



Pleasant
Hill
Elementary



Kindergarten friends are enjoying the library!

September 1, 2015

The Eagle FLYER

5830 NW Topeka Blvd.
Topeka, KS 66617

Phone: 785.286.8510
Fax: 785.286.8513

Jason Jones, Principal
Cathy Clark, Secretary

*Pleasant Hill Vision:
All students will be
prepared academically,
emotionally, physically,
and socially to make
sound decisions as critical
thinkers in an ever-
changing global
community.*

Principally Speaking

Last week was our annual grade-level orientation programs. If you were unable to attend, I encourage you to contact your child's teacher and request the handouts provided during this event. As part of the information presented during the programs, I referenced our Positive Behavior and Intervention Support (PBIS) framework. Students and teachers need a positive learning environment in which to learn and to teach. Our PBIS framework is a proactive approach to increase instructional time while decreasing disruptive behaviors. Four school-wide expectations define the behaviors students and teachers are accountable for demonstrating: safe, on-task, always respectful, and responsible (S.O.A.R). Eagle Bucks serve as our recognition system and are given to students demonstrating these expected behaviors. On Fridays, grade-level raffles are held using Eagle Bucks. Students have the change to win a V.I.P lunch, make a selection from the treasure chest, assist me in placing a brag call home, or challenge me to a board game of their choice.

Beyond a positive learning environment, regular and effective communication between parents/guardians, teachers, and students is an important aspect to achieving our school's vision. Feel free to call, e-mail, or arrange for a conference with your child's teacher as needed. The partnership between Pleasant Hill educators and supportive parents/guardians will ensure a rewarding year for your child.

Dr. Jason Jones
Principal





Many Changes Vision 2020

Kristi Jenson, Instructional Coach

The district's motto, "Vision 2020," has two meanings. One, we have a vision that is *clear*, and two, we will continue to form and improve our practices to match what our students will need to know in five years. Obviously, we don't stop in the year 2020, but having clear and succinct goals in the immediate helps us plan for the future. The district has implemented many changes this year in order to reach a 2020 vision.

One change the district has made is the adoption of our reading curriculum, *Wonders*. This K-6 reading program aligns with the Kansas College and Career Ready Standards (KCCRS) the state has approved for instruction. This curriculum has many advantages over our old curriculum; one of the biggest advantages being it provides ample materials to reach the needs of individual learners. In education we call this "differentiated instruction" – tailoring instruction to meet each student's learning style.

Another advantage is the curriculum's shift to web-based. Teachers are able to access all material via the Internet. Going web-based also allows students to access their reading book and assignments at home without having to carry books and papers back and forth to school.

As with any new initiative comes a large learning curve. But teachers and students at Pleasant Hill are eager for the challenges and a new adventure!

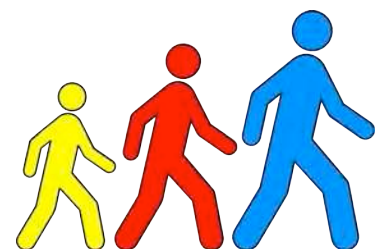
WALK and TALK

Walk and Talk is a school-sponsored activity facilitated by Pleasant Hill staff to promote physical fitness which also gives families an early drop off option on Monday, Tuesday, Thursday and Friday mornings. Students participating in Walk and Talk should be dropped off on the West pad beginning at 8:15 a.m.

Students walk the perimeter of the playground talking with friends while being supervised by a teacher. In the event of inclement weather, Walk and Talk will be moved indoors. Participation is voluntary. Parents and guardians will be contacted should a student's behavior prevent him/her from participating in the program in future weeks.

Start Date: September 8, 2015

Pleasant Hill is unable to offer Walk and Talk on Wednesday mornings because teachers and staff have other professional obligations this day before school.





Pleasant Hill is excited to welcome many new staff members into our learning community. Each month we will feature a few new members so you can introduce yourself when you get the chance. This month we feature Jason Ramirez, Stephanie Slack, and Kaitlin Gile.



