



PAWS ... for Thought

PTA Co-Presidents:
Ašana Bowman + Melisa White

Principal: Kyle Giesler
Asst. Principal: Vicki Stasiak

The PTA Newsletter
Garrison Mill Elementary School
411 Wesley Chapel Road
Marietta, GA 30062
(770) 642-5600

“Principal”ly Speaking

Kyle Giesler and Vicki Stasiak



It's officially autumn! The school year is in full swing with all the activities that go along with it. Within the next few weeks the First, Third, and Fifth graders will participate in testing, the Fall Festival is scheduled, Red Ribbon week activities are being planned, and our very important Conference week follows.

Our First and Third grade students will be participating in the Cognitive Aptitude Test (CogAT) October 5, 6 and 7th and our Third and Fifth graders will be taking the Iowa Tests of Basic Skills (ITBS) the week of October 10 through the 14th. What and why do we give these tests? The CogAT is a norm-reference test designed to measure student ability as it relates to school success. The ITBS is also a norm-reference, multiple choice test. It measures student achievement compared to a national sample. Student performance is compared to a national sample of students who took the same test at the same time of year and under the same conditions. Taking the two tests allows us to make a comparison of ability to achievement.

So what can parents do to prepare their child for testing? It's really simple: make sure they get enough rest the night before, feed them a healthy breakfast, tell them to try their personal best, and get them to school on time. Students arriving late (past 8:00 AM) will not be able to enter the classroom during testing. Students who arrive late will have to take the test with a teacher other than their own and at a later time. So please get the students here on time.

Mark your calendar! Fall Festival takes place on Friday, October 14th. This event has been a huge success in the past. There will be sidewalk vendors, face painting, food, inflatables, a dunk table (with staff members inside) and much more so try to come to this family fun affair. Please utilize the bus shuttle service by parking at Wesley Chapel United Methodist Church on Sandy Plains Road at Wesley Chapel Road. Using the shuttle service will ease the congestion around campus and in the Wesley Chapel Road neighborhoods.

Red Ribbon week takes place the week of October 17th. “Red Ribbon Week serves as a way for communities and individuals to take a stand for the hopes and dreams of our students through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America.” Students learn these ideals through different activities sponsored by the PTA.

Last but not least is Conference Week, October 24-28th. We will follow the Early Release Schedule. Students will be dismissed from classes at 12:20 PM. Parent/Teacher conferences are a very important time when you can talk to your student's teacher about concerns and listen as the teacher tells you how your student is doing academically, emotionally, and socially. It's a time to form a partnership between home and school. It's both of “our” responsibilities to form a means of communication to learn about “our” students and to aid them in life's challenges.

Have a wonderful autumn!

Coming to Garrison Mill...



- 9/27 Cici's Spirit Night ALL DAY
 - 9/28-9/30 5th Grade Driftwood Trip
 - 10/4 O'Charley's Spirit Night 5-8pm
 - 10/5-10/7 CoGat Testing 1st & 3rd Grades
 - 10/7 Café GM
 - 10/7 Spirit Day
 - 10/10 IOWA TESTING 3rd & 5th Grades
 - 10/14 Foundation Meeting 7pm
 - 10/13 Reflections Due
 - 10/14 End of 1st 9 weeks
 - 10/14 FALL FESTIVAL 6-8pm
 - 10/19 QSP Pickup
- Garrison Mill Elementary**



everychild.one voice.

“Building a Better World ...

One Student at a Time!”





CARPOOLING

Please maintain a slow, safe speed when approaching the school and driving through our parking lot. Several cars have been spotted driving much too fast in our parking lot when pedestrians are walking to and from the building.

School Council Nominations & Elections

We have several parent positions on School Council that are vacant this year, as terms expired. Any parent (or parent-business owner) interested in participating in School Council should send their name and express interest to Kyle Giesler (kyle.giesler@cobbk12.org) by Friday, September 30, 2011. Nominees will be asked to generate a biographical sketch to present to the parents for election. School Council will meet no more than 6 times per year. The nominees will be presented in the October 11th issue of PAWS. Elections will be held at Fall Festival on October 14th.

Wanted: Photographers No Experience Necessary!

