child's health over time, so start small and build up.

Information gathered from;

<https://www.childrens.com/health-wellness/10-ways-to-keep-your-childs-heart-healthy>



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(EOE)

St. Charles Parish Public Schools Pre-Kindergarten

Will your child be 3 or 4 on or before September 30, 2025?

Apply for Pre-Kindergarten to jump-start their educational journey.

Beginning **February 3, 2025**, applications can be completed online using the below QR Code or by visiting the district website at www.WeAreScpps.org

English Application



Spanish Application



Program Locations:

- Norco Elementary
- New Sarpy Elementary
- East Bank Head Start
- St. Rose Elementary
- Allemands Elementary
- Carver Early Learning Center
- Luling Elementary
- Mimosa Elementary

Applications must be submitted by **March 11, 2025**, to be considered for the first round of selections.

Application assistance is available at the following locations:

East Bank Head Start

(985) 764-7535

13292 River Road

Destrehan, LA 70047

Carver Early Learning Center

(985) 783-6617

337 Gum Street

Hahnville, LA 70057

If you need assistance or have any questions, contact Rebecca Perilloux via email at rperilloux@wearescpps.org or by phone at (985) 783-6617.

St. Charles Parish Public Schools

Pre-Kindergarten

¿Su hijo cumplirá 3 o 4 años el 30 de septiembre de 2025 o antes?

Regístrase para Pre-Kindergarten para iniciar su trayectoria educativa.

A partir del 3 de febrero de 2025, las solicitudes se pueden completar en línea utilizando el código QR a continuación o visitando el sitio web del distrito en www.WeAreScpps.org

English Application



Solicitud en español



Ubicaciones del programa:

- Norco Elementary
- New Sarpy Elementary
- East Bank Head Start
- St. Rose Elementary
- Allemands Elementary
- Carver Early Learning Center
- Luling Elementary
- Mimosa Elementary

Las solicitudes deben enviarse antes del 11 de marzo de 2025 para ser consideradas para la primera ronda de selección.

La asistencia para la solicitud está disponible en las siguientes ubicaciones:

East Bank Head Start

(985) 764-7535

13292 River Road

Destrehan, LA 70047

Carver Early Learning Center

(985) 783-6617

337 Gum Street

Hahnville, LA 70057

Si necesita ayuda o tiene alguna pregunta, comuníquese con Rebecca Perilloux por correo electrónico a rperilloux@wearescpps.org o por teléfono al (985) 783-6617.

Pre-Kindergarten Program Application Requirements

Applications are not on a first-come, first-serve basis. Eligibility and placements are based on age, residential area, and income.

Required Documentation Needed for Application	If Applicable:
Child's original birth certificate	Custody arrangement signed by a judge
Child's Medicaid/insurance card	Verification of alimony or child support
Official ID: The address on the enrolling parent's or legal guardian's official ID is required to match the physical address of their St. Charles Parish proof of residency address.	Verification of Social Security benefits
Proof of Residency	Printed copy of Family's SNAP benefits or TANF
Child's social security card	Current status as receipt of public assistance
Child's immunization record with the state seal	Copy of school transcript or verification of enrollment for parents in school
Parent or Guardian's income information	

Parent or Guardian Income Information

Acceptable documentation:

- 3 printed recent check stubs before the month of the application for each parent in the home
- OR**
- Employment verification letter stating employee's name, employment address, hours worked per week, hourly wage, and signed by the employer
 - W-2 forms
 - Unemployment documentation
 - Verification of worker's compensation (for each parent in the home)

The application must include all information and required documents to be considered complete for admission. Incomplete applications will **not** be processed.



Proof of Residency

Acceptable documentation:

- 2 different current utility bills in the parent or guardian's name
*Acceptable utility bills are: gas, water, or electric
- OR**
- 1 utility bill and a lease with the parent or guardian's name and the child's name listed
*Disconnect notices will not be accepted

If utility bills are not in your name, or you reside with relatives or friends, you will be required to apply for Temporary Residency with the Student Services Department located at Central Office. This process begins on June 1, 2025. Pending placements will be dropped if Temporary Residency has not been submitted by July 31.

KINDERGARTEN REGISTRATION



Parents/Guardians may register their child who will be five years old by September 30, 2025. Online registration requires you to bring documentation to school in-person.

WHAT INFORMATION IS NEEDED?

- Online registration requires you to bring documentation to school in-person
- Child's birth certificate & social security card
- Copy of driver's license or state ID
- Proof of custody if applicable
- Proof of residency--temporary residency applications for provisional enrollment begins June 1, 2025
- Immunization records

East Bank Schools:

- New Sarpy Elementary:
985-764-1275
- Norco Elementary:
985-764-7079
- St. Rose Elementary:
504-464-9254



WHEN IS REGISTRATION?

- Beginning February 3, 2025 you can use this QR code to register online.

English



Spanish



- You may register in-person at the school in your attendance area from March 17 - 21, 2025 between the hours of 9:30 a.m. - 12:30 p.m.

West Bank Schools:

- Allemands Elementary:
985-758-7427
- Luling Elementary:
985-785-6086
- Mimosa Park Elementary:
985-785-8266



ALLEMANDS ELEMENTARY SCHOOL



Pre K - Thursday, February 13, 2025

Kindergarten - Friday, February 14, 2025

First Grade - Monday, February 17, 2025

Second grade - Tuesday, February 18, 2025

Thank you for your interest in our event! Please note there's a limit on guests per child for a better experience. Please make sure your guests are on the list and have their I.D., If you have any questions, feel free to contact the school office. We look forward to seeing you!



