

# Mr. Feather's Headquarters



December 7<sup>th</sup>, 2019

## Fifth Grade – Robert Crown

Robert Crown will be visiting your child's 5<sup>th</sup> grade classroom on December 16<sup>th</sup>. For specific details, please contact your child's teacher.

## IMPORTANT DATES

**December 11<sup>th</sup>:** Student Council Meeting in the AM

**December 16<sup>th</sup> – 19<sup>th</sup>:** Teachers will be hosting holiday parties. Please contact teachers for specific details.

**December 18<sup>th</sup>:** PTH Meeting at 6:30

**December 20<sup>th</sup>:** No School, Teacher Professional Practice Day

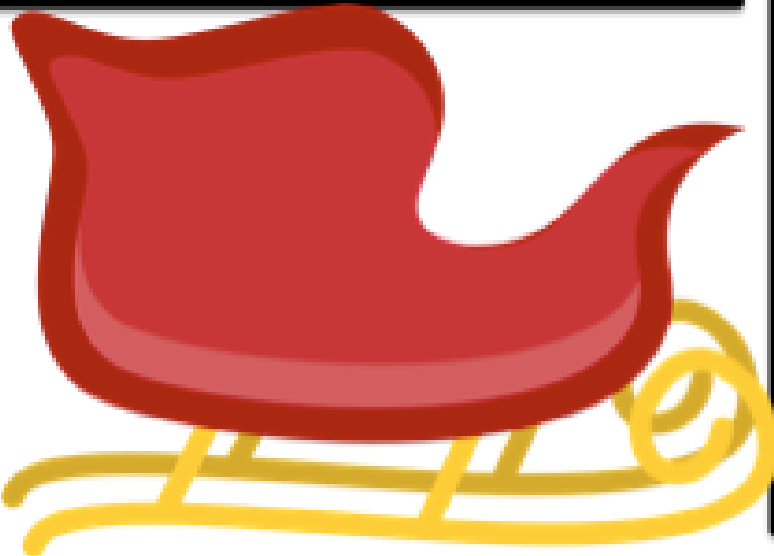
**December 23<sup>rd</sup> – January 3<sup>rd</sup>:** Winter Break

**January 6<sup>th</sup>:** School Resumes


## Hawk Hollow's Giving Tree

Thank you to all of the families who have taken ornaments from our Giving Tree. Gifts should be brought back to Hawk Hollow wrapped and with the tag by December 13<sup>th</sup>, 2019.

There are no longer any ornaments on our tree, however that doesn't mean you can't help a family in need during this time. If you are still interested in donating, Hawk Hollow will collect items for Toys for Tots. Items need to be new and unwrapped. You can send in an item on or before **December 13<sup>th</sup>**.



## Gratitude from 3F



Mrs. Fels's classroom has been learning about empathy in the Second Step program. The students learned how to show compassion for those around them. In order to extend what they have learned, Mrs. Fels's created a Gratitude Challenge bulletin board! Any student is allowed to show their gratitude by writing a letter of thanks from the board. The recipients could include family, teachers, school staff, friends, extended family members, local businesses, etc.

I can tell you I have received several letters from students and it has really brightened my day. I hope you have seen some of the letters coming home as well. I know I worked with a student in Mrs. Fels's class on Friday to create a letter to her mother. It just warmed my heart!

## Girls on the Run

We are very excited to welcome back the Girls on the Run program this year. GOTR is an after-school program that gives 3rd-8th grade girls the tools to be healthy, happy and confident. It is more than just a running program - it gives girls the opportunity to build confidence and healthy habits. Over 10 weeks, girls will recognize their inner strength, make great friendships, and so much more! Each week, training and activities will help build endurance for a celebratory 5K running event. GOTR believes every girl can embrace who she is, can define who she wants to be, can rise to any challenge, and can change the world! The program will run **Monday, 3/2/20 thru Wednesday, 5/13/19.**

All 3rd, 4th, 5th and 6th grade girls will be given the opportunity to attend an information session on 12/9 or 12/10 during recess to learn more about the program. The Girls on the Run team can **only take a maximum of 20 girls.** So, if your daughter is interested, please register her ASAP. Because of the limited amount of space, girls are required to attend all practices. Detailed information will be going home on Monday and Tuesday. Registration opens Wednesday 12/11/19.

## 5 Essentials Survey

As of today **79** parents have completed the Hawk Hollow 5Essentials Survey. **We have reached 23% of our families.** Last year our goal was to reach 50% of our families and we surpassed that goal at 53%! Let's see if we can exceed that percentage this year and reach 60%!!!!