My name is **Jason Ramirez** and I am your child's **PE teacher**. This is my first year as a part of the Pleasant Hill family! I am a 2012 graduate from Pittsburg State University, where I was named Teacher of Promise for secondary education. For the last two years I've taught middle school physical education at Liberal, Missouri, where I was the head high school football coach. I was also the assistant wrestling coach at Frontenac High School for the past three years. I've had the pleasure of coaching for 11 years along with coordinating athletic activities at multiple summer camps in Kansas and New York. I'm engaged to Maggie, a beautiful pharmacy student at the University of Kansas. We will be getting married next summer! I became a physical educator because I believe it is important to keep kids active, while also engaging students to learn about what they're doing, why they're doing it, and the benefits of a healthy lifestyle. I am very excited to be a part of the Seaman community and look forward to a wonderful school year!



Hello! I'm **Stephanie Slack**, the new **resource room teacher**! I transferred here from North Fairview where I was the resource room teacher for six years. I have received my bachelor and masters degrees from Washburn University. I have been married for six years and have two amazing kids, Julian and Brylee. Julian just turned four and Brylee will be one in October! I actually attended Pleasant Hill Elementary from kindergarten through sixth grade! I am so excited to be a Pleasant Hill Eagle again!



Hi! My name is **Kaitlin Gile**, the new **fourth grade teacher** at Pleasant Hill. I graduated from Washburn University in May and I am very excited to start my first year of teaching. While working on my education degree, I was assigned to Elmont Elementary for my Literacy Block. I loved the district so much I requested to be in the Seaman District for my student teaching placement. I ended up student teaching in first and fourth grade at Elmont, so when offered a position in this district, I had no hesitation accepting! I look forward to getting to know the wonderful families at Pleasant Hill.



Measures of Academic Progress (MAP) Testing



Our second, third, fourth, fifth, and sixth grade students will soon be taking the Measures of Academic Progress (MAP) test. This test helps us determine your child's instructional level, and measures his or her academic growth from year to year in the areas of mathematics and reading. MAP tests are unique in that they are adaptive tests your child takes on a computer. This means the test becomes more difficult as your child answers questions correctly. When your child incorrectly answers a question, the test becomes easier. Therefore, your child will take a test specifically created for his or her learning level.

Your child's MAP results are reported in *RIT scores*. This is a different type of score than a typical test that provides a percentage correct. It is also different than many tests that provide results based on your child's score compared to others in his or her grade. Instead, the RIT score is an equal-interval scale, like feet and inches. This means it is independent of grade level. For example, two students in different grades can measure 5'6" tall. Likewise, students in different grades can earn the same *RIT score*. As a result, we can more easily measure your child's growth in learning. This type of score increases the value of the tests as a tool to improve learning because it enables teachers to pinpoint where to focus attention for your child's learning.

MAP testing is a powerful tool for monitoring student growth over time. Your child's performance on this assessment will be shared with you during parent/teacher conferences scheduled in late October.

Dynamic Indicators of Basic Early Literacy Skills (DIBELS)

Pleasant Hill teachers are committed to helping your child become a successful reader. As part of our commitment, our school administers a test called DIBELS to all students (K-6) to help us examine how your child is doing in learning important reading skills. DIBELS stands for Dynamic Indicators of Basic Early Literacy Skills. DIBELS tests five skills necessary for learning to read. Children who learn these skills become good readers. The skills are:



- Phonemic Awareness: Hearing and using sounds in spoken words
- Alphabetic Principle: Knowing the sounds of the letters and sounding out written words.
- Accurate & Fluent Reading: Reading stories easily and quickly with few mistakes.
- Vocabulary: Understanding and using a variety of words.
- Comprehension: Understanding what is spoken or read.