Want your child featured in the GM yearbook? Well, dust off that camera and help us capture special GM memories! All parents are encouraged to submit photos of their children and classmates taken during the 2011-2012 school year to the yearbook committee. If you happen to snap a few shots of students during centers, school or classroom programs/performances, or other GM activities/events, please submit them to your designated classroom photographer or email them to katanddanlee@comcast.net. Large files may be downloaded to a CD and placed in the PTA mailbox. All photos must be school-related (no birthday party, non-GM extracurricular activity, or home photos, etc.). Clear digital photos only; no hard copies. Please specify photo subject matter (grade/teacher, event name) with your submission. Got the picture? We hope so! If not, email us your questions. Thank you for helping to make the 2011-2012 yearbook picture perfect!



Wee Deliver

Wee Deliver is off to a great start! The children love the whole process and we need your help to keep them busy when they come in to sort and deliver the mail.

Here are a few reasons to write a letter to your children:

- Doing great in school!
- Passed a test!
- You want to surprise them by letting them know that:_____!
- Have they helped out around the house? (I know, it's a fantasy!)
- Doing their homework without having to be asked?
- Encouragement.
- Haven't been fighting with siblings? (We can always wish...!)
- You're proud of recent accomplishments.

YOU LOVE THEM!

Drop off your letters in the front lobby in the blue mailbox and they will be delivered on Thursday by our fabulous Wee Deliver Crew. If you don't know your child's room address there will be a listing of address by teacher in the front lobby.

If you have any questions please feel free to contact either:

Kim Ayers at bella@alphastamps.com

Or

Monica Helmly at m_helmly@yahoo.com

Thank you!

2011-2012 GM YEARBOOK

Get the Early Bird Special!

**Don't miss out on
GM memories!**

EARLY BIRD SPECIAL \$22

Price is \$25 after November 18



Order Your
Yearbook

**Don't be left out!
Reserve your copy
TODAY!**

Order forms in school lobby.
Make checks payable to GMPTA.



GARRISON MILL FALL FESTIVAL 2011

Friday October 14th 6:00 - 8:00 p.m.

OFF SITE PARKING and SHUTTLE BUS (Wesley Chapel United Methodist Church)

- **\$15 PER FAMILY -- Tickets Pre-purchased; \$20 PER FAMILY -- At the Door**
- **GM Greyhound Dog Tag to First 500 Kids to Pre-purchase Tickets**

ATTRACTIONS WILL INCLUDE:

- **25 Foot Rock Climbing Wall**
- **Webkinz Games and Prizes**
- **Teacher Dunk Tanks**
- **Extreme Force Obstacle Course, 18 Foot Slide, Bounce House**
- **Pony Rides**
- **Face Painting & Henna Tattoos by Lassiter Students**
- **Crafts with Blick Art, Michaels & My Clayground**
- **Carnival Games with Prizes**
- **Hair Painting with Pigtails and Crewcuts**
- **Cupcake Walk with Cloud Nine**
- **Bake Sale**
- **Concessions from Fudruckers, Cloud Nine & Brusters**

PARENT VOLUNTEERS NEEDED FOR 1/2 HOUR SHIFTS (The more parents who volunteer the more games we can set up for the kids!)

Questions: Contact Nina Lempert at nlempert@comcast.net or (770) 640-7447



Ci Ci's Pizza Spirit Day

Tuesday, September 27th - ALL DAY!

Come out and enjoy some delicious pizza and help support Garrison Mill Elementary!

12186 Highway 92
Woodstock 30188



O' Charley's Spirit Night

Tuesday, October 4th 5-8PM

Great food and great fun! Hope to see you there.

3550 Sandy Plains Rd,
Marietta 30066



Mix It Up at Lunch Day is on Tuesday October 18, 2011. Is there someone in your class who you don't know very well? Then ask them to sit with you at lunch. You never know, you may make a new friend.

Questions? Asks Mrs. Ofiara or Paula

Merrington (merrington@aol.com).



International Night



International Night is scheduled for Thursday, December 8, 2011 from 6:30pm – 8pm. Come see the wonderful and diverse cultures that make up our Garrison Mill family! To make International Night a success we really need your help. If you would like share a little about where you are from, your cultural heritage, or know of any music or dance groups that would be willing to perform, or have any other questions or want to help please contact Paula Merrington at Merrington@aol.com or call 678-615-7009.

Keep those Box Tops coming!



Our fall collection deadline is October 21.

Please trim carefully: We want your Box Tops to buy great things for G.M., not postage.

Get your children involved: Trimming Box Tops helps develop those fine motor skills.

Ask family and friends: Grandparents love to donate Box Tops!