<http://survey.5-essentials.org/illinois/survey/parent/>

## Dental Clinic at Hawk Hollow

We are pleased to have Miles of Smiles Dental Clinic returning to our school this year on February 5<sup>th</sup>, 2020. Students will receive a free exam and those that qualify will receive a free cleaning, fluoride and sealants. If your son/daughter is in **kindergarten, 2<sup>nd</sup>, or 6<sup>th</sup> grade** and hasn't met the dental requirements for this year, this exam will meet the requirements. The dental clinic is open to all students who return a signed permission form. **Permission slips went home this past week and need to be returned before Winter Recess.** Permission slip can be seen on the following page. If you have any questions, please call our nurse, Mrs. Lombardo.



# ALL KIDS SCHOOL-BASED DENTAL PROGRAM CONSENT FORM

Rev 06/17

PLEASE PRINT IN INK

## DENTAL EXAM

Services Rendered By:

**MUST BE RETURNED TOMORROW (ONLY IF YOU WANT THESE SERVICES)**

NAME OF SCHOOL: \_\_\_\_\_

TEACHER: \_\_\_\_\_

COUNTY: \_\_\_\_\_

GRADE: \_\_\_\_\_



Miles of Smiles, Ltd.

2424 N 8th St

Pekin, IL 61554-1547

309-382-6404

DO YOU HAVE A DENTIST? YES / NO

DENTIST'S NAME: \_\_\_\_\_

EXAM DATE: \_\_\_\_\_

PROVIDE THE FOLLOWING INFORMATION ONLY IF YOU WANT THESE DENTAL SERVICES

to be rendered by Miles of Smiles, Ltd at school.

Dear Parent or Guardian,

Miles of Smiles, Ltd. and The Illinois Department of Healthcare and Family Services have arranged for dental services for eligible children. These services may include an exam, cleaning, fluoride treatment and sealants (a protective coating on the chewing surfaces of back teeth). Licensed dentists, hygienists, and assistants will come to your child's school with portable equipment. In order for your child **to receive these services**, you must **PROVIDE ALL THE INFORMATION REQUESTED BELOW AND SIGN IN THE AREA INDICATED.**

YOUR CHILD'S LEGAL NAME: \_\_\_\_\_

BIRTH DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS: \_\_\_\_\_

GENDER: M / F

CITY/ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

DOES YOUR CHILD QUALIFY FOR FREE OR REDUCED MEALS: YES / NO

YES / NO

IS YOUR CHILD ENROLLED IN THE 'Medicaid/All Kids' PROGRAM: YES / NO

YES / NO

MCO COMPANY NAME (if not listed): \_\_\_\_\_

MCO COMPANY NAME (circle one): Aetna, BCBS, Cigna, CommunityCare, CountyCare, Family Health Network, Harmony, Humana, IlliniCare, Meridian, Molina

IF YES, INCLUDE YOUR CHILD'S RECIPIENT ID NUMBER: \_\_\_\_\_

\*\*Medicaid/All Kids will be billed\*\*

(9 DIGIT ID NUMBER ON BACK OF MEDI-PLAN CARD)

IS YOUR CHILD COVERED BY PRIVATE DENTAL INSURANCE: YES / NO

YES / NO

(If incomplete, only grades K, 2nd, & 6th may be eligible for an exam)

IF YES, please fill out ALL the insurance information below: (DENTAL INSURANCE COMPANY WILL BE BILLED)

Name of Dental Insurance Company: \_\_\_\_\_

Dental Insurance Company Address: \_\_\_\_\_

Member's (employee) ID or SS #: \_\_\_\_\_

Dental Insurance plan or group number: \_\_\_\_\_

Member's name: \_\_\_\_\_

Member's Birth Date: \_\_\_\_\_

Member's Address (if different than child's): \_\_\_\_\_

Member's Phone Number (if different than child's): \_\_\_\_\_

Employer: \_\_\_\_\_

Has your child had any history of, or conditions related to, any of the following: (Please circle)

Anemia: YES / NO	Chronic Sinusitis: YES / NO	Growth problems: YES / NO	Seizures: YES / NO
Asthma: YES / NO	Diabetes: YES / NO	Hearing: YES / NO	Thyroid: YES / NO
Bleeding disorders: YES / NO	Ear aches: YES / NO	Heart Disease: YES / NO	Tobacco / drug use: YES / NO
Cancer: YES / NO	Epilepsy: YES / NO	Latex allergy: YES / NO	Allergies: YES / NO
Cerebral Palsy: YES / NO	Fainting: YES / NO	Pregnancy (teens): YES / NO	Other: YES / NO