DIBELS is comprised of seven short individual tests, called subtests. Each subtest focuses on a different skill and takes about 1 minute to complete. Your child was given between two to five of the subtests depending on his or her grade level. Each subtest takes only about one minute to complete because they are used as indicators. Much like using a thermometer to take a child's temperature is an indicator of overall health, each subtest is an indicator of how well a child is doing in learning a particular early reading skill. A child's score on a subtest tells us whether the child is likely to be "on track" for learning to read, or whether that child may need some help in learning important reading skills. Your child's teacher will use the information to better help your child. For example, the DIBELS test may tell us we need to spend more time teaching your child how to "sound out" unknown words. DIBELS is used to identify children who may need extra help to become good readers and check up on those children while they receive the extra help to make sure they are making progress. We are working hard to make sure every child is on target for success, and we thank you for your efforts at home. Your child's performance on this assessment will be shared with you during parent/teacher conferences scheduled in late October. Together, we will help your child become a successful reader.



ELEMENTARY BAND & STRINGS PROGRAM

Enrollment for elementary band and orchestra is on-line. Parents may enroll from home using the links below:

Elementary Band enrollment: seamanvikingbands.com/elementary

Elementary Strings enrollment: www.usd345.com/strings

5th graders may enroll in beginning band or strings, and 6th graders with at least 1 year of experience may enroll in advanced band or strings. New 6th graders are welcome to join the beginning groups as well.

On-line enrollment ends at midnight on Friday, September 4th.

The first day of band/strings will be a dry-run (no instruments):

Beginning – Tuesday, Sept. 24

Advanced – Monday, Sept. 25

Weekly rehearsal schedule

Advanced – M, W, F 7:45-8:20

Beginning – T, Th 7:45-8:20

For more information, please email:

Ryan Simpson (BAND) - rsimpson@usd345.com

Mariah Barnett (STRINGS) – mbarnett@usd345.com



New Volunteer Procedure

In an effort to keep students and staff safe, a district decision was made to implement a background check on all school volunteers. Please complete and return the attached form if you plan to serve as a volunteer at Pleasant Hill this year. It is a simple form and a simple process. The form will be sent to the district's human resource department who is responsible for conducting the background check. All forms will be kept confidential and on file, so you will only need to complete it once this year.

It is my sincere hope the implementation of this new procedure will not discourage the number of volunteers who regularly support Pleasant Hill teachers and students. This is a proactive procedure to help sustain the safe environment our students and staff need to learn and teach. Thank you for your cooperation and understanding.



All District 4th Grade Choral Concert

Thursday, October 8 at
7:00 p.m.
SHS South Gym

The concert this year will feature USD #345 fourth graders in a program highlighting Disney Through the Ages!



Our first Early Release Day is scheduled for October 9th with a dismissal time of 12:15 p.m. Lunch will be served prior to dismissal. If your schedule permits, join us for some afternoon fun and support our sixth graders as they participate in the Seaman High School Homecoming Parade.

Seaman Strong!



**North Topeka Fall Parade
Garfield Park
1600 N.E. Quincy
Saturday, October 10**

The parade will begin at 11:00 a.m. on North Kansas Ave., from Garfield Park South to Norris Street with lineup at 10:00 a.m. Anita Wolgast and John Hunter will be the Grand Marshals.

Sponsored by North Topeka on the Move Association (NOTOMA)
Contact Gary Slimmer 246-1291 or 224-9196

Character Word of the Month of September

Citizenship

I will be a positive member of my school and community by following rules, respecting authority and volunteering to help others.

Fall Optimist Basketball Leagues

Registration packets for the 2015 Fall Optimist Basketball League were recently sent home with your child(ren). The registration deadline is Saturday, September 12. Questions concerning registration or the program can be directed to Mike Stock, 246-2263.



Come join the fun!!
Going Bonkers Night!
Thursday, Sept. 3, 2015
5:30 – 8:00 p.m.
5515 Southwest 21st Street
Topeka, KS 66614



School Safety Procedures

At Pleasant Hill your child's safety is our top priority. Consequently, **ALL building doors are locked at the beginning of the school day.** To gain entry to the office, please come to the front doors and ring the doorbell. When office personnel verify your identity and purpose for being at school, the front door will automatically be unlocked for you. Please report to the office and sign-in. If you plan to remain at PH, you will be asked to wear a visitor's badge for the duration of your visit. When you are ready to leave, please sign-out in the office. This helps us account for all individuals in our school in case of an emergency.

