



## PRINCIPAL'S MESSAGE

Our spring semester has been busy at AES! Thank you to everyone who supported our first graders for their Mardi Gras parade! They were thrilled to have the event. We are now accepting bead donations for next year's parade; we would love for you to donate your beads for next year's parade now! We also had a huge attendance for the Someone Who Loves You events. Thank you for attending this special event!

We have begun taking applications for our Prekindergarten classes for the next school year. The flyer can be found on our school website. Kindergarten registration has opened online, but we will hold an in-person registration from March 17 to 21. Please share this information with all of your neighbors who have a child that will turn 5 by September 30, 2025. If you have any questions about registration, please call the front office. If families register before the end of April, they will receive information about our transition tour to kindergarten and kindergarten camp.

The district Teacher of the Year will be announced on March 13, 2025. We want to thank Mrs. Chellie Killian for representing AES in 23-24 and wish Ms. Heidi Pizani good luck at the upcoming banquet.

Our End of the Year Acadience testing will quickly arrive. Please help us to prepare your child for this testing by reading to and with your child each night and sending your child to school on-time daily. As always, we appreciate your support and cooperation in all that we do. Our parents are truly the best, and we look forward to a successful and enjoyable end to our fabulous school year. Together, we will continue to sail the seas of success!

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

## March

Date	Activity
3/3-3/7	Spring Holiday Break (students return on 3/10)
3/11	Art Show/Superintendent Gallery LPAC 5-7pm
3/12	Playgroup at 10:00
3/13	Stakeholder Advisory Group Mtg. @ 9:00 Volunteer Day @ 10 in Family Center
Week of March 17-21	In person Kindergarten registration
3/17	Green Shirt Day (uniform bottoms)
3/19	Playgroup at 10:00 PTA fundraiser begins Family Center Internet Safety (children and Adult) 5:30 pm Wetlands Watchers Night 6:00 pm
3/24	Report Cards go home
3/25	Family Center Spanish-Speaking Family Check In @ 9
3/26	Playgroup at 10:00
3/27	Family Center Internet Safety 9:00 (Adults Only)
3/28	Community Morning Meeting
3/29	Traveling Cajun Dancers @ Farmer's Market

*Spring is a lovely reminder about how  
beautiful change can be!!!!!!!*





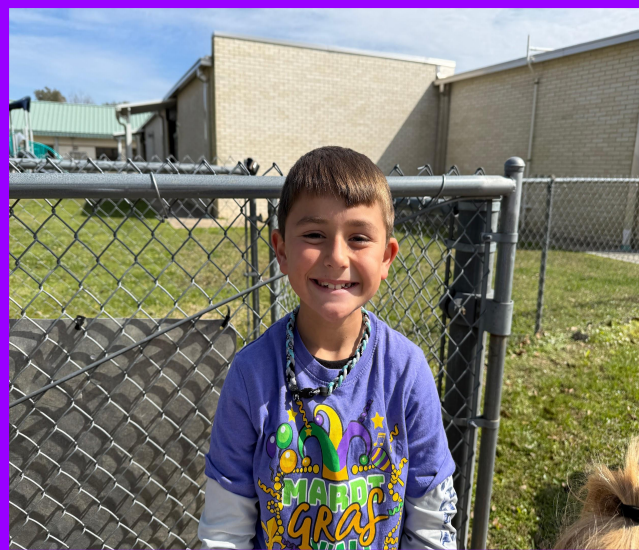


# Sailing into Spring Success!



## Mardi Gras Fun

Thank you to all the volunteers who assisted with the building of the floats for the parade. We appreciate the supportive family members and friends who attended the parade to watch their first grader.



