



October 2020
From The Principal's Desk

Dear Lincoln Families,

Welcome to the month of October! After a cautious (and sometimes nervous) start to the school year, we are settling into the year. Incredibly, we are winding down the first quarter of the school year with no interruptions to our in-person learning commitment. That's cause for celebration!! We continue to be grateful to our students, parents and families who faithfully follow our expectations for school attendance. Our students have handled the mask wearing like pros! They understand the importance of our hand washing and sanitizing procedures, and have accepted the changes in our lunch time procedures without complaint. Two months into the school year, we have found our "normal." Not that we want any students or staff members ill or out of school, but so far, the low numbers district wide have exceeded our expectations. This gives all of us confidence as we move into the colder months and the typical flu season.

We are winding down our 2020 Lincoln PTO School Fundraiser, with Tuesday, October 6th being the last day to collect donations. Even though our fundraising looks a little different this year, we are still overwhelmed by the support our families and school community have provided. We have tentatively set Tuesday, October 27th as prize distribution day. Once the fundraiser closes on October 6th, we'll know more about how we did in meeting our school goals for this year. I can't thank our Walk-a-Thon chairperson-Stacy Litersky-enough for all she did to ensure such a successful fundraiser in a challenge time! THANK YOU EVERYONE!!

This Friday, October 9th, marks the end of the first quarter, which means that Parent Teacher Conferences are just around the corner. Our conferences are set for Thursday, October 15th and Friday, October 16th...and there will be no school on those days. Please be sure that you sign up for a conference time slot with your child's teacher by Friday, October 9th. Teachers have indicated on the conference sign up form whether their conferences will be in person, virtual or a combination of both. Please note that teachers will meet for only one PT conference for each child. Teachers will not meet separately with each parent. This ensures that everyone hears the same information at the conference and that there are no

misunderstandings about information shared between everyone. Thank you for your understanding of that.

This year, conferences are being scheduled online. A link was emailed to all parents and posted on the Lincoln Elementary Facebook page on 10/1. From this link, you are able to schedule conferences with your child's teacher. Link:
https://docs.google.com/document/d/1dW7JTX4ONd4pMZZ9_gtmjxzI6Gj3aDKcOPAkBMmfG14/edit

The scheduling link will close on October 9th. For those parents who have not scheduled a conference by then, teachers will send home an assigned conference time on Tuesday, October 13th. Please be sure to take a few minutes to sign up for a conference time using the link. Thank you!

We miss seeing our parents at school...and appreciate your understanding about our visitors policies currently in place. Eventually, we will look forward to seeing you in person at Lincoln, and as always, thank you for your wonderful support!

Ms. Julie Albers, Principal

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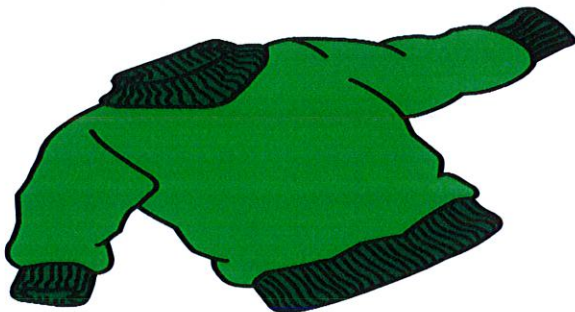
A Note From the Assistant Principal

Happy Fall, Y'all! October is here and we have a busy month ahead. We had so much fun with our fundraiser and we are so blessed with all the generous donations. We look forward to "seeing" all of you at parent-teacher conferences in two weeks. Our focus this month is empathy. We would love for your dinner conversations or car rides to after school activities to revolve around empathy! Enjoy all things fall!

Mrs. Michelle Peterson, Assistant Principal

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DRESS CODE REMINDERS



October 9th is the last day of the first quarter. The district dress code requires that shorts, skirts and dresses be worn with leggings during the 2nd and 3rd quarters due to colder temperatures at recess. In addition, no flip flops, sandals and slides can be worn during the 2nd and 3rd quarters. Please also remember that when students wear leggings, their shirts/sweatshirts need to be long

enough to cover their backsides. Thank you for your help with these changes!



School Lunch Options

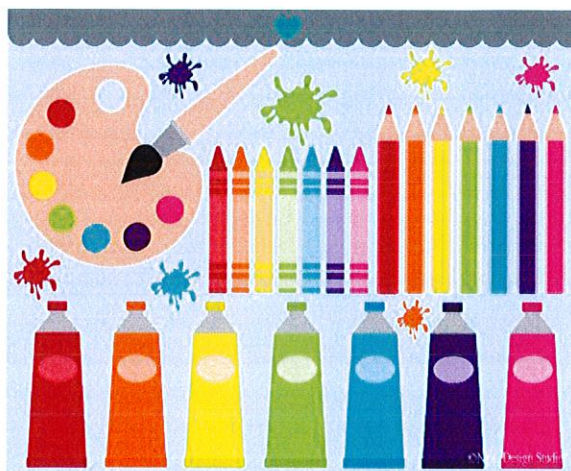
In September, our food service provider, Arbor Management Inc., made some changes to our daily hot lunch options. First of all, school lunches are now free for all students who want to order hot lunch. There are always two choices offered per day, along with a vegetable, a fruit and the choice of white or chocolate milk. This will continue through December 2020.