Please make arrangements with your child's teacher prior to visiting the classroom. We value instructional time and strive to provide teachers and students with uninterrupted time to teach and learn. Thank you for your help and understanding.



Would you like Push notifications about PH news/events directly on your phone? Download the School Connect App today!

Parents/Guardians, now you can keep up with what's happening at Pleasant Hill and district-wide anywhere, anytime from your smart phone with School Connect. School Connect is a free mobile app for Apple and Android phones and tablets that enables you to stay connected and have school information sent directly to you, wherever and whenever you need it. Whether it's game day scores, updates on events, or even classroom reminders from teachers—School Connect makes all this information available from your smart phone. Download it from your app store today.

FREE Screening Available

Have you ever had a concern about the way your child is walking, talking, or playing? Maybe you have wondered about your child's development. If so, please be informed that the Seaman School District Special Services Department offers free monthly screenings for children ages 0-5. Areas to be screened are speech/language, motor, cognition, vision, hearing, and social/behavioral skills. If you would like to have your child screened, please call 575-8670.

From the Office: Ms. Clark's Corner



8:45 a.m. First bell – students may enter the building.

8:50 a.m. Class starts

4:00 p.m. School dismissed

SCHOOL LUNCH PRICES

Student meal prices at the elementary level are \$2.40. Adult lunch prices are \$3.65. If you send lunch money to school, please send it in an envelope with your child's name and teacher's name. Also, indicate on the envelope the money is for lunches ☺

If you or other family members are planning on eating a school lunch with your student please notify the office before 9:15 a.m. If we don't have notification by this time we cannot guarantee there will be a school lunch available to serve you.

Fall Student Pictures

The Inter-State Studio, Inc. photographer will be here on **Wednesday, September 16** to take pictures. Send **NO** money on this day. A few weeks after the event a proof and order envelope will be sent home for your review.



Parent/Guardians of New Students,

According to the State of Kansas Immunization Law and Seaman USD #345 District Policy, all children entering school must provide proof of immunizations and must be current in their immunization schedule status. All students 8 years of age and under, entering school for the first time in the state of Kansas, must provide proof of a physical assessment being done in the past year, according to the Kansas Health Assessment Law and Seaman USD #345 District Policy. This physical assessment needs to be completed by a physician or qualified nurse (**chiropractors do not qualify for this physical assessment**).



Immunization Records are due October 1st, 2015
Health Assessment is due December 1st, 2015

Please send in an official form (or copy) that shows the student's immunization record, and/or proof of a physical being done. IF PROOF OF THE ABOVE INFORMATION IS NOT PROVIDED BY THE ABOVE STATED DATE, YOUR CHILD CANNOT CONTINUE TO ATTEND SCHOOL!

If you are not sure whether or not your child has these records on file at Pleasant Hill, please contact the school nurse at 286-8510. Thank you for your prompt assistance in this matter.

Mrs. Schneider
PH School Nurse



Pleasant Hill PTO Meetings

All parents and guardians are invited and encouraged to participate in the Parent-Teacher Organization (PTO). The PTO will meet at 7 p.m. in the library on the following dates: September 22, Oct. 20, Jan. 19, Feb. 16, and Apr. 19.

Pleasant Hill PTO Trash Bag Fundraiser – Information will soon be sent home regarding this fundraiser opportunity. This is our only BIG fundraiser for the year!



Pleasant Hill Spirit Wear – Orders for this year's commemorative spirit wear will be sent home in September.



ATTENTION 6TH GRADE PARENTS:

The Shawnee County Health Agency's Immunization Department has partnered with Seaman USD #345 elementary schools to provide mandated and recommended immunization boosters for 6th grade students. A series of vaccination clinics will be offered in our elementary schools by nurses from Shawnee County Health Agency, to provide convenience to parents, help ensure students are protected from disease and to make sure they are ready to start 7th grade next year.