Is your child taking any prescription and/or over the counter medications at this time? YES / NO

If yes, please list: \_\_\_\_\_

Does your child have any known heart condition? YES / NO DESCRIBE: \_\_\_\_\_

Does your child have any artificial joints: YES / NO IF YES, WHEN & WHAT JOINT: \_\_\_\_\_

Has a doctor ever recommended any special precautions or pre-medication for your child's dental treatment? YES / NO

IF YES, WHAT: \_\_\_\_\_

**IMPORTANT: PARENT/GUARDIAN SIGNATURE REQUIRED (ONLY IF YOU WANT THESE SERVICES)**

I am a custodial parent or legal guardian of the minor child named above. I authorize and consent to this child receiving the dental treatment described, and allow the school nurse/ school representative and dental provider access to child's dental record.

This will also give permission for the Illinois Department of Public Health to provide Quality Assurance Audits by evaluation of your child's sealants that were placed at the school. Upon determination, this permission will also allow for the sealants to be replaced by the provider if indicated.

To the extent permitted by law, I consent to the use and disclosure of the minor child's protected health information to carry out payment activities in connection with this claim. I hereby authorize and direct payment of the dental benefits directly to Miles of Smiles, Ltd.

SIGNATURE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**IF YOU HAVE A DENTIST, SEEK DENTAL CARE THERE!**

DDS INITIALS \_\_\_\_\_

RDH INITIALS \_\_\_\_\_



# ALL KIDS ESCOLARES DENTAL PROGRAMA

Rev. 06/17

POR FAVOR IMPRIMA EN TINTA

DENTAL EXAMEN FORMULARIO DE CONSENTIMIENTO

Servicios Dentales Proporcionados por:

**DEBEN SER DEVUELTOS MAÑANA (SI QUIERE USTED ESTOS SERVICIOS)**

Miles of Smiles, Ltd.

NOMBRE DE LA ESCUELA: \_\_\_\_\_

2424 N 8th St.

MAESTRO(A): \_\_\_\_\_

GRADO: \_\_\_\_\_

Pekin, IL 61554-1547

CONDADO: \_\_\_\_\_

309-382-6404



¿Tiene su niño un dentista? SI / No Nombre (del dentista): \_\_\_\_\_

Fecha de Examen: \_\_\_\_\_

**Favor de proveer la información siguiente solamente si quiere estos servicios dentales ser dado por**

**Miles of Smiles, Ltd. en la escuela.**

Queridos padres o guardián,

Miles of Smiles, Ltd. y el Illinois Department of Healthcare and Family Services han organizado para servicios dentales para los niños elegibles. Estos servicios pueden incluir un examen, limpieza, tratamiento de flúor y selladores (un revestimiento protector en las superficies de masticar de las muelas). Dentistas con licencia, higienistas y ayudantes llegarán a la escuela de su niño(a) con equipos portátiles. Para su niño(a) reciba estos servicios usted debe proporcionar TODA la información pidió por debajo y signo abajo.

NOMBRE legal del niño(a): \_\_\_\_\_ FECHA DE NACIMIENTO: \_\_\_\_/\_\_\_\_/\_\_\_\_

Dirección: \_\_\_\_\_ HOMBRE / MUJER

CIUDAD/código POSTAL: \_\_\_\_\_

Teléfono Particular: \_\_\_\_\_

SU niño(a) CALIFICA PARA LAS COMIDAS GRATIS O REDUCIDAS SI / NO

ESTÁ inscrita su niño en la 'Medicaid/All Kids' PROGRAMA: SI / NO

Nombre de la compañía de MCO: \_\_\_\_\_

Ejemplos de MCO: Aetna, BCBS, Cigna, CommunityCare, CountyCare, Family Health Network, Harmony, Humana, IlliniCare, Meridian, Molina

EN CASO AFIRMATIVO, INCLUIR NÚMERO DE ID DE DESTINATARIO DE SU niño(a) →

**\*\* Será facturada Medicaid/All Kids \*\***

(9 DÍGITO ID NÚMERO SOBRE LA PARTE POSTERIOR DE MEDI-PLAN TARJETA)

Tiene su niño(a) SEGURO DENTAL PRIVADO? SI / NO (Mandarán la cuenta a la compañía de seguros dentales)

En caso afirmativo, complete por favor toda la información del seguro abajo: (si es incompleto, su hijo no es elegible; los grados K, 2, 5 pueden recibir solo examen.)