The second change is that students who bring a cold lunch may choose to supplement their cold lunch with the "Pick 4 Free" offer. Students can add a fruit, vegetable, grain and milk for FREE to their cold lunch. Students must pick at least 3 items to count as a free lunch. We will begin offering this as Choice 3 when students make their lunch choice each morning so that our food service personnel can

appropriately plan for the correct number of meals. This will also continue through December 2020.

Since we have returned to school, we know many parents have missed coming to school for lunch with their children. For now, we need to maintain our current practices with no visitors at lunch time.

However, some parents have asked to pick up their child and take him/her out for lunch, which is a great option. We look forward to the day when we can resume some of our usual traditions, with lunch at school with your child being one of them!



ARTISTIC ADVENTURES UPDATE

Because of several limitations, we have not been able to get started with Artistic Adventures this school year. Artistic Adventures is a PTO initiative that brings

hands on art projects and activities to our students in the classroom. Our coordinators organize parent volunteers who present the lessons to the students each month. There is a specific curriculum of lessons that our parent volunteers teach to our students.

Unfortunately, we are not able to start Artistic Adventures at this time. Our program is successful because we have several parent volunteers who teach the lesson, assist with the distribution of materials, assist with set up, clean up, etc. Even if we were to only have one parent volunteer or present a recorded lesson that the teacher would then lead the art lesson, we still have the concern of shared materials. We aren't able to share art materials among students unless there is a "quarantine time" between use.

For now, our Artistic Adventures parent leaders-Tiffany Linville, Kim Johnson and Lisa Reed, along with Ms. Albers-have decided that we'll wait on proceeding with Artistic Adventures, and we'll reevaluate again in early January. Thank you for your patience and understanding. We can't wait until we can decorate our hallways with the beautiful artwork our students create in Artistic Adventures!!



Have you "liked" *Lincoln Elementary School, Morton, IL* on Facebook yet? What are you waiting for?!? Like us for important school news, pictures and "live" streaming video from various school events!



ROAR!

The following students were caught in the month of September for following our ROAR expectations. Our students can be caught by any adult in the building for being Responsible, On target, Acting with kindness or being Respectful. Congratulations students!

Kindergarten: Finn Stealy, Sawyer Myers, Karson Wright, Eva Carlson, Nora Stetzler, Colin Cook, Hadley Erickson, Harper Finet, Oaklyn Sharum, Gage Garber, Elsie Schulte, Reed Stephens, Jason Getz, Emerson Finet, Dane Hruska, Liam Drake, Henry Fleer, Brody Tindall, Tate Larson, Lorelei Zimmerman, Elliot Konsky, Kian O'Brien, Lauren Bassett, Juliet Westbrook, Sam Graber, Noah Lewis, Aria Morgan, Meghan Mulconrey, Hayes Austin, Alex Warning, Lincoln Miller, Nicholas Klockenga, Owen Birch, Knox Parnham, Josh Huff, Kellen Striegel, Selah Hangartner, Cambria Smidt, Halle Witzig, Dylan Stephens, Nina Hinz.

First Grade: Tad Johnson, Blake Neptun, Charley Wagenbach, Grayson Fritz, Parker Johnson, Zachary Klockenga, Lauren Howes, Olivia Miller, Brady Fulton, Sydney Peterson, Forbes Levy, Abbie Gosteli, Sasha Orkies, Reid Kruchten, Anna Prichard, Job Farrell, Hudson Chan, Griffin Anderson, Preston Maher, Bella Long, Layton Strohkirsch, Gigi Gardner, Lucy Lowder, Emmett Cook, Ashton Mucciante.

Second Grade: Scarlet Clark, Kinsley Shepherdson, EJ Simpkins, Lewis Zauke, Chylee Fagerburg, Wyatt Burns, Carter Brown, Karis Levitt, Evan Gosteli, Ali McClery, Hunter Dea, Matthew Klockenga, Blake Manley, Max Middleton, Manning Schmidgall, Jake

Richardson, Charlie Klopfenstein, Zachary Joos, Briggs Overcash, Miss Hibbert's entire class, Rosie Hamer, Aubree Joos, Delaney Zimmerman, Quinn Manley, Matthew Estes, Kamden Racich, Finch Stanfield, John O'Brien, Hudson Shepherdson, Daphna Stickling, Easton Reid, Bentley Myers.