Greetings Scouts of Pack 471!

This is a reminder about our Popcorn Show and Sell Saturdays coming up. Saturday, September 24nd, and October 1 are Popcorn Show and Sell Saturdays where we ask our scouts to bring along a wagon, water, and plenty of energy as they team up with each other to sell the Trails-End Popcorn to our neighbors around Garrison Mill Elementary. We will meet in the Garrison Mill parking lot starting at 9:45, load up our wagons, and head out from 10-12 p.m. If you have any questions, please contact your den leader for more information.

Our next Pack meeting is in the Garrison Mill cafeteria on October the 11th, from 6:45 to 8 p.m. We are going to honor our new scouts with achieving their Bobcat badge with the annual Bobcat Badge Ceremony. We are also going to have a uniform inspection so the new scouts can see how to properly wear their new uniforms.

Remember to get in your sign-up sheets for Fall Family Camping (FFC) by September 30th. You will need an updated copy of your medical forms, a copy of your insurance card, and the FFC Sign Up sheet. The cost is \$25.00 per scout to cover food and activities, and \$15 per parent and sibling that may be coming along. Contact your den leader for more information.

Details and forms can all be found our website: www.gmpack471.org If you haven't already done so, sign up for email updates to get this information directly to your inbox so you can be kept up to date on the latest with Pack 471!



GS Troop 11416

Hello 2nd Grade girls!! Come join us this year as we celebrate 100 years of Girl Scouting!! Our Troop meeting on Thursday evenings from 6:30 to 7:30 PM has room for a few more girls! You must hurry though as registration for the 2011/2012 GS year ends September 30. Please contact Jennifer Riser at jenriser@comcast.net for more detailed information about the registration/parent meeting being held on September 27, 2011 at 6:30 PM. Don't miss out on all the fun, friendship, field trips and so much more Girl Scouts has to offer! Thanks!

Must Ministry Food Drive

Please help our community by joining the 8th Grade Football Jr. Trojan Cheerleaders in the Must Ministry Food Drive on Saturday- ALL Jr Trojan games including the 4th and 5th grade at 11:00 October 15, 2011 at Lassiter High School Stadium ("The Frank"). Please bring non-perishable, non-breakable food items to any one of the Jr. Trojan Football games on Saturday, the 15th. Please look for MUST barrels and/or boxes, placed at the entrance to "The Frank", to donate your items.

Thank You for supporting our community!

Item that are needed :

- canned chicken, ham, tuna and salmon (any protein source)
- flour
- instant potatoes
- jelly
- dry milk
- oatmeal
- grits
- canned beans
- dry beans
- spaghetti sauce
- spaghetti noodles
- canned spaghetti meals
- canned tomatoes
- canned vegetables
- rice
- boxed dinners
- boxed mac and cheese

FOOD FOR THOUGHT

September marks the second anniversary of National Childhood Obesity Awareness Month. Although we don't have a huge obesity problem in our area of the world (East Cobb), what we feed our kids and the activity level we expect out of them now will set the foundation for health and success in the future. Here are 8 things every child should do each and EVERY day:

1-Get at least 8 hours of sleep, no exceptions.

2-Drink half their body weight in ounces of water.

3-Eat at least one meal with their family each day at the kitchen table.

4-Eat at least 3 vegetables per day. (The average child should try a food at least seven (7) times before being allowed to decide whether it's something he or she likes).

5-Engage in at least 60 minutes of physical activity a day.

6-Keep screen time to two hours or less.

7-Eat a high quality breakfast, including protein and fiber.

8-Just play.

REMEMBER:

Giving kids junk food and other nutritionally void foods and then expecting good behavior is unrealistic. The brain needs REAL food to function properly.

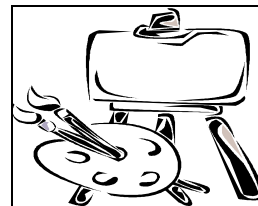
Start practicing habits that encourage your children to adopt healthy lifelong behaviors in effective ways. Reversing this epidemic starts at home.

If you are interested in increasing health and wellness awareness at Garrison Mill, please consider joining the Health and Wellness Committee. You can contact Misty Latham @ lathammisty@hotmail.com.

Here's to your health!

Wendy Diaz, Cyndy Gay and Misty Latham-
Health and Wellness Committee

YOUR CHILD'S ART



Be on the lookout for YOUR CHILD'S ART...
It's on 20 LARGE STICKERS, now isn't that smart?