Nombre de la compañía de seguro dental PRIVADO: \_\_\_\_\_

Dirección de la compañía de seguro dental: \_\_\_\_\_

# Identificación o SS del empleado: \_\_\_\_\_ Plan de la compañía de seguros dentales o número de grupo: \_\_\_\_\_

Nombre del empleado: \_\_\_\_\_ Fecha de nacimiento del empleado: \_\_\_\_\_

Dirección del empleado: \_\_\_\_\_

# de teléfono del empleado: \_\_\_\_\_ Empleador: \_\_\_\_\_

**Ha tenido su niño(a) cualquier historia de, o condiciones relacionadas, cualquiera de los siguientes: (por favor circulo)**

Anemia:	SI / NO	Sinusitis crónica:	SI / NO	Problemas de crecimiento:	SI / NO	Convulsiones:	SI / NO
Asma:	SI / NO	Diabetes:	SI / NO	Audición:	SI / NO	Tiroides:	SI / NO
Trastorno hemorrágico:	SI / NO	Dolores de oído:	SI / NO	Enfermedad Cardíaca:	SI / NO	Tabaco / drogas:	SI / NO
Cáncer:	SI / NO	Epilepsia:	SI / NO	Alergia al látex**:	SI / NO	Alergias:	
Parálisis Cerebral:	SI / NO	Desmayos:	SI / NO	Enfermedad (ver adyacentes):	SI / NO	Otro:	

¿Es su niño(a) tomando cualquier receta y/o sobre los medicamentos de contador en este momento? SI / NO

En caso afirmativo, sírvase enumerar:

¿Tiene su niño alguna condición cardíaca? SI / No Describa: \_\_\_\_\_

¿Tiene su niño alguna articulación artificial? SI / No ¿Si afirmativo, cuándo y cuál articulación? \_\_\_\_\_

¿Ha recomendado un doctor algunas precauciones especiales o premedicaciones para su niño antes de tratamiento dental? SI / No

¿Si afirmativo, qué?: \_\_\_\_\_

**IMPORTANTE: FIRMA NECESARIO DE LOS PADRES (o guardián):** Estoy privativas de libertad padres o guardián legal de los niños menores denominado anteriormente. Autorizo y consentimiento a este niño reciben el tratamiento dental descrito y permite que la enfermera escolar / escuela representativas y dental proveedor acceso al registro dental del niño.

Esto también dará permiso para el Departamento de Salud Pública de Illinois a proporcionar Auditorías de Aseguramiento de Calidad mediante la evaluación de los selladores de su hijo que se colocaron en la escuela. Tras determinar, este permiso también permitirá los selladores ser reemplazados por el proveedor si se indica.

Al grado permitió por la ley, consiento al uso y al acceso de la información protegida de la salud del niño de menor edad para realizar actividades del pago con respecto a esta demanda. Autorizo y dirijo por este medio el pago de las ventajas dentales directamente al Miles of Smiles, Ltd.

FIRMA: \_\_\_\_\_

IMPRIMIR EL NOMBRE: \_\_\_\_\_

FECHA: \_\_\_\_\_

\*Si usted visita a un dentista con regularidad, favor de continuar con el mismo por examen de rutina y rayos X/

DDS \_\_\_\_\_ RDH \_\_\_\_\_



BE YOUR OWN HERO!  
FITNESS, EMPOWERMENT &

fun!



## what IS GIRLS ON THE RUN?

Girls on the Run is an after-school program dedicated to creating a world where every girl activates her limitless potential and is free to boldly pursue her dreams. It's a place where girls learn that they CAN. No limits. No constraints. Only opportunities to be remarkable.

## who CAN JOIN?

Elementary school girls like YOU!

## when DO WE MEET?

Twice a week after school for 75-90 minutes.

Learn more and register at  
[gotrchicago.org](http://gotrchicago.org)!

## AS A GIRLS ON THE RUN PARTICIPANT, YOU'LL RECEIVE:

- A program t-shirt
- A water bottle
- A healthy snack at each practice
- A fabulous 5k experience with your friends and family
- An end-of-season gift
- And more!

**Contact:** Karen Lombardo, RN

**Practice days & times:** 3/2/20 - 5/13/20  
Mon + Wed, 2:30 - 4:00 pm

**Location:**  
Hawk Hollow Gym

**Program Fee:**

Financial assistance  
is available

\$100

**Start Date:**

Monday, March 2, 2020

**5k Date:**

TBD



Girls on the Run (GOTR) is a non-profit after-school program that uses the power of running to educate and prepare 3rd-8th grade girls for a lifetime of self-respect and healthy living. The program combines training for a non-competitive 5K (3.1 miles) with life skills lessons to build positive physical and social-emotional health in participants.