Third Grade: The entire third grade, AJ Johnson, Paxton Lowder, Miles Greene, Asher Dellinger, Allie Walraven, Rhett Taufer, Jovie Zimmerman, Sophie Dollinger, Reese Warning, Paisley Smith, Clara Streigel, Iris Ritchie, Barrett Durlinger, Tytus Linville, Zeelan Dick, Keeley Kemp, Rose Smith, Isaac Carlson, Ina Underwood, Ben Volpert, Olivia Myers, Ruxin Higgs, Layton Kaluza, Tinley Larson, Lucas Carlson, Harlow Sharum, Lucas Carlson, Cameron Kennay, Quinn Roehm.

Fourth Grade: Henry Austin, Will Auxier, Quinn Hellinga, Lily Middleton, Jocelyn Hauter, Bridget Knapp, Kinley Casabonne, Reese Chapin, Chase Buntin, Schaeffer Friend, Carly Babin, Molly Ricci, Max Gardiner, Miley Roosa, Kaila Phillips, Kade Darcy, Lexi Ames, Olivia Brooks, Ryan Schelkopf, Cooper Klein, Noah Hoog, Clay Leuchtenberg, Emi Brown, Adam Herring, Logan Friend, Raegan Miller, Will Mettelmann, Taevin Hangartner, Blake McMillan, Sophie Nestrud, Reece Litersky, Trent Bozarth, Brooklynn Chan, Ava Donaldson, Kaitlyn Simpkins.

Fifth Grade: Ava Althiser, Camden Tarter, Turner Albers, Miley Darche, Aubrey Werries, Elijah Kunz, Gaige Gray, Lucas Cox, Presley Lange, Madi Greiner, Declan Rogers, Piper Wagenbach, Kallie Lau, Zach Bower, Emma Phillips, Katie Gordon, Kylie Tisdale.

Sixth Grade: Oliver Irion, Mia Orrico.

In October, we will be focusing specifically on demonstrating empathy towards others.

In our Monthly Morning Virtual Assembly which will be presented to students this week, we shared about all of the different ways that we can show empathy towards one another.

News from Mrs. Molly Winker.

School Social Worker

October is National Anti-Bullying Month. In recent years a spotlight has been placed on the issue of bullying, however, there is often confusion about what type of behavior should receive consequences linked to a school's anti-bullying policy. In order for schools to properly intervene when necessary, it is important to know the basic difference between "mean" behavior and "bullying". Behavior that is "mean" is often an intentional attempt to make someone feel less than or bad about who they are in an effort to boost one's confidence and/or status. Examples include; "your shirt is ugly", "I would never be friends with you!", "You are so lame". While comments such as these are extremely hurtful and unacceptable, they can often be addressed rather quickly. Bullying on the other hand includes actions that are physically, relationally, and verbally aggressive. Bullying also includes an intent to harm someone, unequal power, and repetition of the same or similar acts over time. Bullying includes the following examples:

Physical Aggression: kicking, hitting, tripping, spitting, hair pulling, and pushing.

Verbal Aggression: Threatening to harm another person or verbal put downs that are repeated over time.

Relationship aggression: Shunning, spreading rumors, and social exclusion. Cyberbullying: name-calling, spreading of rumors, impersonating another person, posting pictures without consent via text message, email, and other social media sites.

Bullying has the potential to impact a student's academic performance, self-esteem, relationships with others, interest in school and other extracurricular activities. In an effort to prevent bullying from occurring here at Lincoln, we will be discussing the meaning and importance of empathy and how it can be used as a tool to support others who are experiencing a tough time.

For more information regarding anti-bullying month, feel free to visit <https://www.stompoutbullying.org/>.

As we approach the second quarter of the school year (which is very hard to believe!), our staff will begin focusing on addressing aspects of each student's social emotional health through the completion of the BASC-3 BESS. The BESS is a short survey that will be completed each year in the fall, winter, and spring by teachers in an effort to identify students who may benefit from Response to Intervention (RTI) support in the area of social emotional learning (SEL). SEL is the process through which children acquire the knowledge, attitudes, and skills they need to recognize and manage their emotions, demonstrate care and concern for others, establish positive relationships, make responsible decisions, and handle challenging situations constructively. As a district, our hope is to provide students with the tools they need to grow their self-confidence and unlock their academic potential. For those who are identified through the SEL screening process at the end of this month, there are four RTI services that are available;

Check In/Check Out: *An intervention that is used to help students develop a relationship with a staff member in an effort to decrease*

behaviors (i.e. Blurting out, Focus). CI/CO includes increased prompts for appropriate behavior, increased adult feedback, increased daily structure, and increased feedback to families about their child's behavior.