Our kids are excited, they're one of a kind!
But products this special are such a rare find!

Square 1 Art is on its way...
Funds for the ART Department

HIP HIP HOORAY!

Stationery, ornaments, puzzles and more...
Shirts, aprons, tiles, TOO GOOD to ignore!

We always need gifts for family and friends...

Not to mention great keepsakes where memories never end!

A deadline is required and... we must "do our thing."

Just imagine your child's art and the praise it will bring!

SQUARE 1 ART

"where creativity starts and memories last forever"

www.Square1Art.com



Garrison Mill Educational Foundation

www.gmefoundation.org

Friends of the Foundation

Thank you to everyone who joined the Foundation!

Kat Lee was our winner of the *Flip Video Camera*

GALA Hat Decorating Contest


Our next event will be our Hat Decorating Contest! We want all students to decorate a hat for Gary the Greyhound to wear to the GALA!



The Rules:

- 1) Your first/last name and teachers name must be displayed inside of the hat.
- 2) Be creative... decorated hats will be judged based on originality and creativity
- 3) Hats must be placed in the "Gala Hat" box in the front lobby by 3:00pm Sept 30th- no exceptions. Late entries will not be judged.

The Prizes:

- * \$20 Yogli Mogli gift card will be presented to the winner. 
- *You and your hat will be on the morning announcements.
- *The winning hat will be one of the final 4 hats voted on by students for Gary to wear to the Garrison Mill Foundation Gala.
- *A picture of you and your hat will be featured in PAWS online and the Foundation website.

Your parents can buy GALA tickets for our fundraiser on-line starting Nov. 1st
Go to www.gmefoundation.org for more information.

Visit our website and find us on facebook for additional fundraising events and activities.



Find us on

Facebook www.facebook.com/GMEFoundation

Racing Together Toward a Brighter Future.

GMPTA Membership Update

PAW PARENTS ARE THE BEST!!!!

You did it! You helped push us past the first goal of our Membership Campaign. We have reached our target of 762 PTA memberships before the end of September! That gives Garrison Mill PTA **PLATINUM** status! This doesn't mean that every child in the school is represented, just that a lot of families have bought multiple memberships...if your child's voice isn't being represented at our school, please consider joining PTA and making our community even stronger.

We have just a little further to reach now....the Council has set a goal of a 2% increase over last year's membership number *****GULP*****, but I know we can do it. We need to get to 789 memberships in the next few days! We are currently *only* 25 away.

These additional council goals may initially not seem like something necessary to strive for, but we need to make them to maintain our standing as a "PTA of Excellence." (Once you've attained it, it's not the kind of thing you want to let slip away!)

NEW MEMBER BENEFITS!!!!

Guess what?! Our East Cobb Council is still working throughout our community to bring you more benefits just for being a PTA member. Imagine...your PTA membership actually pays for itself. In addition to the list of vendors you received with your membership cards, here are the latest companies to support our PTA:

TURNIN' HEDZ BARBER SHOP Must show PTA membership card

\$5 off haircut for new clients. \$13 haircuts for men/women (returning clients) and \$8 for child (returning clients). \$8 for eyebrows for women/girls. Valid until 12/31/2011. Turnin' Hedz Barber Shop, 3349 Canton Road, Suite 207, Marietta, (678) 531-8181



Must show PTA membership card – 15% off total check not including alcohol, tax or tip. Not valid with any other offers, discount or coupon. Located at 1410 Terrell Mill Rd. SE, Marietta (678) 402-7584. www.botekimbrazilianbistro.com



Student (s): _____ Grade: _____ Teacher: _____

_____ (# memberships) X \$5.00 = \$ _____


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Elementary Lunch Menu


October, 2011

Food & Nutrition Services
"Nutrition to Lifelong Learning"

3. 1. Spaghetti w/ Pork Meat Balls  and/or (V) Marinara Sauce w/ Breadstick
2. Chicken Nuggets w/ Breadstick
3. *Caesar Chicken Strip Salad w/ Crackers or (V) *Vegetarian Caesar Salad w/ Crackers
(▲May Choose up to 3)
Corn, Green Beans, Caesar Side Salad, Fresh Fruit, †100% Juice, Cinnamon Harvest Bread