## 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.





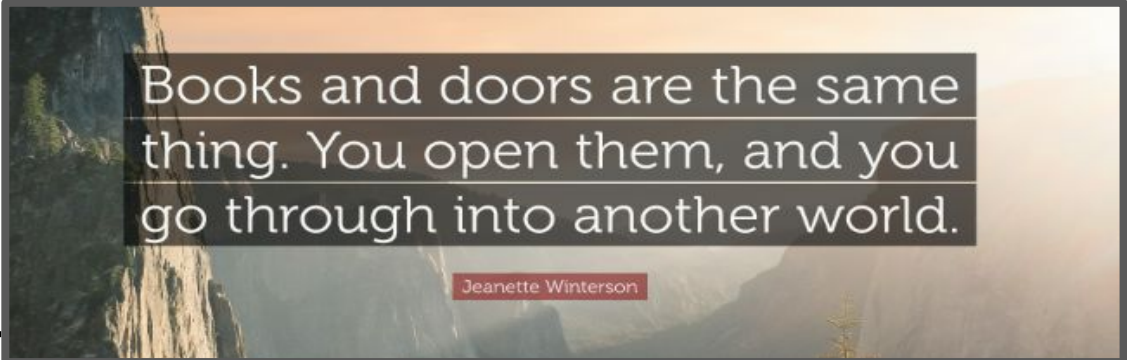




Don't  
Forget!

## 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@wearescpss.org](mailto:lbutler@wearescpss.org) and a copy will be sent home each month with your child. Thank you.



Books and doors are the same thing. You open them, and you go through into another world.

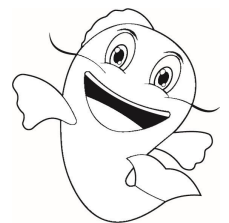
Jeanette Winterson

## Stakeholder Advisory Group

We are looking for parents, grandparents, and community members to work with us! Our School Improvement 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@wearescpss.org](mailto:vchiasson@wearescpss.org)

## Staff Achievement Awards

St. Charles Parish School System is seeking Staff Achievement Award nominees. One staff member from eight categories will be selected for recognition at the Staff Achievement Awards ceremony in April. The deadline to submit a nomination is **Monday, March 31, 2025**. Nomination forms and categories are on the district website under Public Information. Please consider nominating one of our amazing staff members!







# OUR LEARNING



## pre-k

Three and four-year-olds are naturally creative. They are not limited by the boundaries of conformity and social expectations. Over the next few weeks, our classroom will become an incubator for creativity. We will explore creative things kids can do, turn recycled objects into treasures, conduct experiments to make new discoveries, and design and build structures. Be ready to think creatively at home when your child challenges you to become a puppeteer or to test gravity. We had fun at our field trip to the Children's Museum.



## kindergarten

Kindergarteners are blooming this spring! We are growing in independence in reading, writing, math, and social skills. In math, we are learning to break apart numbers using objects, pictures, and number bonds. This will help us to understand addition and subtraction. We are also learning how to write addition equations. In Skills, we are reading words and sentences. We are also practicing reading text and answering questions about what we've read. Let's continue working hard both at home and school! Our kindergarten students enjoyed a learning experience and performance by the Philharmonic Orchestra at the LPAC.







# OUR LEARNING



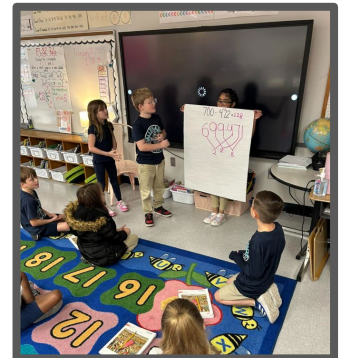
## first grade

In the month of March, our first graders are continuing to build their knowledge in all subjects. In Skills, we are learning to read and write multisyllabic words and more complex code. We will start a new reader, Kate's Book. This is a fiction reader. Have your child discuss the story read in class with you. You can help by asking about the characters, setting, and major events. Be sure to be reading every night and add it to your reading log. Your student is learning about place value within 100, comparing numbers within 100, and adding within 100. 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! Check out our cute Valentines boxes!



## second grade

Thank you for attending parent-teacher conferences and Someone Who Loves Me Day. February was an eventful month! Students learned about famous African Americans. Our reading Knowledge domains were Immigration and Insects. Have a discussion about E Pluribus Unum with your child or ask them what is the one habitat in which insects do not live. As we wrap up the third quarter of school, it is extremely important to continue supporting your child at home. Be sure to have your child read fluently and answer question about the text. Remind your child to write legibly and to continue practicing strategies when solving math facts. **Remember to review your child's homework after he or she completes it.** In math, students will continue to use math strategies to problem solve and add and subtract within 1,000. We will also focus on measuring length with metric units and and U.S. customary units. Have a discussion with your child about what he\she is learning. Working together, we can "march" into a successful month of teaching and learning.