Skill-building Group: *Small groups of students that meet weekly with student support personnel (social worker; psychologist) to target specific skills such as: self-awareness, social awareness, relationship skills, and responsible decision making.*

Peer Mentoring: *Opportunities to learn and engage with peers, such as specific group meetings where students learn and support one another in relation to a specific skill (i.e. a friendship group).*

Individualized Classroom Supports: *Various classroom supports to help enhance social awareness such as flexible seating, visual boundaries, break cards, social stories, fidgets, and personal space.*

If you have any questions about social emotional learning or the universal screening process, please do not hesitate to reach out to me or our School Psychologist, Melissa Kerber-Long (Melissa.Kerber-Long@mcusd709.org).

*Mrs. Molly Winkler, MSW
School Social Worker*



Deadline for Health Records Quickly Approaching

This is a reminder for families of students in kindergarten, second and sixth grades of the approaching deadline for immunizations, physicals and other required health records. The deadline for these records is Thursday, October 15th. Students who do not have the required immunizations or health exams turned in by this date will be excluded from school beginning on Monday, October 19th. Please note that Morton CUSD 709 will no longer accept appointment cards for scheduled appointments after the 10/15/20 deadline. Letters have been sent home to those families whose students were missing required records. Please contact Nurse Jen Cook, school nurse, if you have questions. Thank you for taking care of this promptly.



Welcome to our New School Nurse, Mrs. Jen Cook!

We're pleased to welcome Mrs. Jen Cook as our new school nurse through Unity Point In School Health. Nurse Jen is familiar to many of our students as she has frequently been a sub nurse for us over the past several years. In addition, she has previously served as the summer school nurse for our Extended School Year program.

Jen replaces Nurse Annette Kelso, who recently relocated to Summerville, SC following her husband's retirement from IDOT. We wish Nurse Annette well in her new adventure, and we're excited to welcome Nurse Jen to Lincoln on a more permanent basis. You can contact Jen at lincoln.nurse@mcusd709.org or 284-4038.



Important October Dates

Mon., 10/5: Lincoln Elementary PTO
Virtual Meeting via Zoom 7 pm

Tues., 10/6: Last Day for PTO Fundraiser; Math and Reading Challenge after school; School Board Meeting at 5:30 pm

Wed., 10/7: Early Dismissal (11:50/11:55 am) for Teacher In-Service in PM

Thurs., 10/8: 5th Grade Virtual Field Trip-Environmental Education Day via Tazewell County Health Department

Fri., 10/9: End of First Quarter; 11:50/11:55 am Dismissal

Mon., 10/12: No School-Columbus Day

Tues., 10/13: Schoolwide Fire Drill with Morton Fire Department at 9:25 am; Math and Reading Challenge after school; Follett Book Fair Week begins!

Wed., 10/14: Report Cards Distributed

Thurs., 10/15 and Fri., 10/16: No School for Parent Teacher Conferences

Tues., 10/20: PTO Coat Drive begins; Math and Reading Challenge after school

Mon., 10/26: Red Ribbon Week begins; last day for PTO Coat Drive

Tues., 10/27: Tentative date for fundraiser prize distribution; Math and Reading Challenge after school

Wed., 10/28: School Picture Re-Take Day



Reading Newsletter

October 2020

TRICK
OR
TREAT



Books of the Month

Brave Irene

by William Steig

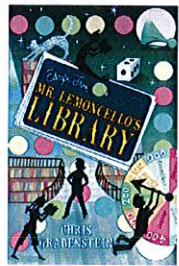
Brave Irene is Irene Bobbin, the dressmaker's daughter. Her mother, Mrs. Bobbin, isn't feeling so well and can't possibly deliver the beautiful ball gown she's made for the duchess to wear that very evening. So Irene volunteers



to get the gown to the palace on time, in spite of the fierce snowstorm that's brewing-- quite an errand for a little girl. But where there's a will, there's a way, as Irene proves in the adventure that follows. She must overcome many obstacles before she completes her mission. Surely, this winning heroine will inspire every child to cheer her on.

Escape from Mr. Lemoncello's Library by Chris Grabenstein

This is the story of the millionaire toy maker Mr. Lemoncello, who sponsors a new, state-of-the-art library. The town of Alexandriaville, Ohio has not had a public library in twelve years. For the grand opening, Mr. Lemoncello invites 12



twelve-year olds to spend the night at the library and then, they are to take part in a game to escape from the library. The winner gets to star in his TV commercials. Kyle Keeley wins a spot to be one of the first twelve kids to stay overnight at the library. Will Kyle and the other winners be able to solve the clues and secret puzzles to find the hidden escape route?