# WE'RE COMING TO YOUR SCHOOL!

“

I learned that it is important to respect others and myself by eating healthy, being kind, motivating others, and myself.

- Amaya

## At Girls on the Run, you'll:

- Make new friends
- Unleash your confidence
- Celebrate what makes you unique
- Build physical + social-emotional health
- Complete a celebratory 5K, and
- Have fun!

[www.gotrchicago.org](http://www.gotrchicago.org)



For Girls 3-5 Grade

# ¡ESTAMOS VINIENDO A TU ESCUELA!

“

Aprendí que es importante respetar otros y a mí misma comiendo saludable, ser amable, motivando otros y mí misma.

- Amaya

## Durante Girls on the Run, vas a:

- Formar amistades
- Crecer en confianza
- Celebrar lo que te hace única
- Construir salud social y emocional
- Terminar un 5k celebratorio, y
- ¡Divertirse!

[www.gotrchicago.org](http://www.gotrchicago.org)



Para Niñas de 3-5 Grado

# School Improvement Plan –

## Goal C: Family and Community Engagement

*Our staff will create a welcoming school environment for all families so they can develop a sense of belonging, feel valued, and appreciated which leads to active participation in their children's education.*



Over the course of the school year, the school improvement team has been working on several different initiatives. One most prominent recently being the need to provide more opportunities for students to celebrate their cultures. The next time you are in the building please take note of our decorative classroom doors and the artwork hanging on the walls. If you have ideas or suggestions to provide further opportunities to support our cultures please reach out to Mrs. Dupuis.

### Updates from our Food Services Department

Listed below is the December calendar for breakfast and lunch. Additionally, the food services department is making some changes to their payment options. Please read through the letter listed below.

### Miss Dusek's Kindness Award

In order to incorporate social emotional learning standards into her classroom, Miss Dusek has been working with her students to identify personal struggles, as well as, successes. The class recently decided they wanted to award one child each month for a Kindness Award. This child is nominated based on his/her ability to show kindness throughout the month to both students and staff. Their winner for the month of November was Averie B. Congratulations!



## School Improvement Plan –

### Goal A: Standards Based Learning and Assessment

*Our school will ensure that each student has access to standards-based core instruction that is differentiated, that uses their strengths, and in which formative assessments support student growth.*

This school year all of our classrooms have been using the Second Step resource to teach student our social emotional learning standards. Some of the things students are learning are how to show empathy, how to problem solve through difficult situations, how to calm their bodies, and how to be ready to learn. While Second Step is a great resource it is not the only tool we use to support social emotional growth. We also use our PBIS programming. Students are recognized daily for meeting expectations by being respectful, responsible, and safe individuals. They have opportunities to earn feathers and spend those feathers on events like our upcoming Tailgate Luncheon.

The PBIS team works hard to come up with ideas on how best to support our learners. Most recently the team decided to implement Mindful Monday's. I'm sure you are wondering what that might look like. We have provided Mindfulness videos for teachers to show in their classrooms both in the morning and after lunches on Monday's. The videos are meant to help students refocus their minds in order to be ready for learning. Ask your child about the Be the Pond videos.





## NEW! Pay for Student Meals Online



December 2, 2019

To the parents or legal guardians of <<Student Name>>,

Starting January 2020, we will be converting to a new online payment portal, MySchoolBucks, supporting all U-46 cafeterias.

There are a couple important dates to remember: **12/13/2019 the current MyPaymentPlus will be shut down. 12/20/2019 MySchoolBucks will be turned on. All balances (debit or credit) will be rolled over to the new system. Please be assured that during and after the online payment portal transition, students will have full access to funds on their accounts.**

MySchoolBucks is an online payment service that provides a quick and easy way to add money to your student's meal account using a credit/debit card or electronic check. You can also view recent purchases, check balances, and set-up low balance alerts for free!

MySchoolBucks provides:

- Convenience - Available 24/7 on the web or through a mobile app for your smartphone
- Efficiency - Make payments for all your students, even if they attend different schools within the District. Eliminate the need for your students to take money to school.
- Control - Set low balance alerts, view account activity, recurring/automatic payments & more!
- Flexibility - Make payments using credit/debit cards and electronic checks.
- Security – MySchoolBucks adheres to the highest security standards.