10. 1. Cheese Stuffed Breadstick w/ Marinara Sauce
2. BBQ Pork  Sandwich
3. *Caesar Chicken Strip Salad w/ Crackers or (V) *Vegetarian Caesar Salad w/ Crackers
(▲May Choose up to 3)
Caesar Side Salad, Corn, Green Beans, Fresh Fruit, †100% Juice, Cinnamon Apples

17. 1. Spaghetti w/ Pork Meat Balls  and/or (V) Marinara Sauce w/ Breadstick
2. Chicken Nuggets w/ Breadstick
3. *Caesar Chicken Strip Salad w/ Crackers or (V) *Vegetarian Caesar Salad w/ Crackers
(▲May Choose up to 3)
Corn, Green Beans, Caesar Side Salad, Fresh Fruit, †100% Juice, Cinnamon Harvest Bread

24. 1. Cheese Stuffed Breadstick w/ Marinara Sauce
2. BBQ Pork  Sandwich
3. *Caesar Chicken Strip Salad w/ Crackers or (V) *Vegetarian Caesar Salad w/ Crackers
(▲May Choose up to 3)
Caesar Side Salad, Corn, Green Beans, Fresh Fruit, †100% Juice, Cinnamon Apples

4. 1. Mexican Quesadilla
2. **Hamburger or **Cheeseburger
3. (V) *Yogurt or Peanut Butter Fruit Plate
(▲May Choose up to 3)
Seasoned Fries or Tator Tots, Peas & Carrots, Coleslaw, Fresh Fruit, †100% Juice, Baked Georgia Peaches

11. 1. Baked Breaded Chicken and Roll
2. Soup and Sandwich
3. (V) *Yogurt or Peanut Butter Fruit Plate
(▲May Choose up to 3)
Sweet Potato Soufflé or Sweet Potato Fries, Creamed Spinach, Tossed Green Salad, Fresh Fruit, †100% Juice, Peach Cup or Strawberry Cup

18. 1. Cheese Omelet w/ Glazed French Toast
2. **Hamburger or **Cheeseburger
3. (V) *Yogurt or Peanut Butter Fruit Plate
(▲May Choose up to 3)
Seasoned Fries or Tator Tots, Peas & Carrots, Coleslaw, Fresh Fruit, †100% Juice, Baked Georgia Peaches

25. 1. Baked Breaded Chicken and Roll
2. Soup and Sandwich
3. (V) *Yogurt or Peanut Butter Fruit Plate
(▲May Choose up to 3)
Sweet Potato Soufflé or Sweet Potato Fries, Creamed Spinach, Tossed Green Salad, Fresh Fruit, †100% Juice, Peach Cup or Strawberry Cup

5. 1. (V) Whole Grain Cheesy Garlic Bread w/ Marinara Sauce
2. Roasted Turkey w/ Gravy & Mashed Potatoes & Roll
3. *Taco Salad or (V) *Vegetarian Taco Salad
(▲May Choose up to 3)
Baked Breaded Okra, Squash Casserole, Tossed Green Salad, Fresh Fruit, †100% Juice, Cherry Juice Bar

12. 1. Popcorn Shrimp w/ Macaroni & Cheese and Combread
2. Whole Grain Chicken Corn Dog w/ Baked Chips
3. *Chicken Tender Salad (Buffalo or Plain) with Multigrain Roll or (V) *Vegetarian Caesar Salad w/ Multigrain Roll
(▲May Choose up to 3)
Collards, Peas and Carrots, Coleslaw, Fresh Fruit, †100% Juice, Orange Juice Bar

19. 1. (V) Whole Grain Cheesy Garlic Bread w/ Marinara Sauce
2. Roasted Turkey w/ Gravy & Mashed Potatoes & Roll
3. *Taco Salad or (V) *Vegetarian Taco Salad
(▲May Choose up to 3)
Baked Breaded Okra, Squash Casserole, Tossed Green Salad, Fresh Fruit, †100% Juice, Cherry Juice Bar


26. 1. Fish Sticks w/ Macaroni & Cheese and Combread
2. Whole Grain Chicken Corn Dog w/ Baked Chips
3. *Chicken Tender Salad (Buffalo or Plain) with Multigrain Roll or (V) *Vegetarian Caesar Salad w/ Multigrain Roll
(▲May Choose up to 3)
Collards, Peas and Carrots, Coleslaw, Fresh Fruit, †100% Juice, Orange Juice Bar