Lincoln Literacy Coach

Mrs Gabbert

olivia.gabbert@mcusd709.org

Strategy of the Month ~ QUESTIONING

Readers ask questions about the text and the author's intentions to seek information, clarify, and extend their thinking before, during and after reading.

Simply asking your child to tell you about what they read may be too general. A few questioning strategies many help improve the conversation.

- "Right There" questions are on a literal level and have answers that can be found in a specific place in the text.

- "Think and Search" questions are on an inferential level and have answers that relate to information found in the text.

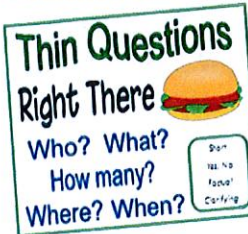
- "Author and Me" questions have answers that are not stated in the text. It requires the students to combine previous knowledge with evidence from the text.

These levels of questions are on an increasing level of difficulty, and it requires practice to develop these critical thinking skills.

For example, a "Right There" (Thin) question could have the young readers naming the major characters and locations in a story. They could sequence the events in the story and tell you how characters react to the events.



In "Think and Search" (Thick) questions, the student could explain character traits and personalities. They could justify, from the character's point of view, why they reacted the way they did to the events in the story.



In "Author and Me" questions, the students could analyze a character's traits and personalities. They could compare how a character's actions are alike and different from a similar character in another story.

Good reading comprehension is critical to school success and involves so much more than just rote memorization of information. Students will be excited to have conversations before, during and after reading!

Reading Challenge of the Month

October is the month where we celebrate the beginning of fall!

Here are some ways to challenge yourself to read this month:

- read books about the season or that take place during fall
- find books about apple or pumpkin picking
- read a spooky story about ghosts or goblins
- put on your Halloween costume and read one of your favorite books under the covers with a flashlight





Lincoln School PTO

News and Views

October 2020

Hello Lincoln Families!

Fall is officially in full swing! Our PTO fundraiser is about to wrap up. We thank everyone for your donations! Both our staff and students truly appreciate your generosity. Trying something new can always be a little scary, but Stacy Litersky and her helpers did a wonderful job!! Our Follett Book fair will be held in person October 13-16, and virtually now through October 16! I know the book fair is always a very exciting time for the kids! Not only do your kids get new books for home, but our classroom and school libraries benefit as well! Special thanks to Ashley Valerio and Jamie Larson for coordinating the fair!! Please see attached information.

This month our Lincoln School Spirit Wear is available to order through The Cotton Top, right here in Morton! Each Friday, Lincoln students and staff are encouraged to wear their Lincoln/Potter apparel to show school spirit. See attached information. Also in October, please watch for information regarding the coat drive for BACE! Lincoln School always does a fabulous job helping others in our community.

Finally, we have made some changes to our monthly teacher luncheons. Typically, grade levels hosted each month by donating food items. In lieu of food donations, this year we plan to ask for small monetary donations to purchase local, prepackaged treats to show appreciation to our Lincoln staff. The sixth grade will host October. Parents should be on the lookout for information of how to donate soon! (November -5th grade, January-4th grade, February -3rd grade, March -2nd grade, April 1st grade, and May -Kindergarten.) For more information, please contact Erin Jones.

robertanderinjones@yahoo.com

For questions or more information, please contact Rebecca Schelkopf, PTO President rebeccaschelkopf@yahoo.com or 309-369-4095



EVENTS

Upcoming PTO Important Dates:

- Oct 1- 21:** Lincoln Spirit Wear Sale
- Oct 5:** PTO Virtual Meeting 7 pm
- Oct 13-16:** In-person book fair (Online fair is open now-Oct 16)
- Oct 15:** PTO teacher luncheon (hosted by the 6th grade/PTO)
- Oct 20-26:** BACE Coat drive (more info soon!)
- Late Oct:** SteptUp! Prize distribution



WANT NEW LINCOLN GEAR? Spirit Wear orders will open the first week of October and close Oct. 21. We will once again be using The Cotton Top and all orders will be online and distributed at school (No pick ups at The Cotton Top). A flier will be coming home soon. Questions can be directed to Ashley Valerio at ashley.valerio@mcusd709.org!



As with everything, our monthly PTO luncheons, typically hosted by each grade, will be different this year. In an effort to encourage and appreciate our staff, we will be asking for small, monetary donations, in lieu of food donations. We hope to offer small, individually packaged treats to our staff from multiple local businesses, throughout the school year. An email will be sent out monthly by grade level, starting with 6th grade in October. Checks may be made out to Lincoln school PTO. Thank you for helping us show the Lincoln school staff how much we appreciate all that they do. Please contact Erin Jones with any questions. Robertanderinjones@yahoo.com



Lincoln School's SteptUp!