These clinics will have three vaccines available for students including:

- Human Papillomavirus (HPV)
- Tetanus, Diphtheria, Pertussis (Tdap) – (mandatory for entry into 7th grade by law)
- Meningitis



Three clinics will take place, as the HPV vaccine is a three series shot. The dates of the first clinics will be **September 14th at 9:30 Elmont; September 15th at 9:30 North Fairview; September 16th at 9:30 Logan; September 17th at 9:30 Pleasant Hill and 1:00 at Rochester; September 18th at 9:30 at West Indianola.**

Other clinic dates will be announced at a later time.

PLEASE CHECK YOUR CHILD'S BOOK BAGS FOR ADDITIONAL INFORMATION, including a consent form, and health insurance information. (Accepted health insurance includes Aetna, Blue Cross and Blue Shield, Century, Coventry, Coventry Medicare Advantage Plan, Medicare, Medicaid-KanCare (Amerigroup, Sunflower State Health and United Healthcare), United Healthcare Commercial Insurance, excluding TRICARE), and United Healthcare Medicare Advantage Plan).

IF YOUR CHILD DOES NOT HAVE HEALTH INSURANCE, THE COST OF EACH VACCINATION IS \$20.25. You will be billed after the clinics via your home mailing address.

For additional information, please contact your building school nurse, or Chris Tuck,

Student Accident Insurance

The district will no longer be paying for secondary student accident insurance beginning with the 2015-16 school year. This is the insurance parents could access at district expense to submit a claim on any out-of-pocket expenses incurred when a student had an accident on district property. As in years past, optional 24-hour student accident insurance will be made available to families at their expense through Student Assurance Services. District schools will be provided informational brochures to distribute to the students in their building.



PH Site Council Meetings 2015-2016

The Pleasant Hill Site Council meets in the computer lab at 6:00 p.m. All meetings are open to the public.

9/22/15, 10/20/15, 1/19/16, 2/16/16, 4/19/16

Kansas schools are required to establish site councils composed of the principal, teachers and other school personnel, parents business representatives, and other community groups.

Site councils have a responsibility to provide advice and counsel in the following areas: evaluating district and school performance goals and objectives, determining methods to meet those goals and objectives, and other areas as requested by the board of education.

Remember, the work of the site council is advisory only; it makes recommendations, not decisions.

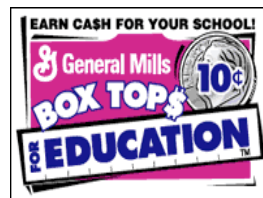
Joint site council meetings are scheduled with Rochester Elementary two times this year to discuss matters pertaining to Northern Hills Elementary School.

Oct. 13, 5:30 p.m. at Rochester Elementary
Feb. 23, 5:30 p.m. at Pleasant Hill Elementary

**No School
Monday, September 7**



Labor Day!!!!



The fall deadline for the General Mills **Box Tops for Education** program will be Friday, October 23rd.

Did you know our school also benefits from **Labels for Education** and **Tyson education labels**? These can be submitted all year.

Last year, teachers were able to purchase classroom supplies with the money generated through these programs. Thank you for your continued support with these valuable initiatives.



Mr. Wellington's Corner

September's word of the month is Citizenship. What is an example of Citizenship? An example would be if a person found a wallet full of money and returned it instead of keeping the money. A good citizen respects others and their property. Good citizens make the world a better place, contribute to society, and are kind to others.

The spirit of good citizenship is encompassed within with our school-wide expectations of Safe, On-Task, Always Respectful, & Responsible.

Save the Date!!

Fall Parent-Teacher Conferences

Monday, 10/26 (4-8 p.m.)

Tuesday, 10/27 (4-8 p.m.)

Thursday, 10/29 (7:30 a.m. - 2 p.m.)

Information will soon be sent home to schedule your child(ren)'s fall parent-teacher conference. Although the Seaman USD 345 calendar designates Oct. 29 & 30 as Parent-Teacher Conference Days, conferences are scheduled during this week in the evenings to accommodate parent/guardian schedules.