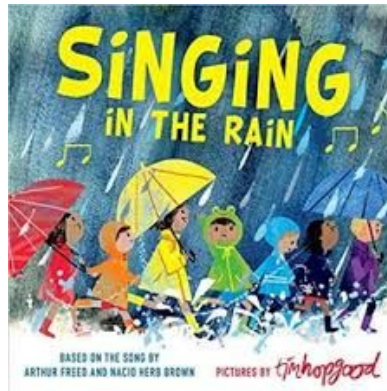
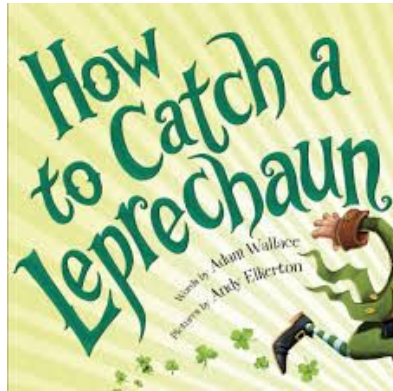


# ENRICHMENT

Librarian's

Letter

## MARCH 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 

TOTALLYMOMSENSE.COM





# Allemands Elementary Family Center

## Together We Can Make a Difference



Valerie Chiasson

[vchiasson@wearescpps.org](mailto:vchiasson@wearescpps.org) 985-758-7427

Wednesdays, Thursdays, and Fridays



### How Can You Support Your Child's Learning at Home:

- **Demonstrate a positive attitude about education to your children.**  
What we say and do in our daily lives can help them to develop positive attitudes toward school and learning and to build confidence in themselves as learners. Showing our children that we both value education and use it in our daily lives provides them with powerful models and contributes greatly to their success in school. In addition, by showing interest in their children's education, parents and families can spark enthusiasm in them and lead them to a very important understanding-that learning can be enjoyable as well as rewarding and is well worth the effort required.
- **Monitor your child's television, video game, and Internet use.**  
American children on average spend far more time watching TV, playing video games and using the Internet than they do completing homework or other school-related activities.
- **Encourage your child to read.**  
Helping your child become a reader is the single most important thing that you can do to help the child to succeed in school-and in life. The importance of reading simply can't be overstated. Reading helps children in all school subjects. More important, it is the key to lifelong learning.
- **Talk with your child.**  
Talking and listening play major roles in children's school success. It's through hearing parents and family members talk and through responding to that talk that young children begin to pick up the language skills they will need if they are to do well. For example, children who don't hear a lot of talk and who aren't encouraged to talk themselves often have problems learning to read, which can lead to other school problems. In addition, children who haven't learned to listen carefully often have trouble following directions and paying attention in class. It's also important for you to show your child that you're interested in what he has to say.
- **Encourage your child to use the library.**  
Libraries are places of learning and discovery for everyone. Helping your child find out about libraries will set him on the road to being an independent learner. Remember that libraries also offer a quiet place for students to complete homework, and are often open in the evening.
- **Encourage your child to be responsible and work independently.**  
Taking responsibility and working independently are important qualities for school success. You can help your child to develop these qualities by establish reasonable rules that you enforce consistently, making it clear to your child that he has to take responsibility for what he does, both at home and at school, showing your child how to break a job down into small steps, and monitor what your child does after school, in the evenings and on weekends. If you can't be there when your child gets home, give her the responsibility of checking in with you by phone to discuss her plans.
- **Encourage active learning.** Children need active learning as well as quiet learning such as reading and doing homework. Active learning involves asking and answering questions, solving problems and exploring interests. Active learning also can take place when your child plays sports, spends time with friends, acts in a school play, plays a musical instrument or visits museums and bookstores. To promote active learning, listen to your child's ideas and respond to them. Let him jump in with questions and opinions when you read books together. When you encourage this type of give-and-take at home, your child's participation and interest in school is likely to increase.