Enrollment is easy! Starting 12/20/2019 you can create your account by following these steps:

1. Go to [www.MySchoolBucks.com](http://www.MySchoolBucks.com) or download the mobile app and register for a free account.
2. Add your students using their school name and student ID.
3. Make a payment to your students' accounts with your credit/debit card or electronic check. *A program fee may apply. You will have the opportunity to review any fees and cancel if you choose, before you are charged.*

If you have any questions about the new system, please contact MySchoolBucks directly:

- [support@myschoolbucks.com](mailto:support@myschoolbucks.com)
- (855) 832-5226
- Visit [myschoolbucks.com](http://myschoolbucks.com) and click on Help

If you have any Food & Nutrition questions, please feel free to email me directly at [elenahildreth@u-46.org](mailto:elenahildreth@u-46.org). Para preguntas en español comuníquese con Shelly Castillo a [shellycastillo@u-46.org](mailto:shellycastillo@u-46.org).

Thank you,

Elena Hildreth  
Director of Food & Nutrition Services  
[elenahildreth@u-46.org](mailto:elenahildreth@u-46.org)





¡NUEVO! Pague las comidas de los estudiantes en línea



2 de diciembre de 2019

Para los padres y tutores legales de <<student Name>>,

A partir de enero de 2020, estaremos cambiando a un nuevo sistema de pago en línea en todas las cafeterías del Distrito U-46 llamado *MySchoolBucks*.

Hay algunas fechas importantes que debe recordar: el sistema actual *MyPaymentPlus* será desactivado el 13 de diciembre de 2019. El nuevo sistema, *MySchoolBucks* será activado el 20 de diciembre de 2019. Todos los balances (débito o crédito) serán transferidos al nuevo sistema. Queremos asegurarles que durante y después del cambio al nuevo sistema de pagos en línea, los estudiantes aún tendrán acceso a los fondos de su cuenta.

*MySchoolBucks* es un servicio de pago en línea que proporciona una manera rápida y fácil de agregar dinero a la cuenta de comidas de su estudiante usando una tarjeta de crédito, débito o cheque electrónico. ¡También puede ver compras recientes, consultar saldos y configurar alertas de saldo bajo gratis!

*MySchoolBucks* les proporciona:

- Comodidad – Esta disponible en línea las 24 horas al día, 7 días a la semana o a través de una aplicación móvil para su teléfono móvil.
- Eficiencia: Realice pagos para todos sus estudiantes, incluso si asisten a diferentes escuelas dentro del Distrito. Elimine la necesidad de que sus estudiantes lleven dinero a la escuela.
- Control – Configure alertas de bajo saldo, vea la actividad de la cuenta, pagos recurrentes o automáticos y mucho más.
- Flexibilidad: Realice pagos con tarjetas de crédito, débito y cheques electrónicos.
- Seguridad: *MySchoolBucks* cumple con los más altos estándares de seguridad.

¡La inscripción es fácil! Puede crear su cuenta a partir del 20 de diciembre, siguiendo estos pasos:

1. Visite [www.MySchoolBucks.com](http://www.MySchoolBucks.com) o descargue la aplicación móvil y regístrese para obtener una cuenta gratuita.
2. Agregue a su estudiante(s) usando su nombre de escuela y su número de identificación estudiantil.
3. Realice un pago a las cuentas de su estudiante(s) con su tarjeta de crédito, débito o cheque electrónico. Se puede aplicar una cuota del programa. Tendrá la oportunidad de revisar cualquier cuota y si desea cancelarla, antes de que se le cobre.

Si tiene preguntas sobre el nuevo sistema, comuníquese directamente con *MySchoolBucks*:

- [support@myschoolbucks.com](mailto:support@myschoolbucks.com)
- (855) 832-5226
- Visite [myschoolbucks.com](http://myschoolbucks.com) y haga clic en la opción de Ayuda

Si tiene alguna pregunta para el Departamento de Alimentos y Nutrición, por favor envíeme un correo electrónico a [elenahildreth@u-46.org](mailto:elenahildreth@u-46.org). Para preguntas en español comuníquese con Shelly Castillo a [shellycastillo@u-46.org](mailto:shellycastillo@u-46.org).