Save the Date!!

November 14, 2015
Seaman High School Stadium

5K Run/Walk
Half Mile Fun Run
ALL AGES WELCOME!

Early Registration by October 28, 2015:
Adults \$20, Kids (0-18) \$15

Fall Into Fitness!

- Help fund Phases 2 & 3 of the Dr. Carolyn Orozco Fitness Trail at Seaman High School for student & community use.
- Get in shape and stay fit.
- Fun with family /friends.

Go to www.seamanschools.org for more information.

“Shawnee County's Largest Workout” will take place Wed. Sept. 2, 6:00 to 7:30 p.m. at Washburn University's Yager Stadium. Gates will open at 5:30 p.m., with a health fair at 6 p.m. and the workout starting a half-hour after the health fair.

Instructors from local health clubs and organizations will lead a 30- to 40-minute workout. Students at Seaman High School and Washburn will lead activities for children while their parents collect health information and exercise.

The event is free and hosted by USD 345 and Washburn University.



~ September 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 District Wellness Night, Washburn University, 5:30 – 7:30p.m.	3 Going Bonkers Night 5:30 – 8:00 p.m.	4	5
6	7 No School Labor Day	8 Walk & Talk Begins	9 No Walk & Talk	10 Elem. Gifted Education Program, Open House @ PH, 5:30 – 6:15 p.m.	11	12
13	14	15	16 No Walk & Talk Fall Pictures (Individual & Class)	17 6 th Grade Immunization Clinic, 9:30 a.m. 4 th Grade Water Festival Field Trip 12:05 – 2:05 p.m.	18	19
20	21	22 Site Council, 6:00 p.m. PTO Mtg., 7:00 p.m.	23 No Walk & Talk	24 Beginning Band & Orchestra Starts	25 Advanced Band & Orchestra Starts	26
27	28	29	30 No Walk & Talk	Notes:		



Eagle Buck raffle winners enjoying their V.I.P. lunch!



Calendar Errors – Seaman District Printed Calendar

There are six mistakes in the printed Seaman calendar. These are important, because two include days off from school in October. The corrections are listed below.

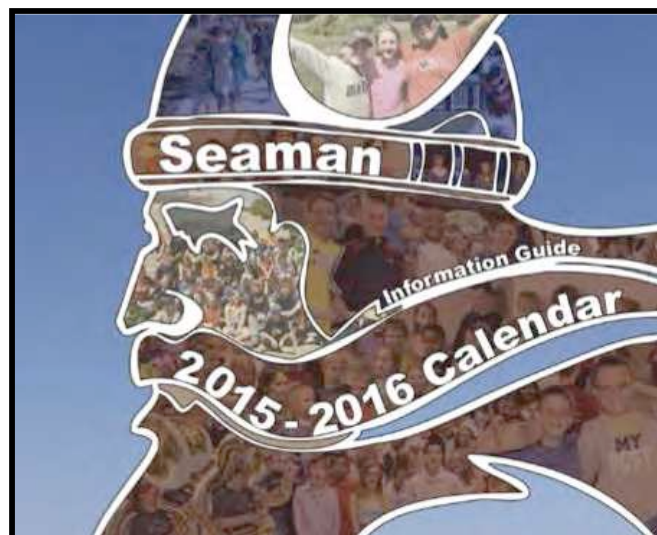
October Days Off:

1. No School (Professional Development) is actually 10/19.
2. No School (Parent / Teacher Conferences) is actually 10/29-10/30.
(Both of these are off by a week in the calendar.)

Additional Corrections:

3. Fall Into Fitness is actually 11/14 @ 8:30 a.m.
4. West Indianola 6th Grade Parent Night is at 7:30 p.m. on 8/24.
5. Pleasant Hill's September Site Council/PTO meetings are actually on 9/22.
6. Pleasant Hill's October Site Council/PTO meetings are actually on 10/20.

All dates are correct at www.seamanschools.org.