# Allemands Elementary Family Center

## Together We Can Make a Difference

Valerie Chiasson hablo español

[vchiasson@wearescpss.org](mailto:vchiasson@wearescpss.org) 985-758-7427  
miercoles, jueves, y viernes



### Fomente el aprendizaje de su hijo en la casa

- **Demuestre una actitud positiva con respeto a la educación.** Lo que decimos y hacemos en nuestras vidas diarias les puede ayudar a desarrollar actitudes positivas hacia la escuela y el aprendizaje, y a desarrollar la confianza en sí mismos como estudiantes. Al demostrarles que valoramos la educación y utilizamos nuestro conocimiento en la vida cotidiana, les damos un ejemplo muy poderoso a seguir, lo cual contribuye mucho a su éxito en la escuela.
- **Aliente a su niño a leer.** Lo más importante que usted puede hacer para ayudarle a su niño a tener éxito en la escuela-y en la vida-es ayudarle a leer. No podemos enfatizar demasiado la importancia de la lectura. La lectura ayuda a los niños a superarse en todas sus materias. Más aún, es la clave para el aprendizaje de toda la vida.
- **Hable con su niño.** Hablar y escuchar cuidadosamente son dos destrezas que juegan un papel muy importante en el éxito escolar de su niño. Los niños pequeños aprenden las destrezas del lenguaje que necesitarán para tener éxito aprendiendo a leer a través de lo que escuchan a sus padres decir, las charlas entre los miembros de su familia y cómo son alentados a responder. Por ejemplo, los niños que no escuchan mucha conversación o a quienes no se les alienta a hablar y participar, suelen tener problemas al aprender a leer, lo cual puede causarles retrasos en su desarrollo escolar. Además, los niños que no han aprendido a escuchar con cuidado frecuentemente tienen problemas siguiendo instrucciones o prestando atención en clase. También es muy importante que usted le demuestre que le interesa lo que el niño dice y piensa..
- **Anímelo a usar la biblioteca.** Las bibliotecas son lugares de aprendizaje y descubrimiento para todos. Al ayudar a su niño a descubrir la biblioteca usted lo iniciará en un camino seguro hacia el aprendizaje independiente. Las bibliotecas también tienen un gran número de recursos para estudiantes de todas las edades, como material de referencia, computadoras y muchos tipos de libros, ¡sin mencionar que ofrecen un lugar tranquilo para estudiar y hacer la tarea! [Servicios de la biblioteca para niños de edad escolar](#) describe los servicios que las bibliotecas ofrecen a los estudiantes.
- **Aliente a su niño a ser responsable y trabajar independientemente.** Tomar mayor responsabilidad y trabajar independientemente son cualidades importantes para el éxito escolar. [Fomente la responsabilidad, la independencia, y el aprendizaje activo](#) ofrece algunas sugerencias para ayudar a su niño a desarrollar estas cualidades.
- **Fomente el aprendizaje activo.** Los niños necesitan participar en actividades de aprendizaje activo al igual que en actividades de aprendizaje independiente como leer o hacer tarea. El aprendizaje activo incluye hacer y responder a preguntas, resolver problemas y explorar intereses. El aprendizaje activo también se realiza cuando su niño participa en actividades deportivas, juega con sus amigos, actúa en una obra de teatro de la escuela, toca un instrumento musical o visita museos y librerías. Para promover el aprendizaje activo, pida que su niño comparta sus ideas con usted y respóndale.

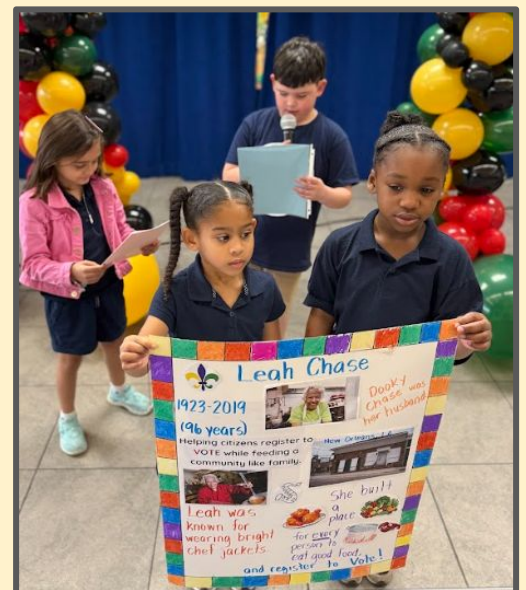
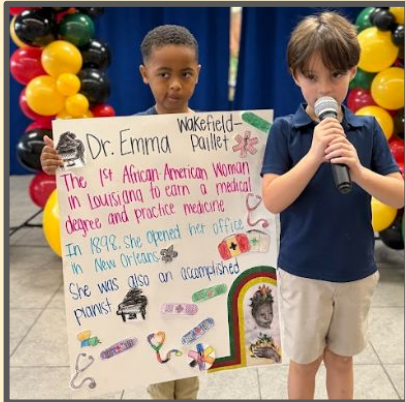
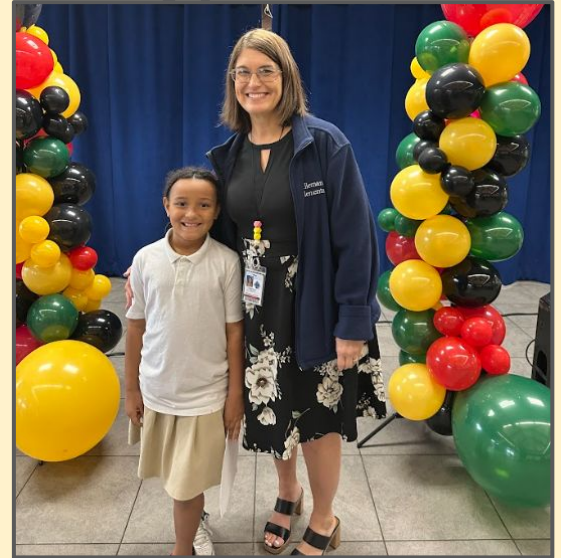