FUNdraiser 2020-21

We know by now, you've all seen our emails, Facebook posts and hopefully received messages regarding Lincoln School's PTO fundraiser, SteptUp! We were excited to try something new this year in place of our Walk-A-Thon and are happy to report, the fundraising is exceeding our expectations and has been super fun and easy!

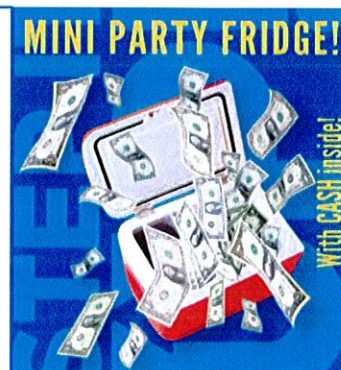
We are SO extremely appreciative and grateful to our Lincoln School Families for the support, participation and generosity we have and continue to receive with this fundraiser! Your generosity allows Lincoln School PTO to continue to support our teachers and students in a variety of ways including teacher classroom needs, Artistic Adventures, Science closet, Manners Luncheon and so much more!

As you know, with this program comes many fun prizes that have been awarded already! We were able to award many of our students who had entered 10 emails with a prize bag containing a most stylish hat ☺, a squishy ball and a high-5 hand.



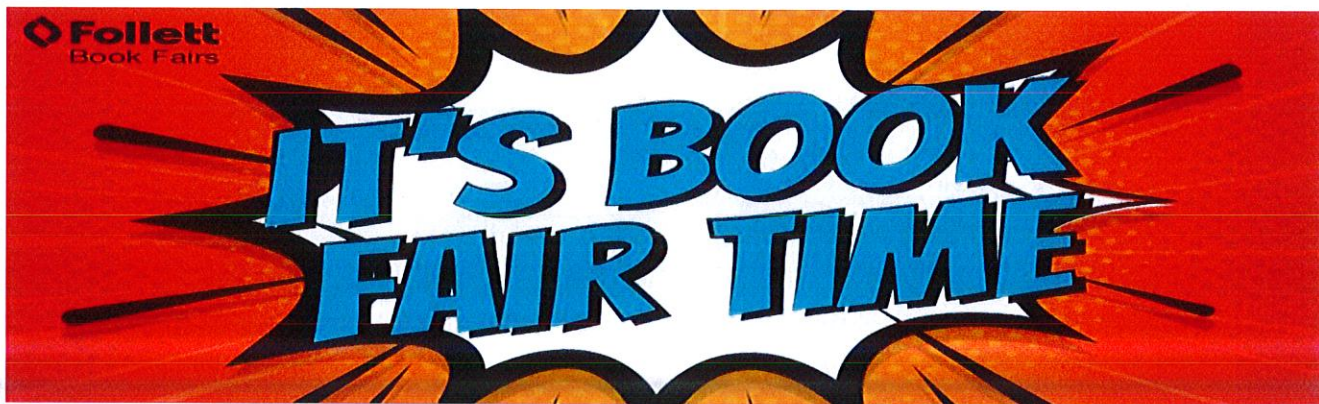
Students who had 10+ emails entered after the first evening were entered into the Golden Ticket drawing on Wednesday, September 23 for an Ipad. The lucky winner was VINNY CIPOLLA in Mrs. Brooks' 1st grade class! Congrats Vinny!

Students with 20+ emails were entered into a drawing to win a mini fridge with \$25 cash in it for 4 consecutive days from September 24 – September 29! Those winners were:
Reagan Dolan – Mrs. Guetschow 3rd grade
Morgan Smith – Mrs. McKee 5th grade
Ryker Boss – Mrs. Brown 4th grade
Madyson Strenzel – Miss Schwarting 2nd grade



Our fundraising campaign ends on Tuesday, October 6 so we will report our success next month! Individual prizes will be awarded at the end of October for student's donation levels. Thank you to all who have donated and participated!

We appreciate you!



Dear Lincoln Families,

Our school is hosting a Follett Book Fair!

Supporting a love for reading is critical to student success. The Follett Book Fair encourages your child's reading habits, builds their personal libraries and raises funds for the school, all at the same time.

This year's book fair is being held October 13th-16th. Classes will sign up for a time on the 13th & 14th to view the fair. The fair will also be open during Parent Teacher conferences on October 15th & 16th

You can also shop online now through October 26th at <https://efairs.follettbookfairs.com> Please use our Lincoln School code: **MDKPD**. All orders will be shipped to the school and distributed to students.

Proceeds from our Lincoln School book fair are used to purchase additional books for our library and classrooms. Support your school and the avid readers in your family by visiting the book fair. You can even do some holiday shopping in secret before or after your parent/teacher conference. We hope to see you there!

More information will be sent home with students. Please contact Ashley Valerio at ashley.valerio@mcusd709.org with questions.