Mardi Gras Holiday is March 3-7



Nurse's Notes

Top 10 Safety Tips for Kids at Mardi Gras

1. Safety tracking devices for your child – lots of options on the market that can easily be placed on a bracelet.
2. Place phone number on child's arm and on parade day pic of the child. – snap a pic with your phone of your child on the way. This can be a major help if showing to the police to help you find your child quickly.
3. Emergency change of clothes-just in case.
4. Bathroom/pull-up/person on route- never underestimate a child in need of a bathroom break. Some businesses along the route may offer a wristband for a small fee for unlimited bathroom use, or try to find a friend that lives on or near the route and coordinate ahead of time to be able to use their 'facilities'.
5. Noise-abating headphones for young children who may be sensitive to loud noises.
6. Snacks/drinks/water- seriously important to have these on hand, especially water.
7. First Aid Kit/Wipes/Sanitizer- There is nothing dirtier than beads off the ground. always make sure to wipe their hands after they handle beads.
8. Wagon— it just makes taking home your child- and all their loot-easier.

ELEMENTARY MENUS FEBRUARY 2025

GROUNDHOG
DAY
FEBRUARY
2ND



St. Charles Parish
Public Schools

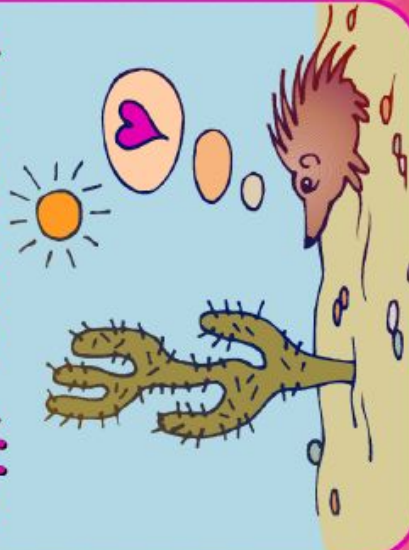
This institution is an
equal opportunity
provider. Menus are
subject to change.

SUPER BOWL SUNDAY



MAY THE BEST
TEAM WIN!

Happy Valentine's Day!



Available Daily

Cold Lunch Choice

Monday: Sunbutter Sandwich
Tuesday: Charley Box
Weds.: Deli Sandwich
Thursday: Entrée Salad
Friday: Sunbutter Sandwich

With all meals
Low Fat White Milk
Fat Free Flavored Milk

Monday, February 3

Breakfast

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

Lunch

Pulled Turkey on Bun
Tater Tots
Cal Blend Veggies
Baked Cinnamon Apples

Tuesday, February 4

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
Pears

Wednesday, February 5

Breakfast

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

Lunch

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

Thursday, February 6

Breakfast

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

Early Dismissal

Lunch

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

Friday, February 7

Breakfast

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

Early Dismissal

Lunch

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

Monday, February 10

Breakfast

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

Lunch

Chicken Tenders
Waffles
Green Beans
Steamed Carrots
Sliced Peaches

Tuesday, February 11

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, February 12

Breakfast

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

Lunch

Manager's Choice

Thursday, February 13

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

Friday, February 14

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

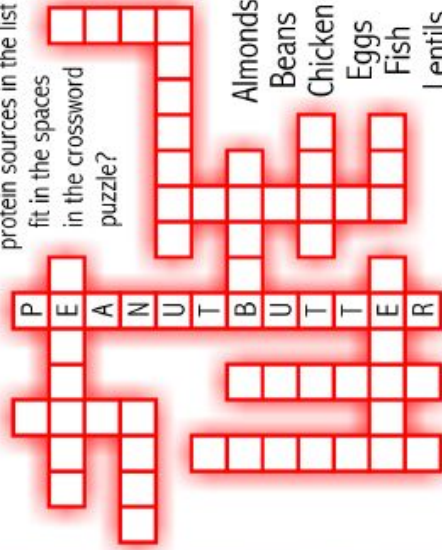
What's on YOUR plate?



Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt



Learn more at www.CHOOSEMYPLATE.gov or <http://kidshealth.org/kidstay/healthyfoodpyramid.html>

Monday, February 17
Breakfast
Confetti Pancakes
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Tortchos
Green Beans
Steamed Corn
Applesauce
Corn Bread

Tuesday, February 18
Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Baked Chicken
Loaded Mashed Potatoes
Corn or Green Beans
WW Roll
Apple Wedges

Wednesday, February 19
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, February 20
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
Brownie

Friday, February 21
Breakfast
Waffle
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

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

Monday, February 24
Breakfast
Cheesy Grits or Parfait
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, February 25
Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

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

Wednesday, February 26
Breakfast
Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Salisbury Steak
Mashed Potatoes
Green Beans
Dinner Roll
Banana, Cookie

Thursday, February 27
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, February 28
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



MARDI GRAS HOLIDAYS
MONDAY, MAR. 3
through
FRIDAY, MAR. 7
We'll see you on
Monday, March 10th!



Brain Ticklers
Which month has 28 days?

(Hold the page upside down and read it in a mirror for the answer!)