# Someone Who Loves Me





# Black History Program





# STEAM

SCIENCE TECHNOLOGY ENGINEERING ART MATH

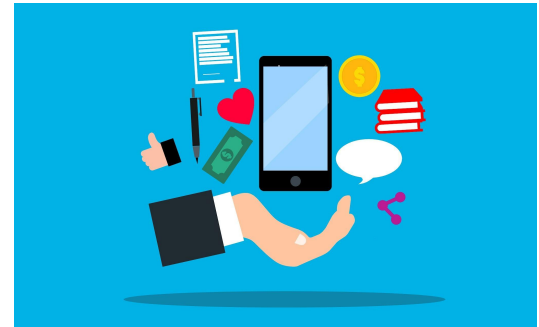
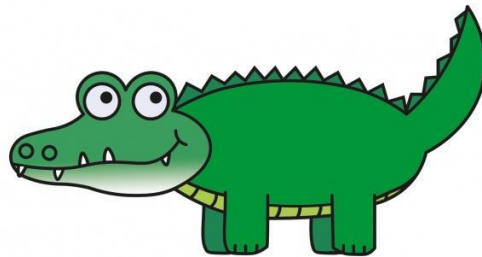
What an amazing STEAM Night! So much learning and fun





# Spring Parade Information

Our Spring parade will be held on April 10th at 2:00. Kindergartens walk in the parade and throw candy. Kindergarten students will be able to wear their Sunday Best and invite four guest to this event. More information will be sent home at a later date.



## Internet Safety and Wetland Watchers

To be one of the first families in the March 19th Wetland Watchers event, attend the internet safety presentation. Our internet safety event will begin at 5:30, and it will be appropriate for parents and children. Families will move from the presentation to the Wetlands Watchers Event. If you have any questions, contact Valerie Chiasson in the Family Center.

# PTA News



*Scan me*

Scan QR Code or visit our website at  
[www.allemandspta.org](http://www.allemandspta.org)  
for all things AES PTA:

PTA Membership, spiritwear  
and all other PTA related news!

Our Otis Spunkmeyer Cookie Dough & More Spring Fundraiser runs March 13 - 27! Please help us reach our goal of raising \$8000 by participating!

## CHECK OUT OUR AWESOME PRIZES!

All participants will earn a  
**DRESS DOWN DAY!**

**+++PLUS+++**

*Sell \$120 - Recess with Administrators*

*Sell \$300 - Silly String Administrator(s)*

### TOP TWO SELLERS:

Principal/Assistant Principal for the Day

PTA Nominations for the 2025/2026 school year will be accepted in the upcoming months! Please consider joining us next year! For more information, email us at [president@allemandspta.org](mailto:president@allemandspta.org)

## Catfish Character Traits

### Equity

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 March, we will focus on **Respect**. 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.

3/10 "Excuse Me" If you and another person accidentally bump into one another, say "Excuse me." It doesn't matter who's at fault if the bump was truly an accident.

3/17 "Yes ma'am" "No sir" "Please" "Thank you"

When responding to any adult, you must answer by saying "Yes, Ma'am" or "No, Sir." Say "Please..." and "Thank you..." when appropriate.