The Eagle Flyer

Is published monthly by Pleasant Hill Elementary
5830 NW Topeka Blvd., Topeka, KS 66617
785.286.8510

<http://www.seamanschools.org>

An Equal Employment/ Education Opportunity Agency

Seaman USD 345 does not discriminate on the basis of sex, race, color, national origin, handicap, or age in admission or access to, or treatment or employment in its programs or activities. Any questions regarding the District compliance with Title VI, Title IX or section 504 may be directed to the Title IX Coordinator, who can be reached at (785) 575-8600 or the Title IV and Section 504 Coordinator at (785) 575-8670, 901 NW Lyman Rd., Topeka, KS 66608

Notice for a Drug Free Workplace

The unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited in Seaman USD 345. Violators will be prosecuted.



The Eagle Flyer



September 1, 2015

Pleasant Hill Elementary

5830 NW Topeka Blvd.
Topeka, KS 66617

www.seamanschools.org



For Those Who Look Ahead:

October 8 – 4th Grade Choir Concert – 7:00 p.m. @SHS
October 9 – Early Release – 12:15 p.m. (lunch will be served)
Homecoming Parade – 2:00 p.m.
October 14 – Picture Re-takes
October 15 – Wellness Night @ SHS – 6:30-8:00 p.m.
October 16 – End of 1st Quarter
October 19 – NO SCHOOL
October 23 – Eagle Pride Assembly – 3:15 p.m.
October 26 – P/T Conferences – 4-8:00 p.m.
October 27 – P/T Conferences – 4-8:00 p.m.
October 28 – Fall Parties/Costume Parade – 9:00 a.m.
October 29 – P/T Conferences – 7:30 a.m. – 2:00 p.m.
October 29-30 – NO SCHOOL

November 9 – NO SCHOOL
November 11 – Wellness Night @SMS – 6:30 – 8:00 p.m.
November 14 – Fall into Fitness 5K Run/Walk @ SHS
November 17 – Curriculum Night – 5:30-7:00 p.m.
November 19 – Going Bonkers Night – 5:30-7:00 p.m.
November 25-27 – NO SCHOOL – Thanksgiving Break
November 30 – Winter Program @ SHS – 7:00 p.m.

Flyers in the Foyer:

- Fall into Fitness 5K Run/Walk
- Sunrise Optimist Boys Basketball – Gr. 1 & 2
- Sunrise Optimist Girls Basketball – Gr. 1 thru 6



Volunteer Information Sheet

Thank you for your interest in becoming a volunteer with Seaman USD 345.

Personal Information

Name: _____ Date of Application: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Birth Date: _____

E-mail: _____ Driver License Number: _____

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Business/Cell Phone: _____

Volunteer Position(s) of Interest:

I certify that all information I have provided in this application is true, complete and correct. I understand that any information provided by me that is found to be false, incomplete or misrepresented in any respect, will be sufficient cause to (i) eliminate me from further consideration for volunteer opportunities, or (ii) discharge me from a volunteer position.

I understand that applicants for volunteer positions with Seaman USD 345 will undergo a limited background check to ensure the safety of our students and building staff.