Gracias,

Elena Hildreth  
Directora del Departamento de Alimentos y Nutrición  
[elenahildreth@u-46.org](mailto:elenahildreth@u-46.org)



# DECEMBER | 2019

## Elementary Breakfast and Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>2</b> Breakfast: Nutri-Grain Bar & Cheese Lunch: Chicken Drumsticks Or Soy Jammer & Cheese Potato Tots	<b>3</b> Breakfast: Golden Grahams Cereal Lunch: Tony's Round Cheese Pizza Green Beans	<b>4</b> Breakfast: Bagel & Jelly Lunch: Orange Chicken & Fried Rice Or Cobb Salad & Cornbread Edamame	<b>5</b> Breakfast: Blueberry Pancakes Lunch: Grilled Cheese Or Cold Cut Combo Sandwich Green Salad	<b>6</b> Breakfast: Donut Holes & Cheese Cubes Lunch: Beef Nachos Or Ranchero Bean Nachos Grape Tomatoes & Carrots
<b>9</b> Breakfast: Muffin Lunch: Chicken Parm Dunkers Or Cheese & Cracker Lunchable Baby Carrots	<b>10</b> Breakfast: Triple Berry Breakfast Bar Lunch: Waffles & Eggs Or Fruit & Yogurt Parfait & Grahams Hash Brown Rounds	<b>11</b> Breakfast: Mini Cinnamon Rolls Lunch: Cheddar Beef Burger Or Cheddar Bagel-wich Baked Beans	<b>12</b> Breakfast: Apple Cinnamon Cheerios Bar Lunch: Alfredo Pasta Or Popcorn Chicken Salad & Cornbread Vegetable Blend	<b>13</b> Breakfast: Nut-Free Granola Bites & Yogurt Lunch: Wild Mike's Cheese Pizza Steamed Broccoli
<b>16</b> Breakfast: Cinnamon Toast Crunch Cereal Lunch: Chicken Nuggets Or Soy Jammer & Cheese Corn *Slushie Day!*	<b>17</b> Breakfast: Mini Bagels w/ Cream Cheese Lunch: Cheese Lasagna Roll-Up Or Turkey Ham & Cheese Croissant Green Salad	<b>18</b> Breakfast: Build Your Own Yogurt & Graham Parfait Lunch: BBQ Beef Rib Sandwich Or Pretzel, Egg & Cheese Power Pack Steamed Carrots	<b>19</b> Breakfast: Mixed Berry Cereal Bar Lunch: Double Stuff Cheese Pizza California Blend	<b>20</b> No School
<b>23</b> Winter Break 	<b>24</b> Winter Break 	<b>25</b> Winter Break 	<b>26</b> Winter Break 	<b>27</b> Winter Break 
<b>30</b> Winter Break 	<b>31</b> Winter Break 	<b>1</b> Winter Break 	<b>2</b> Winter Break 	<b>3</b> Winter Break 

#### Served Daily at Breakfast:

Milk Choice  
 Fruit Choice:  
*Monday: Orange & Craisins*  
*Tuesday: Fruit Juice & Applesauce*  
*Wednesday: Apple Slices & Craisins*  
*Thursday: Banana & Fruit Juice*  
*Friday: Fruit Cup & Applesauce*

School Breakfast: \$1.35  
 Reduced Breakfast \$0.30

#### Served Daily at Lunch:

Milk Choice  
 Fruit:  
*Monday: Fruit Juice*  
*Tuesday: Apple Slices*  
*Wednesday: Banana*  
*Thursday: Fruit Cup*  
*Friday: Orange*

School Lunch \$2.90  
 Reduced Lunch \$0.40

Milk Only \$0.50

#### Menu subject to change.

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# DECEMBER | 2019

## Menú de Desayuno y Almuerzo para Escuelas Elemental

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**2** Desayuno:  
Barra de Nutri-grano y queso  
Almuerzo:  
Pollo  
O  
Sándwich de Soja y queso  
Papas de Tots

**3** Desayuno:  
Cereal de Golden Graham  
Almuerzo:  
Redonda pizza de queso de Tony  
Ejotes

**4** Desayuno:  
Bagel con mermelada  
Almuerzo:  
Mandarina pollo con arroz frito  
O  
Ensalada de Cobb y pan de maíz  
Frijoles de soja verde

**5** Desayuno:  
Panqueques de mora azules  
Almuerzo:  
Sándwich de queso  
O  
Sándwich de carnes frías  
Ensalada verde

**6** Desayuno:  
Agujeros de donas y cubitos  
de queso  
Almuerzo:  
Nachos de carne de res  
O  
Nachos de frijoles rancheros  
Tomates de uva y zanahorias

**9** Desayuno:  
Muffin  
Almuerzo:  
Dunkers de pollo a la parrillada  
O  
Lunchable de queso y galletas  
Zanahorias pequeñas

**10** Desayuno:  
Desayuno barra de triple Bayas  
Almuerzo:  
Waffles y huevos  
O  
Fruta y yogurt parfait con galletas  
Papas redondas de Hash Browns