3/24 Equity/Fairness

3/31 Integrity-do the right thing when no one is looking

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?

---

---



ST. CHARLES PARISH EARLY CHILDHOOD COMMUNITY NETWORK/READY START

# EARLY CHILDHOOD ENROLLMENT OUTREACH

## FOR THE 2025-2026 SCHOOL YEAR

**BONUS FOR  
ATTENDING**

**Saturday, March 15, 2025**

9:00-12:00 p.m.

Location: River Parish Community College  
13145 US-90, Boutte, LA 70039

**DOOR  
PRIZES**

### Who should attend this event?

Families who:

- have children ages birth-4
- &
- are interested in enrolling their children in early childhood programs.

## COME MEET OUR PARTNERS

### Child Care Sites

Life Church Academy  
Children's Book of Knowledge  
Four Stars Childcare Facility  
Full of Love Daycare & Learning Center  
Kidz Academy  
Kidz at Work of Destrehan, LLC  
Mimi's Lil Schoolhouse  
We're ALL-EN Learning Center

### St. Charles Parish Public Schools

6 Elementary School Sites  
2 Head Start Sites  
Special Education

Contact information:  
Dr. Tamanika Odinga  
Director of Early Childhood Lead  
Agency Network  
todinga@wearescpps.org  
Phone: (985)785-3173

Nicole Weber  
Director of Early Childhood Education  
nweber@wearescpps.org

Entergy is investing in your child's education!

Open a free child savings account  
and Entergy will contribute \$50. Bring  
your child's social security number and  
your Entergy account number.



**WWW.WEARESCPPS.ORG**  
**UNDER SERVICES**



ST. CHARLES PARISH EARLY CHILDHOOD COMMUNITY NETWORK/READY START  
DIFUSIÓN PARA LA MATRICULACIÓN EN LA PRIMERA INFANCIA

**PARA EL AÑO ESCOLAR 2025-2026**

**BONO POR  
ASISTIR**

Sábado 15 de marzo de 2025

9:00 a 12:00 p. m.

Ubicación: River Parish Community  
College 13145 US-90, Boutte, LA 70039

**PREMIOS DE  
LA PUERTA**

¿Quién debería asistir a este evento?

Familias que:

- tienen hijos desde el nacimiento hasta los 4 años y
- están interesadas en inscribir a sus hijos en programas para la primera infancia.

**VEN A CONOCER A NUESTROS SOCIOS**

Child Care Sites

Life Church Academy  
Children's Book of Knowledge  
Four Stars Childcare Facility  
Full of Love Daycare & Learning Center  
Kidz Academy  
Kidz at Work of Destrehan, LLC  
Mimi's Lil Schoolhouse  
We're ALL-EN Learning Center

St. Charles Parish Public Schools

6 Elementary School Sites  
2 Head Start Sites  
Special Education

Información del contacto:

Dr. Tamanika Odinga  
Director of Early Childhood Lead  
Agency Network  
todinga@wearescpss.org  
Phone: (985)785-3173

Nicole Weber  
Director of Early Childhood Education  
nweber@wearescpss.org

¡Entergy está invirtiendo en la educación de su hijo!

Abra una cuenta de ahorros gratuita para niños y Entergy aportará \$50. Lleve el número de seguro social de su hijo y su número de cuenta de Entergy.



**WWW.WEARESCPPS.ORG**

Bajo servicios





# Say *Yes!* to ESS

## **NOW HIRING SUBSTITUTE TEACHERS, SUBSTITUTE PARAPROFESSIONALS & SUBSTITUTE CLERICAL STAFF FOR ST. CHARLES PARISH PUBLIC SCHOOLS!**

Support student achievement today! As the nation's largest education personnel and management company, ESS provides qualified candidates like you a fulfilling career in education and the opportunity to support schools in your local community.



### **Why join ESS?**

- Substitutes choose your schedule, work when and where you want
- Never work nights, weekends, or holidays
- Receive exciting incentives and benefits
- Ongoing training opportunities

## **Scan Here or Apply Today at [ESS.com](https://www.ess.com)**

800.641.0140 | [HRSouth@ESS.com](mailto:HRSouth@ESS.com)

(EOE)

# Google Classroom

*on your Smartphone!*



Download the Google Classroom App from the App Store on any Smart Device.

Sign in using your child's SCPPS username and password (canc214@stcharles.k12.la.us)





Click your child's teacher's classroom page.