6. 1. Grilled Chicken Sandwich or Chicken Filet Sandwich
2. Baked Potato w/ Beef and Cheese (Cheese only for Vegetarian Option) w/ Breadstick
3. *Chef Salad w/ Crackers or (V) *Vegetarian Chef Salad w/ Crackers
(▲May Choose up to 3)
Broccoli w/ Cheese Sauce, Baby Carrots, Sautéed Cabbage, Fresh Fruit, †100% Juice, Cookie


13. 1. Nachos: Beef and Cheese or (V) Cheese only
2. **Deli Fresh Sandwich w/ Goldfish Pretzels
3. *Grilled Chicken & Fruit Salad w/ Crackers or (V) *Vegetarian Fruit Salad w/ Crackers
(▲May Choose up to 3)
Seasoned Black Beans, Refried Beans, Diced Tomato w/ Lettuce, Fresh Fruit, †100% Juice, Brownie

20. 1. Grilled Chicken Sandwich or Chicken Filet Sandwich
2. Baked Potato w/ Beef and Cheese (Cheese only for Vegetarian Option) w/ Breadstick
3. *Chef Salad w/ Crackers or (V) *Vegetarian Chef Salad w/ Crackers
(▲May Choose up to 3)
Broccoli w/ Cheese Sauce, Baby Carrots, Sautéed Cabbage, Fresh Fruit, †100% Juice, Cookie

27. 1. Tacos: Beef and Cheese or (V) Cheese only
2. **Deli Fresh Sandwich w/ Goldfish Pretzels
3. *Grilled Chicken & Fruit Salad w/ Crackers or (V) *Vegetarian Fruit Salad w/ Crackers
(▲May Choose up to 3)
Seasoned Black Beans, Refried Beans, Diced Tomato w/ Lettuce, Fresh Fruit, †100% Juice, Brownie

7. 1. (V) Cheese Pizza or Pepperoni Pizza 
2. Turkey Wrap
3. *Power Pack or (V) *Vegetarian Power Pack
(▲May Choose up to 3)
Collards, Baked Beans, Veggie Dippers Fresh Fruit, †100% Juice, Fruit Fiesta

14. 1. (V) Cheese Pizza or Pepperoni Pizza 
w/ Breadstick
2. Baked Potato w/ Beef and Cheese (Cheese only for Vegetarian Option) w/ Breadstick
3. *Tuna Salad w/ Crackers or (V) *Vegetarian Chef Salad w/ Crackers
(▲May Choose up to 3)
Broccoli w/ Cheese Sauce, Glazed Carrots, Cucumbers & Friends, Fresh Fruit, †100% Juice, Fruit Fiesta

21. 1. (V) Cheese Pizza or Pepperoni Pizza 
2. Turkey Wrap
3. *Power Pack or (V) *Vegetarian Power Pack
(▲May Choose up to 3)
Collards, Baked Beans, Veggie Dippers Fresh Fruit, †100% Juice, Fruit Fiesta

28. 1. Pizza, Cheese or Pepperoni Pizza 
w/ Breadstick
2. Baked Potato w/ Beef and Cheese (Cheese only for Vegetarian Option) w/ Breadstick
3. *Tuna Salad w/ Crackers or (V) *Vegetarian Chef Salad w/ Crackers
(▲May Choose up to 3)
Broccoli w/ Cheese Sauce, Glazed Carrots, Cucumbers & Friends, Fresh Fruit, †100% Juice, Fruit Fiesta



Fresh Fruits & Vegetables served daily.

A vegetarian menu selections is also offered daily.



Milk is available at all meals. Milk selections are 1% fat or lower, all flavored milk is fat free.



Pasta, pizza crust and most bread selections are whole grain.

Lunch Prices:
Students \$1.65
Reduced \$0.40
Adults \$2.75

"This institution is an equal opportunity provider."

Oct. 31—see Nov. Calendar

*Choose only one side.

**Offer sliced lettuce & tomato as additional side.

†100% Juice provides 300 mg. calcium, 25% daily requirement of Vitamin D and 100% vitamin C.

NOTE: Market conditions and/or availability of food may require changes in menus. Also, menus may occasionally vary at local schools due to special events.

▲Schools may offer 2 of the 3 vegetable choices.

Additional Fruit options, one offered daily:

Pineapple Tidbits, Mandarin Oranges, Peaches, Pears, Applesauce, Tropical Fruit Salad, Fruit Cocktail

Optional additional entrée: PBJ Sandwich w/ Cheese Stick