**11** Desayuno:  
Mini rollos de canela  
Almuerzo:  
Hamburguesa con queso cheddar  
O  
Sándwich de bagel con  
queso de cheddar  
Frijoles homeados

**12** Desayuno:  
Barra de Apple Cinnamon Cheerios  
Almuerzo:  
Alfredo pasta  
O  
Ensalada de palomitas de pollo  
Pan de maíz  
Pepinos y zanahorias

**13** Desayuno:  
Granola sin nueces y yogurt  
Almuerzo:  
Pizza de queso Wild Mike's  
Brócoli al vapor

**16** Desayuno:  
Cereal Cinnamon Toast Crunch  
Almuerzo:  
Nuggets de pollo  
O  
Sándwich de Soja y queso  
Elote  
\*¡Día de Slushies!\*

**17** Desayuno:  
Mini Bagel con crema de queso  
Almuerzo:  
Lasaña de queso  
O  
Sándwich de croissant de jamón  
de pavo y queso  
Ensalada verde

**18** Desayuno:  
Crea tu propio yogurt parfait o galletas  
Almuerzo:  
BBQ Sándwich de costilla de res  
O  
Paquete de energía de huevo y  
queso y pretzel  
Zanahorias al vapor

**19** Desayuno:  
Barra de cereal de bayas mixtas  
Almuerzo:  
Pizza de queso doble  
Mezcla de verduras de California

**20**  
No Hay Clases

**23** RECESO DE INVIERNO



**24** RECESO DE INVIERNO



**26** RECESO DE INVIERNO

**27** RECESO DE INVIERNO



**30** RECESO DE INVIERNO



**31** RECESO DE INVIERNO



**1** RECESO DE INVIERNO



**2** RECESO DE INVIERNO



**3** RECESO DE INVIERNO



### Noticias

Servido diariamente en el desayuno:  
Elección de leche  
Elección de fruta:  
Lunes: Manzanas y Craisins  
Martes: Jugo de frutas y manzana molida  
Miércoles: Rebanadas de manzana y Taza de fruta  
Jueves: Plátano y Taza de duraznos  
Viernes: Pera y manzana molida

Precio de Desayuno Escolar - \$1.35  
Precio de reducido Desayuno - \$0.30

Servido diariamente en el almuerzo:  
Elección de leche  
Fruta:  
Lunes: Jugo de frutas  
Martes: Rebanadas de manzana  
Miércoles: Plátano  
Jueves: Pera  
Viernes: Manzana

Precio de Almuerzo Escolar - \$2.90  
Precio de reducido Almuerzo - \$0.40

Solamente Leche - \$0.50

Menú está sujeto a cambios

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<b>Date</b>	<b>Menu Item</b>	<b>Portion Size</b>	<b>Carbs (g)</b>	<b>Contains</b>
December 2	Nutri-Grain Bar - Strawberry	1 each	30	wheat, milk, soy, gluten
	String Cheese	1 each	1	milk
	Strawberry Applesauce	1 each	15	
	Craisins - Watermelon	1 each	28	
December 3	Golden Grahams Cereal	1 each	24	wheat, gluten
	Fruit Juice	1 each	15	
	Strawberry Applesauce	1 each	15	
December 4	Bagel	1 each	29	wheat, gluten
	Jelly	1 each	9	
	Apple Slices	1 each	8	
	Craisins - Watermelon	1 each	28	
December 5	Blueberry Pancakes	1 each	35	wheat, milk, eggs, soy, gluten
	Banana	1 each	27	
	Fruit Juice	1 each	15	
December 6	Glazed Donut	1 each	29	wheat, egg, milk, soy, gluten
	Orange	1 each	18	
	Strawberry Applesauce	1 each	15	
December 9	Blueberry Muffin	1 each	30	wheat, egg, gluten
	Orange	1 each	18	
	Craisins - Watermelon	1 each	28	
December 10	Triple Berry Breakfast Bar	1 each	42	wheat, milk, gluten
	Fruit Juice	1 each	15	
	Strawberry Applesauce	1 each	15	
December 11	Mini Cinnamon Rolls	1 each	39	wheat, milk, gluten
	Apple Slices	1 each	8	
	Craisins - Watermelon	1 each	28	
December 12	Apple Cinnamon Cheerios Bar	1 each	30	wheat, soy, gluten
	Banana	1 each	27	
	Fruit Juice	1 each	15	
December 13	Nut-Free Granola Bites	1 each	22	wheat, soy, milk
	Yogurt	1 each	14	milk