Signature

Date

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 M/A/K/S/G/B Hamburger on Bun V: Potato Chunks Carrots & Beans F: Peaches Milk Cal 767 Carb 116.1g T Fat 19.8g	2 M/A/K/S/G/B Beef & Bean Burrito V: Seasoned Corn Salad F: Banana & Juice Milk Cal 694 Carb 113.8g T Fat 16.9g	3 M/A/K/S/G/B Chicken Tenders G/B: Snack Mix V: Seasoned Peas, Salad F: Orange Wedges & Applesauce Milk Cal 715 Carb 112.7g T Fat 23.5g	4 M/A/K/S/G/B Chili G/B: Cinnamon Roll V: Fresh Veggies F: Tropical Mix Fruit & Apple Wedges Milk Cal 719 Carb 123.7g T Fat 12.7g
7 No School/Labor Day 	8 M/A/K/S/G/B Meatball Sub V: Peas & Baby Carrots G/B: Doritos F: Frozen Fruit Cup & Pineapple Milk Cal 829 Carb 127.6g T Fat 21.1g	9 M/A/K/S/G/B Pepperoni Pizza V: Carrots & Salad F: Rosy Applesauce & Orange Wedges Milk Cal 624 Carb 96.7g T Fat 16.1g	10 M/A/K/S/G/B Chicken Patty V: Whipped Potatoes, Tossed Salad, Broccoli F: Sliced Peas G/B: Whole Wheat Roll Milk Cal 718 Carb 100.1g T Fat 21.8g	11 M/A/K/S/G/B Ribette on Bun V: Salad & Green Beans F: Apple Wedges & Fruit Cocktail Milk Cal 686 Carb 116.3g T Fat 14.5g
14 M/A/K/S/G/B Pizza Cheese Quesadilla V: Refried Beans Baby Carrots & Salad F: Peaches Milk Cal 673 Carb 99.7g T Fat 18.3	15 M/A/K/S/G/B Chicken Tenders V: Oven Potatoes, Corn & Tossed Salad F: Rosy Applesauce Milk Cal 789 Carb 114.7g T Fat 25.7g	16 M/A/K/S/G/B Beef & Bean Burrito V: Seasoned Carrots Tossed Salad F: Juice & Apple Wedges Milk Cal 605 Carb 94.8g T Fat 15.6g	17 M/A/K/S/G/B Taco Salad V: Broccoli & Refried Beans F: Frozen Fruit Cup & Orange Half Milk Cal 668 Carb 76.7g T Fat 18.5g	18 M/A/K/S/G/B Grilled Chicken on Bun V: Baked Beans, Spudsters Potatoes, Seasoned Peas F: Peas Milk Cal 894 Carb 128.7g T Fat 27.6g
21 M/A/K/S/G/B Chicken Patty V: Whipped Potatoes & Seasoned Peas F: Orange Juice & Peas Milk Cal 694 Carb 92.8g T Fat 11.2g	22 M/A/K/S/G/B Hamburger on Bun (Optional Cheese Slice) V: Baby Carrots, Beans & Roundabout Potatoes F: Apple Wedges Milk Cal 795 Carb 104.6g T Fat 26.8g	23 M/A/K/S/G/B Pepperoni Pizza V: Carrots Tossed Salad & Fresh Veggies F: Sliced Peaches Milk Cal 578 Carb 85.1g T Fat 15.9g	24 M/A/K/S/G/B Chicken Nuggets V: Au Gratin Potatoes & Tossed Salad F: Pineapple & Frozen Fruit cup Milk Cal 642 Carb 97.4g T Fat 18.4g	25 M/A/K/S/G/B Crispito G/B: Baked Tostitos V: Bean & Corn Salsa, Broccoli F: Orange Wedges & Peas Milk Cal 786 Carb 102.7g T Fat 22.6g
28 M/M/A & G/B Mini Corn Dogs V: Fresh Veggies & Salad G/B: Snack Mix F: Rosy Applesauce Milk Cal 704 Carb 110.3g T Fat 22.4g	29 M/A/K/S/G/B Pulled Pork on Bun V: Baked Beans & Salad F: Apple Wedges & Grape Juice Milk Cal 780 Carb 115.8g T Fat 22.4g	30 M/A/K/S/G/B Chicken Tenders G/B: Doritos V: Green Beans & Fresh Veggies F: Banana Milk Cal 664 Carb 84.1g T Fat 25g	Menu Component Key: M/M/A = Meat/Meat Alternate G/B = Grain/Bread V = Vegetable F = Fruit Milk available at each meal A school lunch must include 3 components. Every meal must contain 1/2 cup fruit and/or vegetables.	

Sept Meal Prices - 21 days
 Elementary 21 @ \$2.40 = \$50.40
 Secondary 21 @ \$2.65 = \$55.65
 Reduced @ 40 = \$8.40
 Extra Milk .50 Each
 Adult Lunches \$3.65
 (Checks payable to Seaman Food Service)

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 provider and employer.





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