Book fair dates & times:

October 13th-16th

Tuesday-Wednesday 7:45am-3:00pm

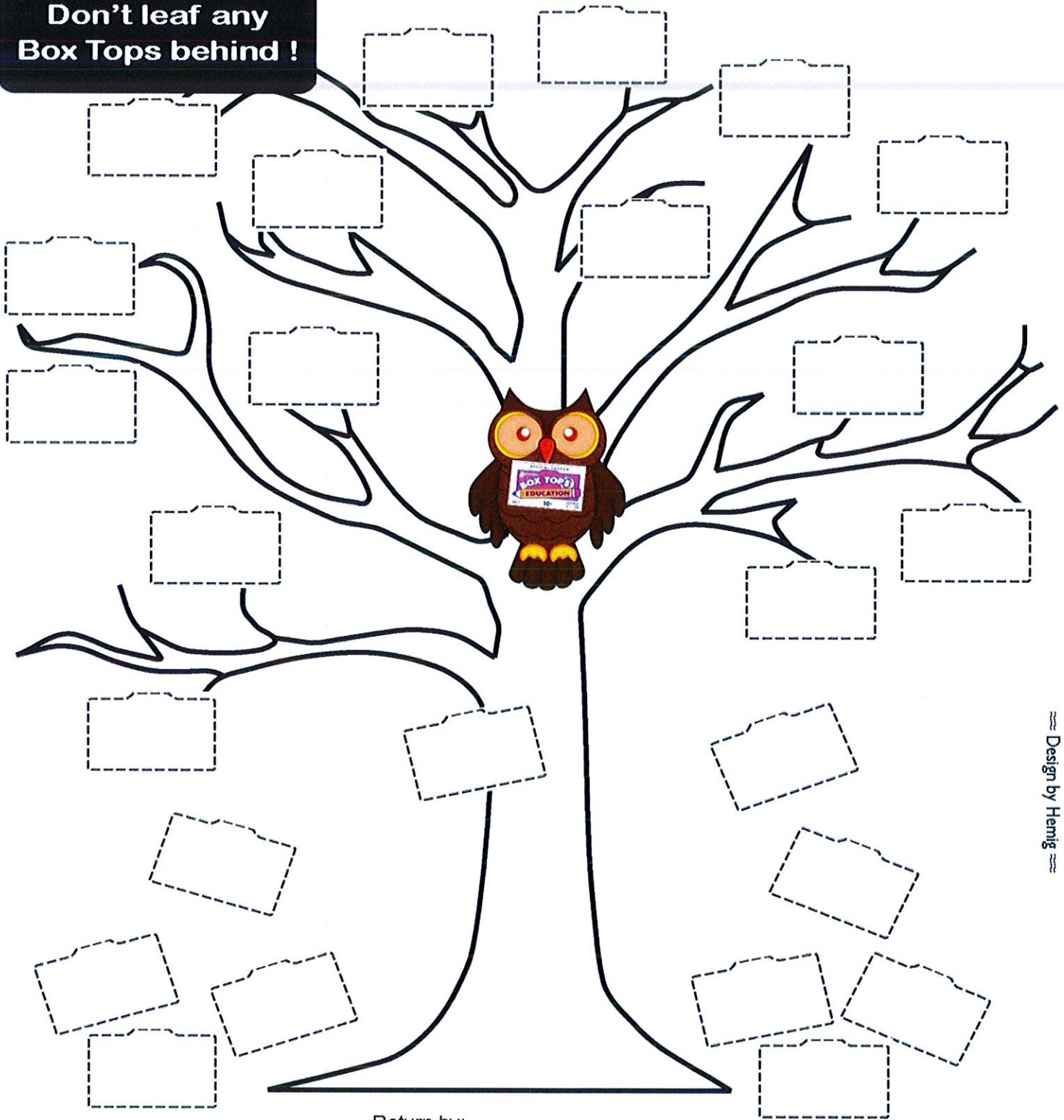
Thursday 8:00am-7:00pm

Friday 8:00am-12:00pm

We encourage families to use the Box Tops app [Home - Box Tops for Education](#) since most products no longer have the Box Tops on them. Download the Box Tops App, shop as you normally would, then simply scan your store receipts to find participating products. The app will automatically credit your school's Box Tops earnings on-line. *Traditional Box Tops clips are being phased out of production, but may continue to be found on many products throughout the store. You can still clip and send them to school if you have them!*

Please affix any remaining box tops to this sheet and turn into school before Oct 16!

**Don't leaaf any
Box Tops behind !**



Design by Hemig

Name _____

Grade _____

Teacher _____

Return by:

Please use tape or glue. Expiration date and product code must be visible.