Find learning resources, homework, pictures from class activities, & more!



**Phonics** is the ability to use knowledge of letters and sounds to read and write words.

Spend time reading with your child at home. Listen to them read and give them feedback to support their reading. Here is a bookmark you can print out and use when your child is stuck on a word.

When I am stuck on a word, I can:	
	Look at the letters and say the sounds
	Sound it out
	Look for parts I know
	Go back and read it again

**St. Charles Parish  
Public Schools**

# MARCH 2025 Elementary Menu

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

**SUNDAY, MARCH 9, 2025**



**SPRING FORWARD**  
SET YOUR CLOCKS AHEAD AN HOUR

## What to know about daylight saving time:

- ✿ We all lose an hour of sleep when going to DST, as the day is only 23 hours long.
- ✿ We will be on daylight saving time for about 65% of the year.
- ✿ Only two states don't observe daylight saving time – Hawaii and Arizona.
- ✿ We will go back to standard time in November.



Let's get Clued In to School Breakfast!  
St. Charles Parish Public Schools will celebrate  
**National School Breakfast Week**  
Monday, March 10 - Friday March 14.  
This week's Elementary School activities are:  
**Monday:** Get your Activity Books and Clue Cards.

**Tuesday:** Find the Clue.

**Wednesday:** Bring a friend to Breakfast and you both get a Friendship Bracelet. Don't forget to Find the Clue.

**Thursday:** Find the Clue.

**Friday:** Completed Clue Cards get a prize!

**Monday, March 10**

### 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  
Peaches

**Tuesday, March 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, March 12**

### 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, March 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  
Fruit Choice

**Friday, March 14**

### Breakfast

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

### Lunch

Grilled Cheese  
Tater Tots  
Baby Carrots w/Ranch Dip  
Orange Wedges  
Brownie w/Icing

## OFF THE GRIDDLE.

Eating a healthy breakfast is so important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

**DAILY OPTIONS**

*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**



# Louisiana School Lunch Week March 17-21

**Monday: Going Green!**

**Green Jell-O w/Whipped Topping**

**Tuesday: Lucky Winner!**

Students participating in School Lunch will have chances to win prizes.

**Wednesday: Lucky to be Local!**

Featuring **Local Louisiana Farm Raised Beef**. Get your Beef coloring/activity sheets.

**Thursday: Taste the Rainbow!**

**Local Louisiana Strawberries**. Get your Strawberry coloring/activity sheets.

**Friday: Go for the Gold!**

Students participating in School Lunch will have chances to win prizes.



## SPINACH

I am spinach.

I am green.

I am leafy and soft.

I am healthy and tasty in salads.



### Monday, March 17

#### Breakfast

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

#### Lunch

Totchos  
Steamed Corn  
Applesauce  
Corn Bread  
**Green Jell-O w/Topping**

### Tuesday, March 18

#### Breakfast

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

#### Lunch

Meatballs & Gravy  
Loaded Mashed Potatoes  
Steamed Corn  
WW Roll  
Apple Wedges

### Wednesday, March 19

#### Breakfast

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

#### Lunch

**Fresh Louisiana Beef!**  
Beef Vegetable Soup  
Grilled Cheese Sandwich  
Garden Salad  
Banana

### Thursday, March 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  
**Louisiana Strawberries!**

### Friday, March 21

#### Breakfast

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

#### Lunch

Bosco Sticks  
Marinara Sauce  
Fresh Veggies w/Ranch Dip  
Fruit Choice

### Monday, March 24

#### Breakfast

Grits / Yogurt 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  
Diced Pears

### Tuesday, March 25

#### 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, March 26

#### Breakfast

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

#### Lunch

Shepherd's Pie  
Green Beans  
Dinner Roll  
Banana  
Cookie

### Thursday, March 27

#### Breakfast

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

#### Lunch

Turkey Stew w/Rice  
Candied Sweet Potatoes  
Steamed Cabbage  
Strawberry Cup

### Friday, March 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

## March monthly celebrations

*Berries and Cherries Month*

*Gender Equality Month*

*Irish-American Heritage Month*

*National Development Disabilities Awareness Month*

*National Celery Month*

*National Crafting Month*

*National Music in Our Schools Month*

*National Nutrition Month*

*National Noodle Month*

*National Reading Month*

*Women's History Month*