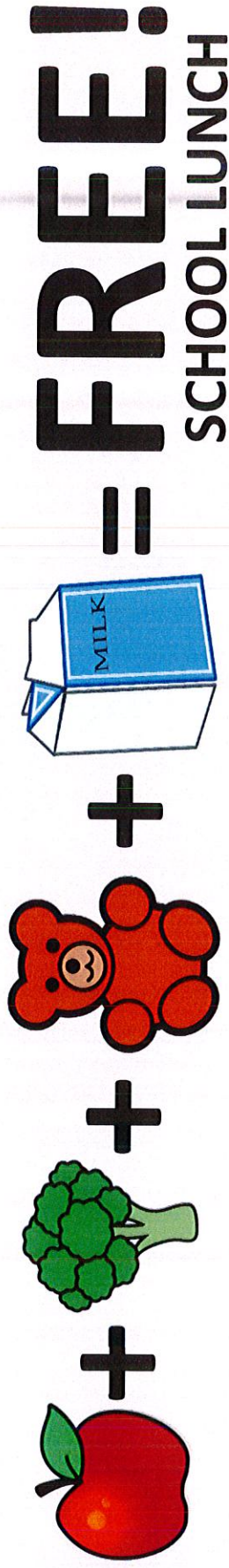
Collection sheets don't have to be full to turn them in. You can also use old collection sheets or Ziploc baggies. Include your name and your teacher's name on everything you turn in.

Pick 4 Free!



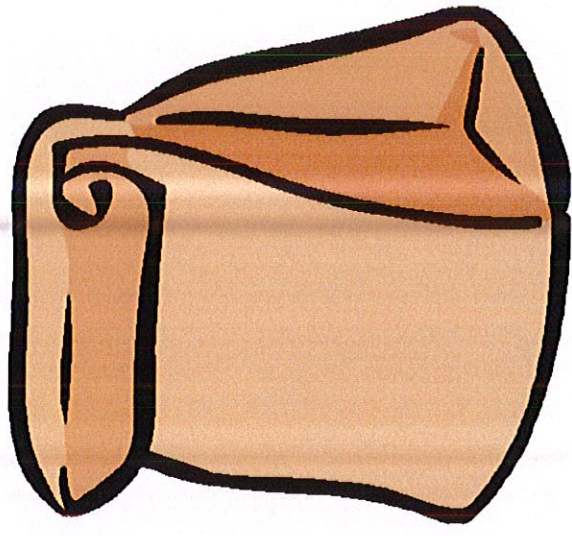
Bringing your
lunch from home?

Add a fruit, veggie, grain
and milk for **FREE!**



Through December, all lunches are free for all students.

Students bringing lunch from home must pick 4 to count as a free lunch.



October

Elementary Lunch



FREE LUNCH

Included with Every Meal

Fruit and Vegetable

1% or Fat-Free Milk

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

Arbor A+ Nutrition Mission

To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

~Arbor Management~

Make Choices for a Healthy Lifestyle!



For more information or to "Ask the Dietitian", check out our website!

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Grilled Chicken Bacon Melt Or Chicken Salad w/Pita Vegetable of the Day Fruit Serving	Italian Meatball Sub Or Pizza Munchable with Cheese & Marinara -V Vegetable of the Day Fruit Serving
5	6	7	8	9
Mini Corn Dogs Or Grilled Cheese Sandwich -V Vegetable of the Day Fruit Serving	Chicken Fajita w/Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	Half Day No Lunch Service	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	Half Day No Lunch Service
12	13	14	15	16
Columbus Day No Service	French Toast Sticks w/Turkey Sausage Or Cheese Sticks - V Tortilla Chips & Salsa Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Wrap -V Vegetable of the Day Fruit Serving	P/T Conferences No Service	P/T Conferences No Service
19	20	21	22	23
Hot Dog Or Cheddar Cheese Stick -V Goldfish Pretzels Hard Boiled Egg Vegetable of the Day Fruit Serving	Chicken Sandwich Or Crispy Chicken Roll-Up Vegetable of the Day Fruit Serving	Turkey Soft Tacos Or Hot Ham & Cheese Sandwich -V Vegetable of the Day Fruit Serving	Chicken Nuggets Or Chef Salad w/Whole Grain Tortilla Vegetable of the Day Fruit Serving	Grilled Cheese Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving
26	27	28	29	30
Chicken Tenders Or Yogurt Pack -V Strawberry Yogurt Cheese Stick Cinnamon Roll Vegetable of the Day Fruit Serving	Chicken Sandwich Or Sun Butter & Jelly Wrap -V Vegetable of the Day Fruit Serving	Fiesta Nachos Or Turkey Sandwich Vegetable of the Day Fruit Serving	French Toast Sticks w/Turkey Sausage Or Cheese Quesadilla -V Vegetable of the Day Fruit Serving	Cheese Pizza Or Jumbo Corn Dog Vegetable of the Day Fruit Serving